



Analysis Of The Adjustment Problems Faced By The Transgenders In The Society

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ABSTRACT

We live in a culture that is heavily influenced by gender and sex. Our culture is pervaded by the classification of persons as 'male' or 'female.' Gender variety, on the other hand, disrupts gender binary-based sexual orientation classifications. The word "transgender" refers to persons whose gender identification or expression differs from the sex they were given at birth. They confront a variety of psychological issues throughout their lives, beginning in early childhood and continuing during their transition phase. On a daily basis, transgender persons face discrimination. In the job, they face discrimination. The uneven protection of transgender people is known as transgender inequality. The current research focused on the challenges and issues faced by the transgender population. An interview schedule was used to interview 50 transgender persons for the aim of analysis. For data collection, the researcher used a procedure called purposive sampling. The study's conclusion demonstrates that they are insecure and discriminated against, and that they suffer several issues in our society. The vast majority of respondents are unaware about the government's programmes and rights that affect their lives.

Keywords: Transgenders; society; adjustments; harassment; education.

I. INTRODUCTION

Gender has an important role in determining an individual's social position in social psychology. "Socially created roles, behaviours, interests, and qualities that a particular culture believes proper for boys and men or girls and women," according to the American Psychological Association. Transgender people are the subjects of the current investigation. People who are transgender have a gender identity or gender expression that is not the same as their sex. When transgender persons seek medical help to transition from one sex to another, they are referred to as transsexuals. Transgender is also an umbrella word that encompasses those who are neither entirely masculine or feminine, as well as those whose gender identification is the polar opposite of their assigned sex (trans men and trans women) (people who are gender queere, e.g., bigender, pangender, genderfluid, or agender). Persons who belong to a third gender or who

perceive transgender people as a third gender are also included in some definitions of transgender. Occasionally, the word transgender is used in a wide sense to cover cross-dressers, regardless of their gender identification.

Being transgender has nothing to do with sexual orientation: transgender people might identify as heterosexual, gay, bisexual, asexual, or asexual, or they can believe that traditional sexual orientation classifications are inadequate or inapplicable. Transgender is distinct from intersex, which refers to those who are born with physical sex traits "that do not match standard binary concepts of male or female bodies."

Transgender congruence is defined as the degree to which people feel real, honest, and comfortable in their external appearance and embrace their true identity. Gender dysphoria affects many transgender persons, and some seek medical help such hormone replacement therapy, sex reassignment surgery, or psychotherapy. Not all transgender persons want or need these therapies, and others are unable to do so due to financial or physical constraints.

II. SOCIOLOGICAL AND PSYCHOLOGICAL PROBLEMS

They are not regarded as human beings. They don't want to eat, drink, or shake their hands with them, yet they are full citizens just like everyone else. However, underneath the joy, transgender life adjustment may be lonely and hazardous in a conservative culture. They are also denied access to health care and psychological/psychotherapeutic treatment. To make quick money, frantic and unemployed adolescents join the transgender community. Second, most low-income families' children sought refuge in the so-called safe haven transgender of community due to a lack of information about psychological remedies for ills. Another key cause for complimenting transgender is the advertising of children to the transgender group due to poverty. Aside from that, the educated English-speaking eunuch class is growing in society. Because of their social and economic status, they are not subjected to this type of retaliation. They go on to work as fashion designers, interior decorators, and hair stylists, among other things. It is undeniable that human psychology is a stumbling block to the heterosexual society concocted by culture and society. But it's equally ironic to hold the entire society responsible for its attitude toward hijras. They contributed to the creation of this attitude about themselves. Many of them are turning to prostitution, which is in direct opposition to the hijra ideal of asceticism.

There are indicators that the majority of psychiatric opinions are changing. For example, the Royal College of Psychiatrists of the United Kingdom recently released a document stating that terms like transsexuals and GID are clinical labels for 'atypical gender development,' and that 'the experience of this dissonance between the sex appearance and the personal sense of being male or female is termed gender dysphonic.' The diagnosis should not be interpreted as implying mental disease. Instead, the phenomena is best understood as an uncommon but significant variation in the human experience that is unremarkable in certain societies.

III. PROBLEMS FACED BY TRANSGENDER COMMUNITY

In India, transgender persons confront a number of challenges. This discrimination not only denies TG individuals equitable access to important social commodities like job, health care, education, and housing, but it also marginalises them in society and places them among the most vulnerable groups at danger of social exclusion. Here are some of the significant issues that TG persons in India face:

1. Social Exclusion and Marginalization

Transgender people may face numerous types of marginalisation, including racism, sexism, poverty, and other problems, as well as homophobia and transphobia, all of which can have a severe influence on their mental health. Many Transgender persons are pushed to the outskirts of society due to the stigma linked to sexual orientation and gender identity or expression that differ from the assumed heterosexual, non-transgender norm. Transgender persons are frequently excluded from various support institutions, including their own families, leaving them with limited access to medical care, judicial and legal services, and education that many others take for granted. Transgender persons are frequently denied access to basic public services such as health care and housing due to marginalisation and bigotry surrounding sexual orientation and gender identity and expression, which adds to major health inequalities. Transgender persons are frequently marginalised by the families into which they were born. Hijras/transgender people endure significant prejudice in public places such as restaurants, movies, stores, and malls. Furthermore, they frequently confront a severe challenge with access to public restrooms. Because there are no separate restrooms for Hijras/transgender people, they are forced to use male restrooms, where they are vulnerable to sexual assault and harassment.

2. Transgender People and Family Reactions: Conflict and Rejection

Within the family, transgender persons confront a variety of challenges. Gender nonconforming behaviour in children, which can start as young as three to five years old, is frowned upon by most families. A survey by the National Institute of Epidemiology indicated that a considerable majority of transgender persons in 17 states, including Tamil Nadu, receive no assistance from their biological families. Parents may threaten, admonish, or even physically abuse their male kid for being girlish or feminine, and their female child for acting boyish. They may do so for a variety of reasons, including worry that a gender-nonconforming kid would bring shame and humiliation to the family, fear that their child will not marry, maintain the family line, or perform family duties. Parents that are concerned about their children's gender nonconformity ascribe it to a range of factors, including mental illness, sexual abuse, perplexity, disobedience, or inadequate socialisation. Believing that the greatest way to help their children prosper as adults is to assist them strive to fit in with their gender normative classmates, they employ violence, bullying, threats, and medical "therapy" to force their children to conform to their gender

assigned at birth. Gender nonconforming and transgender children's self-esteem and sense of self-worth are harmed by these reactions.

3. Transgender People's Harassment in the Educational System

The transgender population is a severely stigmatised and vulnerable group that lags behind in terms of human development, particularly in education. Because the majority of this population is illiterate or undereducated, they are unable to actively participate in social, cultural, political, or economic activities. In fact, educational institutions are a profoundly gendered environment. The school system, which mimics the rest of society in upholding rigorously binary and patriarchal gender standards, exacerbates the stigmatisation of gender nonconforming and transgender children and teenagers.

According to the 2011 Indian Census, there are around 4.9 lakh transgender people in India. According to census statistics, this community has a low literacy rate: just 46% of transgender people are literate, compared to 74% for the overall population. This community falls within the "disadvantage group" category as specified by the Right to Education Act (Indian Express 2014). This means that these children will be eligible for a 25% reserve for admission under the economically weaker section (EWS) and disadvantaged student categories.

4. Workplace Discrimination and Poor Economic Conditions

Transgender people's work and livelihood options are further limited by their delayed schooling and social isolation. Economic hardship exacerbates stigma, discrimination, and violence against gender nonconforming and transgender children in families and schools. Those transgender people who survive the hostility they face as children and teenagers find their employment opportunities limited, due to both their limited formal education and stigma and discrimination in many employers' recruitment practises, as well as hostility in most workplaces, the lack of gender-appropriate restrooms, and so on.

5. Issues with Homelessness

The absence of housing and resources that address the special requirements of transgender persons who are homeless is one of the many issues they face. They are living on the streets because they were evicted from their houses because they are LGBT, or because they fled an abusive circumstance. For homeless same-sex couples, there is no family lodging in the shelter system across the country. In the shelter system, transgender persons are not permitted to pick which gender they like to live with. In the shelter system, abuse and harassment of transgender homeless persons is common. Gay men and transgender persons are not welcome in most domestic abuse shelters. Homeless Transgender kids lack financial support, are more likely to use drugs and participate in hazardous sexual practises, and are more likely to develop mental health issues.

6. Issues with Transphobia

Because of their sexual orientation, transgender persons are more likely to face intolerance, discrimination, harassment, and the threat of violence than heterosexual people. The reason for this is because of transphobia. Moral, religious, and political convictions of a dominant group are some of the reasons that may support transphobia on a bigger scale. Because of the harsh emotions and implications of coming out in a transphobic setting, many TG persons hide their sexuality. Physical attacks, employment discrimination, and unfavourable media depiction are just a few examples of how transphobia shows itself. People's life can be severely harmed and disrupted as a result of transphobia. Many transgender persons, for example, have been homeless as a result of their families' rejection after disclosing their sexual orientation.

7. Hate crime victims Criminality, violence, and inequity in the legal system

Hate crimes and violence against transgender individuals occur often. Throughout their lives, they face stigma and prejudice, and they are victims of sexual and physical abuse, harassment, and hate crimes. According to the 2011 census, around 4.9 lakh third genders in the country endure societal prejudice and harassment. TG communities have a significant stake in issues of legal inequality. Violence and prejudice, often at the hands of law enforcement officers, disproportionately afflict specific segments within the TG community. In India, there have been several reported cases of police brutality directed towards transgender individuals in recent years. Many police agencies have been accused of insensitivity, including failing to respond adequately to violence directed at transgender persons.

IV. METHODOLOGY

The research is based on both primary and secondary sources of information. The researcher selects 50 respondents from the study region for analytical purposes. For data collecting, the researcher uses a procedure called purposeful sampling. For data collection, the researcher creates a well-structured interview schedule in both English and the regional language. Some of the respondents do not provide data in a systematic manner. As a result, the study's findings aren't transferable to other fields. The researcher uses simple manual statistical methods such as percentage analysis, weighted average ranking, and the Garrett ranking method to analyse and interpret the data provided by the respondents. Journals, magazines, and websites are used to gather secondary data.

V. ANALYSIS AND INTERPRETATION

Table 1: Health Related Problems Faced by the Respondents (Weighted Average Ranking Method)

Rank	I	II	III	IV	V	Total	Weighted Average	Rank
Weights(W)	5	4	3	2	1	(25)		
Problems								

Diabetics	11	14	11	6	8	50		V
	55	56	33	12	8	164	5.96	
Throat infection	10	8	12	11	9	50		II
	50	32	36	22	9	149	6.56	
Joint pain	9	12	9	13	7	50		IV
	45	48	27	26	7	153	6.12	
Wheezing	13	9	12	7	9	50		III
	65	36	36	14	9	160	6.4	
Respiratory infections	14	10	9	11	6	50		I
	70	40	27	22	6	165	6.6	

The health problems of the respondents are shown in the table above. The researcher uses the weighted average approach to identify the primary issues. A total of five factors played a significant influence. Each variable is given a weighting. According to the results of the aforementioned study, the respondents' biggest concern is "Respiratory infections," which has a mean score of 6.6. Respondents also had to deal with "Diabetics," with a mean score of 5.96.

Table 2: Problems Faced by the Respondents in Society (Garrett Ranking method)

Problems	Garrett Mean score	RANK
Threatened by others	54.98	1
Thrown out from their family	43.74	9
Trouble in getting job	54.42	3
Employment discrimination	52.38	4
Bath room issue	52.26	5
public places, health service	50.90	6
Difficulty in civic rights	45.22	8
Verbal abuse	46.10	7
Bullying	54.88	2

The table above clearly demonstrates the issues that responders encounter in society. The researcher use the Garrett ranking approach. According to the data, those who have been intimidated by others came in first with a garrett mean score of 54.98, while those who have been thrown out of their family came in ninth with a score of 43.74.

VI. CONCLUSION

Transgender individuals in India now experience intolerance, shame, discrimination, and violence, despite a pre-colonial tradition that recognised and honoured gender variation in temple sculptures, mythology, and religious treatises. Human rights breaches against transgender individuals can be found in families, schools, businesses, law enforcement, healthcare, the media, and society at general. To eliminate stigma and discrimination

connected with the community, affirmative action is required. The goal of this research is to better understand the psychological issues that transgender people face in society. The primary psychological concerns of transgender people throughout the transition stage include gender expression, abuse, social isolation, and negative thoughts about transition. Everyone, regardless of sex, sexual orientation, or gender identity, is entitled to the protections afforded by international human rights law, including the rights to life, security, and privacy, the right to be free from torture, arbitrary arrest, and detention, the right to be free from discrimination, and the right to freedom of expression, association, and peaceful assembly.

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