



ORIGINAL RESEARCH PAPER

Psychology

DEMOGRAPHIC DETAILS ASSOCIATED WITH SOCIAL INHIBITION, RESILIENCE AND QUALITY OF LIFE OF TRANSGENDER.

KEY WORDS: Social Inhibition, Resilience, Quality of Life.

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ABSTRACT

Transgender women are exposed to stressful situations such as gender transition and transition-related discrimination, because of their limited acceptance by the general population. Transgender individuals face several social disadvantages in the Indian cultural context, and often live on the fringe of the society. Presence of adverse life circumstances predisposes them to have psychological morbidity. The main objective of this study is to find the relationship of Social inhibition, Resilience and Quality of life of transgender individuals in association with the demographic variables. 110 Transgender individuals in the age group of 18 to 35 were selected through purposive sampling method. The sample was collected within Coimbatore district. Tools used were Quality of Life questionnaire by John Flanagan in the year 1970, Brief Resilience Scale by Bruce W. Smith in the year 2008, Adult Social Inhibition scale by Johan Denollet, Stefanie Duijndam in the year 2018. The findings of this study says that there is positive correlation between Resilience and Quality of Life. There is negative relationship between Quality of life and Social Inhibition and also between Resilience and Social inhibition.

INTRODUCTION

I am not what happened to me. I am who I choose to become.

- Carl Jung

"Transgender" refers to having a gender identity that differs from one's sex assigned at birth. "Gender identity" refers to the basic conviction of being a man, woman or other gender (e.g., bigender, genderqueer, gender questioning, gender nonconforming). "Sexual orientation" refers to one's sexual attraction, sexual behavior and emotional attachments to men, women or both (Walter Bockting, 2015).

SOCIAL INHIBITION

Social Inhibition is a broad personality trait that refers to the stable tendency to inhibit the expression of emotions and behaviours in social interaction (Asendorpf, 1993). Individuals who are high in SI are more likely to feel inhibited, tense, and insecure when with others.

RESILIENCE

Resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Resilience has been defined as an ability to recover from adversity (Wagnild, 2009) and as a positive personality characteristic that enhances individual adaptation and moderates the negative effects of stress.

QUALITY OF LIFE

Quality of Life is the interaction between the conditions of life and personal values and personal satisfaction with life as in the individuals perception of his status in life in the context of his culture and community and concerns about mental health and personal beliefs. (Marshi, 2014).

METHODOLOGY

OBJECTIVES OF THE STUDY

- To find out the level of Quality of life of Transgender.
- To find out the level of Social inhibition of Transgender.
- To find out the level of Resilience of Transgender.

- To find out the relationship between Demographic details and Quality of life of Transgender.
- a) To find out the relationship between age and Quality of life of Transgender.
- b) To find out the relationship between education Qualification and Quality of life of Transgender.
- c) To find out the relationship between Marital status and Quality of life of Transgender
- d) To find out the relationship between siblings and Quality of life of Transgender
- e) To find out the relationship between birth order and Quality of life of Transgender
- f) To find out the relationship between family acceptance and Quality of life of Transgender
- g) To find out the relationship between family type and Quality of life of Transgender
- h) To find out the relationship between residence and Quality of life of Transgender
- To find out the relationship between Demographic details and Social inhibition of Transgender.
- a) To find out the significant relationship between age and Social inhibition of Transgender.
- b) To find out the relationship between education Qualification and Social inhibition of Transgender.
- c) To find out the relationship between Marital status and Social inhibition of Transgender
- d) To find out the relationship between siblings and Social inhibition of Transgender
- e) To find out the relationship between birth order and Social inhibition of Transgender
- f) To find out the relationship between family acceptance and Social inhibition of Transgender
- g) To find out the relationship between family type and Social inhibition of Transgender
- h) To find out the relationship between residence and Social inhibition of Transgender
- To find out the relationship between Demographic details and Resilience of Transgender.
- a) To find out the relationship between age and Resilience of Transgender.
- b) To find out the relationship between education

Qualification and Resilience of Transgender.

- c) To find out the relationship between Marital status and Resilience of Transgender
- d) To find out the relationship between siblings and Resilience of Transgender
- e) To find out the relationship between birth order and Resilience of Transgender
- f) To find out the relationship between family acceptance and Resilience of Transgender
- g) To find out the relationship between family type and Resilience of Transgender
- h) To find out the relationship between residence and Resilience of Transgender
- To find out the relationship between Quality of life and Resilience of Transgender
- To find out the relationship between Quality of life and Social Inhibition of Transgender
- To find out the relationship between Resilience and Social inhibition of Transgender.

HYPOTHESES

Pursuant to the above objectives the following hypothesis where proposed for the present investigation.

1. There will be no significant difference between demographic details and Quality of Life.
2. There will be no significant difference between demographic details and Resilience.
3. There will be no significant difference between demographic details and Social Inhibition.
4. There will be Positive correlation between Quality of Life and Resilience.
5. There will be Negative correlation between Quality of Life and Social Inhibition.
6. There will be Negative correlation between Social Inhibition and Resilience.

SAMPLE

110, Trans women form Coimbatore district in Tamil Nadu, were considered as participants for the present study. Purposive sampling method is used for the sample collection. The age range of the participants is between 18 and 35 years.

INCLUSION CRITERIA

- Trans-women of Coimbatore district are included.
- Trans-women residing with and without family are included.
- Trans-women of age 18 to 35 are included.

EXCLUSION CRITERIA

- Trans-men, and other type of transgender are excluded.
- Trans-women other than Coimbatore district are excluded.
- Trans-women below 18 years and above 35 years are excluded.

Tools

- **Personal Data Sheet**

The personal data sheet developed by the investigator was used to collect data regarding the socio-demographic characteristics of the participants. The demographic details including name, age, educational qualification, marital status, siblings, birth order, family type, family acceptance, and residence is used.

In the present study, the investigator tried to study different variables like Quality of life, Social inhibition and Resilience. The instruments used have been developed and standardized by experts in the field. The measures are:

1. Quality of Life questionnaire (John Flanagan, 1970)
2. Brief Resilience Scale (Bruce W. Smith, 2008)
3. Adult Social Inhibition (Johan Denollet, Stefanie Duijndam, 2018)

Procedure

110 Transgender individuals between the age group of 18 to 35 were selected using purposive sampling. The samples were collected only from Coimbatore district. The respondents were explained about the study and the questionnaire. Confidentiality of data and instructions to fill the questionnaire were explained. All the Three questionnaires were pinned together, Sufficient time was given to respond to the questions and if any doubts they were cleared.

STATISTICAL ANALYSIS

The statistical techniques selected were based on the objectives set forth and hypothesis formulated for the study. The statistical techniques used are below.

1. ANOVA 2. CORRELATION

RESULT AND DICUSSION			
Table 1: Shows the level of Social Inhibition among the Transgender individuals.			
Social Inhibition Category	Frequency	Percent	Valid Percent
Inhibition	17	15.5	15.5
Sensitivity	79	71.8	71.8
Withdrawal	14	12.7	12.7

Table 2: Shows the level of Resilience among the Transgender individuals.			
Resilience	Frequency	Percent	Valid Percent
Low	53	48.2	48.2
Normal	55	50.0	50.0
High	2	1.8	1.8

Table 3: Shows the level of Quality of life of Transgender individuals.			
Quality of life	Frequency	Percent	Valid Percent
Low	7	6.4	6.4
Average	45	40.9	40.9
High	58	52.7	52.7

Table 4: Shows the Significant difference of Quality of life, Social inhibition and Resilience among Place of living of Transgender individuals.							
Variables	Source	N	Mean	SD	F	P	Significant
Quality Of Life	Rural	78	77.54	16.904	2.273	0.135	Not Significant
	Urban	32	82.84	16.412			
Social Inhibition	Rural	78	22.37	7.974	0.774	0.381	Not Significant
	Urban	32	20.97	6.567			
Resilience	Rural	78	2.8445	0.66987	4.307	0.04	Significant
	Urban	32	3.1338	0.64888			

Table 5: Shows the Correlation among Social Inhibition, Resilience and Quality of life.			
Variables	Mean	SD	R-Value
Social Inhibition	21.96	7.589	-0.198
Resilience	2.9286	0.67391	
Quality Of Life	79.08	16.862	0.271
Resilience	2.9286	0.67391	
Social Inhibition	21.96	7.587	-0.600
Quality Of Life	79.08	16.862	

SUMMARY AND CONCLUSION

The present study was undertaken to assess the Social Inhibition, Resilience and Quality of life of Transgender individuals. The objective was to know the relationship between these Social Inhibition, Resilience and Quality of life to the Transgender.

MAJOR FINDINGS OF THE STUDY

- There is no significant difference between demographic details and Quality of Life.
- There is no significant difference between demographic details and Resilience.

- There is no significant difference demographic details and Social Inhibition.
- There is Positive correlation between Quality of Life and Resilience.
- There is negative correlation between Quality of Life and Social Inhibition.
- There is negative correlation between Social Inhibition and Resilience.

IMPLICATIONS OF THE FURTHER STUDY

Transgender individuals are facing lot of psychosocial problems in their life. Even any other variable could be added to measure. Intervention programs can be conducted to enhance their Quality of life, to develop their resilience and even to overcome their social inhibition.

LIMITATIONS

- The sample size of the present study is small.
- Data was collected only from Coimbatore district.
- Lot of time was spent on collecting data.

SUGGESTIONS

- Sample size can be increased.
- One more variable could be added.
- Data can be collected from different places.

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