

A Study on Mental Health and Provisions of Transgender with Special Reference to Kollam, Kerala

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ABSTRACT

Transgender people are people who have a gender identity or gender expression that differ from their assigned sex. Transgender people sometimes are called transsexual if they desire medical assistance to transition from one sex to another. Transgender is also an 'umbrella term' in addition to including people who gender identity is opposite of their assigned sex. It may include people who are not exclusively masculine or feminine. Other definitions of transgender also include people who belong to a third gender or conceptualize. Transgender belongs to the most neglected group. So they are prone to face the problem of human trafficking also. The major problem in the whole process is that they are socially excluded from the society. They are excluded from participating in social, cultural and economic life. This study focusing on only mental health and provisions relating to transgender people. **Research Methodology:** The modern take a look at used a descriptive studies layout and non-chance sampling because the sampling method. To attain statistics from dad and mom for this take a look at, the researcher used a purposive sampling method. An interview time table became used to collect a pattern length of 60 transgender. **Tools for statistics collection:** The researcher used mental health scale. Which was developed by Lovibond and Lovibond (1995). Three factors, occur the scale. Factor's coefficients were as follows: for the depression 0.25 to 0.61, for anxiety 0.30 to 0.53 and stress 0.31 to 0.51 for overall scale.

KEYWORDS: Mental Health, Provisions, Transgender

INTRODUCTION

The Transgender community is a part of the society and they have an equal right to everything like all others have within the world. The presence of transgender is not new and is incised in history from past times. The existence of the transgender community is often seen in many scripts; most likely as a result of an exact needs such a category to take care of the equilibrium. Several members of the transgender community were torch bearers of changes within the events of history, although they are not explicitly noted. Their discrimination has been a constant and significant issue and has solely verified to be additional spurious with time. Because of their class and gender, they have become one of the most disempowered people in society. Despite all

constitutional guarantees, the transgender community is denied even their fundamental rights, which embrace Right to Liberty, Dignity, Freedom of Expression, Right to Education and Authorisation, Right against Violence, Discrimination and Exploitation.

Their present living condition has been deteriorating with a lack of motivation and self-confidence due to different facts. The prevailing situation has also further led to mental stress and health-related issues. Most transgender lifestyle has been pushed to illegal sex work, and at times leading to petty thief, all this are cumulative facts arising from poverty, negligence by their respective families and the society. They are baring a few and a small number of a transgender

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who possesses a strong will to prevail and compete with excellence in this competitive world and the rest deprived lot. The biological and the mental changes the transgender undergo at an early age are never accepted as a natural outcome by most of them in society. Lack of public awareness and moral education to the society has pushed the transgender community to a pathetic lifestyle and live an ignored and deprived life. The hardships that the transgender face socially, mentally and they are deprived of rights they legitimately deserve. Hence the researcher has attempted to study the Mental Health and provisions of Transgender in Kollam, Kerala.

DEFINITION

Mental Health: Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively / fruitfully and is able to make a contribution to her or his community (World Health Organisation, 2010).

TRANSGENDER

The definition of transgender seems to be People who were assigned a gender, at birth based on their genitals, but who feel that they are getting differentiated emotions. Lesbian Gay Bisexual Transgender (LGBT) Campaign Transgender Campaign, (2007).

STATEMENT OF THE PROBLEM

Transgender individuals are often marginalized and encounter stigma and discrimination due to their sexual orientations, gender identities, and expressions. The stigma is spread in society through the cultural and social atmosphere. They are denied educational opportunities, jobs, and discriminated against in every area of their lives. Transgender inequality is the unequal protection received by transgender people in work, school, and society in general. Transgender people regularly face transphobic harassment. Ultimately, one of the largest reasons that transgender people face inequality is due to a lack of mental health problems and provision relation of transgender people.

SCOPE OF THE STUDY:

Down the ages, Indian society has convicted and withdrawn people who do not conform to its norms. Transgender persons are one such group of people who have been marginalised in many cultures. Living as a transgender is far from easy because such people can be neither categorised as male nor as female and this deviation is "unacceptable" to society's vast majority. Trying to make out a gracious living is even worse. There are minimal studies which emphasis on their mental health and provision refer to issues related to denial by family and society as seen in discrimination at work, harassment and matters about

housing and effect mental health and provision. Fear of being discriminated by others leads to social avoidance and can be a threat to one's self-esteem. Breaking traditional stereotypes about this marginalised group requires a focused attempt. Studying the existing attitudes towards this group is the first step in understanding them, their needs and problems. The present research study focused on the mental health and provision of Transgender in Kollam, Kerala.

REVIEW OF LITERATURE

Aneesh M.S. (2017) studied the mental health and quality of life among transgender people in the age group of 18-40 years, in three districts of Kerala state, viz. Kottayam, Ernakulam, and Thrissur. The 26-item WHO QOL-BREF instrument, which contains four dimensions, viz. physical health, psychological, social relationship, and environment, was used to collect data on the quality of life among the transgender. The association between the socioeconomic factors and quality of life was compared. Results showed that higher income, higher education significantly improves quality of life, but age did not influence. However, about 42 per cent of the respondents had dropped out before their higher school due to harassment. 38 The research results revealed if the transgenders are highly educated, and when they earn well, their quality of life automatically increases. And age has got no impact on their quality of life.

Katz-Wize et al. (2017) studied mental health issues among transgender adults. Data collected through a one-time survey from a total of 452 self-identified adults (285 female-to-males and 167 male-to-females) of the transgender community. Mental health outcomes included: self-harm, suicidal tendency, level of depression. CES-D 10 instrument was administered. Other variables were gender identity, socio-economic status; identified sex. Regression analysis revealed that lifetime changes in attraction significantly increased all mental health outcomes. However, gender-specific social determinants were not significantly associated with mental health outcomes among transgender adults.

Connolly et al. (2017) did a meta-analysis to study the mental health of transgender youth. For the analysis, research works published from 2011 to 2016 in various journals and databases including PubMed, Ovid Medicine etc. It was found that depression, suicidal tendency, self-harm, psychiatric sickness, and eating disorder were higher among transgender youth. But medical therapy, gender-identification with social support significantly improved their psychological functioning.

METHODOLOGY OF THE STUDY**Objectives of the Study:**

- To find out the socio demographic details of the respondents
- To assess the level of mental health and provisions of transgender people.
- To examine the association between socio demographic and level of mental health and provisions of transgender people.
- To analysis the difference between socio demographic and level of mental health and provisions of transgender people.
- To provide valuable suggestion about to improve their mental health and provisions of transgender people.

Research design: The researcher followed descriptive research design for the study.

Finds of the Study

S.NO	FACTORS	MEDIUM	FREQUENCY	PERCENTAGE (%)
1	Age	25yrs - 35yrs	44	58
2	Gender identity	Bisexual	24	36
3	Education qualification	SSLC	26	38
4	Income	15000-20000	36	60
5	Religion	Hindu	40	65
6	Residential background	Rural	39	64
7	Marital Status	Unmarried	54	90

Simple Percentage Analysis

- Majority (58%) of the respondents were in the age group between 25- 35 yrs.
- More than half (36%) of the respondents were sender identify is bisexual.
- More than half (38%) of the respondents were completed SSLC.
- More than half (60%) of the respondents earning income 15000-20000.
- More than half (65%) of the respondents were religious under Hindu.
- More than half (64%) of the respondents were from rural area.
- Majority (90%) of the respondents were unmarried.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF MENTAL HEALTH

S. No	Level of Mental Health	No. of Respondents	Percentage (%)
1	Good	12	20
2	Moderate	39	65
3	Poor	9	15
TOTAL	60	100	

INTERPRETATION

The above table shows that (65%) of the respondents were moderate level of mental health, (20%) of the respondents were good level of mental health and (15%) of the respondents were poor level of mental health.

Influence of Personal Profile Factors and mental health of the respondents

Variables	Statistical Tool	Value	Result
Age & Mental health of the respondents	t-test	P = .004 < 0.05	Significant
Gender identity & Mental health of the respondents	t-test	P = .000 < 0.05	Significant
Education & Mental health of the respondents	ANOVA	P = .570 > 0.05	Not Significant
Income & Mental health of the respondents	ANOVA	P = .061 < 0.05	Not Significant
Religion & Mental health of the respondents	ANOVA	P = .072 > 0.05	Not Significant
Marital status & Mental health of the respondents	t-test	P = .047 < 0.05	Significant
Residential background & Mental health of the respondents	t-test	P = .011 < 0.05	Significant

- There is significant difference in the age & mental health of the transgender.
- There is significant difference in the gender identity & mental health of the transgender.
- There is no significant difference in the education & mental health of the transgender.
- There is no significant difference in the income & mental health literacy of the transgender.
- There is no significant difference in the religion & mental health literacy of the transgender.
- There is significant difference in the marital status & mental health literacy of the transgender.
- There is significant difference in the residential background & mental health literacy of the transgender.

Recommendations

- Governments, both central and state governments work on providing awareness among transgender on their rights and privileges. In collaborating shall be imported to transgender.
- The religious institutions should commit themselves in developing an environment that provides religious based belief systems that brings unity, harmony, and equality upholding human dignity.
- The investigator would like to suggest that the artistic way of awareness shall be implemented in breaking the cultural tags against the transgender.
- Encouraging folk artistic shall be sustained in breaking the stereo typical traditions.
- The researcher suggests that the Hostel facilities for the transgender students shall be provided by the government and non- governmental organisations.
- Informal education shall be given to the respondents who were school dropouts.
- Right based values and moral education shall be imparted to the transgender community.
- Imparting sexual education and personal hygiene shall be the primary job of the government and on governmental organisations.
- The researcher suggests that the government should build more primary health centres nearby areas of the transgender.
- Training programmes on sexuality for all shall be given, which helps the general public to understand the sexual orientations.
- Enhanced training programmes for the transgender on the concept of Self-esteem Awareness programmes to the general public to

more fully their understanding of the sexual orientation of others so that the prejudices shall be broken up.

- The researcher also would like to suggest the community organization programmes for the transgender at all level shall be done.

CONCLUSION

Without mental health we cannot be healthy. Mental health conditions go beyond these emotional reactions to specific situations. Transgender individuals are almost three times more likely than others experience a mental health condition such as major depression or generalized anxiety disorder. This fear of coming out and being discriminated against for sexual orientation and gender identities, can lead to depression, posttraumatic stress disorder, thoughts of suicide and substance abuse. Transgender people must confront stigma and prejudice based on their sexual orientation or gender identity while also dealing with societal bias against mental health system for fear of being ridiculed or rejected. Some hide their mental health conditions from their Transgender friends. This study conclude that (65%) of the respondents were moderate level of mental health, (20%) of the respondents were good level of mental health and (15%) of the respondents were poor level of mental health.

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