



A COMPREHENSIVE STUDY OF THE APPREHENSIONS OF THE TRANSGENDER PEOPLE IN KERALA

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ABSTRACT

Social anxiety is the fear of social situations and the interaction with other people that can automatically bring in feelings of self-consciousness, judgment, evaluation, and scrutiny. Put another way, social anxiety is the fear and anxiety of being judged and evaluated negatively by other people, leading to feelings of inadequacy, embarrassment, humiliation, and depression. Transgenders are at heightened risk for psychological distress, including social anxiety. Gender dysphoria is a term that describes a sense of unease that a person may have because of a mismatch between their biological sex and their gender identity. This sense of unease or dissatisfaction may be so intense it can lead to depression and anxiety and have a harmful impact on daily life. In Kerala Transgenders life is not accepted and they are living as hidden population. The study has two objectives first objective is study the social anxiety among transgender people and second objective is study the socio demographic factors affecting the social anxiety among transgender. Descriptive research is used to obtain information for the present study. In this study, the investigator used purposive sampling technique. The population for the present investigation defined as transgender from Kottayam and Ernakulum district. The sample consist of 10 transgenders from Kottayam and 26 from Ernakulam district of Kerala state. The study shows that income, age, occupation were the significant factors for

degerming social anxiety among transgender people. The present investigation strongly agrees the higher rate of social anxiety among transgender.

KEYWORD: Social Anxiety, Transgender people.

INTRODUCTION

“Transgender” is an umbrella term referring to individuals who do not identify with the sex category assigned to them at birth, or whose identity or behaviour falls outside of stereotypical gender norms. The term “transgender” encompasses a diverse array of gender identities and expressions, including identities that fit within a binary female/male classification system, and those that do not. Identities include: male-to-female (MTF) transgender women, assigned a male sex at birth and who identify as female/woman or on the transgender feminine spectrum; female-to male (FTM) transgender men, assigned a female sex at birth and who identify as male/man or on the transgender masculine spectrum; people who live part-time in their gender expression; and people who identify themselves as neither male nor female, bi-gender or pangender (both male and female).

Social anxiety, disorder in comparison is downright boring. It has no strange elements that are visible to others. It is a disease of inhibition (shyness) and avoidance. A person with social anxiety disorder typically shrinks into the background and is usually not heard. This scenario partially explains the lack of understanding the general public has about social anxiety. Social anxiety is the fear of social situations and the interaction with other people that can automatically bring on feelings of self-consciousness, judgement, evaluation and inferiority. Social anxiety disorder or social phobia is a much more common problem than past estimates have led or to think. Millions of people all over the world suffer from this devastating and traumatic problem every day. The person with social anxiety disorder experiences physical symptoms of anxiety. The level of

anxiety experienced by the person with social anxiety disorder is excessive, and may result in substantial impairment in the person's social, emotional, interpersonal and occupational life. If a person usually becomes anxious in social situations, but seems fine when they are alone, then the problem may be social anxiety. Social anxiety disorder is equally common in men and women and is found across all cultures. The World Psychiatric Association (WPA) estimates that 3% of the population suffer from this condition at any one time; other studies suggest the figure to be as high as 8-15%.

OBJECTIVES

1. Study the social anxiety among transgender people
2. Study the socio demographic factors affecting the social anxiety among transgender

HYPOTHESES

1. There will be no significant variation among the transgender people based on their Social anxiety.
2. There will be no significant difference between transgender people and their socio demographic status (age, education, marital status and family support)

RESEARCH DESIGN

A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. In fact, the research design is the conceptual structure within which research is conducted; it constitutes the blue print for data collection,

measurement and analysis of data. Choosing a most suitable design is the very important step in any research.

In this particular research, the investigator tried to understand the social anxiety among transgender people. Descriptive research design is used to test the tenability of the hypothesis of the study.

Descriptive research is used to obtain information concerning the current status of the phenomena to describe “what exists” with respect to variables or conditions in a situation. From the different methods that may be employed in descriptive research, survey method was selected for the present study. A survey is an attempt to collect data from a representative sample of the population in order to determine the current status of the populations with respect one or more variables. They are non-experimental, for they deal with the relationship between non – manipulated variables in a natural rather than experimental setting. since the events or conditions have already occurred or existed, the relevant variables for analysis of their relationship were selected.

PARTICIPANTS

In this study, the investigator used purposive sampling technique. The population for the present investigation defined as transgender from Kottayam and Ernakulam district. The sample consist of 10 transgender from Kottayam and 26 from Ernakulam district. Purposive sampling is characterized by the use of judgment and a deliberate effort to obtain representative samples by including presumably typical areas or groups in the sample (Kerlinger, 1998). The sample selected from the age group of 18-45. In the research, the samples collected from the two Transgenders Community Projects from Kottayam and Ernakulam district funded by Kerala State AIDS Control society.

PROCEDURE

For the data collection firstly contacted the community leaders of the particular community organization, based on the support of community leaders individually met all transgender. Before collecting the data interact with the Counsellor and he gave identified list of transgender and checked their case details as transgender in the project. The second criteria were self-identified transgender, as per the Supreme Court suggested self-identification is relevant for the identification process of transgender. Who one is self-identified only consider for my research purpose. The third criteria were the particular transgender person live as transgender minimum 6 months. After the identification of transgender collected the socio demographic data. The individual interview conducted each sample for the administration of Suicidal Ideation Scale. Average 45 minutes taken for each sample for collecting the data.

INSTRUMENTS

The following tools are used for collecting data for the present study.

1. General data sheet
2. Social anxiety measure (Revised)

SOCIAL ANXIETY MEASURE (REVISED)

The test was developed for measuring the “anxiety resulting from the prospects or presence of interpersonal evaluation in real or imagined social settings”, or what is called ‘Social Anxiety’.

RELIABILITY AND VALIDITY

The retest method was used to find the reliability co-efficient and social anxiety scale was used as the external criteria for finding the validity coefficient. The reliability coefficient is 0.82 (N-100) and validity coefficient is 0.88(N-100),

indicating that the test is having sound reliability and validity. Further, the total examination anxiety score and social anxiety score have been found, and taken as an overall measure of anxiety, and are used as the third variable of anxiety, namely total anxiety. The reliability of the variable, total anxiety has been estimated using test-retest method, on a sample of 100 students, with a time interval of one month; and the validity has been estimated with Kerala General Anxiety scale as an external criterion. The reliability coefficient is 0.85 (N-100) and the validity coefficient is 0.83 (N-100).

ANALYSIS OF DATA

The collected data were coded and then strictly checked. Each item was appropriately coded and entered into the

master sheet according to the identification code.

Statistical Techniques Used

The statistical techniques used for the purpose of analysis of the collected data are:

1. Computation of arithmetic mean and standard deviation.
2. 't' test
3. ANOVA (One way) for testing the significance of difference between the means of more than two groups.

Test Of Hypothesis I

There will be no significant variation among the transgender people based on their social anxiety.

TABLE 1. ANOVA table representing social anxiety of male to female transgender, female to male transgender and non-transgender

Source of variance	Sum of Squares	df	Mean Square	F
Between Groups	4600.55	2	2300.27	92.77
Within Groups	2157.00	87	47.79	
Total	6757.55	89		

The above ANOVA table indicate that there is significant differences in social anxiety between female to male transgender, male to female transgender and non-transgender persons. It indicates that social anxiety of transgender people is very high compare with non-transgender people. In Kerala transphobic nature is very high and cultural factors also affecting the negative societal attitude towards transgenders.

Test of Hypothesis- 2

The second objective of the study hypothesized as "there will be no significant difference between transgender people and their socio demographic status (age, education, marital status, family support) ANOVA and 't' test were employed to test significant difference among transgenders based on their socio demographic profile.

TABLE 2. Summary of ANOVA of Transgender based on their Age

Variable	Groups	Mean Score	Source	Sum Squares	of df	Mean Square	F	Sig.

	Age between 18-25	.91	Between Groups	32.642	2	16.113	.436	.694
	Age between 26-35							
Age	Age between 36-45	1.42	Within Groups	1345.124	34	39.412		
		2.33	Total	1317.000	36			

The table shows that the Age is not significant factor to determine the social anxiety of the transgenders. In the study the researcher selected the sample from three type of age groups, first group belong to the

age of 18-25, second group included in the age of 26-35 and third group belong the age of 36-45. The mean score of three groups has no significant difference.

TABLE 3. Summary of ANOVA of Transgenders based on their Education

Variable	Groups	Mean Score		Sum of Squares	df	Mean Square	F	Sig.
	10 th Std.(below)	3.62	Between Groups	112.44	2	71.722	1.456	.175
Education	Plus two	2.47	Within Groups	1129.556	34	39.456		
	Degree	6.09	Total	1242.000	36			

The table shows that education is not significant factor to determine the social anxiety of transgenders. The three groups are included in the educational category. The first group attained 10th and below 10th std. The second group included in Plus two

education, the third group attained degree qualification. The degree and plus two groups have the difference based on the mean score but it not led to significant at 0.05 level.

TABLE 4. Mean and standard deviation of Transgenders based on their Marital Status

Groups		Unmarried Transgender	Married Transgender	t
Transgender	Mean	11.44	5.90	.019*
	N	28	8	
	Std. Deviation	6.30	1.60	

*Significant at 0.05 level

The table shows that marriage factor is significant to determine the social anxiety of transgender. The Unmarried transgender

mean score is high than married transgender people. It indicates that married life reduces the social anxiety. The

unmarried transgender more chance for depression and social anxiety. and affecting their self. Thus, I find out that marriage

increased the social acceptance and family relationship reducing the stigma and discrimination.

TABLE 5. Mean and standard deviation of Transgenders based on their Family Support

Groups	Mean & std dev.	Family supports Transgender	Family not supported Transgender	t
Transgender	Mean	12.30	8.97	.676
	N	33	3	
	Std. Deviation	7.12	1.12	

The table shows that family support is not significant factor to determine the social anxiety tendency of transgender. The 33 subjects shared they have the support from the family but 3 said they don't get the proper family support.

TENABILITY OF HYPOTHESES

Hypothesis

1. There will be no significant variation among the transgender people based on their social anxiety.

The study finds out that social anxiety significantly varied among transgender people. So, the hypothesis is rejected.

2. There will be no significant difference between transgender people and their socio demographic status (age, education, marital status, family support)

The social anxiety among transgender is not significantly different based on the age, education and family support. But based on the marital status is significantly different among transgenders, so the hypothesis is partially rejected and accepted.

MAJOR FINDINGS OF THE STUDY

Major findings that have emerged from the study are given below.

1. The study revealed significant variation among transgender based on their social anxiety.

2. Social anxiety among transgender is comparatively higher than general population

3. Social anxiety between married and unmarried transgender are significantly different. Unmarried transgender has more social anxiety compare with the married transgender.

4. Age, education, family support not significant factor determines the social anxiety among transgender

IMPLICATIONS OF THE STUDY

The present investigation on social anxiety among transgenders have significant implication in the field of psychology, social work and gender studies. Psychologist, sociologist and social workers working with transgenders can develop deeper insight regarding the importance of social anxiety among transgenders. The investigator will be delighted if this work serves as a guideline for students, teachers, parents and prospective researchers interested in the area. The study find out that social anxiety is significantly varied among transgender and social anxiety of transgender is higher than general population.

CONCLUSION

The study suggests that the certain discussion based on the present investigation may help the social workers and psychologist to improve the knowledge about transgender in Kerala. Last few years our government taken more initiatives for the transgender including the transgender survey in Kerala. The study will give more insight about the transgender in the context of Kerala. If we accept this community we can create not gender discriminated society.

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