

An Insight Into The Psychological Well Being Of Transgender Youth In India

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Abstract

Transgender is an umbrella term but the article mainly focuses on transgenders (binary) and their psychological well being. Transgender people often experience a discrepancy between their general identity and societal Expectations and norms associated with the sex they were assigned at birth. The issue related to psychological wellbeing had been discussed in short and that the need of awareness is addressed or transgender individuals that they be freed of any stigmatisation, allegation, harassment, discrimination and violent acts.

Keywords: -Transgender, Gender Identity, Sexual Orientation, Gender Expression.

The Animal Kingdom has been divided into two categories: -male and female it also cannot be divided that the third gender is also there in existence. The Animal Kingdom is traditionally categorised into male and female gender and until now, a third gender has also been recognised marginally. In the present paper sexual orientation, gender identity, transgender and their psychological well being would be discussed. Transgender is an umbrella and very broad term but the article mainly focuses on transgenders (binary) and their psychological well being. A transgender person often known as a trans person is person whose gender identity or gender expression or both does not match with the genders they were assigned at birth.

Sex is generally determined by physical characteristic such as reproductive organs, chromosomes, hormones and other observable features while gender identity is a deeper and more intrinsic sense of being male female or different all together.

In LGBTQIA+ the fourth letter T stands for transgender.

For instance, an individual who was assigned female sex at birth but identifies itself as a male is considered a transgender man(transman) while a person who was assigned male at birth but identifies as female is transgender woman(transwoman). It is essential to acknowledge that not all individuals encompassed by the transgender spectrum identity inclusively as male or female. Some individuals may identify as non-binary, gender queer or other gender identities.

Transgender people often experience a discrepancy between their gender identity and societal expectations and norms associated with the sex they were assigned at birth.

The incongruity between gender identity and assigned sex leads to a distressful condition commonly referred to as gender dysphoria. Gender dysphoria is a psychological and emotional distress often experienced by transgender individuals. It is important to recognize that gender identity is a complex and multidimensional concept. Different individuals may hold different perspectives on the factors that contribute to their sense of self. There are four such factors that can be considered, and they are: 1. Birth sex 2. Gender identity 3. Sexual orientation 4. Gender expression. These all generally construct significant aspects of our identity.

Birth sex refers to the physical and biological characteristics of an individual assigned at birth, determined by observable characteristics such as genitalia: 1. male or 2. female. Based on these characteristics, 3. intersex individuals are born with such physical characteristics which do not fit the typical binary definitions of male or female.

They can be further discussed as follows: -

1. **Male**- It refers to a person who has been assigned a male gender at birth based on biological characteristics. They typically have male reproductive organs and secondary sexual characteristics associated with males. It can also include aspects of gender identity and social expectations related to masculinity.
2. **Female**- This refers to the person who has been assigned the female gender at birth based on biological characteristics. They are characterized by female reproductive organs and also the related secondary sexual characteristics. This can also include gender identity profiling and social skills related to the general identity of a female.
3. **Intersex**- It describes individuals born with various physical sexual characteristics that do not fit the typical binary definitions of male or female. This includes a range of natural variations in chromosomes, hormones, or reproductive anatomy. It challenges the rigid male-female binary and highlights the possible diverse conditions of human sexual characteristics. They can identify themselves with either of the genders as they choose or prefer.

From the population, about one or two percent may have intersex traits. It is here that it becomes very important to be sensitive and to respect as well as understand that the birth sex may not be aligned with the general identity line experience of some individuals.

As the paper aims at the development of understanding about binary transgenders and their psychological well being let us focus on psychological issues that they face.

1. Gender Dysphoria- Gender dysphoria is most common occurrence among binary as well as non-binary transgenders. such a dysphoria occurs due to mismatch with the birth sex and gender identity of an individual gender dysphoria is not at all a mental illness but a lot of mental health problems start to the persistent condition of gender dysphoria. To overcome the state of dysphoria many individuals start to express according to the gender they identify with. For example, and individual born with the female sex may identify himself as male. so this individual starts expressing himself as male gender and many also like to use the male pronounce in language. Attaining such a type of behaviour may make this individual susceptible to societal and familial non acceptance which again may leave the individual in state of a very high mental distress and the mental condition may escalate from bed towards and so on.

For the psychological well being of such transgender individuals it may become extremely necessary that the society be made aware about such individuals and that instead of abandoning prejudiced and non acceptance behaviour. we should at least have a sensitized outlook.

2. Social Stigma- As to overcome the distressful feeling of gender dysphoria the transgender individual may “come out” in the form of expressing the gender they identify with. As the example previously cited, they begin to express in the form of the gender the identify with this needs to stir in the society. Due to socialist stigmatisation these individuals may face low self-esteem, shame, guilt, non-acceptance and so on internalised stigma in a burden in which the transgender is individual develops and internalize negative societal attitude about their identity and hence may develop internalized transphobia leading to worsened mental health conditions.

3. Healthcare Access- Accessible healthcare which is transgender specific and related Mental Health Care services are very limited in India. Needs of healthcare environment are very different for transgender individuals the importance of need arises for proper medical assistant which hence become important.

4. Environmental And Psychological Distress- In transgender individuals the problem of psychological distress may arise form this initial stages as well as the transgender might not be able to identify himself with the gender assigned to him. facing barriers to expression.

5. Violence And Harassment- Due to social stigmatisation expected gender roles and lack of awareness and transgender individuals are at greater risk of experience in violence, harassment, hatecrimes etc. As the society has a non accepting Outlook and some part of the population might be transfer big and due to allthese transgender individuals may also face verbal abuse, physical assault and even murdered crimes such situations further lead to various type of psychological illness or scared personality disorders.

6. Low Self-Esteem And Self-Worth- Those transgender individuals who cannot or are unable to express their gender identity they may internalised societal stigma and discrimination such conditions lead to feeling of low self-esteem, low self-worth, shame and diminished sense of self-worth.

Conclusion

Besides all type of psychological distress faced by a transgender individual there are some other social factors that may affect the individuals. Access to safe space, employment and economic challenges, legal documentation issues, healthcare barriers etc. are further some sensitive issues that affect the psychological well being of Indian transgender population.

Though the government addresses the shoe by passing transgender person (protection of rights) act 2019. Yet a lot of efforts remains to be put in so that the transgender individualmen get an equal safe environment to streets and grow like cisgender individuals.

Some Known Examples Of Binary Transgender

- **Transwomen And Transmen**
 1. Laxmi NarayanTripathi
 2. Ella D Verma
 3. Aryan Pasha
 4. Elliot page

References

- <https://nvaava.org/resource/guide-on-the-rights-of-transgender-persons-in-india/>