

A Sociological Study of Issues and Concerns about Transgender

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Abstract:

Paper deliberates on the contemporary issues of identity crisis, problems and legal regime as national and global concern for the transgender. It propagates need for social, political, economic and cultural mainstreaming of the transgender through social inclusion, freedom to opt gender of choice, integrated approach, inclusive growth, etc. Paper Type: Conceptual Research.

The term transgender refers to people whose sense of their own gender differs from what would be expected based on the sex characteristics with which they were born. Transgender is also a part of the society and they have equal right to everything in the world that is available to all other persons. Transgender is often used as an umbrella term to signify individuals who defy rigid, binary gender constructions and who expresses or present a breaking and blurring of culturally prevalent stereotypically gender roles. Majority of the respondents don't have an awareness level towards the schemes and rights provided by government for their life.

Introduction:

The terms 'trans people' and 'transgender people' are both often used as umbrella terms for people whose gender identity and/or gender expression differs from their birth sex, including transsexual people (those who intend to undergo, are undergoing or have undergone a process of gender reassignment to live permanently in their acquired gender), transvestite/cross-dressing people (those who wear clothing traditionally associated with the other gender either occasionally or more regularly), androgyne/polygender people (those who have non-binary gender identities and do not identify as male or female), and others who define as gender variant. Throughout this report the term trans people will be used when referring to the widest range of possible gender identities and will use more specific terminology such as trans men, transsexual people, polygender people and so on when referring to particular sub-sections of this diverse population.

Review of Literatures:

This study attempts to address the identified problems of the study population based on the review of available literature. It suggests ways forward to achieve inclusive growth of transgenders by recommending ways to fill the gap identified after analysis of literature chosen to be included in the study. A literature review of transgender studies encompasses a broad range of

topics, including health, psychology, sociology, and legal rights. Below is a structured overview of key themes and findings in the field of transgender studies.

1. Historical Context:

- **Historical Analysis:** Early studies traced the history of gender identity and the social perception of transgender individuals, noting significant figures and movements (e.g., Christine Jorgensen, the Stonewall riots).
- **Cultural Practices:** Examination of non-Western cultures' recognition of gender diversity, such as hijras in South Asia and Two-Spirit identities in Indigenous cultures.

2. Health and Medical Care

- **Healthcare Disparities:** Research highlights significant barriers transgender individuals face in accessing healthcare, including discrimination, lack of knowledgeable providers, and insurance issues.
- **Mental Health:** Studies consistently show that transgender individuals experience higher rates of mental health conditions such as depression and anxiety, often linked to social stigma, discrimination, and lack of support.
- **Access to Transition Services:** Analysis of the availability and accessibility of hormone replacement therapy (HRT) and gender-affirming surgeries, with emphasis on the need for better policy and support frameworks.

3. Social and Psychological Dimensions:

- **Identity Development:** Literature examining the processes of gender identity formation and expression, including the roles of family support, peer acceptance, and community involvement.
- **Stigma and Discrimination:** Findings show that systemic and interpersonal discrimination negatively impacts the mental well-being of transgender individuals, leading to experiences of harassment and exclusion.

4. Legal and Political Issues:

- **Policy Analysis:** Studies exploring legal frameworks affecting transgender rights, such as the ability to change legal gender markers, access to public facilities, and anti-discrimination laws.
- **Transgender Military Service:** Research discussing the implications of military policies on transgender individuals, including their rights to serve openly and access medical care.

5. Intersectionality:

- **Multiple Identities:** Examination of how race, class, sexual orientation, and other identity factors intersect with transgender experiences, leading to unique challenges faced by individuals who belong to multiple marginalized groups.
- **Focus on Representation:** Critical studies highlight the importance of diverse voices within the transgender community, emphasizing the need for inclusive representation in media and advocacy.

6. Community and Support Systems

- Peer Support: Research on the benefits of community support and peer networks, including the role of online forums and local organizations in providing resources and social connections.
- Family Dynamics: Studies focusing on the role of family acceptance and support in the mental health outcomes for transgender individuals.

Objectives of the Study:

This study aims to highlight several issues and concerns faced by Transgenders in the due course of their life as people belonging to 'third gender.'

1. To study Awareness and Education: Raising awareness about the challenges faced by transgender individuals, including societal discrimination, lack of understanding, and historical context.
2. To study Advocacy for Rights: Promoting legal and social rights for transgender individuals, including anti-discrimination laws, access to healthcare, and protection against violence and harassment.
3. To Study Mental Health Support: Addressing mental health issues often exacerbated by social stigma, discrimination, and isolation. Providing access to supportive resources, counselling, and community.
4. To Study Healthcare Access: Ensuring that transgender individuals have access to appropriate healthcare, including hormone therapy, surgery, and mental health services that affirm their gender identity.
5. To Study Social Inclusion: Fostering an inclusive environment where transgender individuals feel safe, respected, and valued in all aspects of life, including workplaces, schools, and communities.

Paper tries to establish discrimination and violence committed against sexual minorities based on race, gender, income, ethnicity and identity based on the international studies. This study suggests possible ways forward to support transgenders to live the life of their choice.

Methodology:

This scholarly manuscript is both descriptive and exploratory in nature. It aims to derive conclusions by using secondary data contributing to development of literature based on the futuristic needs. The study is based on descriptive research design. The data has been collected through secondary sources like journals, books, government reports, newspapers and various working papers. The data used in it is purely from secondary sources according to the need of this study. The secondary data has been analysed through content analysis method.

The challenges faced by transgender individuals are multifaceted and can vary widely based on cultural, social, and personal contexts. Here are some key issues that many transgender people encounter:

1. Discrimination and Stigmatization:

Transgender individuals often face discrimination in various areas of life, including employment, housing, healthcare, and education. This can lead to economic instability and social isolation.

2. Violence and Harassment:

Transgender people are at a heightened risk of violence and hate crimes. Reports indicate that transgender women of color, in particular, face significant risks.

3. Mental Health Issues:

Due to societal stigma, discrimination, and often a lack of acceptance from family and peers, many transgender individuals experience higher rates of mental health issues such as depression, anxiety, and suicidal ideation.

4. Access to Healthcare:

Many transgender people struggle to access gender-affirming healthcare, including hormone therapy and surgeries. Additionally, they may face discrimination from healthcare providers, which can deter them from seeking necessary medical care.

5. Legal and Policy Challenges:

Transgender individuals often face legal hurdles in changing their name and gender marker on identification documents, which can complicate their interactions with institutions and authorities.

6. Family Acceptance:

Many transgender people experience rejection from their families, which can lead to homelessness and emotional distress. Family support is crucial for positive outcomes.

7. Lack of Representation:

Transgender individuals are underrepresented in media, politics, and various professional fields, which can perpetuate misunderstandings and prejudice.

8. Intersectionality:

The experiences of transgender individuals can be influenced by other aspects of their identity, including race, socioeconomic status, and disability, leading to compounded challenges.

9. Social Transition:

The process of socially transitioning (changing name, pronouns, clothing, etc.) can be fraught with risk, including potential backlash from peers, coworkers, or family.

Addressing these challenges requires a multifaceted approach, including legal reforms, education, healthcare access, and societal change to promote acceptance and understanding of transgender individuals. Advocacy and support from allies are also critical in fostering a more inclusive environment.

Changing societal attitudes towards transgender individuals to promote inclusivity requires a comprehensive approach that includes education, advocacy, and active participation from various sectors of society. Here are several effective strategies:

1. **Education and Awareness Campaigns:** Implement educational programs that inform the public about gender identity, the transgender experience, and the challenges faced by transgender individuals. Such programs can be introduced in schools, workplaces, and community organizations to foster understanding and empathy.

2. Representation in Media: Promote diverse and accurate representations of transgender individuals in media, including television, film, literature, and news. Increased visibility can help challenge stereotypes and normalize transgender experiences.

3. Inclusion in Policy and Law: Advocate for policies and laws that protect the rights of transgender individuals, such as anti-discrimination laws, healthcare access, and legal recognition of gender identity. Inclusion in legislative processes can ensure that transgender voices are heard.

4. Support from Allies: Encourage allies to speak out against discrimination and stigma. This includes friends, family, colleagues, and community members standing up for transgender rights and creating safe spaces for open discussions.

5. Community Engagement and Dialogues: Facilitate community dialogues and workshops involving transgender individuals and their allies. These conversations can help bridge understanding and break down misconceptions.

6. Training and Sensitization Programs:

Offer training programs for professionals in fields such as healthcare, education, law enforcement, and social services to better equip them in understanding and supporting transgender individuals

7. Promoting Positive Role Models:

Highlight the achievements and contributions of transgender individuals in various fields. Showcasing role models can inspire acceptance and demonstrate the value of diversity.

8. Encouraging Inclusive Practices in Organizations:

Encourage workplaces and organizations to adopt inclusive policies and practices, such as gender-neutral bathrooms, inclusive language, and non-discrimination policies.

9. Building Support Networks: Create and support networks and organizations that provide resources, advocacy, and community for transgender individuals.

10. Engaging in Intersectional Advocacy: Recognize that transgender people exist within a broader context of race, class, and ability. Advocating for intersectional policies that address the unique experiences of marginalized groups within the transgender community can promote inclusivity.

11. Utilizing Social Media:

Leverage social media platforms to share stories, experiences, and information about transgender issues. Social media can be a powerful tool for raising awareness and fostering solidarity.

Effectively changing societal attitudes is an ongoing process that requires the commitment of individuals, organizations, and communities to work collectively towards inclusivity and understanding. By fostering a culture of compassion and respect, society can create an environment where transgender individuals feel valued and supported.

Result:

It is found that transgender community is exposed to several problems, deteriorated life with social exclusion, social rejection, stigma, gender crisis, lack of social protection, etc. Originality/Value: Paper deliberates on the contemporary issues of identity crisis, problems and legal regime as national and global concern for the transgenders. It propagates need for social, political, economic and cultural mainstreaming of the transgenders through social inclusion, freedom to opt gender of choice, integrated approach, inclusive growth.

Conclusion:

The body of research on transgender studies highlights the complexity of gender identity and the multifaceted challenges faced by transgender individuals. Ongoing research continues to inform policy, improve healthcare practices, and foster social acceptance. There remains a pressing need for further studies that center the voices of transgender individuals and address the systemic issues that contribute to their marginalization.

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