

“A Study to Assess the Quality of Life Among Transgenders in the Selected Areas of Pune City”

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Abstract

Introduction: As transgender people do not fit into established gender stereotypes, they may be subject to severe prejudice from society. They are typically separated, which can be uncomfortable and unpleasant. The main aim of the study is to assess the quality of life of transgender residing in Pune city. And the objectives of the present study were to assess the quality of life among transgender. India, a culturally diverse nation with a rich history, is home to a dynamic tapestry of identities, beliefs, and traditions. Within this mosaic of diversity, transgender individuals occupy a unique and often misunderstood place. The concept of transgenderism encompasses a broad spectrum of gender identities that do not confirm to the binary norms of male and female, the multifaceted experiences of transgender people in India, shedding light on their struggles, triumphs, and the evolving socio-cultural landscape that shapes their lives. **The present study title:** “A study to assess the quality of life among transgender in the selected areas of Pune city.” **Objectives of the study,** 1. To assess the quality of life among transgender 2. To associate the findings with selected demographic variables. **Material and Methods:** In present study, researcher adopted descriptive research design. It was carried out on 100 samples. The Non probability purposive sampling technique method was used to data was collected using demographic profile and WHOQOL-BREF tool. Data analysis was done mainly using descriptive statistics. **Result:** Result revealed that the quality of life among transgender in selected areas of Pune city was that the majority 93 % had good quality of life, 6 % had average quality of life and 1% had very good quality of life. The mean score was 90.75 & S.D was 6.29. **Conclusion:** Analysis revealed that the Transgender of the selected areas of Pune city had good quality of life.

Keywords: assess, quality of life, transgender, selected areas, Pune city

Introduction

Sexual orientation is how individuals appear themselves, which can be diverse from what individuals anticipate based on their body. Transgender individuals feel like their sexual orientation doesn't coordinate what they were called when they were born. They are found everywhere and have been known by different names in different places for a long time. Science says that transgender people are born this way because their brains develop differently before they're born. Even though more people know about transgender people now, they still get treated unfairly. This happens in many ways, like not having the same rights as others, being poor, facing violence, and not getting good healthcare. In India, transgender people have been around for a long time, but they still face problems even though the law says they should be treated fairly. This shows that we need to do more to make sure everyone is treated equally and with respect.

The study was conducted by Shalini Lakshmipathy and Dr. S. Thenmozhi (2019) to assess quality of life of transgenders, indicated that there was a low level of quality of life because society's deep-rooted fear of sexual and gender non-consistency manifests itself in the refusal of basic citizenship rights to these communities. India,

a culturally diverse nation with a rich history, is home to a dynamic tapestry of identities, beliefs, and traditions. Within this mosaic of diversity, transgender individuals occupy a unique and often misunderstood place. The concept of transgenderism encompasses a broad spectrum of gender identities that do not conform to the binary norms of male and female. This research aims to delve into the multifaceted experiences of transgender people in India, shedding light on their struggles, triumphs, and the evolving socio-cultural landscape that shapes their lives.

Need of the Study

In public health transgender populations are categorized according to assigned sex at birth and gender identity. Greater attention to non-binary genders is needed, including transgender people who do not identify as feminine or masculine, or who integrate both. Transgender people exist all over the world. There has been a long history of anthologizing and colonizing gender, as well as transphobia structurally placed within society.

In previous generations, the expectations for transgender people to transition were based on the assumption that they were going to be heterosexual (straight) and adhere to binary expectations of gender. This expectation was extremely biased, based on colonial standards of gender, and impeded healthcare for many transgender people. The way trans people are treated throughout healthcare and insurance systems in the United States often reveals how marginalized and sidelined transgender and other minority groups are.

Many times, the root of these problems stems back to the research and clinical trials being done — or not being done. Preconceived notions and bias can inform research and clinical trials which then, in turn, affect the treatments that are based on this health information.

Transgender persons in particular may face extreme discrimination from society since they do not conform to established gender stereotypes. They usually experience segregation, which can cause unease and unhappiness. They also frequently lose their homes, jobs, and families. Research on transgender people is essential to understanding their struggles and advancing their lives. A study found that transgender people have low quality of life due to societal discrimination. Similarly, a different study showed that transgender youth was having poor quality of life related to others their age, especially if they experience gender dysphoria. These findings highlight the need for more research, like the upcoming study in Pune, to help transgender individuals live better lives by addressing discrimination and improving access to healthcare and support.

Aim of the Study

The aim of study is to assess the quality of life among transgender in the selected areas of Pune city.

Methodology

In this study, the objectives 1. To assess the quality of life among trans genders 2. To associate the findings with selected demographic variables. Researcher adopted quantitative approach with descriptive research design. The study carried out on 100 samples with non-probability purposive sampling technique. Primary data was collected using demographic profile and WHOQOL-BREF tool. Reliability done on 10 sample and pilot study done on 10 sample. Reliability done with test retest method and result was 0.91 also study was feasible to conduct. Data analysis was done mainly using descriptive statistics. Prior permission was taken for study. Pilot study was conducted on 10% of main sample size prior to main study to cheque the feasibility in terms of time and availability of samples.

Result

SECTION I: DESCRIPTION OF DEMOGRAPHIC PROFILE:

Majority 44% Participants were in 29-38 years , 37% were from 18- 28 years, 16 % were from 38-48 years and 3% were from 49-58 years old. Majority 44% were from middle school, 30% were from Primary school, 13% were having high school, 10% were from illiterate, 3% were having graduation. Majority 63 % participants

were unemployed and 36% had elementary occupation. Majority 27% were having annual income of 59,252 - 63,853, 25% had 45,589 - 54,650, 11% had 36,527 - 45,588, 8% had annual income 109,580 - 146,103 and >146,104. And 7% had 54,651 - 59,251, 6% had 21,914 - 36,526 and 63,854 - 68,454, 2% had 68,455 - 73,053. Majority 49% were female, 44% were male and 7% were ambiguous genitalia. Majority 49% were having rental house 47% had their own residence, 4% lived at organization.

SECTION II:

Table no-1: Analysis related to level of Quality of life among transgenders

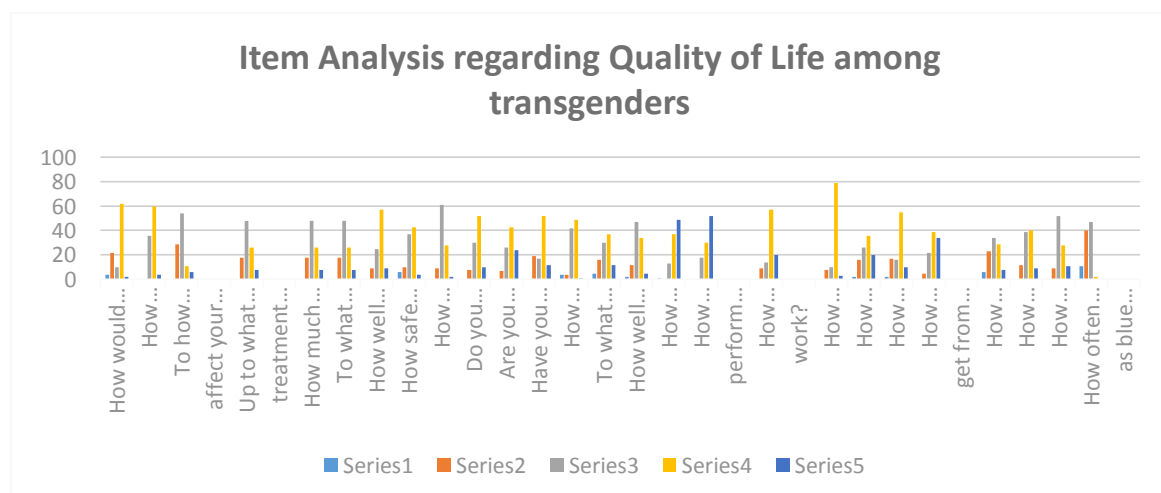
Level of Quality life	f	%	Mean	SD
Very poor quality life (0-25)	0	0	90.75	6.29955
Poor quality life (26-52)	0	0		
Average quality life (53-79)	6	6		
Good quality life (80-105)	93	93		
Very good quality life (106-130)	1	1		

The majority 93% were having good quality life, 6% were having average quality life and 1% had very good quality of life. The mean score was 90.75 & S.D was 6.29.

SECTION III: Analysis related to association of the knowledge findings with selected demographic variables.

Association of the data was done between quality of life of trans genders and demographic variables like age, gender identified at birth and residence where not associated whereas, educational status, occupation and annual income was been found associated with the quality of life of trans genders.

Item Analysis: -



Discussion

The finding of the current study had been analyzed on the basis of the research objectives. Majority of the samples i.e. 93 (93%) had good quality of life, 6 (6%) had average quality of life and only 1 (1%) had very good quality of life. The mean value of the current study is 90.75 which shows that majority of the samples had good quality of life. The standard deviation for the present study is 6.29.

In today's world quality of life for transgender individuals hinges on human rights, affirming healthcare, legal recognition, and community support. Discrimination must be addressed, along with access to mental health resources. Inclusive societies foster acceptance and understanding, reducing stigma and promoting well-being. Advocating for policies protecting against discrimination in housing, employment, and healthcare is vital. Education raises awareness and empathy. Ultimately, ensuring transgender people can live authentically and without fear of discrimination or violence is fundamental to enhancing their quality of life.

According to the study conducted by K Mahalaxmi, R Umadevi, S Kalpana, Anantha Eshwar VM (2021). It's a cross sectional study conducted among 543 Transgender people, selected by snowball sampling. The study aimed at the sexual health status and quality of life of transgender population. They found 59% had good quality of life, 24% suffered from sexual violence and 60% had sexual satisfaction.

In the current study majority i.e. 93% good quality of life, 6% had average quality of life and only 1% had very good quality of life. Hence workshops, seminars, distribution of booklets about information debunking myths about transgenders can enhance the knowledge and reduce stigma in society which can be proved beneficial for the future generation. Association of the data was done between quality of life of transgenders and demographic variables like age, gender identified at birth and residence where not associated whereas, educational status, occupation and annual income was being found associated with the quality of life of transgenders using Chi-square test.

Conclusion

The necessity to comprehend and improve transgender people's health and quality of life in general has been highlighted by their increased prominence in society. Understanding the quality of life among transgender people was aided by the current study. The present study was to assess the quality of life among transgenders in selected areas of Pune city. The content validity, reliability and pilot study was performed for the present study. The reliability was carried out and the tool was reliable. The pilot study was also conducted on 1/10th of the sample i.e. 10 samples. Major shortcomings were not found and final study was conducted using the same tool.

Final data was collected in reference to the research objectives and the collected data was analyzed. The result of the present study were interpreted as following:- Majority of the samples i.e. 93 (93%) had good quality of life, 6 (6%) had average quality of life and only 1 (1%) had very good quality of life. The mean value of the current study is 90.75 which shows that majority of the samples had good quality of life. The standard deviation for the present study is 6.29. Association was found between educational status, occupation and annual income.

The majority 93% were having good quality life, 6% were having average quality life and 1% had very good quality of life. The mean score was 90.75 & S.D was 6.29. More emphasis should be

given for educating people about transgender community.

Conflict of Interest

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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