



Relationship between socio-demographic factors and subjective well-being among transgender in Manipur

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Abstracts

Background and Objectives: The aim of the present study was to find out the relationship between socio-demographic factors and subjective well-being among transgender in Manipur.

Methods: A sample of 50 transgender residing in Manipur whose age is 18 years and above, irrespective of religion, sex and education were selected as samples of the study through convenient sampling technique. A semi-structured proforma for collecting socio-demographic profile and subjective well-being inventory by H.Sell and R.Nagpal was administered for collecting the data.

Results: The findings of the study shows no significant relationship between the subjective well-being and socio demographic parameters like age range (Positive subjective wellbeing - p-value = 0.612; negative subjective wellbeing - p-value = 0.131), educational qualification (Positive subjective wellbeing - p-value = 0.911; negative subjective wellbeing - p-value = 0.326), occupation (Positive subjective wellbeing - p-value = 0.876; negative subjective wellbeing - p-value = 0.063), place of residence (Positive subjective wellbeing - p-value = 0.392; negative subjective wellbeing - p-value = 0.241), and attitude from family member (Positive subjective wellbeing - p-value = 0.752; negative subjective wellbeing - p-value = 1.786). However, significant relationship is observed between the negative score of subjective well-being with the family monthly income (p-value = 0.019).

Conclusion: As the emergence of transgender is increasing at the same time facing discrimination and rejection from the society, the findings could be useful in shaping and maintaining healthy well-being.

Key words: Transgender, subjective well-being

Introduction

Transgender has been described as an individual whose gender identity (one's internal psychological identification as a boy/man or girl/woman) does not match the person's sex at birth.¹ It is an umbrella term used to describe people who do not fit into traditional gender categories, including transsexuals, transvestites or cross-dressers, gender queers, two-spirit, intersexual (formerly called hermaphrodites), and sometimes even people who identify as butch or femme.² American Psychological Association gives the differences of the terms sex, gender and gender identity as follows:

- ❖ 'Sex' refers to a person's biological status and its typically categorized as male, female, or intersex (i.e., atypical combinations of features that usually distinguish male from female).
- ❖ 'Gender' refers to the attitudes, feelings, and behaviours that a given culture associates with a person's biological sex.
- ❖ 'Gender identity' refers to "one's sense of oneself as male, female, or transgender". When one gender identity and biological sex are not congruent, then individual may identify as transsexual or as another transgender category.³

In the Indian context, Hijra is used as another term for 'transsexual or transgender person'⁴ and has been translated into English as 'eunuch' or 'hermaphrodite', where "the irregularity of the male genitalia is central to the definition".⁵ Some Hijras undergo an initiation rite into the Hijra community called NIRWAAN, which refers to the removal of the penis, scrotum and testicles.⁶ Hijras have successfully gained the recognition as the 3rd category of gender from the Supreme Court of India, on 15 April 2014.⁷

Subjective well-being definition focus on how a person evaluates their own life, including emotional experiences of pleasure versus pain in response to specific events and cognitive evaluation of what a person considers a good life.⁸ Components of subjective well-being relating to affect include positive affect (experiencing pleasant emotions and moods), as well as "overall affect" or "hedonic balance", defined as the overall equilibrium between positive and negative effect, and usually measured as the difference between the two.⁹

Objectives

- 1) To study the relationship between socio-demographic factors and subjective wellbeing among transgender in Manipur.
- 2) To study the relationship between attitudes from family members and subjective wellbeing among transgender in Manipur.

Material and Methods

A cross-sectional study design was used in the present study. It was conducted in the Department of Clinical psychology, Regional Institute of Medical Sciences (RIMS), Imphal. A sample of 50 transgender residing in Manipur whose age is 18 years and above, irrespective of religion, sex and education was selected using convenient sampling technique. All the data were collected from beauty parlour and NGO's sectors. A semi-structured Proforma for collecting socio-demographic profile and subjective well-being inventory by H.Sell and R.Nagpal¹⁰ was administered.

Procedures: In the present study, necessary permission was taken from the concerned authority. They were informed about the nature of the study prior to its commencement and also informed that their data will be used for research purpose only and hence confidentiality will be maintained. After this an informed consent was taken from each of the participants. Then, a semi-structured Proforma was used for collecting socio-demographic profile and other relevant data. Subsequently, they were administered subjective well-being inventory questionnaires.

Result

The present study was based on a primary sample of 50 transgender participants. Socio demographic factors such as age, place of residence, educational qualification, occupation, monthly family income and attitude from family members were statistically analyzed with respect to subjective wellbeing. The findings were shown in table 1, table 2, table 3, table 4, table 5 and table 6 respectively.

Table 1
Comparison of mean and S.D. of Subjective well-being with age range

Subjective well-being	Age Range			f-value	p-value	Remark
	18-23	24-33	34-43			
	Mean±S.D.	Mean±S.D.	Mean ±S.D.			
Positive Score	41.75±4.37	43.13±4.71	42.00±5.65	0.496	0.612	Insignificant
Negative Score	42.31±4.69	40.44±5.88	35.50±4.95	2.126	0.131	Insignificant

Table 1: Domains of subjective wellbeing such as positive score (p-value=0.612) and negative score (p-value=0.131) were found to be insignificant over the three categories of age range.

Table 2
Comparison of mean and S.D. of Subjective well-being with place of residence

Subjective well-being	Place of residence		f-value	p-value	Remark
	Rural	Urban			
	Mean±S.D.	Mean±S.D.			
Positive Score	42.82±4.360	41.71±4.577	0.747	0.392	Insignificant
Negative Score	40.45±5.002	42.21±5.357	1.408	0.241	Insignificant

Table 2: None of the domains of subjective wellbeing such as positive score (p-value=0.392) and negative score (p-value=0.241) were found to be significant in terms of the place of residence.

Table 3
Comparison of mean and S.D. of subjective well-being with educational qualification

Subjective well-being	Educational Qualification			f-value	p-value	Remark
	Secondary	Higher Secondary	Graduate			
	Mean±S.D.	Mean±S.D.	Mean±S.D.			
Positive Score	42.06±4.234	42.50±4.906	41.83±4.282	0.094	0.911	Insignificant
Negative Score	40.25±5.710	41.32±3.734	43.25±6.703	1.147	0.326	Insignificant

Table 3: It was observed from the table that positive score and negative score of subjective wellbeing were found to be insignificant relationship over the three categories of educational qualification as manifest by p-value = 0.911 and 0.326 respectively.

Table 4**Comparison of mean and S.D. of subjective well-being with occupation**

Subjective well-being	Occupation		f-value	p-value	Remark
	Beautician	NGOworker			
	Mean±S.D.	Mean±S.D.			
Positive Score	42.25±4.265	42.00±5.477	0.025	0.876	Insignificant
Negative Score	42.13±5.398	38.70±3.466	3.62	0.063	Insignificant

Table 4: The table showed that positive score and negative score of subjective wellbeing were found to be insignificant relationship over the two categories of occupation as evident by p-value = 0.876 and 0.063 respectively.

Table 5**Comparison of mean and S.D. of Subjective well-being with family monthly income**

Subjective well-being	Family Monthly Income			f-value	p-value	Remark
	Upto Rs.5000	Rs.5001- Rs.15000	Rs.15001 and Above			
	Mean±S.D.	Mean±S.D.	Mean±S.D.			
Positive Score	42.55±3.984	41.28±5.176	43.57±3.155	1.232	0.301	Insignificant
Negative Score	37.64±4.105	42.72±3.911	42.14±6.769	4.3	0.019	Significant

Table 5: It was perceived from the table that positive score of subjective wellbeing were found to be insignificant relationship over the three categories of family monthly income as manifest by p-value = 0.301 whereas the negative score of subjective wellbeing were found to be significant relationship over the three categories of family monthly income as manifest by p-value = 0.019.

Table 6**Comparison of mean and S.D. of Subjective well-being with attitude from family members**

Subjective well-being	Attitude from Family Members		f-value	p-value	Remark
	Accepted	Not-accepted			
	Mean±S.D.	Mean±S.D.			
Positive Score	41.93±4.514	43.30±4.347	0.752	0.390	Insignificant
Negative Score	40.95±4.602	43.40±7.183	1.786	0.188	Insignificant

Table 6: It was observed from the table that positive score and negative score of subjective wellbeing were found to be insignificant relationship over the two categories of attitude from family member as manifest by p-value = 0.390 and 0.188 respectively.

Discussion: The present study was carried out to find out the relationship between socio-demographic factors and subjective well-being among transgender in Manipur. Parameters like age range, place of residence, educational qualification, occupation, and attitude from family members were found to have no relationship with respect to the two domains of subjective wellbeing. Interestingly, subjective well-being illustrate a positive significant difference in terms of family monthly income in which significant relationship was observed between the negative score of subjective well-being with the family monthly income. This finding was in similar line with a research by Deiner et al¹¹ in which they found a positive correlation with the family income and a person's subjective well being. However, research study that investigates on subjective well-being especially focusing on transgender is rare. Another study done by Barb J. Burdge¹²

elucidated that the notion of human well-being and gender nonconformity can coexist, this study illuminates the potential for transgenderism to be a positive aspect of being human.

Conclusion: It may be concluded that the findings of the study shows no prominent relationship between the subjective well-being and parameters like age range, place of residence, educational qualification, occupation and attitude from family members. A relationship was observed between the negative score of subjective well-being with the family monthly income. As the emergence of transgender is increasing, the findings of the study could be useful in shaping and maintaining positive subjective well-being.

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