

A Psychological Exploration Research on LGBT Community

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ABSTRACT

There is always stereotyping, racial inequality and injustice in this culture. Research conducted to learn people's recent views or experiences against lesbian, gay, bisexual, transgender (LGBT). The research was investigating LGBT culture discovery research. The comprehensive study only took place in the DELHI NCR arena. The basic work lies in the issues the LGBT community faces in context. This research was conducted using a qualitative approach with the exploratory fundamentals. The drawback can be addressed as this sampling technique requires having enough samples to distinguish between interviews. The paper provides an overview of what this is and how it has been done and what obstacles they face at all. Today, homosexuality and queer identities may be appropriate to more Indians than ever before, but within the limits of family, home and education, recognition of their sexuality and freedom to express their gender preferences openly still remain a constant struggle for LGBT people (lesbian, gay, bisexual, transgender). Within a society bound by a strict set of social and cultural standards dictating the terms and conditions of schooling, employment, and marriage, the lack of family support can prove to be a significant blow to LGBT people's mental and physical health. Isolation and Seclusion Conforming pressure also leads to depression, suicidal thoughts and psychosomatic illness.

Keywords: *LGBT, Acceptance, Bullying, Harrasment, Mental Health, Issues Faced By LGBT, Sexuality, Victims, Discrimination.*

LGBT stands for lesbian, gay, bisexual, and transgender initialism. The term in use since the 1990s is an evolution of the initialism LGB, which was used to replace the word gay in reference to the LGBT community from the mid to late 1980s onwards. Activists argued that the word gay culture did not fairly reflect all those it referred to. Initialism was used as a paragliding concept for use when bringing sexuality and gender identity issues into the mainstream.

The initialism has been accepted in the mainstream as a paragliding concept for use when marking sexuality and gender identity topics. The initialism LGBT seeks to accentuate a plurality of cultures focused on sexuality and gender identity. It can be used to refer to someone who is non-heterosexual or non-cis gender, rather than only lesbian, homosexual, bisexual and transgender men. No popular non-derogatory terminology for non-

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Received: January 20, 2022; Revision Received: June 15, 2022; Accepted: June 30, 2022

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heterosexuality existed before the sexual revolution of the 1960s; the closest such word, "third gender," dates back to the 1860s but never achieved widespread acceptance in the United States.

The first commonly used term, homosexual, was considered to have negative connotations and began to be replaced in the 1950s and 1960s by homosexuals, and later in the 1970s by gays. As homosexuals were forged, the term "gay and lesbian" became more popular than the public identities.

Human sexuality is experienced in a variety of ways and may be fixed or fluid. Male / female sexuality is further blurred by the existence of persons identified as transgender, transsexual, and intersex. It should no longer be assumed that heterosexuality; that assumption is called heterosexist. While many societies have made significant strides in advocating for human rights, LGBT rights are struggling to find universal acceptance. One of the highest risk groups for depression, anxiety and substance abuse is the LGBT community.

Many scientists have wrongly assumed for decades that LGBT people are inherently pathological, and therefore at greater risk for mental disorder. Shortly after research initially began in the late 1990s based on actual surveys of LGBT people, discrimination and stigma were revealed to be the primary detrimental effects on LGBT mental health. The LGBT community has since gained a measure of social acceptance, although we certainly still have a way to go. Now some researchers on LGBT mental health are shifting their focus to stress that comes from within the community itself.

Therefore, when we're talking about youth, they face harassment and bullying, and they often skip classes or drop out of school altogether to avoid humiliation and violence. Most teachers are neither trained nor empowered to respond to anti-LGBT bullying, so they don't in many cases. In some cases, they are even involved in the harassment.

LAW AND LGBT

In recent years, court judgments have laid the groundwork for better protection against discrimination based on sexual orientation and gender identity and the position of the Indian government on LGBT rights has evolved considerably. But much more is needed to protect people in India based on their sexual and gender identity.

In 2014, in *NALSA v. India*, the Supreme Court issued a sweeping judgment that transgender individuals should be legally recognized according to their gender identity, enjoy all fundamental rights and receive special benefits in education and employment.

But while legal changes are an important step, LGBT people in India need a lot more to be able to live without discrimination and with dignity. Young people being bullied in school are less likely to succeed and are more likely to become vulnerable as adults to discrimination and violence.

TRANS BILL

Every human being has the right to fundamental rights, such as education, employment, health care and, most importantly, self-identification. However, with the passage of the Transgender Persons '(Protection of Rights) Bill 2019 on 25 November, the transgender community in India is denied these rights. Since 2016, India's transgender community has been fighting past versions of the Bill, citing various faults and gaps in it. The Bill, which is

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supposed to protect transgender people's rights, has been drafted and passed without anybody from the community coming in. No one was asked about their needs and requirements in the community. As a result, assumptions are made based on stereotypes.

A transgender person is required to approach a District Magistrate to obtain a certificate stating they are transgendered. It is only after this that they can change their gender on government-issued identification cards to either Male or Female. The process to obtain this certificate is to show evidence of sex reassignment surgery, which is not something that all transgender people want. It's a very expensive procedure that many are unable to afford does not have a clear definition as to how the District Magistrate will actually examine the person or their documents is a privacy violation. It also does not specify what type of surgery they are expecting, as there is more than one type. This contradicts the Supreme Court's 2014 judgment of NALSA (India's National Legal Services Authority), which gave transgender people the right to self-, and did not mandate surgery.

The Bill defines a transgender person as one whose gender does not match the gender that was assigned to them at birth, including trans men and trans women, or who is genderqueer, or who belongs to communities such as kinner, hijra, aravani, and jogta. It also says someone with intersex variations is a transgender person.

However, the fact that the Bill combines transgender people with intersex people proves that it has not been thought through and made with insufficient knowledge. Not all intersex individuals identify as transgender, and not every transgender person is intersex.

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It also states that the identity of a person as a transgender is valid whether or not they have undergone sex reassignment surgery. However, this directly contradicts the point of having to obtain a certificate from the District Magistrate, which proves that they have undergone surgery.

The bill makes sexual abuse of a transgender person a punishable offence. However, it does not clearly define what constitutes sexual abuse. In the case of a cisgender woman, her rapist – once convicted – will be sentenced to at least seven years in prison, which may extend to a life sentence. However, in the case of a transgender person, the minimum sentence is six months and may be extended to a maximum of only two years. This differentiation not only shows how the community is being treated unfairly, but also indicates that the government does not consider the impact of sexual abuse on a trans person as having an impact on a cisgender woman.

The Bill does not make any reservations to transgender people, who often come from disadvantaged backgrounds and find it difficult to get mainstream jobs or quality education. By giving them reservations, the government would only guarantee access to the bare minimum of survival and not deprive anyone else of the existing rights. The Bill also fails to mention issues such as marriage rights, rights of adoption, property rights, social security or pensions. This deprives the transgender community of some of its most fundamental rights.

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"The Bill really has no concept of the distinction between sex and gender. It is going to wreak havoc in the future in all identities; all kinds of dynamics are going to shift because of this Bill and how narrowly it describes genders"

What Makes LGBT Community?

L-LESBIAN

A Lesbian is a female homosexual. The word lesbian is also used for women in relation to their sexual identity or sexual behaviour, regardless of sexual orientation, or as an adjective to the characterization or association of female homosexuals or same-sex attractions. The concept of "lesbian" to distinguish between women with shared sexual orientation evolved in the 20th century.

Women have not had the same freedom or independence as men throughout history in pursuing homosexual relationships, but neither have they met the same harsh punishment in some societies as homosexual men. Instead, lesbian relationships have often been considered harmless, unless a participant attempts to assert privileges that the men traditionally enjoy. Unfortunately, lesbians face disproportionate levels of violence at the hands of aliens and intimate partners alike. A recently created U.N. Human rights report noted that LGBT people are at a disturbingly high risk of homicidal violence, highlighting the increased risk that lesbians face as a result of discrimination based on gender.

The impact of lesbian violence goes further than the immediate effects of physical attacks. In a variety of settings such as laws, health care, education, and housing, lesbians face discrimination and criminalisation. 75 countries continue to criminalize consensual same-sex relations and up to ten countries have the death penalty for "homosexual behaviour." Discrimination and stigma are a daily fact of life for the majority of LGBT people in every country.

Deprived of support from family, social recognition, education and job opportunities, many individuals often end up socially marginalized. This persistent exclusion has heavy Lesbian costs. A study in 2013 revealed that 7.6 percent of lesbian couples in the US live in poverty compared to 5.7 percent of married couples of different sexes. Similarly, one-third of lesbian couples with no high school diploma were in poverty compared to 18.8 per cent of couples with different sexes.

B-BISEXUAL

Bisexuality is romantic appeal, sexual attraction, or sexual behaviour towards both males and females, or towards more than one sex or gender. It can also be defined as a romantic or sexual attraction for people of any sex or gender identity, also known as pansexuality. The term bisexuality is used primarily in the context of human attraction to denote romantic or sexual feelings towards both men and women and is one of the three main classifications of sexual orientation, along with heterosexuality and homosexuality.

A bisexual identity does not necessarily amount to equal sexual attraction for both sexes; people who have a distinct but not exclusive sexual preference for one sex over the other are also commonly identified as bisexual.

Many bisexual people face discrimination from within the LGBT community and from outside it. There are so many stereotypes about fidelity, trustworthiness, indecisiveness, straight privilege passing or abuse. These unfair assumptions are taking toll on all. And there

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aren't many resources for people to make the most of. Sometimes bisexuals face guilt for being attracted to more than one gender. These are unfair assumptions that permeate our society, and can also cause tension to absorb these signals in long-term bi-relationships.

Bisexuals often face widespread stereotypes and myths surrounding bisexuality. For example, when people come out as bisexual, they are often assumed to be "confused" about their "real" sexual orientation, or hidden away.

These stereotypes and myths can lead to discrimination or even "erasure" – that is, when people assume or claim that a bisexual person is straight or gay based on their current partner's gender, or when someone is referring to the "LGBT" or "gay" community and doesn't mean bisexuals.

Bisexual people experience higher rates of sexual and intimate partner violence than gay, lesbian, and straight people. Bisexual women experience significantly higher rates of violence both overall and by significant others, compared to lesbian and straight women.

G-GAY

Gay is a term primarily referring to a homosexual person or the homosexual trait.

The use of the term as a reference to homosexuality may date as early as the late 19th century but its use increased gradually in the mid-20th century. In modern English, gay has come to be used as an adjective, and as a noun, referring to the homosexual community, practices, and cultures. In the 1960s, gay became the word that homosexual men favoured in describing their sexual orientation. By the end of the 20th century, major LGBT groups and style guides recommended the word gay to describe people who are attracted to members of the same sex.

There is still homophobia, stigma (negative and usually unfair beliefs), and discrimination (unfair treatment of a person or group of people) against gay men and other men who have sex with men. These negative beliefs and actions can affect gay's physical and mental health, whether they are seeking and being able to obtain health services, and the quality of the services they may receive. Such health barriers need to be addressed at different levels of society, such as health care settings, workplaces, and schools to improve gay men's health throughout their lives.

Some people have possibly negative attitudes towards gay men. These attitudes can lead to friends and family rejection, discriminatory acts and violence and negative consequences of laws and policies. These negative attitudes increase their chances of experiencing violence, especially as compared to other school students. Violence may include behaviours such as bullying, teasing, harassment, physical assault, and behaviours that relate to suicide.

Gay and bisexual youth and other sexual minorities are more likely to have their families reject them. That increases their chance of becoming homeless. About 40 per cent of homeless young people are LGBT. A study published in 2009 compared gay men with their peers who had more supportive families, who had strong rejection from their families.

T-TRANSGENDER

Transgender people have a gender identity or gender expression that is different at birth from their assigned sex. Transgender, often shortened as trans, is also an umbrella term: apart from including people whose gender identity is the opposite of their assigned sex

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(trans-men and trans-women), it may include people who are not exclusively male or female (people who are non-binary or genderqueer, including larger, pangender, gender fluid, or agender). To include cross-dressers the term transgender can be defined very broadly.

Being transgender is sexually independent. People who are transgender may identify as heterosexual, homosexual, bisexual, asexual or may decline to label their sexual orientation. The term transgender is also distinguished from intersex, a term that describes people born with characteristics of physical sex "which do not fit typical binary notions of male or female bodies. Transgender is the opposite of cisgender, which describes individuals whose gender identity or expression matches their assigned sex.

The degree to which individuals within their outward appearance feel genuine, authentic, and comfortable and accept their genuine identity has been called transgender congruence. Many transgender people experience gender dysphoria, and some seek medical treatments such as hormone replacement therapy, sex reassignment surgery, or psychotherapy. These treatments are not desired by all transgender people, and some are unable to undergo them for financial or health reasons. Many transgender people face workplace discrimination, and access to public housing and health care. They're not being legally protected from discrimination in many places.

Many trans people feel depressed when they find out how to deal with the misalignment or dysphoria of the sex. Trying to make their dreams come true in a country where people routinely mock and harass them makes their lives even harder. Some people are polite enough and feel sympathy or compassion for trans people but never do anything that helps them. This ignorance and lack of understanding about transgender people in Indian society needs to be changed as soon as possible, and it can only be done by disseminating awareness among people and giving trans people proper education and jobs, along with laws protecting them from harassment of any kind. It leads to their so-called 'bad' behaviour to be disowned by their own families and harsh treatments from other people in society. Lack of access to education and lack of job availability often compels them to beg and prostitution.

Significance of the Study

Lesbian, gay, bisexual and transgender people are more likely than those who identify themselves as heterosexual to experience intolerance, discrimination, harassment and the threat of violence because of their sexual orientation. This is because of homophobia (the fear of homosexuality or hatred). A dominant group's moral, religious, and political beliefs are some of the factors which may reinforce homophobia on a larger scale. Homosexuality is illegal in some countries, and punishable by fines, imprisonment, life imprisonment, and even death penalty.

The study will give the essential understanding of the issues and problems that the LGBT community faces as a topic and will emphasize its importance to the most neglected community in modern thinking. The study's outcome will be beneficial to all stakeholders such as –schools college students and their staff, a policy making organization and the whole of society. This study will help collage and organization schools design the rules for the subject curriculum policies and governing laws, penalties for breaking the rules and everything related to acknowledgments.

This study will recognize the people in the LGBT community and people will think about them and their issues. We know that –whoever surrounds may not suddenly accept their

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personal existence, but with this study they will affect thinking towards them and may start supporting them steadily and gradually and helping them with their problems. The research also aimed to explore the understandings and perspectives of LGBT cultures and to evaluate their effect on LGBT mental health and well-being.

Objective of the Study

- To explore the issues and its effect on mental health of LGBT community.
- To explore the different experiences LGBT community has in society.
- To explore the perspective of society towards LGBT community.

REVIEW OF LITERATURE

Knowledge of previous studies is an important aspect of research. The review of literature is that phase when the investigator understands the gap between the already existing findings and the limitation which have to be bridged by further research and new findings. This help the investigator to chalk out his work in a systematic and meaningful manner so that his work may not be the mere repetition of previously carried out studies. The scope of future investigation is often found in the previous research. Review helps to avoid duplication and promote multidimensional approach of the same problem. the results of present finding can be compared to that of the previous finding and can be verified whether or not it supports the already existing research.

LGBTQ has become a widely accepted denomination for minorities based on sexual orientation and gender. All members of those subgroups are subject to similar prejudices rooted in sexuality and gender beliefs and traditions. As members of a social minority group, LGBTQ people suffer from diverse forms of socio-economic and cultural injustice. The lack of social recognition has an effect on LGBTQ people's ability to access and fully enjoy their rights as citizens. They are more likely than those who identify themselves as heterosexual to experience intolerance, discrimination, harassment and the threat of violence because of their sexual orientation. (**Chatterjee, 2007**)

This research paper analyses the Indian context of homosexual marriages as an invisible conflict which is successfully kept under cover. It also attempts to describe and explain different aspects of homosexuality including evolution, the reasons, societal attitude and reactions to such relationships. The author also draws insight from the countries where homosexual marriages are legalized and also highlights their result from the legalization of homosexual relations. Ultimately, taking legitimate and vigorous arguments in favour and against the author concludes on the possibility of legalizing and avoiding homosexual marriages in India on the basis of empirical and theoretical facts. (**Parasar, 2008**)

This study focused specifically on the impact on homophobic and transphobic attitudes of religious commitment, prior training and race. Of those variables, it was found that religious dedication and race are significantly correlated with those attitudes. It has also become clear that the effects of training need to be examined more carefully with regard to how it affects attitudes and perceptions of social workers. This information, in conjunction with the best practices and guidelines set out by NASW and CWLA, will provide the agencies and individual practitioners with the tools they need to genuinely advocate for young LGBTQ people who are in their care. (**O'Pry, 2010**)

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The paper is an attempt to queer Indian sociology by incorporating the perspective of the previously ignored 'publics'-the sexual minorities-whose lives are waiting to be recognized in South Asian Sociology as a 'sub-field. It also dispels the myth that alternative sexual orientation is a purely Western idea, and issues of 'erotic justice' are alien to cultures in India and South Asia. Moreover, queering here is not only associated with protests through queer art, avant-garde experimentation, and lifestyle identity politics, but includes a 'critical sexuality perspective' that emphasizes experiences of subordinate sexual subjects such as 'working class lesbians,' hijras, and kothis to map the agenda of sexual transformation and erotic justice. In that sense, it is necessary to criticize the LGBTQ movement for not engaging with the caste and class question. The paper seeks to broaden the concept of 'erotic justice' by delineating and highlighting its connections with the sexual liberation class, caste and global politics. **(Kumar, 2009)**

Anchorage LGBTQ Discrimination Survey came about as a result of a perceived need for quantifiable data on the incidence of discrimination against lesbian, gay, bisexual, and transgender (LGBTQ) individuals in the Anchorage Municipality. It is the first effort since the late 1980s to compile rigorous data on the incidence of sexual orientation bias and discrimination in Anchorage, and the first ever attempt to document Anchorage or Alaska-specific data on gender identity and expression discrimination and bias. The Anchorage LGBTQ Discrimination Survey was conducted between January and March; 2011Its key findings on the violence, intimidation and discrimination experienced by its 268 lesbian, gay, bisexual and transgender respondents in the Municipality of Anchorage were previously reported in the Preliminary Report. **(Green, 2005)**

This study focused clearly on understanding the attitude towards LGBT community. The study investigated attitudes toward LGBT by surveying 86 Iligan City National High School students and 14 senior department high school teachers. It was assumed that there would be more negative reactions than positive attitudes. Results have shown that the majority of respondents accept and support LGBT people and are able to become one of the allies. The findings of this study can be used to inform people about social attitudes in order to reduce any oppression or gender discrimination. The data shows that support and admiration is the top attitude of the respondents to LGBT people. People's perceptions differ from how they see the LGBT community. There are still negative attitudes, such as pity, tolerance, and repulsion, but most of them are positive attitudes. Their views thus shape their attitudes towards LGBT people. **(Duhaylungsod, Pongasi and Tan, 2010)**

The current study addresses this issue by introducing the Fragile Families and Childhood Wellbeing Study, a new data source for research on students of sexual minority groups. In this population-based, geographically diverse sample, I find that sexual minorities continue to face higher rates of discipline than their peers. This risk is highly stratified by sex: Same-sex attraction is associated with 95 per cent higher chances of discipline among girls but no apparent risk of discipline among boys. The risk to discipline of sexual minority girls is only partially mediated by behaviour, a result plausibly consistent with the interpretation that these students continue to face discriminatory treatment in schools. **(Mittleman, 2018)**

It is estimated that between 320,000 and 400,000 young LGBTs encounter homelessness every year. They are at increased risk of victimization and abuse, and face stigma for being both homeless and a minority of sexual or gender. Those youth are more likely to become homeless after being forced out of their homes than their heterosexual counterparts. Because of this, it is important to consider LGBT homeless youth's wide range of backgrounds and

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identities when studying their experiences and creating public policies and tools to help them succeed. Accordingly, the authors examine the LGBT and homeless student literatures and then explore the intersection of these communities. (Tierney and Ward, 2017)

There are well-documented health disparities among sexual minority groups, especially mental health disparities. Numerous studies have shown that the prevalence of depressive and anxiety disorders among lesbian, gay and bisexual groups has increased compared with heterosexuals. Some scholars argue that the stress that racism and perceived discrimination can create is the product of these inequalities. The current study expands previous work by exploring the associations between different forms of discrimination based on race / ethnicity, gender, and sexual orientation, as well as past year mental health conditions in a national sample of self-identified lesbian, gay, and bisexual people (n=577). Findings suggest that different types of discrimination may be related differently to mental health disorders of the past year. Notably, it was only in combination with other types of discrimination that sexual orientation discrimination was associated with higher odds of a last year disorder. These findings highlight the complexity of the relationship between experiences of discrimination and mental health and suggest that further work is needed to better explain the interplay between multiple marginalized identities, discrimination and mental health. (Bostwick, Boyd and Hughes, 2014)

This study reviews recent research on such discrimination as well as the effects on LGBT people of such discrimination. The latter research shows that discrimination in terms of health, wages, job opportunities, workplace productivity and job satisfaction have negative effects on LGBT people. In scientific field studies, controlled experiments, academic journals, court cases, state and local administrative complaints, complaints to community-based organizations and in newspapers, books, and other media, widespread and continuing discrimination against LGBT people in employment has been documented. The studies reviewed in this report show a consistent pattern: sexual orientation and gender-based discrimination are common in many workplaces across the country, as well as in the public and private sectors. Furthermore, an emerging research body shows that such a **discrimination** has negative effects in terms of physical and emotional health, wages and opportunities, job satisfaction and productivity on LGBT employees. (Sears, Brad; Mallory and Christy, 2014)

METHODOLOGY

Method

Research involves adding facts to the existing pool of knowledge. The method of a research work is the totality of the procedures followed by the investigator to make it scientific and valid to the maximum extent possible. It is considered as the backbone of the research. The success of any research depends on the method adopted, technique used for data collection and the analysis. It is very important that every research should be based on the method adopted and the measures/techniques used for data collection and analysis. This chapter presents in detail the various steps followed by the investigator in conducting the study like the selection of the participants, the procedure followed, and measures used for data collection, the statistical analysis used and etc.

Participant Demographic Details

- **Total number of Participants: 28**
- **Gender** Among the 28 participants, 50% (N= 14) participants were Males, 32% (N=9) were Females and the rest 18% (N=5) were Transgender.

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- **Age:** The average age of participants was 28.1 years. The youngest participant was 21 years old and the oldest participant was 41 years old. The average age among Males (N=14) was 27.9 years, Females (N=9) was 28.6 years and Transgender (N=5) was 27.6 years.
- **Education:** The educational qualification among the participants of the study was as follows. 71% (N=20) were undergraduates, 22% (N=6) were post-graduates and 2 participants i.e. 7% of the total participants had education up to high school.
- **Sexuality.** Among the participants, 32% (N=9) identified themselves as Gay, 25% (N=7) as Lesbians and another 25% (N=7) as Bisexuals. And the rest 17% (N=5) 3 of them identified themselves as transsexual and other two as asexual. Among the 26% (N=7) participants who identified themselves, as bisexuals 5 participants were males and 2 were females.
- **Birth order:** 46 percent (N=13) of the overall participants were first born and 35 percent (N=10) were second born. The rest were either third born (N=2), fourth born (N=1) or Single child (N=2).

Method

Qualitative Approach

A qualitative approach has been chosen as the research method for this study. The research process involves empirical work in the collection of data that can concur, refute or challenge theories that, in turn, make it possible to understand and clarify different observations. Qualitative research involves a process known as induction, which collects data on a specific area of study, and from this data the researcher constructs different concepts and theories. A qualitative approach was considered more relevant to this research as it allowed a greater capacity to gain more depth and meaning on the basis of an individual's experience, along with their beliefs and feelings, as opposed to a quantitative approach that is more structured, broader in scale and more numerically based.

Interview

Semi-structured interviews were chosen to conduct this study. They enabled the participants to elaborate and thus gave the participant more flexibility, range and therefore the ability to obtain more information. Semi structured interviews allow individuals to respond to questions more on their own terms than standardized interview permits, but still provide a good comparability structure over that of the focused interview views the interview as the most appropriate approach to study complex and sensitive areas as the interviewer has the opportunity to prepare a participant before asking for a question. While the interview process is a valuable way to gather rich and in-depth data, it can prove to be a time-consuming and costly process. Interaction between the interviewer and the participant can vary considerably because each interview is unique and the quality of the responses from different interviews can vary considerably. In addition, the quality of the data generated is affected by the interviewer's experience, skills and commitment. There can also be a risk of researcher bias. Furthermore, it can prove to be a difficult task to obtain reliable data on the research subject if there are a small number of participants involved, unlike the quantitative approach involving a higher number of participants and can therefore provide more far-reaching and reliable results in certain circumstances.

Procedure

Data collection took place between February and March. The phone recorder was used to record interviews, and all interviews were transcribed verbatim. Some of the 28 participants

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were acquainted with the researcher; the others were recruited through third parties known to the researcher. All participants were contacted by telephone with interview details and shared details about the research. Some participants chose to have interviews conducted in their homes, where they felt more at ease in their surroundings and thus allowed them to speak more freely and openly on the subject of research. And some of them chose to have a telephonic interview because of corona outbreak. A semi-structured interview is conducted with a series of questions in the general form of an interview schedule; however, the sequence of questions may vary. The interviewer also has freedom to explore and explore additional questions in response to what is considered to be significant answers, while at the same time allowing the researcher and the participant to develop a relationship and sympathy. The interview schedule was prepared in advance to help the researcher with the structure and flow of the interview. Each participant may have had a slight difference in the set of questions regarding their overall experience and their sexuality. The questions were mainly open-ended questions with a small number of closed questions relating to information, such as the issues they face being part of the LGBT community, and so on. An example of an open-ended question included in the interview schedule is 'When you realized that you are homosexual/bisexual/transgender' The open-ended questions allow the participant more scope to express thoughts and feelings (especially when sensitive issues are being discussed) and to provide more detail on the research subject. The researcher sought to use a language that was comprehensible and relevant to each of the participants interviewed. Therefore, after the interview subjects were thanked for their input.

Data Analysis

Once the data was transcribed, it was encoded, analysed, interpreted and verified. The method of transcribing the interviews will help the researcher gain more knowledge of the subject by repeated listening to the transcribed interviews and reading them. The data coding started until all the data was transcribed in full. The applied codes are keywords used to categorize or organize text, and are considered an important part of qualitative research. The data were then processed, categorized and organized into themes and sub-themes emerging through the cycle of coding. A specific code was assigned to the themes that emerged accordingly. The next stage involved interpreting the data by identifying any recurring themes and highlighting any similarities and differences in the data. The final stage involved the verification of the data, this process involves the verification of the validity of the comprehension by re-checking the transcripts and codes, thus enabling the researcher to verify or modify the hypotheses already arrived at previously.

RESULT AND DISSCUSSION

This chapter will draw on the main themes and present the findings of the interview process and the subsequent analysis of the data.

Discrimination

According to the interview taken by the researcher, found out that the whole community faces discrimination. Discrimination is faced by LGBT people at different levels, whether at home or outside the home. It is very difficult for a person to express his or her preferences simply because it is unacceptable to members of his or her family and society.

“I was feminine in nature when I was at school but I wasn't exposed to people I used to face prejudice on a regular basis because I was feminine in nature, I didn't have any friends and I had to sit alone. I used to feel depressed and lonely even when it comes to the annual event they never used to offer the part of a prince or any character because I was feminine, and if

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anyone used to speak to me, other kids quit talking to him and nobody used to speak to me about it. It was very difficult for me to deal with it, but if I'm talking about the majority of the people in the lgbt community in general, I'm talking about it.” (Participant 4)

He spoke about the discrimination he experienced when he was young in school and what he wanted is love and support from others to accept himself.

“I'm pretty qualified and I went to a job interview where they made me wait longer than I planned and people sitting next to me started looking at me like I got to the wrong place because I was a transgender. They made me wait until last I was the last to give an interview when I entered the room where the men started to smile at each other and asked me about my gender I told them about that then they said 'toh yha kya kar rahi hai chute nahi h humare pas' I told them that I had a degree and that I really needed that job but they said 'hume apna office ganda nahi krna' I felt so sad that I had to go through that.” (Participant 6)

The participants also discussed the fact that the LGBT community faces discrimination because it is their real selves and faces difficulties in life that they have to contend with, and people make fun of them and don't take them seriously, even though they are capable of achieving things in life discrimination comes in between, and it also takes a toll on their mental wellbeing. To transgenders, discrimination in the workplace leads to begging and prostituting. Exclusion and inequality have important effects on the lives of lesbian, gay, bisexual and transgender people. The result was: Leaving home and family Unable to find regular jobs, having less opportunities than most.

Unable to access different resources and ignorant of what they are entitled to Mobility, migrate to other places (such as the city and metropolitan areas) Lack of family and social support Migration to other countries to pursue safer living and acceptance Rejected from Religion (Esp. Muslim and some Christian Fundamentalist sector)

Coming Out and Acceptance

Coming out to family or telling people they're homosexual, lesbian, bisexual, transgender. The majority of lesbians, gay men, bisexuals and transgender wait until they become adults to speak to others about their LGBT identity. Fear of rejection and extreme negative responses prevented many LGBT people from revealing their lives openly.

"I came out to my mother years ago, when my partner's mother caught us kissing. And until the day, they're not supporting me and they think that's an abomination. According to my mother, a man is supposed to be with a girl, not a boy. I didn't grow up in a household of understanding. I'm glad I'm alive and I'm not killed by the family” (Participant 1)

"Everything has changed since I told them that I am gay that hatred has multiplied, that taunts and shame have surfaced, and that there has been a complete lack of respect for my existence in their eyes. It hindered my trust, made me introvert, made me restrain myself and my feelings deep within my heart. They're forcing me to get married every day my dad thinks it's because I think I'm gay, why I'm attracted to guys if I stop thinking I'm going to start liking girls” (Participant 12)

"Around the age of 14, I started to experience what people would call gender dysphoria — an immeasurable and indescribable feeling, almost like I was pushing out on my own skin,

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trying to get out, or like an itch that I could never scratch, I didn't know where it came from, because I'd always been very comfortable with my body, but suddenly I felt wrong. My face felt masculine, but the rest of my body didn't fit. I felt like a Gollum stitched together. When I turned 16, I tried to explain these feelings to my mother, with whom I had always been incredibly close. I said to her, 'Sometimes I feel like I might not be a girl, maybe I'm a boy, too, and she got really upset, her reaction was so emotional that I backed off and I repressed it. I felt a sense of deadness inside as I refrained from exploring my gender identity openly: "Part of me just stopped being there for quite some time because I had no choice in the matter. If I wanted peace and tranquillity it wouldn't happen if I were to be myself."'" (Participant 15)

Therefore, all participants specified that they face issues with acceptance. After coming out in some cases parents don't accept them for who they are. Therefore, Families are ashamed to reveal the identity of their family members and to treat them as diseases and perversions, and to treat them badly.

Victims of Hate Crimes and Violence

Lesbian, Gay, Bisexual and Transgender people and those perceived as LGBT are regularly targeted as victims of hate crimes and violence. LGBT people experience stigma and discrimination throughout their lives and are the target of sexual and physical assault, harassment and hate crimes. Additional factors that may have an impact on the mental health and well-being of LGBT people include the process of becoming self-sufficient (sharing one's LGBT identity with others), gender transition, internalized oppression, isolation and alienation, loss of family or social support.

"My father saw me kissing a guy he slapped me over there and he started hitting the other guy as well after we got back home he started hitting me hard and he started screaming 'uss ladke ke sath kya kr rha tha' he didn't even give me a chance to explain myself and I got brushes all over my body, nobody came to help me with my mother and my brother staring while my dad started beating. They locked me in my room for three days, while I was in so much pain one month later, they sent me to boarding school." (Participant 24)

Most of the people in the LGBT community face violence and it is essentially from their families that they punish for who they are most of the participants faced abuse while growing up, and their mental health needs a negative toll.

"I belong to a Muslim family, my father forced me to marry a man and I was a lesbian that I was attracted to girls and when I told him that he and my mother had beaten me, they locked me in the house for a month and forced me to sleep with my cousin brother, so I was raped and my mother didn't say a single word somehow I was able to leave and start my new life." (Participant 22)

"I was waiting at the bus signal to go home there was a police constable who asked me 'kha jaa rahi hai aaja chor du' I said 'nahi mai chali jaugi' after he started forcing me to come with him I said no, so he started shouting 'yha pe dhanda karti hai' so people who were there started to come to me and abuse me and used words like 'hijre nikal yha se gandgi mat faila' so I didn't have the option I ran from there. Police guy started following me and forced me to sleep with him, otherwise he will file a prostitution complaint against me." (Participant 27)

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In fact, certain LGBT people are beaten and killed for being who they are.

Bullying And Harassment

School can be challenging for any pupil but many LGBT youth are facing an alarming amount of harassment and bullying. Homophobic and biphobic bullying is where people are discriminated against and unfairly treated by others because they are lesbian, gay or bisexual or are perceived to be (people who are not lesbian gay or bisexual may also experience homophobic and biphobic bullying if someone thinks they are).

Transphobic bullying is where people are discriminated against and treated unfairly by others because their gender identity is not in line with the sex they were assigned at birth or maybe because they are not in line with stereotyped gender roles or 'norms.'

"I was in the 8th grade when the boys started to bully me in school because of my feminine nature, people stopped talking to me because they used to make fun of the person who used to talk to me or sit with me, they used to call me names like 'chakka, hijda, ladki hai kya' they used to scare me when they used to throw away my lunch and they used to just watch and laugh. I didn't have any school friends, I used to be alone and I used to avoid going school. I used to hide during lunch break. Once I told my teacher that he said 'kya bolte hai tujhe' and the whole class began to laugh. I felt so sad that, I locked myself in the room and asked my parents to change my school" (Participant 4)

"I used to get bullied at school and they used to call me names. So, I used to stay in the hostel once my senior tried to harass me because of my feminine nature. It was very traumatic for me that he used to touch me wrongly. I was so afraid of him, and I couldn't focus on my studies because of that. I used to ask my friends to be with me so he couldn't get close to me and talk to me." (Participant 13)

As a matter of fact, most gay, bisexual, and transgender people have stated that they get bullied and harassed in school or in public. It's taking a bad toll on their mental health. It also affects their studies, self-esteem and trust. In some cases, children try to fall victim to harassment and try to end their life.

Psychological Well Being

All participants felt that issues they face as part of the LGBT community had a negative impact on their psychological and emotional well-being. One participant described how he had been left feeling worthless:

"I was feeling worthless, I wasn't part of society, I was embarrassed to say I was Gay, I was hiding from people I knew, I didn't want them to know I was gay. I just kept hiding my true self, but I knew that I couldn't keep getting away with it, that obviously they'd know about it and the cop. Emotionally, I felt very low, I might have thought about suicide, but I had to think about my family, and then you know, those are the people you're going to leave behind you. It wasn't looking good." (Participant 17)

He spoke about how he feels about being discreet and the longer he will, the more depressed he will feel and will struggle to see the light at the end of the tunnel:

"I used to avoid going to school because my classmates used to judge me because of my feminine nature. I stopped talking to people, I used to stay in my room, and eventually it

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took a toll on my studies, my eating habits. I've been feeling sleepy tired all the time. I used to be sad that no one was going to accept that I am. I was depressed months later when I was diagnosed with depression.” (Participant 21)

Rejection, discrimination, abuse and other mistreatment of the LGBT community may hinder the development of psychosocial, mental health and identity. Many people grow up without one or more of these crucial elements, which make them feel isolated, unprotected, and much more vulnerable to life's inevitable stressors. It takes a toll on their mental health, therefore, and they may feel depressed, anxious, and low self-esteem.

Drug Addiction and LGBT

Most of the participants specified that they used drug and alcohol to cope up with their problems. LGBT people are more likely to use alcohol, tobacco, and other drugs than the general population, are less liable to abstain, report higher rates of substance abuse problems, and are more likely to continue heavy drinking into later life. LGBT 's use alcohol, tobacco, and other drugs for the same reasons as others, but their likelihood of doing so is heightened by personal and cultural stresses resulting from anti-gay bias.

“The day I came out to my parents, I was so stressed and their reaction was not so positive. I left home to meet some of the friends. I felt so depressed with so many mixed feelings sadly tired. My mates used to do drugs and all and I don't know what's going on. And the next thing that I know I've been taking drugs and I haven't been consistent for long. I didn't remember much from last night when I woke up the next day so I usually continue to do drugs to deal with my issues and it gives me relief.” (Participant 14)

Therefore, reliance on bars for socialization, stress caused by discrimination, and targeted advertising by tobacco and alcohol businesses in gay and lesbian publications are all believed to contribute to increased pressures on LGBT individuals to engage in substance abuse. Internalized homophobia is a form of self-limiting, self-loathing— an important concept to understand in developing substance abuse services for this population.

Marriage, Society and Law

All the participant specified that even after 377 verdicts, coming out as LGBT is never easy, even in societies that are supportive and protective of the community's rights. The process begins with accepting oneself, followed by asserting that identity to the world. Judicial reform may create an enabling platform to come out, but social realities don't necessarily change in sync. So, the battle must be fought as much inside courtrooms, as inside drawing rooms, classrooms and meeting rooms, every day of our lives.

“I am from an orthodox Muslim family and they're never going to accept me for who I am. I knew this, and even that my life was under threat. But I still chose to come out, because I don't really care what the society is saying about me.” (Participant 22)

“I came out to my parents years ago. Now I'm at my stage where I want to settle down and get married to a man. Although I was accepted by my parents but not by society. My relatives still make fun of me why I don't get married to a girl, because of that my parents stopped going to the family gathering and even gay marriage isn't legal in India. I can't get married to a guy and start my family and even if I do, society will not accept me” (Participant 7)

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Most of the participant specified that even after 377 has been demolished, there are so many issues they face. Moreover, society is not at all accepting, they can't get married as its not legal. Therefore, they don't have adoption rights. They can't adopt kids and start their family. They lack equality when they compare themselves to heterosexuals.

There were some participants who talked about the trans bill. Especially the ones who are transgender and facing lots of issues. According to them it has its pros and cons: Bill prohibits discrimination against transgender persons in educational institutions, government establishments, and while renting or purchasing property, receiving healthcare and using public services.

But the legislation does not explicitly define what constitutes discrimination in the context of the transgender community. It also fails to specify punishment for those who discriminate against transgender persons. The bill states that transgender persons will have the right to "self-perceived" gender identity. But in the same section, it adds that a transgender person must make an application to the district magistrate to receive an identity certificate. The certificate "shall confer rights and be a proof of recognition of his [their] identity as a transgender person."

*"One of the main objections to the bill is that the right to identify one's gender is not recognized. The bill only allows a person to be identified as "transgender" by the certificate until they undergo a sex reassignment surgery and apply for another certification. **How will district magistrates understand what the transgender community goes through?** "We know it takes many months to get a simple government identity card." (Participant 20)*

*"the transgenders, we people are on streets, we are begging, we are under high risk, and what is this bill that we are passing? The bill is silent on reservations in education and employment for the community. "Everyone is aware that we beg and do sex work and pay taxes from that money, **if there are no reservations then how we uplift ourselves?**" (Participant 12)*

Gay Conversion Therapy

So-called "conversion therapy," sometimes known as "reparative therapy," is a range of dangerous and discredited practices that falsely claim to change a person's sexual orientation or gender identity or expression.

"When I came out my parents, they thought it's a disease. And they took me to this psychiatrist who claimed to treat me, even though I told my parents it not going to change anything but they trusted him. I refused to go to his session my parents couldn't force so they eventually stopped" (Participant 5)

Such practices have been rejected by every mainstream medical and mental health organization for decades, but due to continuing discrimination and societal bias against LGBT people, some practitioners continue to conduct conversion therapy. Minors are especially vulnerable, and conversion therapy can lead to depression, anxiety, drug use, homelessness, and suicide.

Bathrooms, Schools, & Other Public Accommodations

Participants also specified bathrooms in public areas and educational institutions as to whether trans and gay individuals are entitled to use all the facilities that the rest of the

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Indians use in a manner that suits their needs. For trans people, this means being able to use the bathroom that suits their gender identity — not the gender on their birth certificate.

Why is all of this important and what does it have to do with gender neutral toilets? Well, transgender and third gender people often feel dysphoria when they use the washroom that does not correspond to the gender they identify as. Dysphoria can often be debilitating, and can lead to depression and anxiety. There are, however, things that we as a society can do to reduce dysphoria in transgender and third gender people. Studies have shown that rates of suicide among transgender people drop when they are given access to facilities that match the gender they identify with. One way of providing such facilities is to have gender neutral toilets, or at least transgender-inclusive toilets, in public spaces.

Researcher have therefore mentioned some of the battles for equality that LGBT community is still fighting across the country. The above issues are some important and common issues within the LGBT community.

The findings of this study are based on the interpretation and analysis of data obtained through the process of semi-structured interviews of 28 participants who are part of LGBT community.

These 8 characteristics of populations and setting further revealed nine core themes relating to the issues faced by LGBT community including (1) Discrimination, (2) Coming out and acceptance, (3) Victims of hate crimes and violence, (4) Psychological wellbeing, (5) Drug addiction and LGBT, (6) Marriage, society and law, (7) Gay conversion therapy, (8) Bathroom, schools, and other public accommodations.

In relation to first core theme **discrimination**. Participants report experiences with discrimination and stigma can lead to increased probability of emotional distress, depression and anxiety. Often people may feel pressured to fit into the conventional ideas of being male or female in society. Those who don't fit the mould can be ridiculed, intimidated and even physically abused. Although there is increasing acceptance of LGBT people in society and greater visibility in the media and public life, many LGBT people continue to experience discrimination, harassment and violence at work, at school and in social situations. Discrimination against LGBT increases the risks for LGBT people of poor mental and physical health including depression, anxiety, suicidality, PTSD, substance use and cardiovascular disease. Discrimination is linked to health harms even for those not directly exposed to it, as the presence of discrimination, stigma and prejudice creates a hostile social climate that taxes the resources of individuals and contributes to the stress of minorities. Protective factors against harms of discrimination include community and family support; access to affirming health care and social services; and establishing positive social climates, inclusive practices and anti-discrimination policies.

In relation to second theme that is **coming out and acceptance**. Many participants faced acceptance issue according to them in particular, **LGBT people face considerable difficulty in finding acceptance**. People in the LGBT community are continually being looked down upon. This is a big issue because there is a high prevalence of discrimination against the LGBT community. The prejudices of the people lead them to believe that the LGBT people are strange and very different. Homosexuality and queer identities may today be acceptable to more Indian youth than ever before, but within the boundaries of families, homes and schools, acceptance remains a constant struggle for LGBT people, they are afraid

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to come out to their parents. There are some people who revealed their identity and were accepted. According to the research conducted most of the participant face acceptance issue their parents, peers and society don't accept them for who they are. The process of getting out to family, friends and peers is a stressful event for many LGBT youth.

Why are LGBT young people at high risk of homelessness? Family denial of their sexual orientation and/or gender identity is the most common reason. Some get kicked out directly by their families. While others leave because relationships with their families have become so strained after the child has emerged that it is no longer tolerable to live in the environment. Poverty and race, however, can play an important part in this phenomenon. There is a misunderstanding that coloured families are more homophobic or transphobic (disliking or prejudicing transsexual or transgender people) than white families because of a higher proportion of coloured LGBT homeless youth. There are other reasons why young LGBTs are becoming homeless. One is untreated mental illness and substance use, most likely a result of the stigma and discrimination experienced. Another is that the foster care system is some age out. Finally, some LGBT youth are running away from home due to abuse by their parents, and unfortunately, LGBT youth are more likely to experience parental abuse than heterosexual, cisgender youth are.

In relation to third theme **victims of hate crime and violence**. Participants reports to experience violence Psychological: threat of disclosing sexual orientation, gender identity, HIV status, or any other personal information to family, employers or friends. Using personal characteristics or circumstances, such as individual's race, age, immigration status, religion, physical ability and or ethnicity, against them. Physical assaults like pushing, hitting, punching, shaking, biting, throwing things, assaulting with a weapon, withholding medicines or hormones, abuse of forced substances, harming animals, property damage, control of food intake, stalking, murder. Sexual assaults like Unwanted advances, unwanted sexual contact, incest, corrective rape, rape, forced sex, intentional exposure to HIV or sexually transmitted infections, filming sexual activity and threatening to send the footage to family and friends. Schools can be challenging environments for students regardless of their sexual orientation or gender identity, but they are often particularly unwelcoming for lesbian, gay, bisexual and transgender (LGBT) young people. A lack of policies and practices that affirm and support LGBT youth — and a failure to implement existing protections — means **that LGBT students across the country continue to face harassment, exclusion and discrimination in school**, putting them at physical and psychological risk and limiting their education. LGBT participants also described persistent patterns of isolation, marginalization and exclusion that made them feel unsafe or unwelcome at school. They described how hearing slurs, lack of resources relevant to their experience, being discouraged from having same-sex relationships and being regularly misgendered turned the school into a hostile environment that, in turn, could have an impact on health and wellbeing.

In relation to next theme that is **psychological well-being**, Research shows that **LGBT people are experiencing higher rates of mental health challenges than the general public**. LGBT people often struggle with depression, anxiety, trauma and self-acceptance as a result of their lifetime facing ongoing discrimination. The LGBT youth are about three to four times as likely as their peers to attempt suicide. According to participants Unquestionably, LGBT people are experiencing long-term stress related to their sexual orientation or gender identity. Often, they internalize the negative messages of being different. These messages become beliefs that can fester and develop into two struggles:

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shame at who they are and what they feel, and guilt at what they do. In addition, **LGBT people witness physical assaults against others with whom they identify which further threatens their sense of physical and emotional security.** Living to their emotional wellbeing with these different challenges can foster anxiety about rejection and abandonment. Some LGBT people view withdrawing from a culture which threatens their safety and lives as a safer option. But isolation due to lack of a supportive family or peer community can compound depression struggles.

According to this research, when someone who identifies as part of LGBT community is surrounded by a supportive community, their rates of mental health problems are significantly reduced. This fact is by no means intended to lessen the discomfort of realizing that you are either in the wrong body or that others are not related to you as the person you feel you are truly; rather, it is a testament to the power our environments (and those who populate them) have over our emotional well-being and pathological risk.

In relation to next theme **drug addiction and LGBT.** Most of the participants are confronted with chronically high stress levels. Although many LGBT people still endured a long personal history of social prejudice. This can include discriminatory laws and practices with respect to employment, housing, recognition of relationships and health care, as well as stigma and challenges with family and friends. This type of stress can lead to higher levels of anxiety, fear, isolation, depression, anger, and mistrust which can increase the risk of tobacco, alcohol, and other drugs being self-medicated. Some gay and bisexual men may use alcohol and drugs as a reaction to homophobia, discrimination, or violence they have experienced due to their sexual orientation and may contribute to other mental health and physical problems. It can disrupt relationships, jobs and endanger financial stability.

Alcohol and illegal drug use, especially amyl nitrates (poppers), and drugs used to treat erectile dysfunction (when a man has a hard time keeping an erection during sex) also contribute to a higher chance of getting HIV and other STDs for some gay and bisexual males. People who use drugs or alcohol may also increase their chances of getting HIV. Often **LGBT people turn to drugs or alcohol as a way of self-medicating from the prejudices they face in everyday society.** Substances may temporarily aid in numbing uncomfortable feelings that they may experience, such as depression, anxiety, anger or fear. Although substance abuse may initially seem beneficial, the hiding of your feelings can have many long-term, negative consequences.

In relation to next two themes that is **marriage, society and law** and **Gay conversion therapy.** According to research findings **Same-sex marriages are not legally recognised in India nor are same-sex couples offered limited rights such as a civil union or a domestic partnership.** In India so far there have been no such progressive changes as regards social and legal recognition and homosexuals remain victims of violence in various forms supported by the state and society. Homosexuals in India from a scattered group of a couples of hundreds are currently ten crore strong and growing community evolving their own hip and happenings. Indian society is a traditional multicultural diversified integrated society where in Hindus dominate. And for Hindus marriage is an enduring sacrament of heterosexuality. Other Indian communities also hold similar views of marriage as being a heterosexual institution. This is supported by the Vishwa Hindu Parishad Party, whose chairman says this sort of behaviour for Hindus. Therefore, if we talk about the transgenders, **trans bill** prohibits discrimination against transgender persons in educational

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institutions, government establishments, and while renting or purchasing property, receiving healthcare and using public services.

But the legislation does not explicitly define what constitutes discrimination in the context of the transgender community. It also fails to **specify punishment for those who discriminate against transgender persons**. The bill states that transgender persons will have the right to “self-perceived” gender identity. But in the same section, it adds that a transgender person must make an application to the district magistrate to receive an identity certificate. **The certificate “shall confer rights and be a proof of recognition of his [their] identity as a transgender person**. The bill is silent on reservations in education and employment for the community. Everyone is aware that transgender beg and do sex work and pay taxes from that money, if there are no reservations then how transgenders uplift themselves. Gay Conversion therapy, sometimes referred to as "reparative therapy," is one of several dangerous and discredited practices which aim to change the sexual orientation or gender identity of an individual. Conversion therapists use a variety of shaming, emotionally traumatic or physically painful stimuli to associate those stimuli with their LGBT identities with their victims. No. No. Conversion therapy is based on the false notion that being LGBTQ is a mental illness that should be cured, despite the agreement of all major medical associations that identities with LGBTQ are a normal variant of human nature. Indeed, in 1973 the American Psychiatric Association found that homosexuality was not a mental illness.

In relation to last theme **Bathrooms, school and other public accommodation**. According to participants Use of Restroom is one of these things. The fact that one does not identify with being forced to use the restroom can cause unbearable amounts of anxiety. Many transgendered people fear discrimination whenever they want to use a restroom. However, transgender individuals and their use of public toilets related only one subject to gender dysphoria in real terms. Gender dysphoria is when someone experiences distress because there is no alignment between their biological sex and their gender identity. But this is so much more than that. Much can contribute to someone suffering from gender dysphoria. Participants avoid using public toilets to avoid being hurt and to not make others feel uncomfortable. Unfortunately, there are many problems facing those who do use public restrooms. **Trans people frequently face discrimination, stigma and harassment when they are in public spaces**. They may be misgendered or otherwise disabled. These can all contribute to shame, gender dysphoria, low self-esteem, depression, or anxiety. Many trans-people, especially alone, may dread going out in public. Instead, when public spaces cannot be avoided, they could avoid situations where they might be challenged, such as using public toilets. All people deserve a safe restroom, without fear of harassment or violence. Trans people face high rates of homicide, sexual assault and violence, **according to the NCAVP and Rape Response Services National Statistics**. Trans people of colour are at an even higher risk: 67 per cent of victims of hate violence were trans women of colour in 2013. In order to use the restroom, preventing trans people from using the facilities they feel most comfortable in may make it necessary for them to put themselves at greater risk (and possibly also out themselves as trans).

CONCLUSION

The aim of the research was to determine and explore the topic “A Psychological Exploration research on LGBT community”. The foregoing chapters examined what all problems and issues LGBT community face and how it affects their mental and physical health. In conclusion, the findings indicated a slow progressive living environment of LGBT

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community, who lack legal protection; suffer from mental health issues, opposed by religion, face discrimination, bullying, violence and other issues like marriage, acceptance, drug abuse and lack of equality. People in the LGBT community are fighting for equal rights and acceptance. Trans people, especially, face a lot of difficulty in finding acceptance. People in the LGBT community are looked down upon all the time. This is a major issue because discrimination against the LGBT community is highly prevalent. People's prejudices lead them to think that LGBT people are odd and very different. The research questions were examined through a qualitative approach in the form of semi-structured interviews. The use of semi structured interviews allowed for more in-depth insight into the personal experiences of participants who belong to LGBT community discussed in an open and candid manner, which made the interpretation and analysis of the findings more meaningful. A review of the literature was presented corresponding to the research topics related to LGBT community and their challenges. Finally, an interpretation of the findings obtained was provided, along with why the findings were relevant to the research with comparisons to other research carried out to date.

The findings of this research are relevant to the wider study of Issues faced by LGBT community as they are interrelated and highlight the personal impact of issues has on an individual. The importance of society to understand the Issues faced by LGBT community to understand and appreciate the consequences of it on the individual. This study highlighted that the impact of discrimination and other issues that are mentioned in the study on LGBT community.

Limitations of the study

While undertaking this study, the researcher encountered some limitations.

- The small number of participant's meant that one has to be cautious in generalising from the findings. When conducting any type of research, it is beneficial to carry out the research on a larger and more in-depth scale in order to allow a more comprehensive analysis of the study.
- The use of semi-structured interviews proved very useful in gaining in-depth and meaningful data from the participants. While the method of interviewing is a time-consuming process it proved to be an extremely efficient means of extracting information from individuals in an open and honest way and thus allowed the researcher to gain an invaluable insight into the participants personal experiences of unemployment and its effect on them over all well-being.
- Another limitation relates to researcher bias which is always a risk in any type of research study, more so, the less structured the data collection is. This researcher tried to be aware of and to be vigilant of researcher bias. Although it is impossible to eliminate research bias, the researcher is confident to have achieved valid findings, which can be used for larger populations.
- It could be argued that the type of data collected leave more room for interpretation than for example numeric data would.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Mishra S (2022). A Psychological Exploration Research on LGBT Community. *International Journal of Indian Psychology*, 10(2), 672-693. DIP:18.01.068.20221002, DOI:10.25215/1002.068