

Relationship between Personality Traits and Resilience of Transgenders: A Review

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ABSTRACT

In a highly diverse planet, humans, the most powerful but also self-destructive species, are slowly breaking down long-standing prejudices. The term "transgender" might be challenging to define precisely. The phrase has broad definitions that embrace individuals who display gender-variant features. This review explores the previously investigated realm of transgender experiences. The aim is to explore the complex relationship between personality qualities and resilience in transgender individuals, in order to gain a better understanding of their unique experiences within our diverse society. The study investigates the relationship between personality traits and resilience among transgender individuals. From the literature review, the study aims to establish causal links between these traits and resilience levels. Findings can provide insights into psychological factors contributing to transgender individuals' well-being, informing interventions and support services.

Keywords: *Transgender, Big Five Personality Traits, Resilience*

In a world teeming with diversity, humans, the most potent yet paradoxically self-threatening species, are gradually dismantling age-old stereotypes. Amidst the wave of modernization, a significant shift is underway—a breaking free from rigid norms. As our society embraces a more inclusive outlook, this review seeks to unravel the intricate interplay between personality traits and resilience among transgenders, fostering a deeper understanding of their unique journey in the evolving tapestry of human diversity.

Transgender: Definitionally, the term "transgender" is a bit tricky. The term has broad definitions that describe it as an all-encompassing term that includes anyone who demonstrates gender-variant characteristics. (Norton & Herek, 2012)

A transgender individual, often abbreviated as trans, is a person whose gender identity deviates from the norm for the sex they were assigned at birth. (Adnan, 2023)

The history of transgender goes back thousands of years, to ancient Indian texts that describe

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Relationship between Personality Traits and Resilience of Transgenders: A Review

a third gender that is represented by trans people. A research by **Sinha & Bhattacharya et al. (2021)** vividly illustrates the story of Hindu mythology's transgender prince Shikhandi and the difficulties he encountered as a result of cultural expectations and conventions. The research uses the Shikhandi's story to convey the historical background of transgender experiences and the traumas they face, highlighting the need for compassion and support in modern healthcare systems. Transgender persons are now legally recognised as a third gender in a number of South Asian countries. Transgender people have a rich and diverse cultural history that stretches back thousands of years, despite historical and contemporary obstacles.

Resilience: According to the **APA**, the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them

- a) the ways in which individuals view and engage with the world,
- b) the availability and quality of social resources, and
- c) specific coping strategies.

Characteristics of a resilient person:

- a) *Optimism:* Resilient individuals maintain a positive outlook, seeing challenges as temporary and believing in their ability to overcome adversity.
- b) *Adaptability:* They are flexible and able to adjust to changing circumstances, finding alternative routes when faced with obstacles.
- c) *Problem-solving Skills:* Resilient people are adept at identifying solutions and taking proactive steps to address challenges.
- d) *Emotional Intelligence:* They possess the ability to understand and manage their emotions effectively, which helps them navigate difficult situations with resilience.
- e) *Self-Efficacy:* Resilient individuals have confidence in their own abilities and believe they can influence outcomes through their actions, empowering them to persevere in the face of adversity.

People who are resilient reap many benefits from their traits. Their mental health is better, and they deal with stress and depression at lower levels. Their strong bonds are characterised by supportive and efficient communication. Because resilient people handle obstacles in both their personal and professional lives more skillfully, they are more productive. These people frequently flourish in leadership positions, motivating others with their optimism and aptitude for solving problems. Resilience, in general, promotes better coping strategies, ongoing personal development, and increased life satisfaction—all of which contribute to a successful and meaningful existence.

Personality:

According to **Kernberg & Caligor (2005)** and **Posner et al. (2003)**, the term "personality" refers to the dynamic integration of an individual's entire subjective experience and behaviour patterns, which includes: (1) conscious, concrete, and habitual behaviours; consciousness, explicit psychic thinking; experiences of self and the environment; and (2) unconscious behaviour patterns, experiences and views, and intentional states.

Meaning of Personality: The word personality is derived from a *Latin* word "**Persona**" which means mask or dress up.

Definitions of Personality:

- According to **G.W. Allport (1937)**, “Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment”
- According to **Watson**, Personality is the sum of activities that can be discovered by actual observation over a long period of time to give reliable information.
- According to **Dennell (1937)**, A man's personality is the total picture of his organized behaviour, especially as it can be characterized by his fellow men in a consistent way.
- According to **Trainer**, Personality is the sum total of an individual's behaviour in social situations. Behaviour include not only overt acts but inward feelings produced by social situation.

Personality Traits:

Personality traits are attributes that contribute to your individual identity. They are frequently formed throughout life and may hold true in a variety of scenarios.

Big Five Personality Traits:

D. W. Fiske (1949) developed the theory of the five basic personality traits, which was later developed by **Norman (1967)**, **Smith (1967)**, **Goldberg (1981)**, and **McCrae & Costa (1987)**. The "Big 5" personality traits are the five basic dimensions of personality, according to many modern personality psychologists. **Extraversion** (sometimes spelt extroversion), **Agreeableness**, **Openness**, **Conscientiousness**, and **Neuroticism** make up the Big 5 personality traits.

The big five personality traits are used to investigate the connections between personality and numerous other life indicators, in addition to helping us better understand how they compare to others and give names to their traits.

The five broad dimensions of personality that have been determined by empirical research are represented by the acronym "**OCEAN**":

Openness to Experience: This dimension shows how creative, inquisitive, and receptive a person is to new concepts and experiences. Those who score low on openness may be more conventional, pragmatic, and routine-oriented, whereas those who score high on openness are typically creative, daring, and intellectually curious.

Conscientiousness: Conscientiousness is the level of responsibility, organisation, and goal-setting in an individual. While those with low conscientiousness may suffer with impulsivity, disorganisation, and lack of follow-through, those with high conscientiousness are usually dependable, disciplined, and diligent in their endeavours.

Extraversion: The degree of sociability, assertiveness, and inclination for stimulation from the outside world are all considered aspects of extraversion. While those with low extraversion may be more reserved, introspective, and prefer solitude, those with high extraversion are frequently gregarious, vivacious, and seek out social interactions.

Agreeableness: Agreeableness is a measure of a person's cooperation, empathy, and compassion for others. Those who score low on agreeableness may be more competitive,

Relationship between Personality Traits and Resilience of Transgenders: A Review

cynical, and indifferent to the welfare of others, whereas those who score high on agreeableness are typically kind, generous, and empathic.

Neuroticism: When someone is neurotic, it means they are more likely to feel depressive, anxious, or insecure. Anxiety, mood swings, and emotional instability are common in people with high neuroticism, but emotional stability, resilience, and composure under pressure are more common in people with low neuroticism.

Table 1.1 Characteristics of Big Five Personality Traits

LOW	TRAITS	HIGH
Down to earth, pragmatic, risk-averse, rational, conservative, straight forward	OPENNESS	Creative, sensitive to aesthetic, receptive to change, liberal, tolerant
Content, bold, carefree, easy going, spontaneous, creative	CONSCIENTIOUSNESS	Organized, reliable, consistent, enjoy planning, seek achievement
Solitary, reserved, relaxed, serious, team-oriented	EXTRAVERSION	Outgoing, sociable, friendly, talkative, energetic, inclined to leadership
Assertive, skeptical, devious, autonomous, indifferent, uncompromising	AGREEABLENESS	Friendly, compassionate, gullible, comparative, trusting, ready to compromise
Calm, self-confident, bold, emotionally stable, carefree	NEUROTICISM	Anxious, pensive, impulsive, self-conscious, yielding

DISCUSSION

A study by **Stieglitz (2010)** titled “**Development, Risk, and Resilience of Transgender Youth**” examines the experiences of young people who identify as transgender, with an emphasis on their growth, the risks they encounter, and their capacity for overcoming obstacles. The study finds that transgender youth frequently experience discrimination and lack of acceptance, which can result in mental health issues. It does this by combining surveys and interviews. It also emphasises their resiliency and the value of social support in reducing the damaging effects of stigma, and how important it is for families, schools, and healthcare systems to provide transgender youth with more support and acceptance in order to improve their well-being.

The research titled "**Hope, Courage, and Resilience in the Lives of Transgender Women of Colour**" highlights the resilience of transgender women of colour when confronted with obstacles by delving into their experiences. The research carries qualitative interviews to show how crucial it is to comprehend and give voice to transgender women of colour in order to shape supportive interventions and laws that advance social justice and their well-being. (**Ruff et al., 2019**)

The research titled "**Talking back: trans youth and resilience in action**" delves into the experiences of young people who identify as transgender and examines how resilient they are when faced with obstacles. Utilising qualitative techniques such as participant

Relationship between Personality Traits and Resilience of Transgenders: A Review

observation and interviews, the research exposes how transgender adolescents negotiate social pressures and affirm their identities by employing tactics like "talking back." Their tenacious self-advocacy is demonstrated by their active resistance. The study emphasises how crucial it is to value transgender youth's agency in fostering inclusive environments and advancing their wellbeing. (Travers et al., 2020)

The impact of minority stress on the resilience and mental health of transgender and gender-diverse people is examined in a research paper titled "**Transgender and Gender-Diverse People's Experiences of Minority Stress, Mental Health, and Resilience in Relation to Perceptions of Sociopolitical Contexts**" by Puckett et al., (2022) which takes societies into account. The study collects data through surveys and interviews using a mixed-methods approach. Results show that lower mental health outcomes and higher minority stress are correlated with views of unfavourable socio-political environments. The study highlights how important it is to create supportive socio-political environments for transgender and gender nonconforming people in order to reduce minority stress and foster resilience in them.

Research on the factors influencing psychological distress and resilience in transgender people is done in the research paper "**Demographic and Psychosocial Factors Associated With Psychological Distress and Resilience Among Transgender Individuals**". Surveys are used in the study's quantitative methodology to gather information on demographic and psychosocial factors. Results show that while resilience is linked to elements like social support and healthy coping strategies, experiences of discrimination, a lack of social support system, and stress related to gender contribute to psychological distress. The study emphasises how crucial it is to address psychosocial issues in order to support transgender people's resilience and mental health. (Bariola et al., 2015)

The intricate relationships between transphobia, distress, and resilience in transgender people are examined in the research paper "**The interrelations between resilience, distress, and transphobia among transgender individuals in Israel**". Researchers evaluate transgender people's experiences with transphobia, psychological distress, and resilience using a quantitative survey methodology in Israel. According to the findings, transphobia and psychological distress are significantly correlated, but resilience serves as a buffer. The study highlights implications for interventions and policy initiatives aimed at promoting resilience and reducing distress, underscoring the significance of addressing transphobia to improve the mental health outcomes of transgender individuals in Israel. (Bitton & Weiss, 2023)

The study "**Level of Resilience Among Transgenders in Selected Areas of Puducherry, India: An Exploratory Research**" looks into the degree of resilience that transgender people have in a few chosen regions of Puducherry, India. The study uses surveys and an exploratory research design to evaluate transgender people's resilience. Results show that participants' levels of resilience varied, depending on things like social support and access to medical care. In order to support the well-being and social inclusion of transgender populations in India, the study emphasises the significance of comprehending and addressing resilience among these populations. It also makes recommendations for customised interventions and support services. (Chavada et al., 2021)

The research paper "**Transgender: Status in India**" examines the legal and social standing of transgender people in India. The study looks at current laws and policies, as well as

Relationship between Personality Traits and Resilience of Transgenders: A Review

societal perceptions of transgender persons, using a mixed-methods approach. The results show that transgender people experience widespread discrimination and marginalisation, which is made worse by insufficient legal protections, restricted access to healthcare, and limited work opportunities. The study emphasises the implications for policy advocacy and social change initiatives, highlighting the pressing need for social interventions and legislative reforms to address systemic barriers and advance the rights and well-being of transgender individuals in India. (Sawant, 2017)

The research paper "**Transgender: Health And Rights**" examines the relationship between transgender people's health and human rights concerns. The study investigates the experiences of transgender individuals seeking healthcare and their encounters with stigma and discrimination using a qualitative research methodology. The results emphasise systemic obstacles to healthcare access, such as discriminatory practices and a lack of provider training. In order to promote inclusive and equitable healthcare services for this population, the study emphasises the need for policy reforms and advocacy efforts. It also highlights the significance of identifying and addressing the health and human rights disparities experienced by transgender individuals.

Personality traits among transgender people are examined in the research paper "**Psychological Personality Traits Assessed in 481 Transgender Groups Using the Minnesota Multiphasic Personality Inventory**". 481 transgender groups' psychological profiles are examined in this study using the Minnesota Multiphasic Personality Inventory (MMPI). The results challenge preconceived notions by demonstrating a wide range of personality traits. This emphasises how important it is to acknowledge the psychological diversity found in the transgender community and adjust mental health services appropriately. These realisations contribute to the creation of more inclusive interventions by emphasising the complexity of transgender experiences. (Liu et al., 2023)

The study "**Personality Disorders and Personality Profiles in a Sample of Transgender Individuals Requesting Gender-Affirming Treatments**" looks into the profiles and disorders of personality among transgender people who are looking for treatments that will promote their gender identity. The study determines common personality profiles in the sample and looks at the prevalence of personality disorders using clinical assessments. Results show different degrees of personality pathology, highlighting the significance of thorough mental health evaluations in transgender care. The research highlights the necessity of customised interventions that tackle gender dysphoria and co-occurring mental health issues, improving the standard of care for transgender persons. (Anzani et al., 2020)

In order to better understand transgender women with HIV's resilience, the research paper "**A qualitative study of resilience among transgender women living with HIV in response to stigma in healthcare**" by Lacombe-Duncan (2020) focuses on how these women respond to stigma in the medical field. The study explores transgender women's experiences and coping mechanisms with stigma through qualitative interviews. The results show resilience tactics like asking for social support and speaking up for their medical needs. The study highlights implications for healthcare providers and policymakers by highlighting the significance of addressing healthcare stigma to foster resilience and improve healthcare outcomes for transgender women living with HIV.

Examining the mental health and resilience of transgender people in Brazil, the research paper "**Depression, Self-Esteem, and Resilience and its Relationship with Psychological**

Features of Sexuality among Transgender Men and Women from Brazil" focuses on depression, self-esteem, and resilience in relation to sexuality. The study uses surveys and quantitative methods to evaluate psychological variables in transgender men and women. Significant correlations between depression, resilience, self-esteem, and sexuality aspects have been found, underscoring the intricate interactions among these variables. The study emphasises how critical it is to address inequalities in mental health and build resilience among transgender populations. It also raises issues for interventions that are sensitive to cultural differences and support services that are specifically designed to meet the needs of transgender people in Brazil. (Catelan et al., 2022)

Research on the relationship between personality traits, depression, and resilience in transgender women is done in the paper **"Agentic and Communal Personality Traits: Their Associations with Depression and Resilience among Transgender Women"**. The study investigates agentic (e.g., assertiveness) and communal (e.g., nurturing) traits and their effects on mental health outcomes using quantitative methods. The results indicate that while communal traits yield inconsistent results, agentic traits are positively correlated with resilience and negatively correlated with depression. The study emphasises how crucial it is to comprehend personality traits in transgender populations and how these traits may affect mental health interventions. It draws attention to the necessity of specialised support programmes that value the variety of personality traits exhibited by transgender women in order to foster resilience and overall wellbeing. (Gonzalez et al., 2012)

The study **"Aspects of Psychological Resilience among Transgender Youth"** looks into the mental toughness of young transgender people. The study investigates different facets of resilience, including coping mechanisms and support systems, using qualitative methods. Results show that social support, adaptive coping strategies, and identity affirmation help transgender youth exhibit resilience. The study emphasises how critical it is to acknowledge transgender youth's assets and resiliency in the face of societal obstacles. It makes recommendations about how to create nurturing settings and treatments that support transgender youth's resilience and general well-being. Through a better understanding of the elements that contribute to psychological resilience, this research helps to meet the specific needs of transgender youth and improve support networks. (Grossman et al., 2011)

A novel intervention model targeted at promoting resilience in transgender individuals is presented in the research paper **"Psychological Interventions Promoting Resilience Among Transgender Individuals: Transgender Resilience Intervention Model (TRIM)"**. The study creates and assesses the TRIM intervention, which consists of social support, psychoeducation, and cognitive-behavioral techniques, using a mixed-methods approach. The results show that the TRIM intervention improves psychological well-being, self-esteem, and coping abilities in participants. The study demonstrates how well-tailored interventions can boost transgender people's resilience and offers policymakers and mental health practitioners ideas for developing supportive programmes. The TRIM model helps this community by addressing the special needs of transgender populations and fostering mental health and wellbeing. (Matsuno & Israel, 2018)

The study **"Coping, resilience, and social support among transgender and gender diverse individuals experiencing gender-related stress"** looks into the social support, coping strategies, and resilience of people who identify as transgender and/or gender nonconforming who are dealing with stress related to their gender. The study investigates relationships among coping strategies, resilience, and perceived social support using

Relationship between Personality Traits and Resilience of Transgenders: A Review

quantitative methods. The results show that active coping mechanisms and resilience are associated with increased perceived social support, which attenuates the negative effects of stressors related to gender. The study emphasises how crucial it is to build social support networks and resilience in transgender and gender diverse people in order to lessen the detrimental effects of gender-related stress on their mental health and general well-being. The creation of specialised interventions targeted at improving coping mechanisms and support networks in this population is one of the implications. (Gorman et al., 2022)

The resilience levels of transgender people in India are examined in the research paper "**Resilience Among Transgender Persons: Indian Perspective**". Using qualitative research techniques, the study investigates social support, community involvement, and Indian-specific cultural elements as resilience-promoting factors. Findings imply that transgender people exhibit resilience via cultural customs and community ties, even in the face of marginalisation and discrimination. The study emphasises the significance of comprehending resilience in the Indian cultural and social context and draws conclusions for promoting the well-being of transgender people. This research helps to improve transgender people's general health and quality of life in the Indian context by identifying and supporting their resilience. (Virupaksha & Muralidhar, 2018)

The study "**Personality and Attachment in Transsexual Adults**" looks at the attachment patterns and personality characteristics of transsexual adults. The study employs quantitative techniques to examine attachment styles through self-report questionnaires and evaluate personality traits using standardised measures. Results show that transsexual adults have a variety of personality traits and attachment styles, with some showing higher levels of insecure attachment and neuroticism. The study emphasises the significance of treating attachment issues in therapeutic interventions for transsexual individuals and makes implications for understanding the psychological complexities within the transgender population. Mental health practitioners can better customise support services to meet the specific needs of transsexual adults by being aware of these factors. (Lingiardi et al., 2017)

The study "**Using mental health screening instruments for understanding depression and personality profiles among Chinese transgender individuals**" looks into the use of mental health screening tools to study depression and personality profiles among Chinese transgender people. The study uses standardised screening instruments with quantitative methods to evaluate personality traits and depression. Results show that the Chinese transgender population has different personality traits and higher depression levels. In order to address the particular mental health needs of transgender people, the study emphasises the significance of mental health screening and customised interventions. Healthcare professionals can better support the mental health of Chinese transgender people by knowing depression and personality traits. This will enhance the community's quality of life and health outcomes. (Zhang et al., 2020)

The research study "**Distinguishing and Addressing Gender Minority Stress and Borderline Personality Symptoms**" looks at how to treat and distinguish between symptoms of borderline personality and stress related to gender minorities. The study uses quantitative approaches and standardised measures to evaluate gender minority stress and symptoms of borderline personality in those who identify as gender minorities. The results indicate that although there may be similarities between gender minority stress and symptoms of borderline personality, they are two different concepts that need focused treatment. The study highlights how crucial it is to identify and treat borderline personality symptoms in addition to gender minority stress when providing mental health services to

Relationship between Personality Traits and Resilience of Transgenders: A Review

people of colour. Healthcare professionals can better support the mental health and general well-being of members of gender minority groups by identifying and addressing these factors, which will lead to more efficient and inclusive care practices. (Goldhammer et al., 2019)

Findings from the study "**Exploring the Minnesota Multiphasic Personality Inventory (MMPI)-3 in a transgender and gender diverse sample**" show that the MMPI-3 can be used to measure psychological traits in people who identify as transgender or who identify as gender nonconforming. The study investigates how this population uses the MMPI-3, a standardised personality assessment tool, using quantitative methods. The results indicate that although the MMPI-3 shows promise in measuring psychological constructs, adjustments might be needed to guarantee its applicability and precision for people who identify as transgender or gender nonconforming. The study emphasises the value of inclusive and culturally competent assessment instruments in mental health practice, with implications for better understanding and assessing psychological traits in populations that are gender diverse and transgender. (Bryant et al., 2024)

The impact of testosterone therapy on the personality traits of trans men is examined in the research paper "**The effect of testosterone therapy on personality traits of trans men: a controlled prospective study in Germany and Switzerland**". The study compares personality changes before and after testosterone therapy using standardised measures in a controlled prospective design. Results point to notable changes in a few personality traits after testosterone treatment, including a decrease in emotional sensitivity and an increase in assertiveness. The study draws attention to the psychological effects of hormone therapy on transgender people and stresses the significance of taking holistic well-being into account when providing care that is gender affirming. By being aware of these changes, medical professionals can better support trans men receiving hormone therapy, fostering their mental well-being and ability to adjust to life after transition. (Metzger & Boettger, 2019)

The study "**Body Image and Personality Traits of Male-to-Female Transsexuals and Homosexuals**" looks into the attitudes towards their bodies and their personalities of people who identify as homosexual and transsexual. The study compares these groups' personality traits and levels of body image dissatisfaction using a comparative methodology. Standardised measures are used to evaluate personality traits and body image using quantitative methods. Results indicate that transsexual men to women have different personality traits and higher levels of body image dissatisfaction than homosexual men. The study emphasises the significance of comprehending transgender people's psychological experiences and draws conclusions for customised interventions meant to address body image issues and promote mental health in this population. (Bozkurt et al., 2006)

The relationship between mental health, resilience, and the kinds of support transgender people receive is examined in the research paper "**Mental health and resilience in transgender individuals: What type of support makes a difference?**" The study uses quantitative methods to evaluate resilience levels and mental health outcomes using standardised measures. It also looks at the effects of various types of support, including social, medical, and community-based support. Research reveals that while medical and community-based support have differing effects on transgender people's mental health and resilience, sufficient social support greatly improves both. The study highlights the significance of customised support interventions to foster resilience and mental health in

Relationship between Personality Traits and Resilience of Transgenders: A Review

transgender populations, with implications for policymakers and healthcare professionals in terms of offering all-encompassing and efficient support services. (Puckett et al., 2019)

The study "**Risk and Resilience Factors for Mental Health among Transgender and Gender Nonconforming (TGNC) Youth: A Systematic Review**" looks at the variables affecting TGNC youths' mental health outcomes. The study uses reputable databases to compile the body of research on risk and resilience factors while adhering to a systematic review methodology. The results emphasise a number of variables that affect mental health, such as stress experienced by minorities, discrimination, gender affirmation, and social support. Crucially, protective factors like affirming healthcare and family acceptance are resilience factors. The study emphasises how crucial it is to address resilience and risk factors in interventions aimed at promoting mental health in young people from TGNC communities. Policymakers and healthcare professionals can create focused strategies to meet this population's mental health needs by knowing these dynamics. (Tankersley et al., 2021)

The study "**Measures of Resilience: Do They Reflect the Experiences of Transgender Individuals?**" looks into whether the resilience metrics that are currently in use are appropriate for encapsulating the experiences of transgender people. Through focus groups and interviews, the study uses a qualitative methodology to investigate transgender people's opinions on resilience measures that are frequently used. The results indicate that although certain resilience measures are applicable to the experiences of transgender people, others might not adequately represent their particular difficulties and coping mechanisms. The study emphasises the necessity of resilience measures that are inclusive, culturally sensitive, and accurately reflect the experiences of transgender people. The creation of specialised assessment instruments to more accurately identify and foster resilience in transgender populations is one way that this will have an impact on transgender populations' overall wellbeing and mental health. (Puckett et al., 2022)

"**Discrimination and Resilience and the Needs of People Who Identify as Transgender: A Narrative Review of Quantitative Research Studies**" is a research paper that looks at how discrimination affects transgender people's needs and resilience. The study synthesises findings from multiple quantitative research studies using a narrative review approach. The frequency of discrimination faced by transgender people, its detrimental effects on mental health and wellbeing, and the protective function of resilience factors like social support and gender affirmation are some of the major themes. The review emphasises the value of inclusive and supportive environments for transgender people's general health and quality of life, as well as the necessity of addressing discrimination and fostering resilience in interventions meant to meet their specific needs. (McCann & Brown, 2017)

The study "**Minority Stress, Resilience, and Mental Health: A Study of Italian Transgender People**" looks into how transgender people in Italy are affected by resilience and minority stress. The study employs a quantitative methodology to evaluate mental health outcomes, resilience factors, and minority stressors using standardised measures. Results show that among Italian transgender people, there are strong correlations between minority stress, reduced resilience, and worse outcomes for mental health. The study emphasises how crucial it is to address minority stressors and foster resilience factors in interventions meant to enhance transgender populations' mental health. The creation of culturally aware policies and support programmes is one way to improve resilience in transgender people living in Italy and lessen the negative effects of minority stressors. (Scandurra et al., 2017)

Relationship between Personality Traits and Resilience of Transgenders: A Review

The study "**Resilience to Discrimination and Rejection Among Young Sexual Minority Males and Transgender Females: A Qualitative Study on Coping with Minority Stress**" delves into the coping mechanisms of young, transgender, and sexual minority males. Through focus groups and interviews, the study examines the coping strategies used by participants using a qualitative methodology. The results show a variety of coping mechanisms, such as taking up activism, building a positive self-concept, and asking for help from peers and online communities. The study highlights the value of resilience in coping with the stressors faced by minorities and proposes that focused interventions aimed at fostering resilience could improve the wellbeing of young people who identify as sexual minorities and transgender people, reducing the negative impacts of prejudice and rejection. (Bry et al., 2017)

CONCLUSION

This review facilitates the complex facets of transgender individuals' personalities, seeking to understand how they navigate various situations in their lives. The review highlights their impressive ability to thrive and stay true to themselves in the face of obstacles imposed by society. Highlights the importance of recognizing and embracing the rights of individuals to pursue happiness, emphasizing the fundamental equality that all identities deserve. By delving into the subject matter with depth and sensitivity, the aim is to promote a deeper comprehension and embrace of transgender experiences, while advocating for a more inclusive and respectful society.

It is crucial to recognize the diverse psychological needs of the transgender community and make appropriate changes to mental health care. These realizations shed light on the complexity of transgender experiences, leading to the development of more inclusive solutions. We have learned that resilience is a crucial aspect of an individual's personality. These characteristics will never judge anyone, whether they work with them or not. It's a very heavy message to understand that all living, major creatures need a certain level of understanding and psychological balance to live in society with a smile.

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Relationship between Personality Traits and Resilience of Transgenders: A Review

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Conflict of Interest

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