

Research Paper

## The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community

Kalpabriksh Khulem<sup>1\*</sup>, Rita Kumar<sup>2</sup>

### ABSTRACT

This study studies the correlation Internalized Homophobia between Emotional Regulation, received or felt social backing and thoughts related to suicidal in Gay as well as Lesbian Community. Young adults (N = 46) participants were selected from only Gay and Lesbian community, through snowball and purposive sampling, 28 gays and 18 lesbians participated. The participants were highly educated, where 45.1% were post graduates, 27.5% were undergraduates, 25.5% were graduates and 2% completed high school. The findings revealed a moderate positive correlation between IH and Suicidal Ideation, indicating that individuals with higher IH tend to experience more suicidal thoughts. Additionally, feeling supported socially by friends was negatively correlated with IH, suggesting that stronger friend support is linked to lower IH. However, the correlations between IH and Emotional Regulation, as well as between Emotional Regulation and Suicidal Ideation, were found to be insignificant. The study also found that there was a negative correlation in between the social support felt or received from significant and thoughts which are suicidal. The study finding tells us that IH along with promoting social support, to mitigate mental health risks among LGBTQ+ individuals. Further research is needed to confirm these relationships and develop effective interventions.

**Keywords:** *Internalized Homophobia, Emotional Regulation, Perceived Social Support, Suicidal Ideation, Gay and Lesbian Community*

The world that we live in is a ginormous art of similarities and differences. We humans are very wise creatures, but we tend to use our wisdom differently. Some use their wisdom to learn new information and adapt as they learn and grow, and there are those who use their pre-learnt or taught, observed ideas, information to compare to new ones. The matter being metaphorised here is how Homosexual-accepting people and how Homophobic people (even internalised homophobia) are created, molded via their childhood, life and experiences.

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HOMOSEXUAL- the word is the mixture of two- HOMO which translates for similar, while SEXUAL being what one is attracted towards sexually, so basically meaning same sex.

Homophobia- “**Homo**” and “**Phobia**”; HOMO here implies homosexuality, and PHOBIA - fearing or hating. So, it is the fear, loathing, discrimination, suspicion, or doubtfulness of people who identify themselves as other gender other than straight or heterosexual (i.e., gay, bisexual, lesbian, transgender, or simply any one from the LGBTQ+ community etc.). Although there was the strike down of Section 377 - decriminalizing homosexuality, India houses many closeted people (people who did not come out official about their gender identity) till date due to the fear and unacceptance which comes with homosexuality in the society, amid friends, and specially in families. Family plays a major role in India, and its influence and impact in the individual’s life and decision making is huge. Not that every family doesn’t accept, but those who accept are very few and rare.

### **SO HOW DOES IT ARISE?**

It can be due to some religions, which address homosexual behaviours as sinful or corrupt. Or it can be when an individual suppresses their homosexual desires or behaviours to fit in and start hating homosexuality, just to defend themselves just to fit in and not stand out just out of the fear of being outcasted, which is the ‘FOLLOW-THE-SHEEP CULTURE’

Early Childhood experiences as well as teachings play a major role too, educating and talking to children to fit in and not accept anything new or different. Educating or creating the mindset to young adults about straight as the default gender and normalizing being straight and being queer or homosexual as wrong. Children mostly observe and learn and as they see their elders mistreat, misbehave, or discriminate or ick homosexual people, they learn that continues that behaviour.

It can be also from some unwanted incidents, like when a person had an undesirable experience with a homosexual person, like forcing the straight individual to undergo homosexual relationships, acts, intercourse, etc. against will.

**Internalized Homophobia** is the negative attitude, beliefs or even feelings an individual belonging from the LGBTQ+ community has towards themselves. This internalized homophobia pushes a person away from accepting themselves, coming out in front of others, forming healthy relationships or even advocating themselves or the community. This can also be seen as apart of self-hating but based on the person's sexuality. Internalised homophobia may arise due to various reasons again which includes the pre-existing stigmas, the drought of acceptance, early learnings and teachings. Considering ‘being straight’ or heterosexuality as one's default sexuality, miseducation about being homosexual as a part of sin, crime, something to laugh about and most importantly SOMETHING VERY WRONG and DEFIANT. Some, unluckily, still consider homosexuality as a disease and it's 2025 already. So, all these beliefs, false knowledge, heteronormative ways are some of the things which water the flower of Internalised Homophobia.

The beauty of humans lies in their ways and capabilities to express emotions. Emotions aren't just the way an individual feels, but it's a way our feelings communicate with the world. People tend to not show their emotions or regulate their emotions, as people tend to tag them as being weak. People who smile in times of pain are encouraged and called to be a

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STRONG HUMAN, and those who show appropriate emotion in times of hardship, for example may be crying, are often tagged weak. Sadly, a very beautiful way of expressing our emotions, i.e.- crying, where emotions are expressed via tears, are often discouraged, and often related to sadness. But only if people knew, we also cry when we are happy, when we are in love, when we are angry, and most importantly, when we are born.

**Emotion regulation** is one's capability to understand, manage and respond (not react) to our feelings in a much useful and healthier way. People often tend to confuse this with suppressing emotions or being emotionless, but NO, it is all about how one responds to an emotion with total awareness, more like a balanced way. Even positive emotions like joy, excitement, laughter may end up with impulsive decisions or actions, unknowing and abrupt, which may lead us to ending up feeling bad or guilty. Emotions can range up from plain straight up feeling happy, joyous to feeling super depressed, awful, and anxious. and when such feelings are long lasting, it starts affecting our lives, to a point it can even lead an individual to develop unwanted, unhealthy thoughts which may lead the person to another unhealthy act or even end up unaliving oneself.

**Suicidal ideation** are the unhealthy thoughts which are around the premises of unaliving oneself. It is a burning issue currently affecting gay men, who are 4-6 times more vulnerable to experience it than their heterosexual. Internalized homophobia, unacceptance, mockery and bullying, discrimination, family rejection, social isolation, and mental health issues like depression and anxiety tend to contribute to these THOUGHTS OF SUICIDE. This is not an easy topic to talk about as it will be a source for triggers for many, but it's a topic which needs more light to be thrown to reduce it and create a more informed, educated and healthier society.

We humans need society and its support and understanding to reduce unwanted unhealthy issues within the society and within us. Society support plays a huge role in our lives and a more huge role in the life of any LGBTQ+ people. People need to understand the meaning and beauty of individuals and their differences, accept people, support them and educate the later pillars of the society with more inclusive thoughts and knowledge.

Also, having a strong support system, self-acceptance, coping skills, and access to LGBTQ+-affirming healthcare can serve as huge long-term investment to better life for everyone together.

### **REVIEW OF LITERATURE**

Cognitive reappraisal and perceived social support can minimise thoughts related to self-harm or suicide among homosexual people (Gupta, 2024). Conversely, internalized homophobia and rejection from family can be the reason for increased suicidal ideation (Dasika, 2025). Studies also show that social environments which are unhealthy or negative, with scarce support, increase mental health problems and issues (Rosario, 2005). Also, unluckily, LGBTQ+ people are more vulnerable to suicide and suicidal ideation and perceived burdensomeness compared to heterosexuals (Hill & Pettit, 2012), Showing us the requirement for targeted support and acceptance.

#### ***Internalised Homophobia and Suicidal ideation***

Dasika et al. (2025) found that in the LGBTQ+ people of India, internalized homophobia is connected to depression and weaker parental support, impacting mental health similarly

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across genders. Internalized shame greatly invests to depression and suicide risk among young people who are queer according to Williams, D. Y. et al. (2023).

A study by Hill et al. (2022) shows over half of Australian LGBTQA+ youth had suicidal thoughts and 9.1% attempted suicide. Bullying, rural living, and conversion practices were some of the contributing factors, although feeling connected to school was protective.

McLaren (2016) found that Gay men and lesbians showed different mechanisms amend patterns and pathways, while bisexual women didn't fit these patterns, suggesting the required for individualised approaches (clinical)

Internalized homophobia can leave us with lower self-worth and emotional balance, increase in thoughts which are suicidal in nature and even depression in LGBTQ+ individuals according to Munn (2020)

Also, in Singapore, it was found out by Tan et al. (2021) that youngster from bisexual, gay, queer as well as trans men tend to have disturbingly tall rates of suicidal attempts- 14.2% and thoughts- 58.9%, connected somehow into depression and homophobia.

Rehman et al. (2020) found that individuals in the UK, who are from LGB community experiencing prejudice, victimization, shame and internalized homophobia are at more vulnerable to self-harm. Younger individuals from this community with low incomes tend to be more vulnerable.

Asish et al. (2020) examined the bond between internalized homophobia and suicide in LGBT communities among 2 cultures: Western and Indian, spotlighting the requirement for strategizing ways in which we can promote and support psychological wellbeing of homosexual peoples in these cultures.

Lee et al. (2019) found that in South Korea, Internalized homophobia in gays, lesbians, and bisexual adults are tied to depression and suicidal thoughts. Older ones struggle more, while younger ones face more depression and suicidal thoughts. Ryan, D. T. et al. (2017) found that Internalized homophobia is tied to depression and suicidal thoughts in gay men and lesbians, but very differently. In gay men, both factors end up with thoughts of suicide, while in lesbians, depression is the main link.

King et al. (2008) found that LGB individuals go through more mental health vulnerabilities and risks, being over twice as likely to attempt suicide, nearly twice as likely to experience depression and anxiety, and notably more likely to struggle with substance dependence.

### ***Internalised Homophobia and Social Support***

Social support can reduce the load caused due to Internalized homophobia, which runs depression in sexually minor Black men according to Dawes et al. (2024). In Indian LGB people, low social support is tied to more internalized homophobia. Homosexual women face more internalized homophobia than men, likely due to intersectional violence as described by Anil et al. (2022)

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A study by Pan et al. (2022) found high rates of depression and anxiety among homosexual Chinese adults. But their psychological health can be shielded by solid social support alongside self-belief.

Calvo et al. (2021) found that in Italian gay men who's attachment style is insecure, and has little to none social support faces more internalized homophobia. In UK, LGB individuals with lower income, are more likely to self-harm due to intersectional violence as stated by Rehman et al. (2020)

Cain et al. (2017) Lower social support and higher internalized homophobia in gay and bisexual men in rural areas leads to an increase in depression, focusing on the requirement for greater support in rural areas.

In Kerala, India, homosexual people got lower social support and unique strategies to cope when compared to heterosexual individuals, reflecting hurdles in a heteronormative society as stated by Lewis & Jaya. (2017)

Arnett (2013) found that internalized homophobia and social support influence Lesbian, Gay and Bisexual students' career certainty and expectations. Social support majorly aids reduce the negative effects of internalized homophobia.

Doty et al. (2010) found that LGB youngsters tend to get less support from family and straight friends because of their sexuality, but support from their LGB peers notably lessened their emotional distress.

### ***Internalised Homophobia and Emotional Regulation***

College students with solid social support tend to use efficient emotion regulation skills, causing better well-being and psychological health. Healthy social networks help individuals support and manage their emotions and cope with unhealthy feelings according to Lopez et al. (2024)

A study by Fu et al. (2020) found that a link between struggles related to emotion regulation, depression, and troublesome smartphone use in young adults. Notably, solid social support can effect the bond between depression and smartphone addiction.

d'Arbeloff et al. (2018) found that young adults who reframe their thoughts to manage emotions showed lower depression ad anxiety, while hiding emotions led to more psychological health problems due to lesser social connections.

Individuals who effectively seek and perceive emotional help and support from others are often more expressive emotionally, more empathetic, and more socially linked, creating more stronger and healthier relationships and greater well-being according to Williams et al. (2018)

Rogers et al. (2017) found that minority stress boosts substance/alcohol use problems in LGB people, and more hurdles being the main reason for emotion regulation.

Social support protects against depression by promoting healthy emotion regulation, which is shaped by relationships as mentioned by Marroquin (2011)

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Marroquín, B. (2011). Interpersonal emotion regulation as a mechanism of social support in depression. *Clinical psychology review*, 31(8), 1276-1290.

Hatzenbuehler et al. (2009) found that LGB people with IH faces problem regarding emotional regulation, causing increased mental distress.

### ***Emotional Regulation and Suicidal Ideation***

Laghaei et al. (2023) found out that childhood trauma drives suicidal thoughts by disturbing emotion regulation and igniting depression. Emotion regulation problems strongly are related with suicidal ideation, including behaviours and attempts according to Colmenero-Navarrete et al. (2022).

Brausch et al. (2022) found that young adults grappling with emotion regulation a modulation are more likely to experience nonsuicidal self-injury and suicidal thoughts.

Emotion dysregulation is tied to suicidal behavior in adults, but its predictive power is reduced when other psychological factors are considered asper Turton et al. (2021)

Ong et al. (2019) revealed that avoidance coping strategy tends to increase in risk of suicide, while cognitive reappraisal lowers it. Hence educating people with effective coping skills aids lower suicidal behavior. Individuals with emotion dysregulation, restricted or difficulty managing emotions and impulse control problems tend to experience suicidal ideation and attempts according to Hatkevich et al. (2019)

Suicidal thoughts and attempts are more common among adults who struggle with emotional awareness and impulse management as mentioned by Neacsiu et al. (2018)

It was found out by Forkmann et al. (2014) that expressive suppression is tied to increased suicidal thought, while cognitive reappraisal showed no such bonds. Law et al. (2015) stated that problem with emotional regulation amplifies suicidal thoughts. But it can also disturb the action due to lots of pain.

Miranda et al. (2013) found out that adults who struggles to modulate emotions in a more effective way tend to live on negative thoughts and feel hopelessness and hence highering the potential of suicide attempt.

According to Rajappa (2012) young adults who had multiple trials or attempts of suicide has difficulties with emotional regulation as well as acceptance of one's emotion, which leads them to more suicidal thoughts. Mostly hopelessness being the core reason.

### ***Suicidal ideation and Social Support***

Strong social support reduces the likelihood of suicidal thoughts, benefiting both men and women, though women report higher rates. (Otten et al., 2022). Another study by Scardera et al. (2020) found that solid and healthy social support in young adults lowers the mental health issues, hence reducing suicidal thoughts. Social support from parents and close friends can shield students suffering from depression from suicidal thoughts according to a study done by Fredrick et al. (2018)

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Online social support which includes one's online support and esteem, can lower suicidal thoughts as per the study done by De Choudhury & Kiciman (2017). According to Miller et al. (2015) young adults with less support from both school as well as parents tend to experience severe suicidal thoughts and behaviors.

According to a study done by Gonçalves et al. (2014), students who receive solid social support and networks, which includes intimate relationships and social activities. Utilizing social support can strengthen self-esteem and belief, hence reducing suicidal thoughts. Limited social support is related to suicidal ideation in Korean adults, to be specific- the middle-aged people. proving that emotional support is crucial for men, while practical support is very important for women according to Park et al. (2010)

Rigby & Slee (1999) revealed that bullying and harassment is closely connected to increased suicidal ideations in high school students. Meanwhile a firm and solid social support can literally drop down this vulnerability.

### **METHODOLOGY**

**Aim:** To study the Correlation of Internalised Homophobia, Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community.

#### ***Research Objectives***

- To study the relation between Internalized Homophobia and Suicidal Ideation.
- To study the relation between Internalized Homophobia and Social Support.
- To study the relation between Internalized Homophobia and Emotional Regulation.
- To study the relation between Emotional Regulation and Suicidal Ideation.
- To study the relation between Emotional Regulation and Perceived Social Support.
- To study the relation between Perceived Social Support and Suicidal Ideation.

#### ***Hypothesis:***

- **H1:** There will be significant relationship between Internalized Homophobia and Suicidal Ideation.
- **H2:** There will be significant relationship between Internalized Homophobia and Perceived Social Support.
- **H3:** There will be significant relationship between Internalized Homophobia and Emotional Regulation.
- **H4:** There will be significant relationship between Emotional Regulation and Suicidal Ideation.
- **H5:** There will be significant relationship between Emotional Regulation and Perceived Social Support.
- **H6:** There will be significant relationship between Perceived Social Support and Suicidal Ideation.

#### ***Variables:***

- Independent Variable: Internalized homophobia, Emotional regulation
- Dependent Variable: Suicidal Ideation
- Mediating Variable: Perceived Social Support

## The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community

### **Research Design**

Cross-Sectional correlational study design to study in details the relation between Internalised homophobia, Emotional regulation, Suicidal Ideation and Perceived Social support.

### **Sampling**

Purposive sampling and Snowball sampling were adopted, where 46 participants participated from the Gay and Lesbian community, out of which:

- 28 were gays
- 18 were lesbians

### **Inclusion Criteria:**

- Must be from the gay/ lesbian community.
- Must be between 19-30 of age.
- Must be healthy

### **Exclusion Criteria:**

- Any individuals with sexual orientation other than Gay and Lesbian.
- Inability to give Informed Consent.
- Any individuals with diagnosed psychological disorder.

**Data Collection Method:** The data was collected through offline forms, via one on one interactions.

### **Tools Used:**

**Table 1 Psychological tools used in the study**

<b>Name of Scale</b>	<b>Purpose</b>	<b>Developers</b>	<b>Year</b>	<b>No. of Items</b>
<b>Adult Suicidal Ideation Questionnaire</b>	To measure Suicidal thoughts.	William M. Reynolds	1991	25 Items
<b>Emotion regulation Questionnaire</b>	To measure emotional regulation- Cognitive Reappraisal and Expressive Suppression	Gross, J.J., & John, O.P.	2003	10 Items
<b>Internalised Homophobia Scale</b>	To measure Internalised Homophobia	Wagner, G., Brondolo, E., & Rabkin, J.G.	1994	20 Items
<b>Multidimensional Scale of Perceived Social Support Scale</b>	To measure Perceived Social Support- in total, from family, friends and significant others	Zimet, G.D.	1988	12 Items

## The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community

### ANALYTICAL APPROACH:

- **Descriptive Statistics:**

Calculated Mean, Standard Deviation

- **Normal Curve:**

To check the normality.

- **Correlation Analysis:**

Used Pearson Correlation (2- tailed) to study the correlation between the variables

- **Scattered Plot:**

Used scatter plot to visualise the relationship between the variables

- **Linear Regression Analysis:**

Ran linear regression to test if Internalized homophobia and perceived social supports predict suicidal ideation.

### *Ethical Consideration:*

This study got **Ethical Clearance** as this study deals with the sexually minority group and includes sensitive issues- internalised homophobia, suicidal ideation and questions related to unliving oneself. All ethical guidelines were adhered to:

1. Participants gave informed consent.
2. Participation was completely voluntary and anonymous.
3. Informed participants of the liberty to withdraw or pullout from the survey whenever the individual wants from the study.
4. Participants were informed about the type and nature of the Questionnaire present in the study, which had potential to cause emotional distress.
5. Participants with moderate to higher suicidal ideation were reached out privately and personally to let know help is available.
6. No personal identifiers were recorded.
7. Confidentiality was ensured and prioritised.

## RESULTS

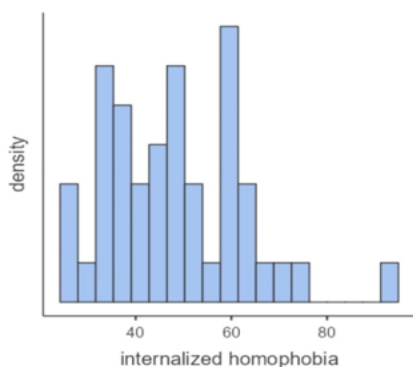
The findings of the study are ordered in an objective manner, rooted on the data which was collected from 51 participants (28 gays and 18 lesbians) aged 19 to 30. The tools used for data collection includes Internalised Homophobia Scale, Adult Suicidal Ideation Questionnaire, Emotion Regulation Scale and Multidimensional Scale of Perceived Social Support Scale. Descriptive statistics such as means and standard deviations for Internalised homophobia, Perceived Social support: Significant other subscale, Family Subscale, Friends subscale, Emotional Regulation: Cognitive Reappraisal and Expressive Suppression and Suicidal Ideation.

Inferential statistical analyses, including Spearman correlation to analyse the strength and direction between variables, Pearson's correlations (2-tailed) analyses are presented to examine the relationships among the variables. And linear regression is presented for prediction of relationship between the variables. Additionally, visual representations such as normal probability curves and scatter plots are used for more clarity.

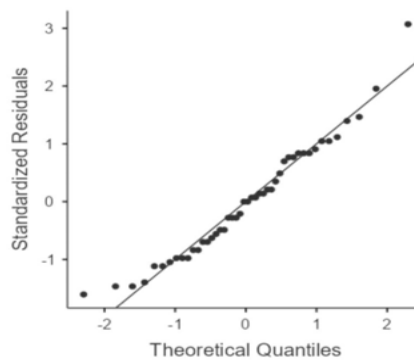
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**Table 2 Descriptive analysis**

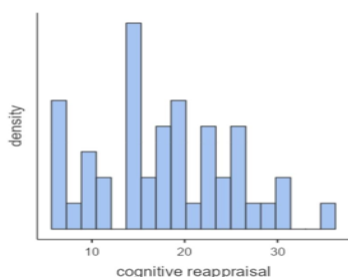
	internalized homophobia	cognitive reappraisal	expressive supression	sucidal ideation	significant others	family	friends
N	46	46	46	46	46	46	46
Missing	0	0	0	0	0	0	0
Mean	48.0	17.8	14.4	44.8	4.71	3.85	5.31
Median	48.0	18.0	15.5	30.0	5.00	4.00	5.75
Standard deviation	14.3	7.43	5.67	37.2	1.95	1.71	1.54
Minimum	25	6	4	5	1.00	1.00	1.00
Maximum	92	35	26	144	7.00	7.00	7.00
Skewness	0.638	0.162	-0.291	1.19	-0.513	6.63e-4	-1.15
Std. error skewness	0.350	0.350	0.350	0.350	0.350	0.350	0.350
Kurtosis	0.539	-0.624	-0.860	0.537	-0.949	-1.00	1.03
Std. error kurtosis	0.688	0.688	0.688	0.688	0.688	0.688	0.688



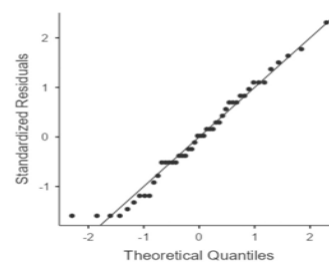
**Graph 1.1: Normal Q-Q plot of Internalized distribution Homophobia.**



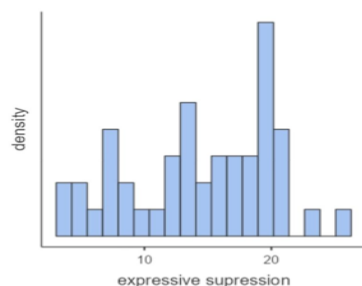
**Graph 1.2: Histogram depicting the of Internalized Homophobia**



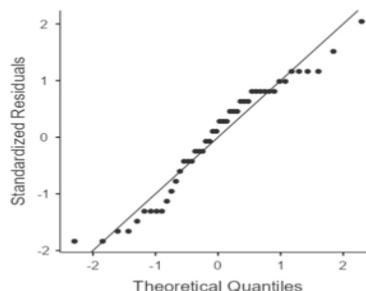
**Graph 2.1: Normal Q-Q plot of Cognitive Reappraisal**



**Graph 2.2: Histogram depicting the distribution of Cognitive Reappraisal scores**

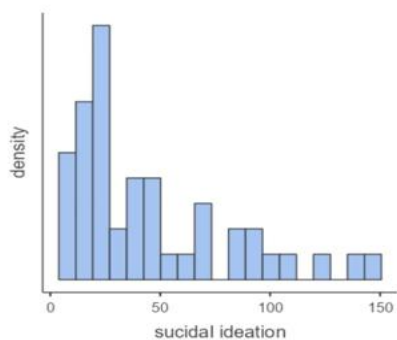


**Graph 3.1: Normal Q-Q plot of Expressive Suppression**

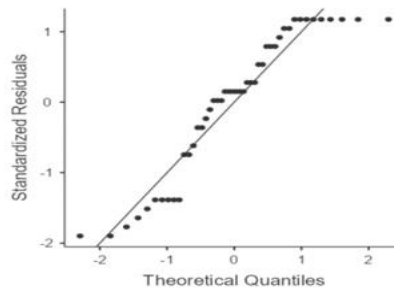


**Graph 3.2: Histogram depicting the distribution of Expressive Suppression scores**

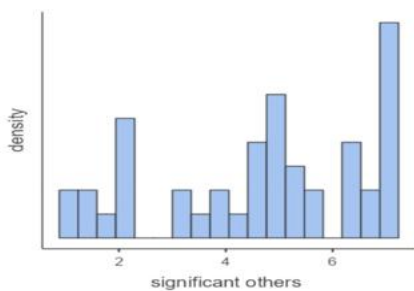
**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**



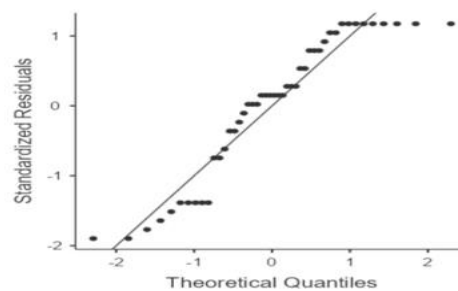
**Graph 4.1: Normal Q-Q plot of Suicidal Ideation.**



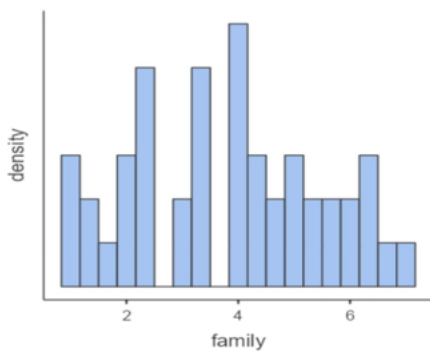
**Graph 4.2: Histogram depicting the distribution of Suicidal Ideation.**



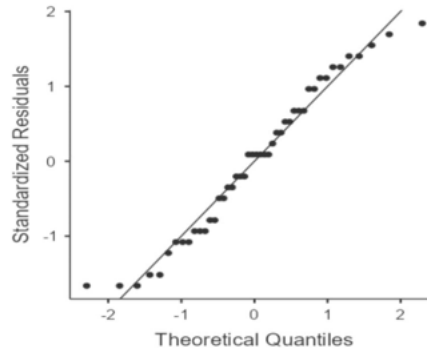
**Graph 5.1: Normal Q-Q plot of Significant others subscale**



**Graph 5.2: Histogram depicting the distribution of Significant Others subscale**



**Graph 6.1: Normal Q-Q plot of Family subscale**



**Graph 6.2: Histogram depicting the distribution of Family subscale**

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**Table 3 Spearman correlation between Internalized Homophobia and Suicidal Ideation.**

		Internalized Homophobia	Suicidal ideation
Internalized Homophobia	Spearman's rho	—	
	df	—	
	p-value	—	
Suicidal ideation	Spearman's rho	0.209	—
	df	44	—
	p-value	0.163	—

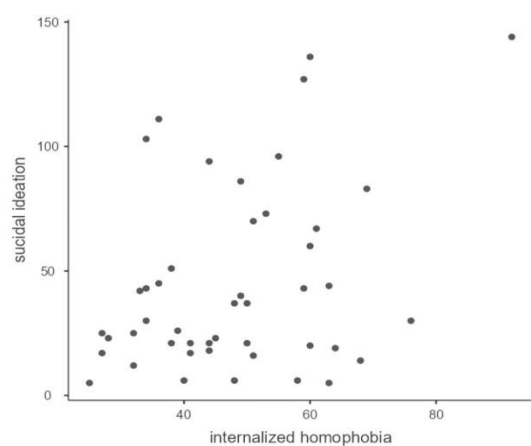
Note. \* p < .05, \*\* p < .01, \*\*\* p < .001

Internalised homophobia and suicidal ideation are weakly correlated and are not significant

**Table 4 Pearson correlation between Internalized Homophobia and Suicidal Ideation.**

		internalized homophobia	suicidal ideation
internalized homophobia	Pearson's r	—	
	df	—	
	p-value	—	
	N	—	
suicidal ideation	Pearson's r	0.346	—
	df	44	—
	p-value	0.019	—
	N	46	—

Internalized Homophobia is **positively correlated** with Suicidal Ideation at 0.05 level of **significance**. (Table 4, Graph 3.1)



**Graph 3.1: Positive Correlation between Suicidal Ideation and Internalized Homophobia**

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**Table 5 Spearman correlation between Internalized Homophobia and Emotional Regulation (Expressive suppression and Cognitive Reappraisal)**

		Internalized Homophobia	Cognitive Reappraisal	Expressive Suppression
Internalized Homophobia	Spearman's rho	—		
	df	—		
	p-value	—		
Cognitive Reappraisal	Spearman's rho	0.213	—	
	df	44	—	
	p-value	0.156	—	
Expressive Suppression	Spearman's rho	-0.191	0.405**	—
	df	44	44	—
	p-value	0.203	0.005	—

Note. \* p < .05, \*\* p < .01, \*\*\* p < .001

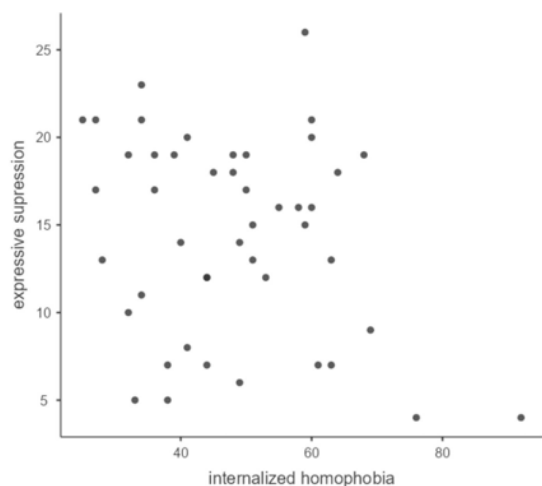
Internalised homophobia and Emotional Regulation are weakly correlated and are not significant.

**Table 6 Pearson correlation between Internalized Homophobia and Emotional Regulation (Expressive suppression and Cognitive Reappraisal)**

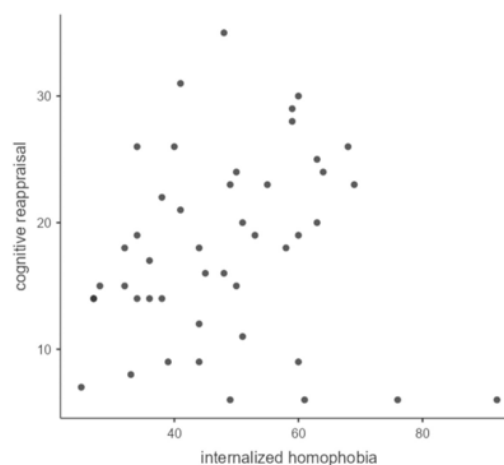
		internalized homophobia	expressive suppression	cognitive reappraisal
internalized homophobia	Pearson's r	—		
	df	—		
	p-value	—		
	N	—		
expressive suppression	Pearson's r	-0.241	—	
	df	44	—	
	p-value	0.107	—	
	N	46	—	
cognitive reappraisal	Pearson's r	0.087	0.443	—
	df	44	44	—
	p-value	0.563	0.002	—
	N	46	46	—

Expressive Suppression is **negatively correlated** with Internalized Homophobia, there is **weak positive correlation** between Cognitive Reappraisal and Internalized Homophobia. Both are **not significant** at 0.01 level (Table 4, Graph 4.1 and 4.2)

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**



**Graph 4.2: Weak positive correlation between Internalized Homophobia and Expressive Suppression.**



**Graph 4.1: Negative Correlation between Cognitive Reappraisal and Expressive Internalized Homophobia.**

**Table 7 Spearman correlation between Internalized Homophobia and Perceived Social Support (Family, Significant others and Friends)**

		Internalized Homophobia	Significant others	Family	Friends
Internalized Homophobia	Spearman's rho	—			
	df	—			
	p-value	—			
Significant others	Spearman's rho	-0.193	—		
	df	44	—		
	p-value	0.200	—		
Family	Spearman's rho	-0.048	0.005	—	
	df	44	44	—	
	p-value	0.751	0.973	—	
Friends	Spearman's rho	-0.246	0.473***	0.351*	—
	df	44	44	44	—
	p-value	0.100	<.001	0.017	—

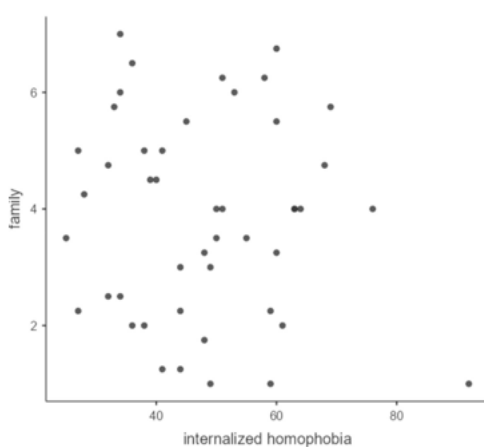
Perceived Social support shows negative correlation which is insignificant with Internalised Homophobia.

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**

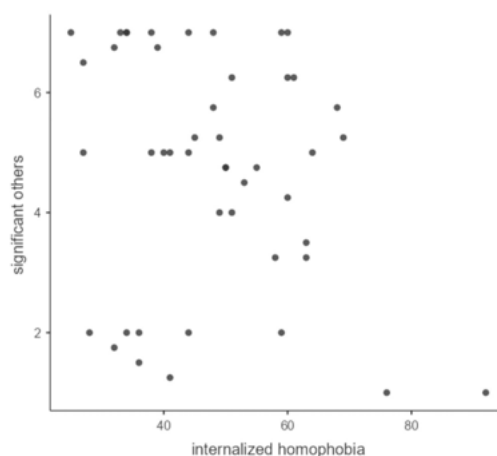
**Table 8 Pearson correlation between Internalized Homophobia and Perceived Social Support (Family, Significant others and Friends)**

		internalized homophobia	family	significant others	friends
internalized homophobia	Pearson's r	—			
	df	—			
	p-value	—			
	N	—			
family	Pearson's r	-0.092	—		
	df	44	—		
	p-value	0.543	—		
	N	46	—		
significant others	Pearson's r	-0.214	0.044	—	
	df	44	44	—	
	p-value	0.153	0.773	—	
	N	46	46	—	
friends	Pearson's r	-0.381	0.383	0.564	—
	df	44	44	44	—
	p-value	0.009	0.009	< .001	—
	N	46	46	46	—

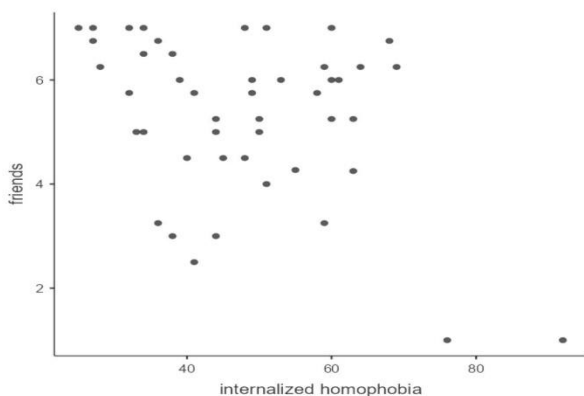
Family, Significant others are **negatively correlated** with Internalized Homophobia and are not significant at both 0.01 and 0.05 level. Friends support is also **negatively correlated**, and is **significant** at 0.01 and 0.05 levels. (Table 5, Graph 5.1, 5.2 and 5.3)



**Graph 5.1: Negative correlation between Internalized Homophobia and Family support.**



**Graph 5.2: Negative correlation between Internalized Homophobia and Significant others support.**



**Graph 5.3: Negative correlation between Internalised Homophobia and Friends support.**

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**

**Table 9 Spearman correlation between Suicidal Ideation and Emotional Regulation (Expressive suppression and Cognitive Reappraisal)**

		Suicidal ideation	Expressive Suppresion	Cognitive Reappraisal
Suicidal ideation	Spearman's rho	—		
	df	—		
	p-value	—		
Expressive Suppresion	Spearman's rho	-0.144	—	
	df	44	—	
	p-value	0.339	—	
Cognitive Reappraisal	Spearman's rho	-0.090	0.405**	—
	df	44	44	—
	p-value	0.552	0.005	—

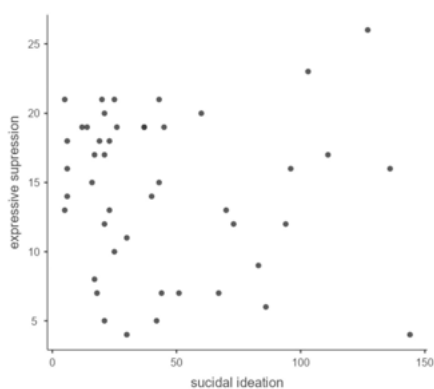
Expressive Suppression and Cognitive Reappraisal (Emotional Regulation) are **negatively correlated** with Suicidal ideation and are **not significant**

**Table 10 Pearson correlation between Suicidal Ideation and Emotional Regulation (Expressive suppression and Cognitive Reappraisal)**

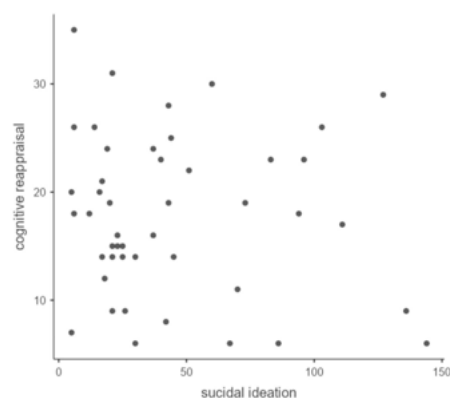
		sucidal ideation	cognitive reappraisal	expressive supression
sucidal ideation	Pearson's r	—		
	df	—		
	p-value	—		
	N	—		
cognitive reappraisal	Pearson's r	-0.096	—	
	df	44	—	
	p-value	0.524	—	
	N	46	—	
expressive supression	Pearson's r	-0.071	0.443	—
	df	44	44	—
	p-value	0.641	0.002	—
	N	46	46	—

Expressive Suppression and Cognitive Reappraisal (Emotional Regulation) are **negatively correlated** with Suicidal ideation and are **not significant** at 0.01 and 0.05 level (*Table 6, Graph 6.1 and 6.2*)

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**



*Graph 6.1: Negative correlation between Suicidal ideation and Expressive Suppression.*



*Graph 6.2: Negative correlation between Suicidal ideation and Cognitive Reappraisal.*

**Table 11 Spearman correlation between Suicidal Ideation and Perceived Social Support (Family, Significant others and Friends)**

		Suicidal ideation	Significant others	Family	Friends
<b>Suicidal ideation</b>	<b>Spearman's rho</b>	—			
	<b>df</b>	—			
	<b>p-value</b>	—			
<b>Significant others</b>	<b>Spearman's rho</b>	-0.219	—		
	<b>df</b>	44	—		
	<b>p-value</b>	0.143	—		
<b>Family</b>	<b>Spearman's rho</b>	-0.075	0.005	—	
	<b>df</b>	44	44	—	
	<b>p-value</b>	0.622	0.973	—	
<b>Friends</b>	<b>Spearman's rho</b>	-0.076	0.473***	0.351*	—
	<b>df</b>	44	44	44	—
	<b>p-value</b>	0.617	<.001	0.017	—

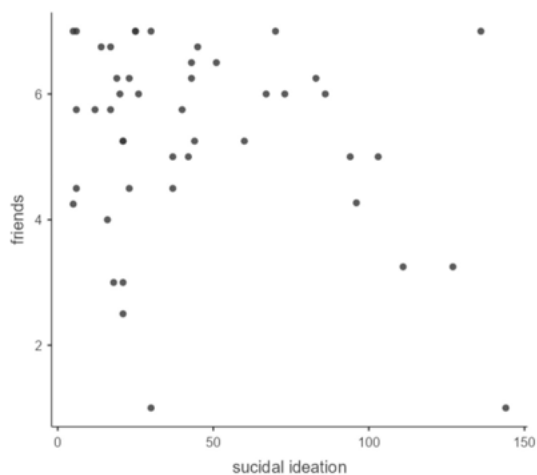
Suicidal Ideation has **negative correlation** with Perceived Social Support (Family, Friends and Significant others) and are **not significant**.

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**

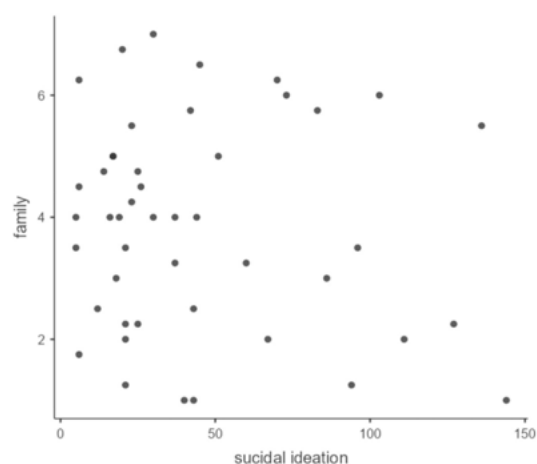
**Table 12 Pearson correlation between Suicidal Ideation and Perceived Social Support (Family, Significant others and Friends)**

		sucidal ideation	family	friends	significant others
sucidal ideation	Pearson's r	—			
	df	—			
	p-value	—			
family	Pearson's r	-0.120	—		
	df	44	—		
	p-value	0.425	—		
friends	Pearson's r	-0.219	0.383	—	
	df	44	44	—	
	p-value	0.144	0.009	—	
significant others	Pearson's r	-0.280	0.044	0.564	—
	df	44	44	44	—
	p-value	0.060	0.773	< .001	—

Suicidal Ideation has **negative correlation** with Perceived Social Support (Family, Friends and Significant others) and are **not significant** at 0.05 and 0.01 level. (Table 7, Graph 7.1, 7.2 and 7.3)

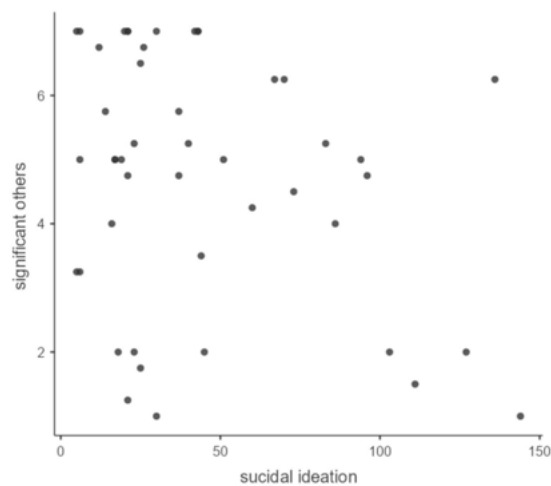


**Graph 7.1: Negative correlation between Suicidal Ideation and Friends Support**



**Graph 7.2: Negative correlation between Suicidal Ideation and Family support**

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**



**Graph 7.3: Negative correlation between Suicidal Ideation and Significant others support.**

**Table 13 Spearman correlation between Emotional Regulation (Cognitive Reappraisal and Expressive Suppression) and Perceived Social Support (Family, Significant others and Friends)**

		Cognitive Reappraisal	Expressive Suppression	Significant others	Family	Friends
Cognitive Reappraisal	Spearman's rho	—				
	df	—				
	p-value	—				
Expressive Suppression	Spearman's rho	0.405**	—			
	df	44	—			
	p-value	0.005	—			
Significant others	Spearman's rho	-0.111	0.128	—		
	df	44	44	—		
	p-value	0.464	0.395	—		
Family	Spearman's rho	-0.082	0.001	0.005	—	
	df	44	44	44	—	
	p-value	0.586	0.993	0.973	—	
Friends	Spearman's rho	-0.094	0.174	0.473***	0.351*	—
	df	44	44	44	44	—
	p-value	0.533	0.249	<.001	0.017	—

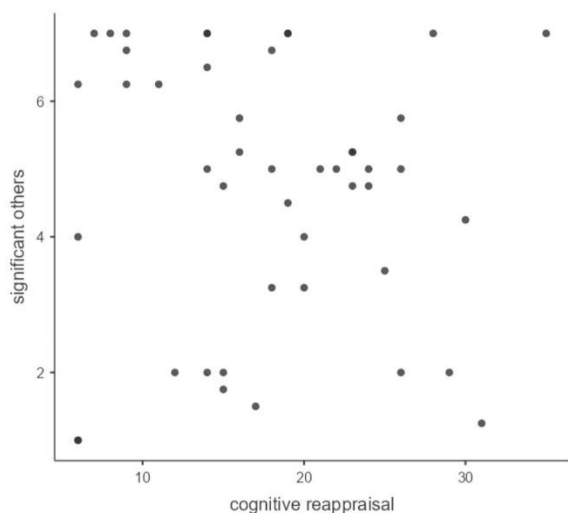
Cognitive Reappraisal has negative correlation with perceived social support and is not significant. Expressive Suppression has negative correlation are also insignificant.

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**

**Table 14 Pearson correlation between Emotional Regulation (Cognitive Reappraisal and Expressive Suppression) and Perceived Social Support(Family, Significant others and Friends)**

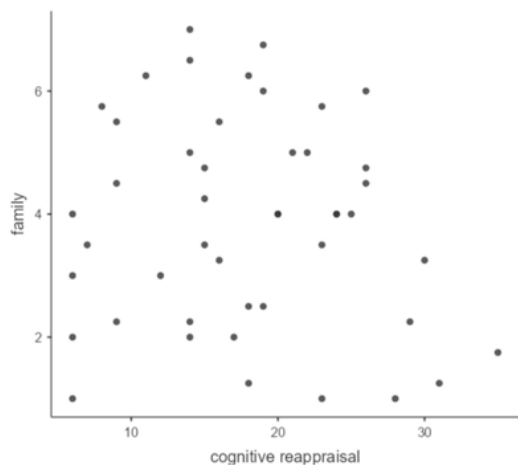
		expressive supression	cognitive reappraisal	friends	family	significant others
expressive supression	Pearson's r	—				
	df	—				
	p-value	—				
cognitive reappraisal	Pearson's r	0.443	—			
	df	44	—			
	p-value	0.002	—			
friends	Pearson's r	0.255	0.047	—		
	df	44	44	—		
	p-value	0.087	0.757	—		
family	Pearson's r	0.012	-0.122	0.383	—	
	df	44	44	44	—	
	p-value	0.935	0.419	0.009	—	
significant others	Pearson's r	0.111	-0.067	0.564	0.044	—
	df	44	44	44	44	—
	p-value	0.465	0.659	< .001	0.773	—

Expressive Suppression shows positive correlation with Social Support (Friends, family and other significant support) and is not significant at 0.01 and 0.05 levels. Cognitive Reappraisal shows positive correlation with friends support, while Cognitive reappraisal shows negative correlation with family and other significant supports and are not significant at 0.01 and 0.05 levels. (Table 8, Graph 8.1, 8.2 and 8.3)

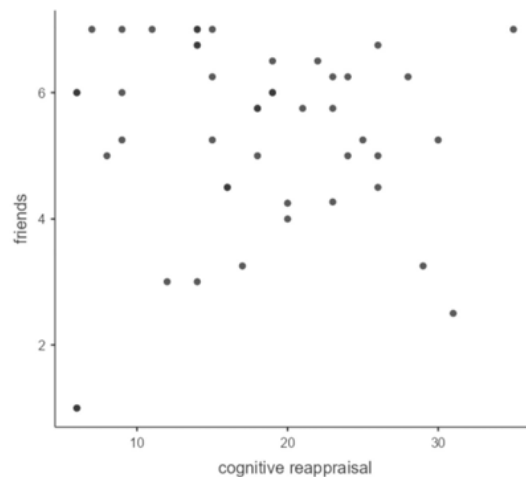


**Graph 8.1: Negative correlation between Cognitive reappraisal and Significant others support.**

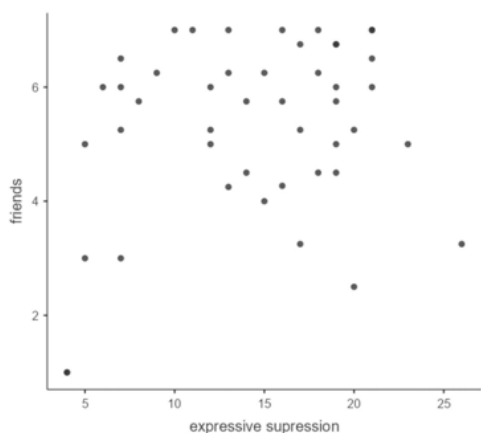
**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**



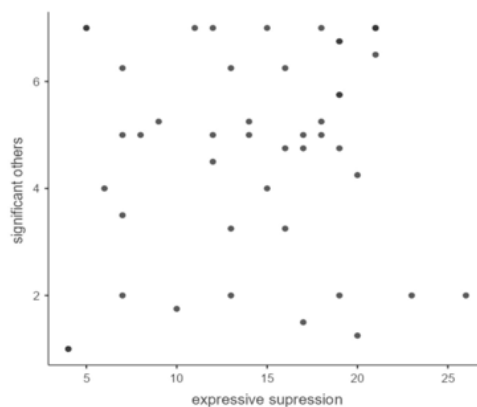
**Graph 8.2: Negative correlation between Cognitive Reappraisal and Family support Support.**



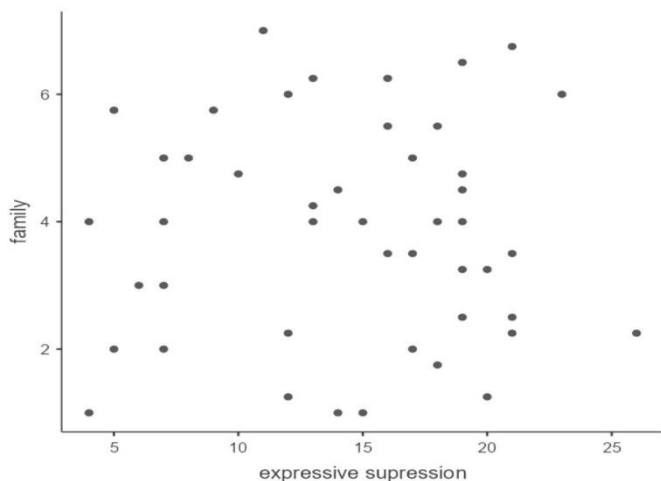
**Graph 8.3: Positive correlation between Cognitive Reappraisal and Friends Support.**



**Graph 8.4: Positive correlation between Expressive Suppression and Friends support.**



**Graph 8.5: Positive Correlation between Expressive Suppression and Significant others support.**



**Graph 8.6: Positive correlation between Expressive Suppression and Family support.**

## The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community

**Table 15 Regression Analysis**

Model Fit Measures

Model	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	Overall Model Test			
				F	df1	df2	p
1	0.461	0.212	0.0912	1.75	6	39	0.135

	Sum of Squares	df	Mean Square	F	p
internalized homophobia	6524	1	6524	5.201	0.028
cognitive reappraisal	2307	1	2307	1.839	0.183
significant others	3351	1	3351	2.671	0.110
expressive suppression	630	1	630	0.503	0.483
family	1084	1	1084	0.864	0.358
friends	436	1	436	0.348	0.559
Residuals	48919	39	1254		

Model Coefficients - suicidal ideation

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	31.092	36.274	-42.278	104.462	0.857	0.397			
internalized homophobia	0.945	0.415	0.107	1.784	2.281	0.028	0.365	0.0412	0.6879
cognitive reappraisal	-1.124	0.829	-2.802	0.553	-1.356	0.183	-0.225	-0.5606	0.1106
significant others	-5.560	3.402	-12.440	1.321	-1.634	0.110	-0.292	-0.6540	0.0694
expressive suppression	0.786	1.108	-1.456	3.027	0.709	0.483	0.120	-0.2222	0.4621
family	-3.253	3.499	-10.330	3.825	-0.930	0.358	-0.150	-0.4761	0.1763
friends	2.956	5.012	-7.182	13.093	0.590	0.559	0.122	-0.2970	0.5415

Internalized homophobia strongly predicts suicidal ideation in young gay and lesbian adults. Although the overall model had limitations, the findings highlight the need for further research on emotion regulation and social support to better understand suicidal ideation.

### DISCUSSION AND IMPLICATIONS

The research aims to study the Correlation of Internalized Homophobia, Emotional Regulation, Social Support and Suicidal Ideation in Gay and Lesbian Community.

In this study 46 participants were selected from only Gay and Lesbian community, through snowball and purposive sampling, 28 gays and 18 lesbians participated. The participants were highly educated, where 45.1% were post graduates, 27.5% were undergraduates, 25.5% were graduates and 2% completed high school.

In this study, the correlation between internalized homophobia(IH) and suicidal ideation(SI) needs a very careful consideration and speculation as its **non-significant** with a **slight positive correlation** (Spearman's rho = 0.209), indicating potential links between heightened IH and increase of thoughts related to suicide Its shaping factors may include the low sample size (44) and the interconnected dynamics of psychological health conditions, social support, and life stressors influencing suicidal ideation. There is a need for additional research with larger, diverse samples. Contextual factors like societal acceptance also play a

## The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community

crucial role. Ultimately, further investigation is required to make the relationship crystal clear and understood so as to make targeted interventions.

It was found out that there were **weak and non-significant correlations** between IH and emotion regulation (ER), including cognitive reappraisal ( $\rho = 0.213, p = 0.156$ ) and expressive suppression ( $\rho = -0.191, p = 0.203$ ). which leads us to the understanding that these strategies may not be linked very clearly to IH in a simple way. Future research should explore alternative emotion regulation strategies, potential mediators or moderators, and replicate these findings in larger, diverse samples to better understand the complex dynamics between IH and ER.

Between IH and sensed support (perceived) a **weak and insignificant negative correlations** was revealed, where significant others ( $\rho = -0.193, p = 0.200$ ) and family ( $\rho = -0.048, p = 0.751$ ), suggesting **no correlation**. However, the correlation with friends' support ( $\rho = -0.246, p = 0.100$ ) approached **significance**, which leads us to a potential correlation meaning greater IH might be associated with less perceived support from friends, which leads us to this conclusion that individuals with higher IH may tend to be due to less acceptance and support from friends and peers, but, again, further research with larger samples is needed to confirm this relationship and to understand how the dynamics of support is linked with IH. Suicidal Ideation (SI) and ER revealed to have a **weak and non-significant correlations**: expressive suppression ( $\rho = -0.144, p = 0.339$ ) and cognitive reappraisal ( $\rho = -0.090, p = 0.552$ ). This suggests that ER may not be strongly correlated to SI in a linearly.

In SI and Perceived Social Support (Family, Significant others and Friends), there were **weak to very weak negative correlations** between suicidal ideation and perceived support from significant others ( $\rho = -0.219, p = 0.143$ ), family ( $\rho = -0.075, p = 0.622$ ), and friends ( $\rho = -0.076, p = 0.617$ ). These were all **insignificant**, suggesting that the relationships between SI and support from these sources may not be strongly linear in this sample. Further research with larger or different samples are needed.

It was also found that between emotion regulation strategies and perceived social support, **weak and non-significant correlations** exist. Specifically, cognitive reappraisal showed **weak negative correlations** with support from significant others ( $\rho = -0.111$ ), family ( $\rho = -0.082$ ), and friends ( $\rho = -0.094$ ), while expressive suppression showed **weak positive correlations** with support from significant others ( $\rho = 0.128$ ), family ( $\rho = 0.001$ ), and friends ( $\rho = 0.174$ ). However, both of these correlations did not reveal any statistical significance.

### CONCLUSION

*Table 16 Conclusion based on Spearman correlation.*

HYPOTHESIS	STATUS
H <sub>1</sub> : There will be a significant relationship between Internalized Homophobia and Suicidal Ideation.	Accepted
H <sub>2</sub> : There will be a significant relationship between Internalized Homophobia and Social Support.	Rejected
H <sub>3</sub> : There will be a significant relationship between Internalized Homophobia and Emotional Regulation.	Rejected
H <sub>4</sub> : There will be a significant relationship between Emotional Regulation and Suicidal Ideation.	Rejected

**The Correlation between Internalized Homophobia between Emotional Regulation, Perceived Social Support and Suicidal Ideation in Gay and Lesbian Community**

<b>H<sub>5</sub></b> : There will be a significant relationship between Emotional Regulation and Social Support.	<b>Rejected</b>
<b>H<sub>6</sub></b> : There will be a significant relationship between Social Support and Suicidal Ideation.	<b>Rejected</b>

**Table 17 Conclusion based on Pearson correlation.**

<b>HYPOTHESIS</b>	<b>STATUS</b>
<b>H<sub>1</sub></b> : There will be a significant relationship between Internalized Homophobia and Suicidal Ideation.	<b>Accepted</b>
<b>H<sub>2</sub></b> : There will be a significant relationship between Internalized Homophobia and Social Support.	<b>Rejected</b>
<b>H<sub>3</sub></b> : There will be a significant relationship between Internalized Homophobia and Emotional Regulation.	Perceived social support is negatively correlated with Internalized Homophobia and <b>it is significant with Internalized Homophobia, but only with Friends support.</b> It is <b>insignificant when it comes to Family and Significant others support.</b>
<b>H<sub>4</sub></b> : There will be a significant relationship between Emotional Regulation and Suicidal Ideation.	<b>Rejected</b>
<b>H<sub>5</sub></b> : There will be a significant relationship between Emotional Regulation and Social Support.	<b>Rejected</b>
<b>H<sub>6</sub></b> : There will be a significant relationship between Social Support and Suicidal Ideation.	Perceived social support is negatively correlated with Suicidal Ideation and <b>it is significant with Suicidal Ideation, but only with Significant others support.</b> It shows <b>insignificance when it comes to Family and Friends support.</b>

To conclude, the overall study was not statistically significant, which weakens the confidence in the individual predictor findings, but through this study we can get the picture of the intricate bond between how the variables are related. The findings indicate that internalized homophobia may contribute to increased suicidal ideation, and that support from friends plays a significant role in shaping these experiences. Although the study's small sample size and reliance on self-reported data are limitations, the results suggest that tailored interventions addressing these specific issues, as well as efforts to create inclusive environments and foster peer support, could positively impact the mental health and well-being of Lesbian and gay individuals.

The community (LGBTQ), not just lesbian and Gay individuals needs more attention and better representatives, specially in the grounds of mental health, there are a bunch of social representations and representatives, but mental health wise it is lacking. Additional research is needed in this field and connections.

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