

TRANSGENDER PEOPLE AND QUALITY OF LIFE: A DESCRIPTIVE STUDY

Rubi Pradhan

Assistant professor, SUM Nursing College, Siksha 'O' Anusandhan (Deemed to be University),
Bhubaneswar 751003, Odisha, India

Email: rubipradhan@soa.ac.in

Abstract

Background: All of us have a femininity uniqueness .sexual characteristics refer to an individual inner sense of being male, female, or something else. Transgender individuals experience lots of difficulties in their life that influence their quality of life. Though it cannot be overlooked that in the existing scenario, benefactions and very recently legal measures, are been taken in terms of accepting that “third gender”, however, a very limited number of research has been done for transgenders, Hence because of this, the current study was designed.

Objectives:-The primary objective is to assess the quality of life of transgender people and the secondary objective is to determine the level of quality of life & its association with the demographic variables.

Methods:This was a descriptive study, conducted among 60 transgender people, residing in, studio chock, Bharatpur, Bhubaneswar, Odisha. The subjects were selected randomly & interviewed through a self-structured demographic Performa & Quality of life tool (WHOQOL-BREF) scale was used to assess the quality of life.

Result: As per the survey result, Most of the transgenders are living with average to poor quality of life. Their age, education, occupation, and monthly income has a significant association with the quality of life.

Conclusion:This study may bring light to the quality of life of transgender people and as health care professionals we can educate and counsel them to improve their lifestyle.

Keywords: Quality of life; Transgender people;

Introduction

For the majority of citizens, one's sex individuality matches the sex assigned to them at birth. Such as, a person born female classically identifies as a girl, and afterward, as a woman. But there may not be a match for most transgender people. All of us also have masculinity idiom. Gender expressions refer to all ways that people articulate their sexual category, to the outer globe, by dress, look, and behavior.^{2,4,3} But for most of the third gender people, their sexual characteristics don't match what the world thinks it should be.¹ There is about 4.9 lakh of the third gender in our country as officially counted. But the transgender activist believes it is more than six to seven times, they are thrilled that such a huge figure of people documented themselves as belonging to the third gender, despite the information that the poll counting happened well before the supreme court order gave legal recognition to the third gender in April this year.^{5,7}

The rejection experienced by the transgender individual's progress in every walk of life in the society, as they grow up.⁶

In India, after a certain age, the third gender is more or less indiscernible and the literature about the transgender older adults is almost nil. So it is vital to know about them and be aware of their quality of life to get better the lives of transgender older adults.^{9,10}

Methods & materials

The current study is a descriptive study under a quantitative approach where a total sixty number of sixty samples were taken; the data were collected by using a self-structured demographic Performance & Quality of life tool (WHOQOL-BREF) from the Transgender of studio square, Bharatpur, Bhubaneswar, Odisha. Institutional permission & informed consent was taken before data collection. Information gathered through a face to face interview with the transgender by using a simple random sampling technique. The interview took around 20 min. The data were analyzed using SPSS version, 20.

Results

Total of 60 transgender participated in the study. 61.6% transgender people are from the age group of 31-45 yrs and 35% of transgender people are from 46-60 yrs. With regards to religion's maximum, 83.3% of transgender people are Hindu and 16.6% samples are Muslim. 81.6% transgender people are primarily educated and very few only 18.3% are illiterate. concerning occupation maximum, 63.3% transgender is working as a sex worker and others are

beggar.100% transgender people are unmarried, from an urban area, and are living with transgender community.95% transgender people have not done any kind of surgery and only 5% of transgender have done surgery.51.6% transgender people are from a joint family and 48.3% transgender people are from the nuclear family.The monthly income of transgender represents that most 55% of transgender people have a monthly income of Rs 3000-10000 and 45% of transgender people have a monthly income of Rs 10,000-20,000.

With regards to the physical quality of life shows that 18.3% of the third gender have a good physical value of life, 70% third gender people have the average physical quality of life, 11.6% sample have a poor physical quality of life. In the psychological quality of life, 1.6% of participants have a good psychological quality of life, 36.6% of the sample have the average psychological quality of life, and 61.6% of participants have a poor psychological quality of life. 8.30% of third gender people have a good social quality of life, 45% sample have an average social quality of life and 46.6% sample have poor social quality of life. and in the environmental quality of life 51.6% of taster hasa good environmental quality of life, 45% third gender people have the average environmental quality of life, and 3.3% transgender people have a poor environmental quality of life. Chi-square association of quality of life with age was extremely statistically significant, with education was consider to be statistically significant, with occupation was very statistically significant, with monthly income was extremely statistically significant as the calculated value is 53.54,6.70,13.49,36.78 which are less than than the tabulated value $p=0.05$ level of significant.

Item wise analysis shows that , Rating of quality of life it scored76%, Satisfaction of health it scored 55%, Need of medical treatment in daily life it scored 74%, How much enjoy life it scored 69%, Is life is meaningful it scored 68%, Level of concentration it scored 51%, Safety in daily life it scored 45%, Healthiness of physical environment it scored 50%, Energy of everyday life it scored 65%, Acceptance of own bodily appearance it scored 84%, For meeting own needs is enough money available it scored 49%, Is enough information available for day to day life it scored 46%, Opportunity for leisure activities it scored 64%, How well are you able to get around it scored 71%, Satisfaction of sleep it scored 49%, Satisfaction for performing daily living activities it scored 58%,Satisfication of capacity for work 65%, Satisfaction of own self it scored 87%, Satisfaction of personal relationships it scored 61%, Satisfaction of sex life it scored 77%, Satisfaction of friends support it scored 69%, Satisfaction of condition of own living place

it scored 51%, Satisfaction of health services it scored 47%, Satisfaction of availability of transport it scored 48%, No of times feeling such as blue mood, despise, anxiety, depression it scored 36%.

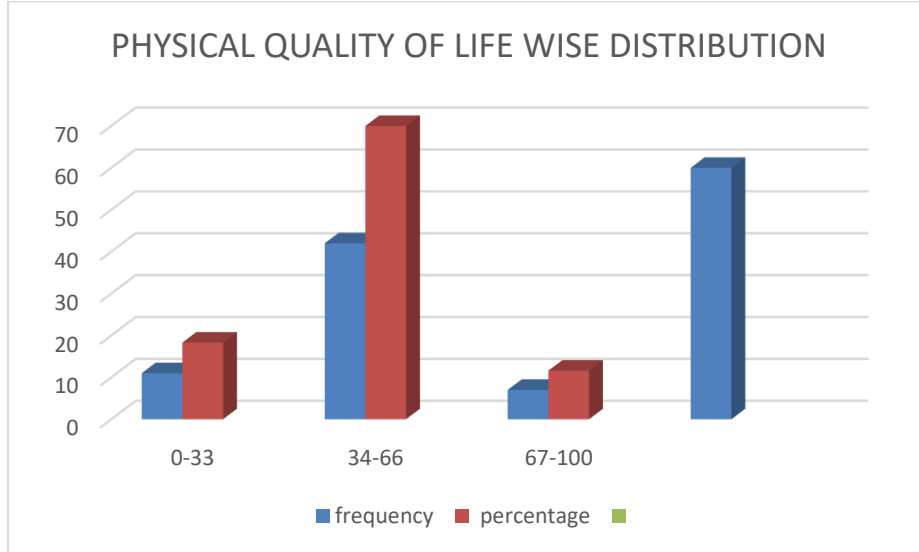


Figure1. Distribution of the sample according to Physical quality of life(Domain-1)

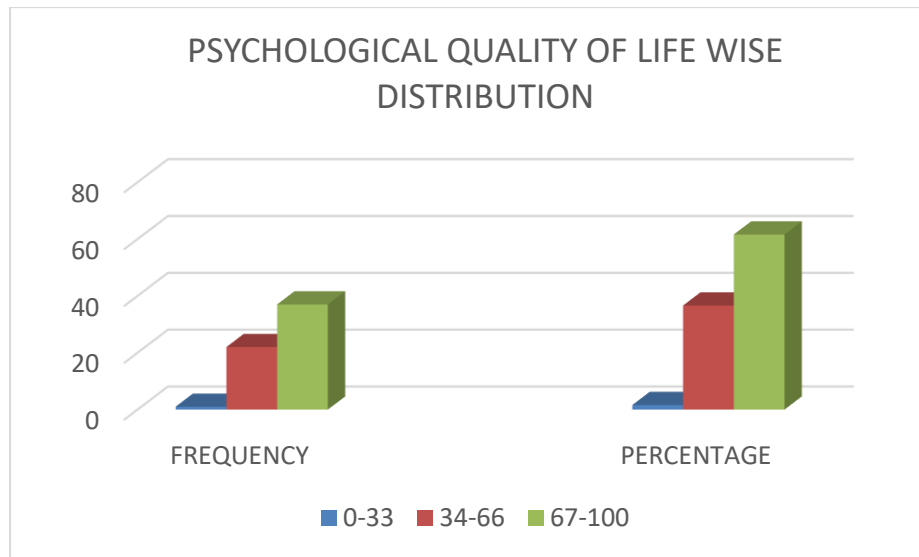


Figure2. Distribution of sample according to Psychological quality of life(Domain -2)

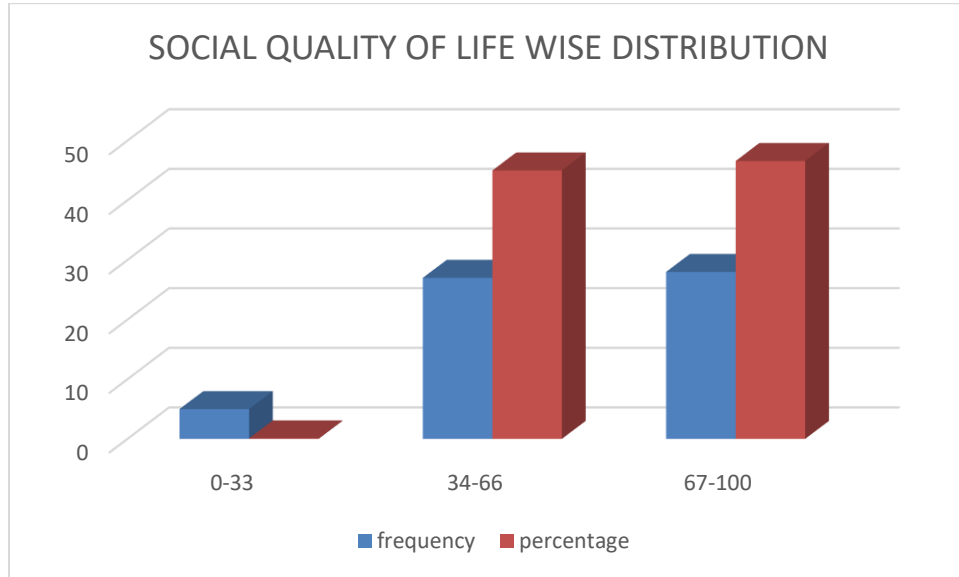


Figure 3. Distribution of sample according to Social quality of life (Domain -3)

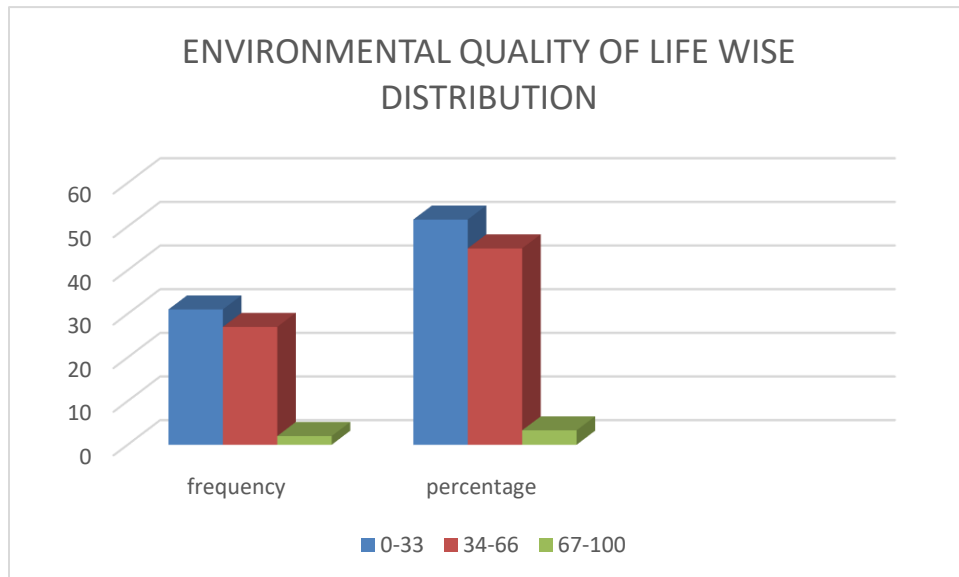


Figure 4. Distribution of sample according to Environmental quality of life (Domain-4)

Table 1 Chi-square association of quality of life with selected socio-demographic variables

Sl. No.	Demographic Variable	Chi-Square Value (Calculated)	D.F.	Chi Square Value (Tabulated) P=0.05	Inference
1	Age	53.54354	4	0.0001	Extremely Statistically significant
2	Education	6.701299	2	0.0351	Consider being Statistically significant
3	Occupation	13.49282	2	0.0012	Very Statistically significant
4	Monthly income	36.78895	2	0.0001	Extremely Statistically significant

Table 2 Item Wise Scoring Of Quality Of Life

SL NO	ITEM	MAXIMUM SCORE	OBTAIN SCORE	PERCENTAGE
Q1	Rating of quality of life.	300	229	76%
Q2	The satisfaction of health.	300	166	55%
Q3	Extension of felling of physical pain prevents u from doing what you need to do.	300	178	59%
Q4	Need for medical treatment in daily life.	300	224	74%
Q5	How much enjoy life.	300	208	69%
Q6	Is life is meaningful	300	205	68%

Q7	Level of concentration	300	155	51%
Q8	Safety in daily life	300	136	45%
Q9	The healthiness of the physical environment	300	150	50%
Q10	The energy of everyday life	300	196	65%
Q11	Acceptance of own bodily appearance	300	254	84%
Q12	For meeting own needs is enough money available	300	149	49%
Q13	Is enough information available for day to day life	300	139	46%
Q14	Opportunity for leisure activities	300	193	64%
Q15	How well are you able to get around	300	215	71%
Q16	Satisfaction of sleep	300	147	49%
Q17	Satisfaction for performing daily living activities	300	175	58%
Q18	The satisfaction of work capacity.	300	197	65%
Q19	Satisfaction of own self	300	262	87%
Q20	Satisfaction of personal relationships	300	184	61%
Q21	Satisfaction of sex life	300	231	77%
Q22	The satisfaction of friends support	300	206	69%
Q23	The satisfaction of the condition of their living place	300	153	51%
Q24	The satisfaction of health services	300	142	47%
Q25	The satisfaction of availability of transport	300	145	48%
Q26	No of times feeling such as blue mood, despair, anxiety, depression	300	108	36%

Discussion

Most of the transgenders are from the age group of 31-45 yrs and are Hindu. Maximum 81.6% of samples are primarily educated and most of them are engaged as sex workers. All of them are unmarried, from an urban area and living with transgender community. Only 5% of transgender have done surgery. 51.6% transgender is from a joint family.⁸⁻¹⁰

The quality of life of transgender people is divided into four aspects i.e. physical, psychological, social, and environmental quality of life. Maximum (70%) of transgender people have the average physical quality of life and 61.6% sample have a poor psychological quality of life. and very few (1.6%) are having a good psychological quality of life. Similarly in social quality of life maximum transgenders have a poor social quality of life. and about 51.6% of people have a good environmental quality of life.⁹

Chi-square association shows there is a significant association between age, education, occupation, and monthly income of transgender with quality of life.

In the item-wise analysis, it shows that some items like rating of the quality of life, need of medical treatment in daily life, acceptance of own bodily appearance, the satisfaction of own self and sex life scores more than 70%, while some items like is enough information available for day to day life, for meeting own needs is enough money available, no of times feeling such as blue mood, despite, anxiety, depression scores less than 50%.^{9,10}

Conclusion

As in this study, it shows that most transgender is living with average to poor quality of life, so as health care personnel we should provide them some health education, counseling, and also group psychotherapy to enhance their quality of life.

Funding: None

Ethical statement: This study was approved by the institutional ethical committee and the prior consent was taken before the collection of samples.

Conflict of interest:- The authors declare that there is no conflict of interest.

References:-

1. Motmans J, Meier P, Ponner K, T'Sjone G. Female and male transgender quality of life: socioeconomic and medical differences. *J sex Med* 2012; 9: 743-750
2. Newfield E, Hart S, Dibble S, Kohler L. Female to male transgender quality of life. *Qual Life Res* 2006; 15: 1447-1457.

3. Bockting W, Coleman E, Deutsch MB, et al. Adult development and quality of life of transgender and gender-nonconforming people. *Curr Opin* 2016; 23(2): 188–197.
4. Nobili A, Glazebrook C, Arcelus J. Quality of life of treatment-seeking transgender adults: A systematic review and meta-analysis. *Rev EndocrMetabDisord*. 2018;19(3):199-220.
5. Jellestad L, Jäggi T, Corbisiero S, et al. Quality of Life in Transitioned Trans Persons: A Retrospective Cross-Sectional Cohort Study. *Biomed Res Int*. 2018;2018:8684625.
6. Yang X, Zhao L, Wang L, et al. Quality of Life of Transgender Women From China and Associated Factors: A Cross-Sectional Study. *J Sex Med*. 2016;13(6):977-987.
7. Bockting W, Coleman E, Deutsch MB, et al. Adult development and quality of life of transgender and gender-nonconforming people. *Curr Opin Endocrinol Diabetes Obes*. 2016;23(2):188-197.
8. Iwamoto SJ, Defreyne J, Rothman MS, et al. Health considerations for transgender women and remaining unknowns: a narrative review. *Ther Adv Endocrinol Metab*. 2019;10:2042018819871166.
9. Tangpricha V. Emerging topics in transgender medicine. *Rev EndocrMetabDisord*. 2018;19(3):197-198.
10. Başar K, Öz G, Karakaya J. Perceived Discrimination, Social Support, and Quality of Life in Gender Dysphoria. *J Sex Med*. 2016;13(7):1133-1141.