

A comparative study on resilience and self-esteem between cisgender and transgender population of Manipur

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Abstracts

The aim of the present study is to explore the resilience and self-esteem between cisgender and transgender population of Manipur.

Objective: 1) To study the relationship between socio-demographic factors and resilience of transgender population of Manipur. 2) To study the relationship between socio-demographic factors and self-esteem of transgender population of Manipur. 3) To study the effects of resilience and self-esteem between cisgender and transgender population of Manipur. **Results:** No significant relationship was found between resilience and over the two categories of age range as manifest by p -value = 0.871. Transgender population belonged to joint family (mean = 151.68) were having more resilience than transgender population belonged to nuclear family (mean = 145.27). The mean score of self-esteem over the two categories of age range of transgender population were almost equal and found to have no significant relationship between self-esteem and over the two categories of age range as manifest by p -value = 0.690. Transgender population belonged to nuclear family (mean = 11.30) were having higher self-esteem than transgender population belonged to joint family (mean = 10.51). The mean score self-esteem of transgender population (mean = 12.62) was found higher than that of the cisgender population (mean = 10.83) and have highly significant relationship between self-esteem and gender as manifest by p -value = 0.000. It was also found that the mean score of resilience of transgender population (mean = 149.12) was higher than the mean score of cisgender population (mean = 132.80). The finding revealed significant relationship between resilience and gender as manifest by p -value = 0.000. **Conclusion:** The findings of this study indicated that the transgender group uniqueness on a psychological variable such as self-esteem, and resilience, by showing a significant difference from Cisgender. The results showed that the transgender population had employed self-esteem and resilience as a defence mechanism of getting psychological wellbeing.

Index terms: Cisgender, Transgender, Resilience and Self-esteem

INTRODUCTION

Transgender is a broad term for people whose gender identity, expression, or behavior is different from those typically associated with their assigned sex at birth. Transgender persons are the one who exhibit the gender variant behavior and roles in the society.

‘Cisgender’ is defined as an "individuals who have a match between the gender they were assigned at birth, their bodies, and their personal identity" as a complement to transgender bodies, and their personal identity" as a complement to transgender (Schilt K, 2009).

In the Indian context, they are rejected by their families and society, undergo extreme stressful experiences due to gender dysphoria, undergo childhood sexual abuse, bullying and teasing, early discontinuation of schooling, lack of livelihood opportunities, forced marriage, being compelled to do sex work and begging for livelihood, financial and sexual exploitation by the partners, exploitation by police and public, they stay at slums with poor living conditions and they are ill-treated at health-care centers.

Male to female transgender 'Homo' (a loose term used for effeminate man in Manipur). As existing in other countries of the world, male to female transgender people have been here in India and Manipur since the years and years back. They are called by different names using identified terminologies according to the place, religion, language/dialect, culture, caste, creed, and custom of their respective society where they belong to. Notwithstanding, most of them do not lead a secured life as other larger community. There are some root causes and factors for this. They are often a target of vicious names calling by society, use of abusive and hurtful words (like a sign of bad luck/omen), and heckling, teasing and mocking and even physical attack. Such negative attitude arising from the society is happening at workplaces, public spaces, and educational institutions and even in their respective families and neighborhood. Such harassment and violence results in emotional and psychological trauma and then impedes the lives of transgender community indeed. It's very clear that most people from the larger community of the society does not know and has not fully understood about the TG community with regards to who they are; why are they, the way they are; what are background scenario of a TG, etc. The society also does not seem to try to find out about these. Most of them think that the mode of effeminate nature of Transgender people is artificial and not by nature and that it could be changed by beating, threatening, abstinence from same behaviors company, getting psychological treatment, looking after by concerned families etc. By such wrong concept and perception that has no accurate evidence and proof, the society always treats the TG community negatively.

Self-esteem: The term ‘self-esteem’ is used to describe a person's overall sense of self-worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviors (Branden, N. 1969). Contributors

to mental health are an understudied area of transgender health. Meyer's model of minority stress (Meyer et al., 2008) proposes that experiences of stigma such as discrimination and harassment – reported being high among transgender women (Lombardi et al., 2002) – may contribute to the high rates of mental illness among sexual minorities. In addition, experiences of transphobia – defined as enacted stigma and societal discrimination of individuals who do not conform to traditional concepts of gender (Hill & Willoughby, 2005) – have been linked to lower levels of self-esteem among transgender women. Acceptance of self and life, which relates to adaptability, balance, flexibility, and a balanced life perspective (particularly when it comes to life changes), may indicate a tendency toward self-compassion and flexibility, constructs associated with healthy psychological functioning (Neff, 2003). It may be that transgender women who live in the female role part-time are less likely to have integrated their gender identity and may also experience increased minority stress, leading to increased emotional inhibition and reduced cognitive resources and abilities that exercise elements of resilience (Hatzenbuehler 2009).

Resilience: Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Resilience is a broad concept defined by Masten and Reed (2002) as a reliable positive adjustment despite hardships or risks. Resilience has also been described as the presence of cumulative protective factors or processes that buffer the effects of adversity among individuals (Hjemdal et al., 2006). Resilience is comprised of those individual, positive adaptations that individuals make despite experiencing negative experiences and/or challenging environments (Smith et al. 2010). Research demonstrates that increased resilience mitigates psychiatric symptoms after stressful life events (Hjemdal et al., 2006). The high prevalence of psychological distress among transgender people (Clements-Nolle et al., 2006) may be reduced by increasing resilience, particular acceptance of self and life. Increasing resilience may also lead to increased self-esteem through the feeling connected and accepted by others who are transgender identified (Sánchez & Vilain, 2009).

OBJECTIVE OF THE STUDY

- To study the relationship between socio-demographic factors and resilience of transgender population of Manipur.
- To study the relationship between socio-demographic factors and self-esteem of transgender population of Manipur.
- To study the effects of resilience and self-esteem between cisgender and transgender population of Manipur.

METHODOLOGY

Sample: Two hundred (200) Meitei youth of Cisgender and Transgender were selected by following purposive sampling technique. Thus, 100 Males (Cisgender) and 100 Transgender (Male to female) were selected from the different districts of Manipur. Selection of participant followed multi-stage sampling procedure. Firstly, a list of Transgender and Cisgender were collected from registered NGOs working with them and Entrepreneurs to the Manipur Government, randomly selected 100 each for Cisgender and Transgender from a different part of many put to be able to represent Manipur State. Different Entrepreneurs such as beauty salon, restaurant, grocery, beauty salon, private house, fashion store, shops run by private and government, handloom etc. were covered to identify and to draw samples for the present study.

The design of the study: A descriptive research design was applied in the present study and employed a quantitative as well as qualitative research approach. This study design describe events, phenomena and situation that are being studied. It will attempt to collect quantifiable information to be used for statistical analysis of the population sample. The study design will provide information about the presence and strength of associations between variables and permitting the testing of hypothesis about such associations.

Procedure: At initial, the permission and consent were taken from the concerned authority where the identified sample was attached, and also from the identified sample personally for conduction of the psychological tests after researcher made them clear about the purpose of the research with the assurance of confidentiality. With the consent and willingness to participate, then, the researcher starts conduction of psychological tests. After rapport was established, careful explanations about the present study was given with assured confidentiality so as to minimize the potential influence of socially desirable response sets, consent (willingness to participate in the present study) of the subject was taken, careful instruction was given as per manual to the subject for each psychological tests, clarifies doubt raised by the subject.

The Questionnaire booklet was distributed among the samples, and conducted in both in group condition and individual condition according to the subject availability. The questionnaire contained: (1) Demographic Profiles, (2) Kinsey Heterosexual-Homosexual Rating Scale (Kinsey et al., 1948); (3) Self –Esteem Scale: The Self-esteem scale (Rosenberg, 1965); and (4) The Resilience Scale RS (Wagnild and Young, 1993).

Psychological tools used: To meet the objectives of the present study, the following psychological measures were incorporated: (1) Kinsey Heterosexual-Homosexual Rating Scale (KRS; Kinsey et al., 1948); (2) Self –Esteem Scale: The Self-esteem scale (Rosenberg, 1965) (3) The Resilience Scale RS (Wagnild & Young, 1993).

RESULTS AND DISCUSSION

Table No. 1(a)
Mean and S.D. of age range and resilience of transgender population of Manipur

Age range	Mean	Std. D	t-value	d.f.	p-value
15 - 25 years	148.84	18.16	0.163	98	0.871
Above 25 years	149.61	28.95			

Table No. 1(a): It was observed from the table that the mean score of resilience over the two categories of age range of transgender population were almost equal but the highest belongs to above 25 years with a mean of 149.61. Statistically when applied t-test it was found to have no significant relationship between resilience and over the two categories of age range as manifest by p-value = 0.871.

Table No. 1(b)
Mean and S.D. of types of family and resilience of transgender population of Manipur

Types of family	Mean	Std. D	t-value	d.f.	p-value
Joint family	151.68	17.69	1.402	98	0.164
Nuclear family	145.27	28.05			

Table No. 1(b): Transgender population belonged to joint family (mean = 151.68) were having more resilience than transgender population belonged to nuclear family (mean = 145.27) however, when applied t-test it was found to have no significant relationship between resilience and types of family as evident by p-value = 0.164.

Table No. 2(a)
Mean and S.D. of age range and self-esteem of transgender population of Manipur

Age range	Mean	Std. De	t-value	d.f.	p-value
15 - 25 years	10.95	3.83	0.401	98	0.690
Above 25 years	10.61	4.52			

Table No. 2(a): It was perceived from the table that the mean score of self-esteem over the two categories of age range of transgender population were almost equal and when applied t-test it was found to have no significant relationship between self-esteem and over the two categories of age range as manifest by p-value = 0.690.

Table No. 2(b)
Mean and S.D. of gender and self-esteem of transgender population of Manipur

Types of family	Mean	Std. D	t-value	d.f.	p-value
Joint family	10.51	4.37	0.940	98	0.350
Nuclear family	11.30	3.59			

Table No. 1(b): Transgender population belonged to nuclear family (mean = 11.30) were having higher self-esteem than transgender population belonged to joint family (mean = 10.51) however, when applied t-test it was found to have no significant relationship between self-esteem and types of family as evident by p-value = 0.350.

Table No. 3(a)
Mean and S.D. of gender and self-esteem of the study samples

Gender	Mean	Std. D	t-value	d.f.	p-value
Cisgender	10.83	4.08	3.618	198	0.000**
Transgender	12.62	2.79			

Table No. 3(a): It was witnessed from the table that the mean score of transgender (mean = 12.62) was found higher than that of the cisgender population (mean = 10.83). The variation was found maximal and when applied t-test it was found to have highly significant relationship between self-esteem and gender as evident by p-value = 0,000. The finding revealed that transgender populations were having high self-esteem than the cisgender population. The findings were consistent with the study reported by Uwe wolfradt & Kerstin Neumann (2004). The high Self-Esteem among Transgender can be attributed to the fact that transgender considers themselves as adjusted females, not as pathological males (Cohen 1995). It could also be that they describe themselves as similar to males with regard to dynamic body image, and similar to females with regard to feminine traits, they accept themselves what they are and got freedom of dressing.

Table No. 3(b)
Mean and S.D. of gender and resilience of the study samples

Gender	Mean	Std.D.	t-value	d.f.	p-value
Transgender	149.12	22.50	5.313	198	0.000**
Cisgender	132.80	20.90			

Table No. 3(b): It was perceived from the table that the mean score of resilience of transgender population (mean = 149.12) was found higher than the mean score of cisgender population (mean = 132.80). The variation was found maximal and when applied t-test it was found to have highly significant relationship between resilience and gender as manifest by p-value = 0.000. The finding revealed that transgender populations were having higher resilience than the cisgender population. Increasing resilience may also lead to increased self-esteem through the feeling connected and accepted by others who were transgender-identified (Sánchez and Vilain 2009).

CONCLUSION

The findings of this study indicated that the transgender group uniqueness on a psychological variable such as self-esteem, and resilience, by showing a significant difference from Cisgender. The results showed that the transgender population had employed self-esteem and resilience as a defence mechanism of getting psychological wellbeing.

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