



# SPIRITUAL BELIEF AMONG TRANSGENDERS IN RELATION TO AGE AND RESIDENCE AREA

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## ABSTRACT

Transgender (or gender identity) is the expression of a person's gender which is different from the gender which they are born with. A well-known definition of the word 'spirituality' in scientific literature is "Spirituality is a quality that goes beyond religious affiliation that strives for inspiration, reverence, meaning and purpose even in those who do not believe in any God". **Objective:** The present study aimed to know the spiritual belief among the transgenders in the residential area of urban and rural. It also aimed to check spiritual belief with reference to age and residential area. **Method:** The sample constituted total 60 transgenders out of which 30 were from age of 25 to 35 years from residential area rural and urban both ; and 30 were from age of 36 to 45 years from residential area rural and urban both. **Tool:** The Spiritual Belief Scale (SBS) (2012) prepared by Dr. Hemant Deshmukh and Dr. (Mrs.) Neelam Deshmukh (2012) was used; the collected data was analyzed by inferential statistics ('t' test). **Results and Conclusion:** through results it can be inferred that the data has significance difference between the mean score of spiritual belief among the transgenders of age i.e. 25 to 35 years and 36 to 45 years. Therefore it could be said that, transgenders of age of 25 to 35 years group show high spiritual belief than transgenders of age of 36 to 45 years group and non-significance was observed among the mean score of spiritual belief among residential area of urban and rural area.

*Keywords : Spiritual belief, Transgenders, Age and Residential Area*

**Transgenders:**

Transgender is a term which is derived from “trans” which is a Latin word, and word “gender” which is derived from English language. Many people (with different or similar characteristics) are under this, but no specific “sexual orientation” has been depicted to the term “transgenders”. It is the way they act and behave, which makes it different from people who are classified as male and female sexual orientation, and is most of the times “deviation or unacceptable” to the majority of people from our society. For them getting a distinguished living is always observed as worsen over time.

“Denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex”

**Third gender:**

“Third gender or third sex is a concept in which individuals are categorized, either by themselves or by society, as neither man nor woman.”

**Spiritual beliefs:**

Spirituality and religion differ in some ways.

**Religion:**

There is a specified set of practices and beliefs (which are organized) and shared and followed by a group or a community.

**The practice of Religiousness (Spirituality):**

“Spirituality” is more related to beliefs that are practiced individually, and it somewhat related to the notion of life’s purpose and peace. It is also related to the process by which we develop “beliefs” which revolves around the life’s meaning and its linking with others. Researchers also states that the dimension of spirituality lies around keeping and cultivating “harmony with the universe”, and striving for infinite answers, which a person faces when he/she confronts with “emotional stress”, “physical illness” or “death” (Murray 1989). “Spirituality” is a way of life which helps an individual to live a physically and emotionally healthy life. The “spiritual and religious beliefs” are important in reducing stress and used as a coping strategy (Cohen and Syme 1985; Lazarus and Folkman 1984; Elliot and Eisdorfer 1982).

**Objectives :**

1. To know whether there is any difference of spiritual belief among the age-group of transgenders from 25 to 35 years and 36 to 45 years.
2. To know whether there is any difference of spiritual belief among the transgenders with regards to residence area, that is, urban and rural area.

**Method :****Hypotheses :**

- (1) There will be no significant difference between the mean scores of spiritual belief among the transgenders of age group 25 to 35 years and 36 to 45 years.
- (2) There will be no significant difference between the mean scores of spiritual belief among transgenders of residential area of urban and rural area.

**Sample :**

The sample constituted total 60 transgenders out of which 30 were from age of 25 to 35 years from residential area rural and urban both ; and 30 were from age of 36 to 45 years from residential area rural and urban both.

**Research Design :**

A total sample of 60 transgenders equally distributed between age and residence area from Ahmedabad city, Gujarat were selected for the research study.

**Variables :****Independent Variables:**

- Age : 25 to 35 years and 36 to 45 years.
- Residence Area : Urban Area and Rural Area.

**Dependent Variable :**

The Spiritual Belief Scale (SBS) score.

**Tool :**

The Spiritual Belief Scale (SBS) (2012) prepared by Dr. Hemant Deshmukh and Dr. (Mrs.) Neelam Deshmukh was used. The test contains 30 items related to following two dimension namely (1) Spiritual Belief and (2) Spiritual Involvement. The test-retest reliability of 0.74 and split half of 0.86. The validity of 0.62.

**Procedure :**

The data collection of transgenders from Ahmedabad city, Gujarat. After the establishment of rapport, personal information and the 'Spiritual Belief Scale (SBS)' was administered. The data was collected, scored as per the manual and analyzed. The statistical method Student's 't' test was calculated and results were interpreted.

## Result and Discussion of tables :

**Table:1**

Represents the descriptive statistics (mean, standard deviation and 't' value) of Spiritual belief for transgender of age group of 25 to 35 years and 36 to 45 years.

Age	N	Mean	standard deviation	"t" values	Table Values	Level of Sign.
25 to 35 years	30	81.23	31.45	2.12	1.98	0.05
36 to 45 years	30	100.27	37.94			

Table:1 infers the 't' value (2.12) (significant at 0.05 level), which can be inferred that the groups considered to analyze were observed to have significant difference with respect to spiritual belief. The mean score of the transgenders of age of 25 to 35 years group is 81.23 as against the mean score of 100.27 of the transgenders of age of 36 to 45 years group. As per the scoring pattern, the higher score indicates high spiritual belief. Results observed that transgender of age of 25 to 35 years group show high spiritual belief than transgender of age group of 36 to 45 years. The Hypothesis no.1 that "There is no significant difference between the mean score of spiritual belief among the transgender of age i.e. 25 to 35 years and 36 to 45 years" is rejected.

**Table – 2**

Showing mean, SD and 't' value of Spiritual belief for residence area of urban and rural area.

Residence Area	N	Mean	standard deviation	"t" – values	Table Values	Level of Sign.
Urban Area	30	93.67	30.93	1.69	1.98	N.S.
Rural Area	30	79.87	32.30			

The above table infers that the calculated "t value" (0.35) is observed to be non-significant at 0.05.

Here it can be inferred that both the groups (considered for study) significantly differs with regards to spiritual belief. The mean score of the transgenders of urban-area is 93.67 which is different from the mean score of 79.87 of the transgenders of residence area of rural area group. The Hypothesis no.2 that "There is no significant difference between the mean score of spiritual belief among residence area of urban and rural area" is accepted.

## Discussion:

The age group varies significantly with regards to the spiritual belief of Transgenders. The younger age group showed higher spiritual belief as compared to the older age group. Although the impact is not seen among the transgenders of the two residential areas (urban and rural), as in this case the spiritual belief scores do not differ significantly. Spiritual belief is one's thought process and the impact of area would not be very effective. In the community of Transgenders spirituality has a great impact on them, as this is a very secluded group of people. Society is very prejudiced and does not welcome them with open arms. Therefore spirituality is the key factor which helps them boost up their morale and faith for survival.

A research study with the similar aspect of religiosity and spiritual belief among Transgenders along with other groups was found. A recent study by Sullivan-Blum (2004) derives that “evolution and conglomeration of religious identity”, which also shows expression of religious ways using diverse ways among LGB people. The author of this study also examined the practices of spiritual and religious beliefs “of four drag queens, all of whom identify as gay men”.

The FTM survey further provides definition (operational) of “transgenders” and describes them as components of individual gender “identities who collectively experienced a variety of protestant upbringings and anti-gay congregational attitudes”.

These four people responds their “homophobia” differently; “one has stopped attending church altogether, calls himself Christian, but legitimizes his gay drag queen identity by drawing on the Native American third gender concept of “Two Spirit People” (Sullivan-Blum,2004; Jacobs, Thomas & Lang, 1997; Witten & Eyler,2007b).

### **Conclusions:**

- (1) The significant differences was observed among the mean score of spiritual belief among the transgender of age i.e. 25 to 35 years and 36 to 45 years. Therefore it could be said that, transgender of age of 25 to 35 years group show high spiritual belief than transgender of age of 36 to 45 years group.
- (2) No significant differences was observed among the mean score of spiritual belief among residence area of urban and rural area.

### **Limitations and Suggestions:**

The data was collected from Ahmedabad city, Gujarat with the limited number of Transgenders as 60 only. Study was limited up to Urban, Rural, and Age 25 to 35 & 36 to 45 years Transgenders Only, Spiritual belief scale was taken and any other variable and its effect on spiritual belief or vice versa is not observed. This consideration of any other variable (scale) would give better understanding of Transgenders. The two dimensions of spiritual belief scale, if studied and analyzed separately would give better and clear views with regards to their spirituality. In this present Research the data is collected from Ahmedabad city, for future the same can be collect different Areas. More variables could also be included in this study and such as Stress, Mental health, wellbeing etc.

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