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Relationship Between Emotional Regulation And Life Satisfaction In Transgenders

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1 - INTRODUCTION

A transgender person is one who chooses to identify with a gender other than the one that was assigned to them at birth based on their physical sex characteristics. We must understand that being transgender does not imply having a particular sexual preference. Some individuals conflate it with other sexual orientations, which are defined as one's emotional and physical attraction to others, regardless of whether they are of the same gender or not (heterosexuality), the opposite gender (homosexuality), or many genders (bisexuality, pansexuality, etc.). However, the term "transgender" describes someone who firmly believes that they are either male, female, a blend of the two, or neither.

In India, transgender people have a long and convoluted history that is characterised by both acceptance and intolerance. They have historically held a significant place in Indian society by protecting temples, participating in weddings, and blessing new-borns. Due to the Criminal Tribes Act's exposure to mistreatment, prejudice, and poverty, Hijras suffered significantly. When it comes to housing, jobs, and healthcare, they routinely experience harassment, assault, and discrimination. In modern India, the gender nonconformity of the Hijra is what has the biggest impact, in addition to their lack of gender recognition, sexual expression, employment, decent housing, subsidised health care services, and the violence they experience (Mal, 2018).

Transgender individuals are shielded from prejudice under the Transgender Persons' (Protection of Rights) Bill of 2018. Due to sexual stigmas and biases, social integration and a sense of loneliness are two of the biggest problems that Hijras from our society encounter. Who cares, though, how individuals actually feel or see themselves. The Human Rights in Patient Care (HRPC) framework offers a human rights-based approach to medical procedures. 2020 (Schwend). In order to make the system more transparent and less discriminating, it is vital to establish the proper norms and regulations. They struggle with mental illness, social isolation, and

financial instability as a result of familial rejection. They frequently experience stigma, a lack of social support, abuse, and prejudice, which creates serious problems for their mental health as well as physical and legal issues. In India, transgender people are more likely to use drugs and alcohol as a coping strategy for their psychological issues.

The capacity for healthy and appropriate emotion management, moderation, and control is known as emotional regulation. The capacity to comprehend one's feelings, endure pain, endure suffering, and communicate emotions in a manner fitting to the circumstances. It takes a combination of interconnected cognitive, behavioural, and physiological processes to support people in controlling their emotional experiences, expressing their emotions correctly, and overcoming the difficulties of daily living.

How content a person is with their overall quality of life can be determined by their level of life satisfaction. This intricate idea covers a wide range of subjects, including employment, relationships, health, and personal development. It may be seen as an illustration of the way we decide to live. It emerges from our contacts, bonds, and accomplishments as well as from our capacity to uncover importance and meaning in life.

Factors including lack of access to education, prejudice in employment opportunities, lack of acceptance, economic hardship, and limited opportunities for personal growth and development greatly lower their quality of life. Parental support for transgender children has been linked to better quality of life and a lower risk of depression (Simons et al., 2013). The happiness levels of transgender people who interacted with their biological family and the trans community were greater than those who did not (Gokilapriya et al., 2021). People who are resilient in the transgender community are more likely to enjoy greater mental health and higher levels of life satisfaction.

The research (Simons et al., 2013) examined the relationships between depression, quality of life, and parental support in transgender youth. Family support protects members of sexual minorities from health risks, as is widely recognised. The findings indicate that parental support was substantially correlated with higher life satisfaction, a reduced impression of the burden of being transgender, and less depressive symptoms. In conclusion, parental acceptance of transgender teenagers is associated with improved quality of life and protection from depression. Interventions that promote family support may have a significant negative influence on the mental health of transgender adolescents.

The article (Kwon, 2013) presents a theoretical framework to improve psychological health among lesbian, gay, and bisexual (LGB) people and to direct future research in this field based on the body of prior literature. More thorough research on LGB people's resilience characteristics is required. When social support clearly acknowledges a person's sexual orientation and is in line with that person's developmental requirements, it is most effective. The detrimental effects of prejudice are also hidden by one's capacity for emotional recognition and critical evaluation. Because of their optimism and hope, LGB people are also able to sustain their psychological health in the face of intolerance.

The investigation of the relationship between young people's psychological well-being, resilience, and life satisfaction was the aim of the study (Kalonias et al., 2022). An individual's psychological health is the cornerstone of their successful and effective functioning.

To create effective treatment plans for transgender people who experience stigma and prejudice, it is crucial to comprehend the connections between emotional regulation, resilience, and life satisfaction. The following hypothesis was developed in accordance with the goals of the current study:

Hypothesis: There will be Significant relationship between Emotional Regulation and Life satisfaction in Transgender community.

2. METHODS AND MATERIALS

2.1 Sample and Procedure

For the current study, a sample of 75 transgender people between the ages of 20 and 35 years old was used. Data for the study was gathered by a number of NGO's and individuals. Before the study began, informed consent was obtained from the participants after they had been made aware of its purpose.

The sample for the current investigation was selected using the non-probability purposeful sampling technique.

2.2 Measures

The inventories that were utilized in the study are meant to assess the individual's Emotional Regulation and Life Satisfaction.

EMOTION REGULATION QUESTIONNAIRE (ERQ) - is a 10-item, self-report survey that was created in 2003 by Gross, J.J., and John, O.P. to examine individual differences in the regular use of the two emotion management techniques, cognitive reappraisal and expressive suppression. Participants score each topic on a seven-point Likert scale that ranges from 1 (strongly disagree) to 7 (strongly concur). It probes your emotional life and, in particular, your capacity for emotional control (i.e., regulation and management).

SATISFCATION WITH LIFE SCALE (SWLS) By Diener- The SWLS consists of five items, to which respondents rate their agreement or disagreement using a Likert-type scale that normally ranges from 1 to 7. The extent to which one's life goals and aspirations have been met, general happiness, fulfilment, and other factors are all assessed in these statements. Participants are asked to rate how much of each statement they can relate to in terms of their own thoughts and feelings.

3. RESULTS

The goal of the study was to comprehend how transgender people's emotional control and life satisfaction are correlated. The goal was to comprehend relationship between the two variables. transgender people were found in order to research the subject, and they were requested to complete a questionnaire on the subject. A hypothesis was put out to explain the outcomes and conclusions.

3.1 Descriptive Statistics

Table 1 displays the study variables' means, standard deviations, and correlations. The correlation between emotional regulation and life satisfaction were all in the anticipated direction, supporting the hypothesis.

Table 1: Descriptive Statistics

	MEAN	SD	N
EMOTIONAL REGULATION	42.93	10,727	75
LIFE SATISFACTION	20.71	8.413	75

To ascertain the correlation coefficients and directions of the links between the variables included in the study, a Pearson product moment correlation analysis was carried out.

3.2 Data Analysis

Table 2: Pearson's Correlation between Emotional Regulation and Life Satisfaction

S.No.	Variables	N	r	Significance
1	ER	75	0.284**	0.008
2	LS			

**Correlation is significant at the 0.01 level (2-tailed).

As shown in Table 2, findings of the study depicts that there is significant correlation between the two mentioned variables, i.e., Emotional Regulation and Life Satisfaction ($r = 0.284$, $p < 0.01$). Therefore, accepting the hypothesis. There is positive relationship between each other, meaning if one increases other will increase too in positive direction.

4. DISCUSSION

The purpose of the study was to examine the relationship between emotional regulation and life satisfaction in transgenders. Connolly et al. (2016c) report that since the 2011 IOM study, a substantial body of research has yielded significant insights on the wellbeing of transgender adolescents.

Our results show a positive relationship between emotional regulation and life satisfaction in transgender people, which is consistent with the proposed hypothesis. Table 2 demonstrates this ($r = 0.284$, $p 0.01$), indicating that improving emotional regulation will promote life satisfaction. An individual's total sense of

wellbeing and level of happiness is significantly related to effective emotional regulation and control. One's emotional health can be improved by practising strategies like mindfulness, self-awareness, present-moment awareness, emotional intelligence training, and the capacity to understand and express one's thoughts and emotions. These methods can also help people get past problems in life and find more fulfilment in their lives.

According to Huang and Lee (2019), positive and negative humour moderated EI and LS positively and negatively, respectively. The findings helped to clarify how people with a concrete HS and a high capacity for emotion management can enhance their LS. The extrinsic and intrinsic processes in charge of perceiving, assessing, and modifying emotional reactions to situations and events are referred to as emotional regulation. An individual's subjective assessment of their own existence is known as existence satisfaction.

4.1 Limitation

There are some limitations to the current investigation. It is important to recognise the limitations of this study. In addition, the sample size may have been too small to detect problems even if they were there. Consequently, a larger investigation with greater statistical rigour is required. Samples have been drawn from a particular location using targeted sampling. Although these limitations should be taken into account, they also offer chances for future research and improvement.

4.2 Scope for Further Study

The results of this study suggest a number of intriguing areas for further study. The analysis should use a bigger sample size, take into account additional factors, such as financial sources, media portrayal. A larger emphasis should be placed on providing emotional regulation skills and tactics.

5. CONCLUSION

Examining the link between emotional control and life happiness in transgender people was the main goal of this study. These goals—to shed light on the link between the variables—were accomplished through a thorough research and analysis. This study shows a favourable association between emotional control and life happiness using Pearson's correlation coefficient. Emotional regulation has a big impact on life satisfaction. People who are adept at managing their emotions benefit from a number of factors that enhance their overall wellbeing and sense of contentment.

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