

The Resistance Construction of Sexual Minorities from the Advantage Perspective

Jiahui Qin

Guangxi University of Science and Technology, Liuzhou, 545006, Guangxi, China

Abstract: Based on the pluralism of politics, law, culture and social ideology in our country, the labelling, marginalization and Volkswagen exclusion of sexual minorities make them face great pressure in society. These pressures also lead to multiple contradictions and predicaments, such as psychological, emotional and family, and they are unable to receive adequate attention and support, and the limited help provided by society to them, making sexual minorities a vulnerable group in society. This paper analyzes the possible problems of sexual minorities from the perspective of superiority, and tries to put forward some suggestions and countermeasures to improve the resistance of sexual minorities.

Keywords: Sexual minority, An advantage perspective, Resistance.

1. Definition of relevant concepts

1.1. Sexual Minorities

This is the general term for non-heterosexual persons, i.e. lesbian, gay, bisexual, transgender, cool, intersex, asexual and other non-normative sexual orientations and gender identities not mentioned above. The sexual minority, also known internationally as "LGBTQIA+," is the acronym "LGBT" for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual. Due to the limited number of sexual minorities that the author has come into contact with, this paper studies only two homosexuals as a case study of the author.

1.2. Advantage Perspective Theory

1.2.1. Reflection on Traditional Theoretical Perspective and Rise of Advantage Perspective

Before the 1980s, social work, like other professional assistants, mainly followed the perspective of problems and pathology as the core of clinical medical treatment. It took the problems and defects of the service object as the point of view, and considered that the service object was problematic, diseased, and flawed. The social workers appeared with authoritative therapists, through finding out problems, diagnosing problems, finding out reasons, explaining and analyzing, proposing solutions, finally helping the service object to solve problems, and getting out of the dilemma.

In 1982, an experiment on chronic psychiatric patients at the College of Social Welfare of the University of Kansas in the United States caused the rapid rise of the dominant perspective and the extensive and in-depth discussion in academia of the dominant perspective. Professor Charles Rapp and Dr. Ronna Chamberlain, who were in charge of the project, gave up the existing practice mode and adopted a perspective with the object of service as the core, which focused on the advantage of the object of service and considered that people with diseases or problems still had advantages and resources, but lacked of discovery and excavation. This perspective was called the dominant perspective since then, the dominant perspective was developed as a new positive social work mode.

In 1992, Dennis Saleebey, a professor at the School of Social Welfare at the University of Kansas, wrote and

published *The Perspective of Advantage: A New Model for Social Work Practice*, which became the main text of the perspective of advantage. Since then, social work educators, service providers and managers constantly improve and develop the advantage perspective, clarifying its complex application process and how to evaluate its effectiveness of questioning, making it more and more practical.

The advantage perspective holds that each individual has the ability and resources to cope with the difficulties and challenges, in other words, the social work should focus on the owner's own advantages and resources, rather than focus on the owner's problems, and the resources and advantages in the individual's environment should be taken as the starting point for the service.

1.2.2. Beliefs and Assumptions from an Advantage Perspective

First, anyone has an advantage. Every individual, family, group, and community has their own strengths, and the strengths perspective believes that each individual has external and internal values, capabilities, and resources. These advantages may have been discovered or realized in personal life experience, or they may have never been discovered or developed. Based on respect for past experience, there are talents, skills, talents and wisdom in families and communities with a strong perspective, which are precisely the reasons for the real change in the audience. We should believe that every individual has the possibility to learn and develop from their bad situation and eventually turn it into a rich resource for a better life. Even if a man is living in disease, oppression, poverty, he has hopes and dreams.

Second, resistance. resilience is the theoretical core of the dominant perspective, which is the ability of individuals to cope with major life pressures. From the advantage point of view, individuals rebound when they fall into a major problem, and individuals and communities have the ability to overcome and surmount serious negative situations. This ability to confront difficulties and constantly fight against them is a manifestation of resilience, which we can regard as a recovery or self-healing ability. Therefore, resistance not only focuses on the negative effects of the problem, but also explores and explores the inner potential of the case owner from the perspective of positive psychology. Many studies have shown that each individual has the potential to confront difficulties,

and that this potential is stimulated when people are in distress and converted into energy for dealing with bad situations. This requires that the social workers should take the ability and resources of the case owner as the starting point, assist the case owner to face the dilemma, confront the bad social label, and recover to the better state before meeting the difficulty as far as possible, so as to realize the object and dream of the case owner.

Third, empowerment. The advantage perspective follows empowerment-oriented social work practices, assists individuals, families and communities as much as possible to tap into their potential and strengths, admits that they have the potential for multiple choices, understands the predicament they face, awakens their aspirations and dreams, and enables them to integrate internal and external resources to achieve the goal of improving their living conditions and improving their living standards. Empowerment can be seen as both a goal and a process that encourages the owner to gain hope, a sense of goal, a sense of achievement, a sense of belonging, a right of choice, the ability to gain self-esteem, access to resources, and the ability to build relationships with others; As a process, it holds that social workers should establish an equal cooperation relationship with the case owner, and workers should work with the case owner to help the case owner get closer to their hopes and dreams.

2. Case Basic Condition, Problem and Countermeasure Analysis

2.1. Basic Case Status

Two sexual minorities were interviewed in an unstructured manner. Before the interview, the author first clarifies his/her identity as a researcher, and then conducts the interview and records after clearly obtaining the understanding, trust and recognition of the interviewee. Since the sexual minority group is a particularly sensitive group, individuals often participate in interviews anonymously in order to protect the privacy of the owner, and anonymity will not affect their activities in the group participation and intimate interaction, so the author in the text to interview the target information anonymization processing, with specific English letters to replace.

2.1.1. Basic Situation of Sexual Minority Z

A 24-year-old male, a graduate student at a university, is a gay man who is not currently in the closet with his family, and the author obtained information from face-to-face interviews with him.

2.1.2. Basic Situation of Sexual Minority Y

A 23-year-old male, working, gay and gay, who is not in the closet but is suspicious of his family, was interviewed face-to-face for information.

2.2. Analysis of Problems Faced by Cases

The author classifies the problems expressed by the interviewees in the conversation. In general, the problems are as follows: The pressure from the family, the pressure from the peer group, the lack of social support network, etc. These problems are something they face at different stages of their lives, some even throughout their lives.

2.2.1. Family Stress

The gay man Z was recognized by the author after his junior high school class, and he began to realize his sexual orientation slowly when he was in primary school, and he had

a deep understanding of the pressure brought to him by his family. Z is an only child from a more patriarchal family, with conservative and traditional parents. "I'm the only child in the family," he told the author as he chatted. "My parents have high expectations of me since childhood. If they want to describe their expectations in one word, it's Gong Zong Yao Zu. I've been trying to be the child that they want to be. "As a parent, Z had never had the courage to be honest with his parents about his sexual orientation, fear of breaking the harmony of his family and disappointing his parents. When Z was struggling with whether or not to come out with his parents, he was worried and scared or chose not to come out. In our country, the inclusion of sexual minorities is still not enough, and most people have put the label of "demon and monster" on the sexual minorities with a strange attitude, so that the sexual minorities can only hide their sexual orientation in the social environment.

Gay Y is an interviewee who was interviewed by the author through the introduction of gay Z. "After I graduated, I went to work in a major-related company. As I grow older, my parents have started urging me to find a girlfriend to marry and have children. "On New Year's Day, the topic of Y's family was the subject of talk, and the pressure exerted by the family on him was increasing. Each time he was forced to marry by his parents, he either said it was inappropriate or tried to mess it up, and Y took all sorts of reasons to prevaricate against his parents' request to get married as soon as possible. But he also revealed in the interview that he would marry a girl in the future, so as not to worry his parents about his marriage and to relieve pressure from his family. But he admits he may still have sex with the same sex even after marriage. The two sexual minorities interviewed by the author, their parents in the family, and their relatives and friends, were absolute supporters of heterosexuality. As a result, it is conceivable that if they were to come out to their families, they would probably not be able to accept it and take a variety of measures to try to turn it into a "normal" sexual orientation. For example, frequent introductions of friends of the opposite sex, prohibiting them from interacting with friends of the same sex, and threatening to break the relationship between parents and children. So in order to avoid these similar pressures and problems from the family, Y chose to postpone telling his parents and not even be prepared to. Family disapproval and incomprehension, which Y and Z agree is the biggest problem they face.

2.2.2. Peer Pressure

"In junior and senior high school, boys were more rebellious and liked to tease and mock others for fun," said gay man Y, who spoke about his relationship with his classmates. I was their mockery at that time, because my voice was softer and I spoke softly, and they would laugh at me. And I was given a terrible nickname, and even if I resisted, they pushed me into the hallway to insult me verbally and physically. But now that I'm on the right track, I haven't experienced anything like this since college, and I'm just going to let it go. "He recounts the bullying he suffered from a peer group on his campus before he went to college.

Since high school, when gay man Z began to like fitness, he had thought hard about how to make his masculinity stand out. While talking, he told the author that fitness was needed to avoid being ridiculed and bullied by others, as he said in the interview: "When a tall boy ridiculed me like a girl, I started going to the gym to get strong and look bad. This avoids a lot of bullying, so my high school life has been quiet.

"When the author asked if the roommate was out of the closet when he was in the undergraduate course, he replied, "When I was in the undergraduate course, I never wanted to come out of the closet with my roommate. After all, I had to live with them for four years. If there was a person in the dormitory who was afraid of the same person, I would not be able to get along with him, and my relationship would be very troublesome. So I chose not to 'come out' them. "

By interacting with them, the author finds that they are from adolescence to puberty, and get a lot of comments from the negative because of their figure or some kind of neutral behavior. Especially when the male homosexuals show some characteristics of feminization, the evaluation of negative sex will be more frequent and obvious, through a variety of ways to show that the group members isolated and excluded a certain individual member, verbal attacks, and even personal injury, which is the group members to the internal "deviant" members of the negative evaluation. These assessments, at that time, can cause harm to individuals, and this harm can be accompanied by subsequent growth, and can even lead to psychological shadows, thus impeding the development of self-identity of sexual minorities. When sexual minorities are excluded and malevolent from peer groups, negative emotions such as sadness, inferiority, and weakness tend to occur, which have a long-term impact on them, allowing them to negatively evaluate themselves and deny themselves.

2.2.3. Lack of Social Support Networks

Social support network refers to a series of communication and interaction between individuals, through which individuals can retain their social identity and get material help and emotional support. The social support theory holds that the stronger the social support network the individual has, the better he can handle the diverse challenges from life. Social support networks for sexual minorities are often missing, causing a series of problems.

In an interview with the author of his high school secret love experience, the gay Z said he felt very sad after being rejected, even had self-mutilation, suicidal ideas, and was less likely to be able to completely talk about his negative feelings. This shows that Z was less resilient in high school, lacked the ability to solve himself, and had insufficient support from friends around him, all of which prevented him from getting out of his predicament.

Sexual minorities are afraid of causing themselves trouble because of their special identity. Reluctant to confess their different sexual orientations to relatives and classmates around them, thus lacking support from social support networks. This brings many problems. For example, the emergence of self-mutilation, mental illness and even extreme cases of suicide, which is worth reflecting on. Secondly, after interviewing the interviewees, the author finds that when they face the above-mentioned objective pressures and troubles in the life world, they often make a negative interpretation and treatment of these troubles and problems based on the degree of self-identification and past life experience. In the analysis of the coping strategies adopted by the interviewees, some problems are usually caused by avoiding problems, subordinating to the existing environment, and denying self-worth.

2.3. The Construction of Resilience of Interviewed Objects

Resistance is the process of individual self-correction, the ability to bounce back when bending without breaking or

bending, the power to bounce back, the ability to fight against setbacks in life, under the positive guidance of social workers, the object of service is fully capable of solving and dealing with various difficulties and challenges. But this factor has not been given enough attention, which leads to social workers entering a completely new field when it comes to the ability to repair trauma, the inherent advantages and the protective factors of their clients, as it is customary to assess problems and defects. Therefore, it is very important to mine the resistance of the service object in the process of getting involved in the "LGBT" community. The advantage perspective strongly emphasizes the need to remain skeptical, to engage with the client through a "protectionist mentality," and to doubt the judgment and recounting of the owner. In the process of providing services, social workers need to establish a fully trusted service relationship with the case owner, and actively believe that the case owner can have the capability of self-transformation. Social workers should provide them with various platforms for presentation and guidance.

This article attempts to explore ways to help the sexual minority by introducing a new perspective of superiority, helping them to tap and connect with the resources around them and shape their own resilience. Thus, the target can get rid of the negative factors in their lives and achieve self-empowerment. Specifically, this can be done in two ways:

2.3.1. Establishment of External Support

External support refers to support derived from various aspects other than the individual, which forms the social resources owned by the individual. In the actual operation process, the author through the interviewee's understanding and its living environment and environmental resources assessment, found that the two interviewees have the social resources for the school mental health center, volunteers, social work professional teachers and students and other resources in the society, such as the District Centers for Disease Control, related fields of non-profit organizations, and the foundation to provide the corresponding financial support. But because they may not be aware of the underlying supportive factors around them, social workers are needed to help them identify and link these resources and eventually form external support. Specifically, there are several ways to help them. Continuing to deepen cooperation with the CDC in the jurisdiction, it is undeniable that gay men need to face the problem of AIDS prevention. The professional knowledge of doctors can provide group members with health consultation and explanation of health knowledge, avoid the occurrence of high-risk sexual behavior and take self-protection measures. Regular HIV blood tests can also provide timely intervention and health assistance to people in need.

2.3.2. Self-Empowerment, Reconstruction of Membership

Self-empowerment emphasizes not the right given by social workers to the object of service, but through a series of interventions to let the case owner understand his own rights, and give his own rights. The empowered helper process is actually a power-sharing, co-exercise and participant-led process. Throughout the process, social workers play the role of facilitators, supporters, or resources, not educators, mentors, or even empowered. Empowerment involves three dimensions: Personal, interpersonal and political. Empowering at the individual level focuses on the ability that individuals feel to influence or solve problems; Empowerment at the interpersonal level emphasizes the

experience of individuals working with others to facilitate problem resolution; Political empowerment, on the other hand, emphasizes policy or political change.

In order to change the dilemma that the service object faces, it is necessary to eliminate the discriminatory label, provide the service object with resources and opportunities, and help it get out of the dilemma. And for the "LGBT" population, it's about reshaping membership. This membership results not only from the reshaping of internal identity, but also from the reshaping of external identity. Lack of membership means that clients are marginalized, alienated and oppressed, and makes it impossible for members to live without a sense of belonging and to change themselves. The establishment of membership means self-identification, respect and a sense of belonging. Exploring the power within the owner "must discard discriminatory labels" and move the owner away from the entrenched thinking that existed before. Group members have strong identity, which is a symbol of identity, self-esteem and responsibility.

3. Summary

This paper analyzes this vulnerable group from the advantage perspective of social work theory. Through the way of unstructured interview, the author analyzes the troubles and problems caused by different sexual orientation. The sex minority is not accepted by the social Volkswagen, is excluded by the social mainstream, professional social workers with professional sensitivity should not neglect their needs, it is worth the social workers to intervene and care. In combination with the practice of the research, social workers should follow the social work professional values of "self-help," apply the professional ideas and methods of social work to assist the individual to realize his own potential, deal with interpersonal and social relations, and help the owner to recover his social function while actively preventing potential risks.

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