



A Study of Life Satisfaction, Quality of Life, Social Support of Transgender in Dividual in Tertiary Health Care Center in Eastern India.

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KEYWORDS

Ransgender, Life satisfaction, Quality of life (QoL), Social support, Mental health

ABSTRACT:

Background:- Transgender is an umbrella term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex to which they were assigned at birth.

Aim of the study: The aim of the study was to evaluate the Life satisfaction, Quality of Life (QOL) & Social Support of Transgender individuals.

Objectives:

To determine the relationship between life satisfaction and quality of life in transgender individuals.

To determine the relationship between quality of life and social support in transgender individuals.

To determine the relationships between life satisfaction and social support in transgender individuals.

Design: The present study is a cross-sectional community-based study of the transgender individuals.

Sample: For the present study, Snowball sampling was used. The sample was taken from community of Cuttack and nearby Cuttack, Odisha, India. A total no of 60 transgender participants were selected following inclusion and exclusion criteria.

Inclusion criteria: Person who has declared himself/herself as a transgender Age range between 18 to 60 years, At least educated up to primary level Ready to give consent for being a part of the study

Exclusion criteria: Transgender with any chronic illness (neurology/physical/mental retardation/psychiatric illness) Not ready to give consent

Result:-The result of the present study concludes that there exists a significant positive correlation between life satisfaction and quality of life. It was also found that there is significant positive correlation between life satisfaction and all the domains of quality of life i.e., physical, psychological, environmental and social. Which means life satisfaction is directly proportional to changes in quality of life.

Conclusion: The present study concludes that there is a statistically significant positive correlation between life satisfaction and quality of life in transgender individuals. Similarly, life satisfaction is also significantly correlated with social support, and quality of life is positively correlated with social support. This means that higher social support can improve both the life satisfaction and quality of life of transgender individuals. The study highlights the urgent need for awareness, education, and policy-level changes to improve the lives of transgender people and reduce the discrimination they face. Social and psychological interventions are essential for the well-being of this marginalized community. Mental health professionals, social workers, and policymakers should collaborate to design inclusive programs and support services tailored to the needs of transgender individuals, promoting their overall well-being and dignity in society.

INTRODUCTION

Sex is assigned at birth, refers to one's biological status as either male or female, and associated primarily with physical attributes such as

chromosomes, hormone prevalence, and external and internal anatomy. Gender refers to the socially constructed roles, behaviors, activities, and attributes



that a given society considers appropriate for boys and men or girls and women. These influence the ways that people act, interact, and feel about themselves.

The term transgender is derived from two words namely, “trans” and “gender”. Former is a Latin word which means “across” or “beyond”. The term transgender also refers to a person whose gender identity or expression does not conform to the social expectations for their sex assigned at their birth and because of which they are looked down by the society. Two dominant genders are prevailing in India while the third gender, although recognized, does not get a normal status. Belonging to the third gender is a “taboo” (Chhetri, 2017). In India, people with a wide range of transgender-related identities, cultures, or experiences exist – including Hijras, Aravanis, Kothis, Jogtas/Jogappas, Shiv- Shakthis& also third gender (this word is given by Supreme Court in April, 2014).

Life satisfaction:

Satisfaction is a Latin word that means to make or do enough. Satisfaction with one’s life implies contentment with or acceptance of one’s life circumstances, or the fulfillment of one’s wants and needs for one’s life as a whole. In essence, life satisfaction is a subjective assessment of the quality of one’s life. Because it is inherently an evaluation, judgments of life satisfaction have a large cognitive component (Sousa, L., & Lyubomirsky, S. (2001)). In these accounts, to say that someone is satisfied with her life is to say that she judges, or is disposed to judge (Benditt, 1974), that her life meets her standards; her life is at least adequate or satisfactory given what she expects or wants out of life. Life satisfaction has been defined as “a person’s cognitive and affective evaluations of his or her life” (Diener et al., 2002).

Quality of life:

Quality of life is a concept which aims to capture the well-being, whether of a population or individual, regarding both positive and negative elements within the entirety of their existence at a specific point in time. The World Health Organization explains QoL as a subjective evaluation of one's perception of their reality relative to their goals as observed through the lens of their culture and value system. QoL is a complex and broad concept. It has been described in different ways, such as the quality of one’s life conditions, one’s satisfaction with life conditions, and as a combination of life’s conditions and satisfaction (Borthwick-Duffy SA).

Social Support:

Social support appears to be a good insulator against

the negative aspects that are associated with discrimination and ostracization from society. The more social support that is available, the less distress a person will often experience (Cohen, 2004; Noh & Kaspar, 2003). Wills (1991) defines general social support as the opinion and/or the reality that someone is cared about by others, can access aid from other people, and that they are a part of a social system that is supportive. A lack of social support has been associated with deficits in psychosocial well-being (Budge et al., 2012, 2013) including higher rates of anxiety, depression (Budge et al., 2013), and suicidality (Moody & Smith, 2013). Social support can come from a plethora of origination points including peers, biological family, colleagues, groups, or even domesticated animals (Wills, 1991). The two main types of social support in the social support literature are instrumental support and emotional support.

Transgender terminology in India:

Hijra–In India, hijras tend to identify as a community with its own initiation rituals and professions (like begging, dancing at weddings or blessing babies).

Eunuch - A person who is born male but is emasculated or castrated. If castration takes place at an early age, as is often the case, it can have major hormonal consequences. A eunuch can also refer to an intersex person whose genitals are ambiguously male-like at birth.

Kinnar– The term for hijras in north India. In other parts of India, such as Maharashtra, the term kinnar is being used more recently by the better-educated hijras to refer to themselves.

Aravani: The term for hijras in Tamil Nadu. They identify themselves as women trapped in male bodies, although many aravanis would prefer to be called ‘Thirunangi’.

Kothi– The judgement describes kothis as a heterogeneous group, because it refers to biological males who show varying degrees of being effeminate. They prefer to take the feminine role in same-sex relationships, though many kothis are bisexual. Some hijras identify as kothi as well, while not all kothis identify as hijra or even transgender. They do not live in separate communities.

Shiv-Shakthi - Typically referring to a community of transgenders in Andhra Pradesh, Shiv-shakthis are males who are considered “possessed by” or “married to” the gods, particularly Lord Shiva. They have a feminine gender expression and cross-dress as women during religious rituals and festivals. They work typically as astrologers or spiritual healers. The community is guarded by gurus who induct disciples and train them for the work.

Jogtas/Jogappas: Jogtas or Jopgappas are those



persons who are dedicated to and serve as a servant of Goddess Renukha Devi (Yellamma) whose temples are present in Maharashtra and Karnataka. 'JogtiHijras' is used to describe male-to-female transgender persons who are devotees/servants of Goddess Renukha Devi. This differs from 'Jogtas' who are usually heterosexuals and who may or may not dress in woman's attire when they worship the Goddess.

Guru/Chela: In India, while many of the transgenders leave their home by their own choice to join the transgender communities, many of them are disowned by their family because of their transgender status. Which is why they form their own close-knit family-like units, led by a 'guru,' - an older leader that acts as a mentor to their younger disciples or 'chela.'

Status of transgender in India:

As per the reports of the Expert committee set up by the Ministry of Social Justice and Empowerment of the Government of India, transgender persons are persons whose own sense of gender does not match with the gender assigned to them at birth. They will include trans-men & trans-women (whether or not they have undergone Sex Reassignment Surgery or hormonal treatment or laser therapy etc).

Status of transgender in Odisha:

of transgender persons in Odisha are not ready to be identified as transgender and get officially registered due to social status revealed in a study. The total population of transgender in Odisha is around 70,000 of whom only 2000 agreed to be identified as transgender. More than 90% of transgender persons reported that most of them were able to earn on an average Rs. 15,000.00- 20,000.00 per month. However, the leaders of the transgender group, however, had considerably higher income, even if they didn't work, the study said. Around 75% of the transgender had to abandon their education before they completed their standard 10. Around 20 % of them completed class XII and out of those very few went for graduation and higher studies. Reasons for lower education level among the transgender were poverty, not going or sent to school because of social stigma attached with such children, thrown or fleeing out of their homes and then working for their survival. The leaders of the transgender group, however, had considerably higher income, even if they didn't work. The main livelihood of transgender was begging, dancing in private functions, and working as sex workers. "One of the major occupations of transgender persons was to work as MSM (men who have sex with men). This being a comparatively high paying occupation (income up to Rupee 500.00 - 2000.00 per day. This occupation, however, makes them prone to getting affected by HIV," the study pointed out. Around 75% of the transgender had to abandon their education before they completed their standard 10. Around 20 % among them completed

class XII and out of those very few went for graduation and higher studies. Reasons for lower education level among the transgender were poverty, not going or sent to school because of social stigma attached with such children, thrown or fleeing out of their homes and then working for their survival.

Odisha has become the first state in the country to provide food grains, pension, health, education and housing benefits to the transgender community, thus including them in the Below Poverty Line (BPL) category.

Some major problems faced by TG people in India:

Psychosocial problem:

Psychosocial problem of transgender is a major phenomenon attached with Transgender community. Majority of transgender suffered harassment at school level and in workplace, rape even gang raped at the hands of the police (both railway, traffic and by the public people) particularly for begging and soliciting clients for sex work. They consider it as hate and funny way they earn money by dancing and singing and were involved in sexual abuse. With respect to psychosocial problems, it can be look that though all transgenders didn't want to push themselves into prostitute there might be some extreme condition under which they prefer to push themselves into Sex Work.

Marginalization and Social Exclusion:

Marginalization is at the core of exclusion from fulfilling and full social lives at individual, interpersonal and societal levels. TG individuals may experience multiple forms of marginalization - such as racism, sexism, poverty or other factors - alongside homophobia or transphobia that negatively impact on mental health.

Impact of Family Conflict and Rejection:

Transgender people face a number of difficulties within the family. Most families do not accept gender nonconforming behavior in their children, which may manifest as early as three to five years of age. For many parents, the news that their child is transgender or gender non-conforming can bring an array of emotions along with it: some feel sad, fearful and disappointed while others feel shocked, angry and upset.

Social Exclusion:

The major problem in the whole process is that they are socially excluded from society. They are excluded from participating in social, cultural and economic life. In brief, they are excluded from.

- Economy, employment and livelihood opportunities
- Excluded from society and family
- Lack of protection from violence



- Restricted access to education, health care and personal care
- Limited access to public spaces
- Limited access to collectivization
- Rights of Citizenship
- Lack of social security

Harassment in Educational System:

At schools many transgender will drop out. Severe harassment and lack of specific provisions or reservations for them in education result in Transgender being unable to access higher education.

Poor financial Conditions and Discrimination in the Workplace:

The interrupted education and social exclusion further limit the employment and livelihood opportunities for transgender community. They have limited employment opportunities as most employers prefer male or female genders. They cannot even apply for most of the jobs.

Psychological distress:

Transgender communities especially youth, face great challenges in coming to terms with one's own gender identity, resulting in depression or development of suicidal tendencies. Triggers for mental health issues include societal stigma, lack of social support, positive HIV Status and violence-related stress.

- Experiences that could negatively impact mental health: Hostility from or rejection by loved ones or religious groups
- Bullying at school, harassment by neighbours, danger of violence in public places
- Casual homophobic and transphobic comments on everyday basis
- Prejudice/embarrassed response from professionals
- No protection against discrimination at work, housing, pensions, etc.
- Childhood sexual abuse
- Verbal harassment, greater fear of physical violence and discrimination.

Victims of hate Crimes, Violence and Legal Injustice:

Transgender people are regularly targeted as victims of hate crimes and violence. They experience stigma and discrimination across their life spans, and are targets of sexual and physical assault, harassment and hate crimes.

Rejection of entry:

They are rejected to get enter in religious places, public places like hotels, restaurants, theatres, parks etc.

Constitutional provision for Transgender:

The Constitution of India guarantees various rights to its citizens, including no discrimination on account of religion, race, caste, or place of birth. From the point of view of Transgender, just like other two genders, they are entitled to the four important provisions of Fundamental Rights.

Their Fundamental Rights are:

1. Article 14 – This states that the State shall not deny any person equality before the law or the equal protection of laws within the territories of the State.
2. Article 15 – The State shall not discriminate against any citizen on the grounds of race, caste, religion, sex, place of birth or any of them.
3. Article 19 – All citizens shall have rights of –
Freedom of speech and expression;

Freedom of assemble peaceably and without arms;

Freedom to reside and settle in any part of the territory of India;

Freedom to practice any profession or to carry on any occupation, trade or business
4. Article 21 – Right to life and personal liberty.

system

Rights given to transgender in Indian legal system

Rights given to transgender in Indian legal system

AIM OF THE STUDY

The aim of the study was to evaluate the Life satisfaction, Quality of Life (QOL) & Social Support of Transgender individuals.

OBJECTIVE:-

- To determine the relationship between life satisfaction and quality of life in transgender individuals.
- To determine the relationship between quality of life and social support in transgender individuals.
- To determine the relationships between life satisfaction and social support in transgender individuals.

HYPOTHESES:-

- There will be no significant correlation between life satisfaction & QOL of Transgender individuals.



- There will be no significant correlation between QOL & social support of Transgender individuals.
- There will be no significant correlation difference between life satisfaction & social support of Transgender individuals.

METHODOLOGY

Design:

- The present study is a cross-sectional community-based study of the transgender individuals

Sample:

- For the present study, Snowball sampling was used. The sample was taken from community of Cuttack and nearby Cuttack. A total no of 60 transgender participants were selected following inclusion and exclusion criteria.

Inclusion criteria:

1. Person who has declared himself/herself as a transgender
2. Age range between 18 to 60 years
3. At least educated up to primary level
4. Ready to give consent for being a part of the study

Exclusion criteria:

1. Transgender with any chronic illness (neurology/physical/mental retardation/psychiatric illness)
2. Not ready to give consent

Tools used:

The following measures were administered:

1. Written informed consent.
2. Self-prepared socio-demographic profile
3. General Health Questionnaire (GHQ-12) (Goldberg & William, 1988)
4. The satisfaction with life scale (Ed Diener, 1985)

5. WHO Quality of life Scale (Bref) (WHO,1996) *Odia* (Kar N, Swain SP, Patra S, Kar B, 2017)

6. Multidimensional scale of Perceived Social Support (Zimet et al., 1988)

PROCEDURE:

A total number of 60 transgender individuals were selected from Cuttack & nearby Cuttack, with the inclusion & exclusion criteria of the study. Thereafter, the selected respondents were thoroughly explained about the aim & objectives of the study & their expected role in the data collection process. After selection of 60 transgender, informed consent was taken from each respondent. Further information was collected on the basis of socio demographic data sheet. Subsequently The satisfaction with life scale (Ed Diener) WHO Quality of life Scale (Bref) (WHO,1996) & Multidimensional scale of Perceived Social Support were administered on the subjects.

STATISTICAL ANALYSIS

Statistics in the IBM Statistical Package of Social Science (SPSS- 20.0) software were used for the analysis of the data.

RESULTS

Statistical analysis and the results of the present study by using the IBM Statistical Package of Social Science (SPSS- 20.0) software. The results of the study have been presented based on the following objectives:

- To determine the relationship between life satisfaction and quality of life in transgender individuals.
- To determine the relationship between quality of life and social support in transgender individuals.
- To determine the relationships between life satisfaction and social support in transgender individuals.



Table-1: The frequency distribution of the sample

Variables		Number/Frequency	Transgender (N=60%)
Age	18-25	18	30.0%
	25-44	37	61.7%
	45-60	5	8.3%
Religion	Hindu	53	88.3%
	Muslim	5	8.3%
	Christian	2	3.3%
Education	Primary	12	20.0%
	Upper primary	25	41.7%
	Matriculation	14	23.3%
	Above	9	15.0%
Marital status	Married	7	11.7%
	Unmarried	49	81.7%
	Separated	4	6.7%
Domicile	Urban	56	93.3%
	Rural	4	6.7%
Occupation	Unskilled	57	95.3%
	Semi-skilled	3	5.0%
Socio-economic status	Lower	58	96.7%
	Middle	2	3.3%
Currently living with	Friends	57	95%
	Family	3	5.0%

Figure-1: Representation of age group

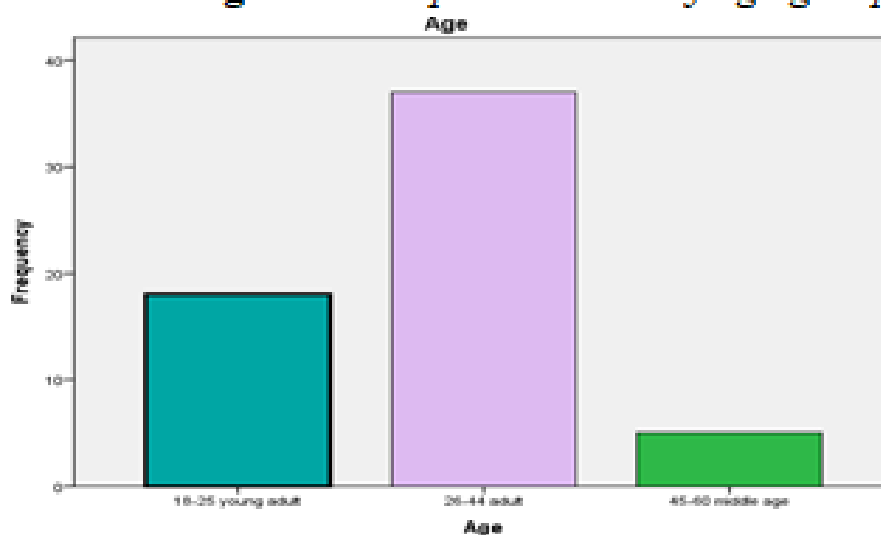
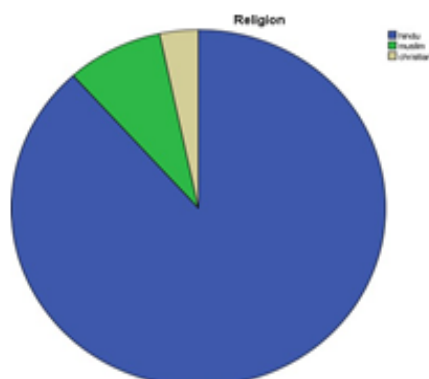


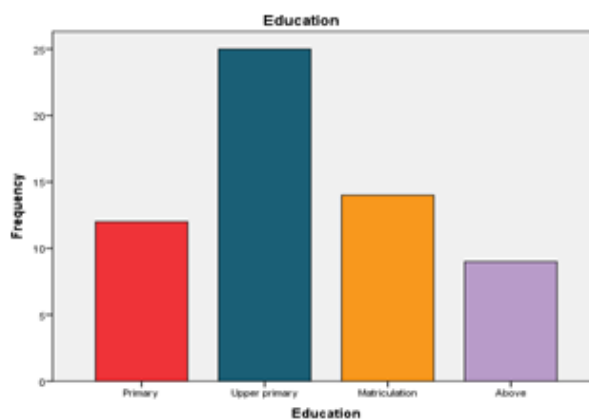


Figure2: *Representation of religion*



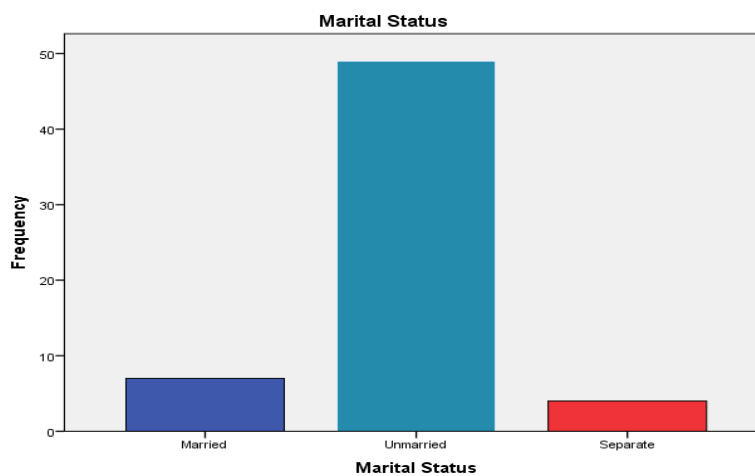
The above pie-chart represents the religious belief of the transgender participants.

Figure3: *Representation of education*



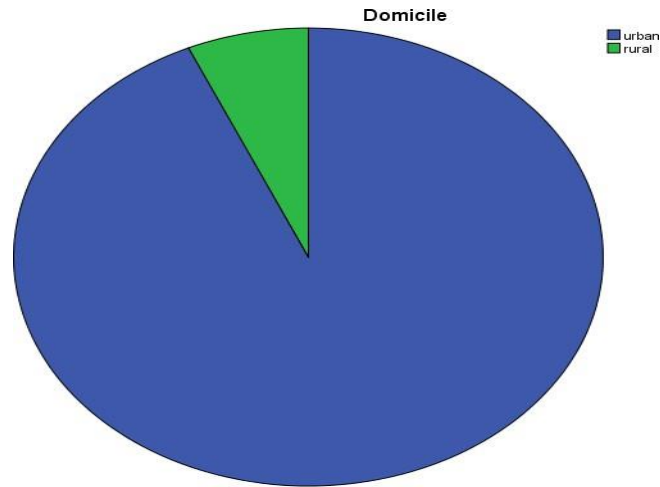
The above graph shows the education level i.e., primary, upper primary, matriculation and above.

Figure4: *Representation of marital status*



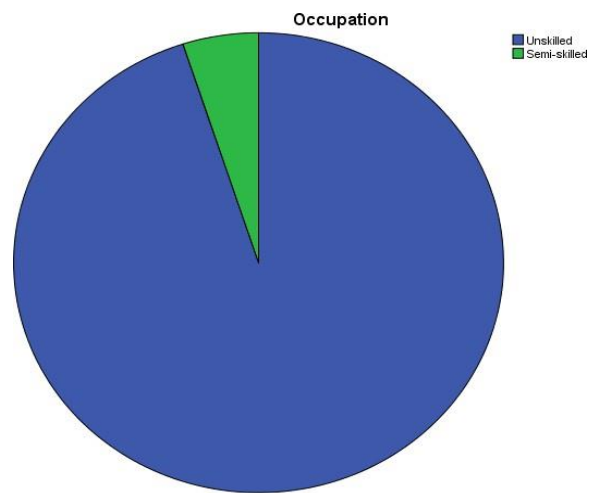
The above graph represents the marital status of the transgender participants.

Figure5: *Representation of domicile*



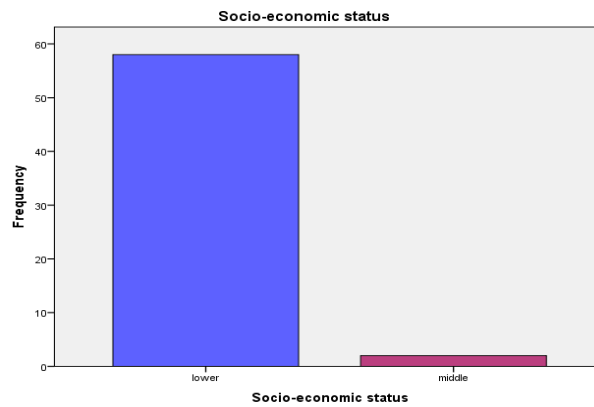
The above pie chart represents the domicile area of the participants from where they were belonging

Figure6: Representation of occupation



The above pie chart represents the occupation of the transgender i.e., unskilled & semi-skilled.

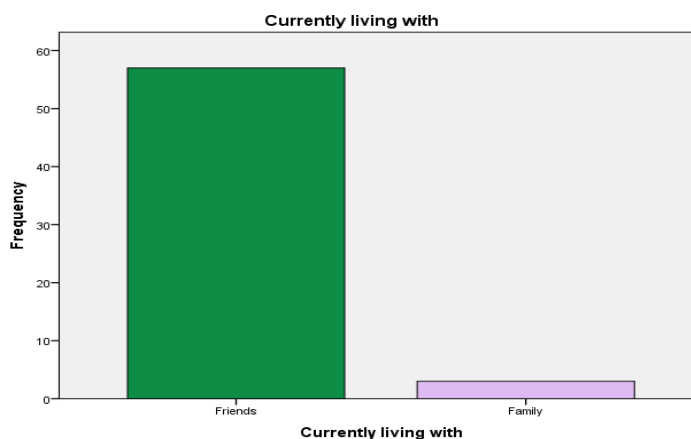
Figure7: Representation of the socio-economic status





The above graph represents the socioeconomic status of the participants.

Figure8: Representation of current living situation



The above pie chart represents the current living situation of the transgender participants.

Table2: Correlation analysis of life satisfaction & QOL

Variable		Life satisfaction
QOL	R	.498**
	p-value	.000

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

Table-3: Correlation analysis of Life satisfaction & domains of QOL:

Variable		Physical	Psychological	Environmental	Social
Life satisfaction	r	.275*	.456**	.271*	.313*
	p-value	.033	.000	.037	.015

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

* . Correlation is significant at the 0.05 level (2-tailed).



Figure9: Correlation matrix of life satisfaction and QOL

	Life satisfaction	Physical	Psychological	Environmental	Social
Life satisfaction	1	0.275	0.456	0.271	0.313
Physical	0.275	1	0.53	0.544	0.862
Psychological	0.456	0.53	1	0.576	0.545
Environmental	0.271	0.544	0.576	1	0.404
Social	0.313	0.862	0.545	0.404	1

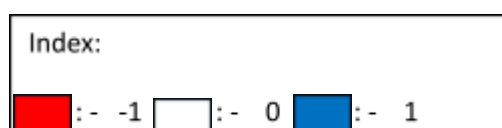


Table-4: Correlation analysis of Life satisfaction & dimension of social support:

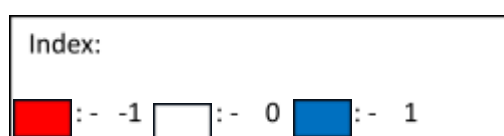
Variable	Significant other		Family	Friends
	r			
Life satisfaction		.281*	.256*	.374**
	p-value	.030	.048	.003

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

* . Correlation is significant at the 0.05 level (2-tailed).

Figure10: Correlation matrix of life satisfaction and social support

	Life satisfaction	Significant other	Family	Friends
Life satisfaction	1	0.281	0.256	0.374
Significant other	0.281	1	0.388	0.866
Family	0.256	0.388	1	0.336
Friends	0.374	0.866	0.336	1



**Table5:** Correlation analysis of QOL & social support

Variable		Significant other	Family	Friends
QOL	r	.263*	.463**	.330**
	p-value	.042	.000	.010

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

* . Correlation is significant at the 0.05 level (2-tailed).

Table-6: Correlation analysis of domains of QOL & dimension of social support

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

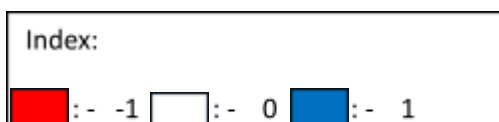
* . Correlation is significant at the 0.05 level (2-tailed).

Variable		Significant other	Family	Friends	
	r	.426**	.259*	.471**	
Physical	p-value	.001	.045	.000	
Psychological	r	.377**	.452**	.458**	
	p-value	.003	.000	.000	
Environmental	r	.250	.336**	.317*	
	p-value	.054	.009	.014	
Social	r		.527**	.331**	.496**
	p-value		.000	.010	.000



Figure 11: Correlation matrix of QOL and Social support

	Physical	Psychological	Environmental	Social	Significant other	Family	Friends
Physical	1	0.53	0.544	0.862	0.426	0.259	0.471
Psychological	0.53	1	0.576	0.545	0.377	0.452	0.458
Environmental	0.544	0.576	1	0.404	.250	0.336	0.317
Social	0.862	0.545	0.404	1	0.527	0.331	0.496
Significant other	0.426	0.377	.250	0.527	1	0.388	0.866
Family	0.259	0.452	0.336	0.331	0.388	1	0.336
Friends	0.471	0.458	0.317	0.496	0.866	0.336	1



DISCUSSION:

Sample and sampling:

The main purpose of this study was to analyse the relation between life satisfaction, quality of life and social support of transgender individuals. The present study was conducted at the community of Cuttack and nearby Cuttack. In this study, total 60 participants were selected as the inclusion and exclusion criteria using the snowball sampling method. Similar study findings were reported by Bouman et al., (2014), Hughes et al., (2016) Amanda et al., (2016,) as they used snowball sampling in their studies.

Socio demographic profile of Transgender individuals:

In the present study it was found that 88.3% were Hindu, 8.3% Muslim and 3.3% Christian. Religion plays an important role in the life of transgender people because they are described and accepted in the religious books and traditions but at the same time, they are getting discriminated and rejected in their physical and mental transformations in every area.

From the socio-demographic data it was found that, 20.0% studied up to primary, 41.7% studied up to upper primary, 23.3% studied up to 23.3% studied up to matriculation and 15.0% above. Inclusion of transgender with school and college is a big challenge. It is so challenging to provide equal opportunity of education to transgender because there is a problem of inclusion with male and female gender students (Das, P. (2019)).

In the present study it was found that majority (81.7%) were unmarried, 11.7% were married, and 6.7% were

separated. similar study findings were reported by Aneesh et al., (2017) that 82% of transgender are unmarried. Contradictory to present study findings Naskar et al., in (2018) reported that 50% transgender were unmarried. The findings may suggest that due to social stigma transgender marriage is not acceptable. In the current study it was found that 95.5% were unskilled and most of them were sex workers and beggars at the toll gate as they did not have any other source of income, 5.0% were semi-skilled. It was also found in the present study that 95% lived in their community as they were not accepted by their family whereas only 5.0% lived with their family.

Life satisfaction and quality of life:

In the present study it is found that there is a significant positive correlation between life satisfaction and quality of life in transgender individuals.

Life satisfaction and social support:

The finding of the present study shows that there is significant positive correlation between life satisfaction and social support. Previously a study done by Rezapour Faridian et al., (2018) on Comparison of Perceived Social Support and Life Satisfaction in Patients with Gender Dysphoria found that among people with gender dysphoria who had completed the course of treatment to change gender, the perceived social support from family and friends and life satisfaction were more than other people.

Quality of life and social support:

The present study found that there is a significant positive correlation between quality of life and social



support. It is also found that there is significant positive relationship between all the domains of quality of Life and social support.

Discussion on hypothesis:

Hypothesis-1 stated that, there will be no significant correlation between life satisfaction & QOL of Transgender individuals whereas the findings of the present study shows that there was a significant positive correlation between life satisfaction and quality of life. Hence, the null hypothesis is rejected. Hypothesis-2 stated that there will be no significant correlation between QOL & social support of Transgender individuals, whereas the findings of the present study shows that there was a significant positive correlation between quality of life and social support. Hence, the null hypothesis is rejected. Hypothesis-3 stated that there will be no significant correlation between life satisfaction & social support of Transgender individuals whereas the findings of the present study shows that there was a significant positive correlation between life satisfaction and social support. Hence, the null hypothesis is rejected.

SUMMARY AND CONCLUSION

- The aim of the study was to analyse the anticipating role of life satisfaction, quality of life and social support among transgender individuals.
- The life satisfaction was assessed by using the satisfaction with life scale which was developed by Ed Diener, 1985, quality of life was assessed by using WHOQOL-BREF (WHOQOL-BREF, WHO, 1996) and social support was assessed by using Multidimensional scale of perceived social support (Zimet& Farley, 1988).
- The result of the present study concludes that there exists a significant positive correlation between life satisfaction and quality of life. It was also found that there is significant positive correlation between life satisfaction and all the domains of quality of life i.e., physical, psychological, environmental and social. Which means life satisfaction is directly proportional to changes in quality of life.
- Statistically significant positive correlation was found between life satisfaction and social support. Where life satisfaction has significant positive correlation with all the domains of social support those are social support-Significant other, social support -Family and social support-Friends, which means that high level of social support

indicates high level of life satisfaction in transgender individuals.

- Statistically significant positive correlation was found between all the domains of QOL scale i.e., physical, psychological, environmental and social, as well as total score of QOL scale with all the domains of social support those are social support -Significant other, social support -Family and social support -Friends, which means high level of social support indicates high level of quality of life.

LIMITATION AND IMPLICATION

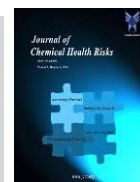
LIMITATIONS

The present study has certain limitations that need to overcome in future studies:

- The sample size in the present study is small.
- Data has been collected from few areas of Odisha so we can generalise the findings only to those specific areas which holds the similar culture and demographic characteristics.
- The average age of the respondents was 25-44 years. This might have affected the judgement.
- A minimum level of education was the criteria due to which most of the samples were not included.

IMPLICATIONS

- The findings of the study fill the gaps that were existing in the body of work.
- Psycho-social interventions should be given to the transgender individual experiencing low levels of life satisfaction, quality of life and social support.
- Psychological intervention should be given to the transgender individuals overcome their issues.
- This study will also bring some light into the development of intervention and make commitment towards prioritizing of mental health programs among the gender-neutral communities.
- This study will also help the policy makers to plan new policies for the transgender community.
- This study has social relevance and several important implications for a broad array of mental health professionals, health educators, policy makers, and other advocates, to



improve the life satisfaction, quality of life and social support of the transgender individuals.

- The present study has a lot of opportunity in terms of exploring other issues faced by the transgender individuals. What kind of treatment and behaviour they receive from people around them and their family members mostly

FUTURE DIRECTION

- A large number of samples can be collected from different regions to improve the generalisation of the result.
- Additionally, the samples can be divided into groups based on their socio-demographic details such as age, education, marital status, etc for comparison.
- A comparative study shall be planned among Trans female and Trans male to assess better understanding.
- Other gender minority group shall be included in the future studies.
- A longitudinal study design can be implemented to explain the causal relationship.

FINACIAL SUPPORT:- NIL

ETHICAL CLEARANCE:- IEC Of SCB MCH, Cuttack, Odisha Letter no: - 1133 DT. 29.10.2022

CONFLICT OF INTEREST:- NIL

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