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The pain of existence: The problems and crisis of transgender people with special emphasis on discrimination and livelihood

Dr. Saranya T S

Assistant Professor Lovely Professional University

Dr. Sreelatha K

Principal Mahe Co-operative College Pondicherry

Dr. Mohan Kumar

Associate Professor NKT National College of Education for Women

Abstract---It is unfortunate that even after organizing the legal tips and tips to enhance the advancement of the dwelling house of transgenders, they're struggling for survival. Gender equality is the delivery proper of each person whether or not or now no longer it's a male, female, or transgender. Even after numerous efforts from social engineers and the judiciary transgender groups are subjected to atrocities. Supported the atrocities and discrimination associated with the existence and fitness of transgenders, the researchers conceive to shed sensitivity on the lives of the transgender community of India. The present study attempts to narrate the lives of transgenders with emphasis on the problems associated with discrimination, healthcare, employment, housing, self-esteem, and rehabilitation. The researchers used secondary information from newspapers, and articles and found the crucial sub-themes, and referred to the parameters had to make stronger the advanced existence of transgenders.

Keywords---gender equality, transgender people, discrimination, health issues, livelihood problems.

Introduction

The biggest human rights problem coping with the Trans and gender several communities is safety. Hundreds of transgender people are killed spherically in the arena each year, and there are even several worldwide places wherein gender variety is handled as a crime. Some of the quality obstacles for

transgender people come from discriminatory guidelines and criminal suggestions. The bathroom gets right of entry is a superb instance.

Lack of stable get right of entry to public restrooms is a regular truth for those who fall outside of gender binary norms. Most people don't realize that transgender people can resist 50 to 60 instances of micro-aggression (casual discrimination) a day, which takes a big intellectual troll. This levels from deliberate exclusion to miss-gendering (using incorrect gender pronouns) and being asked invasive questions that might be seen as harmless. One in five transgender people within America were discriminated against at the same time as searching for a home, and a couple in ten were evicted from their homes, because of their gender identity.

The US Department of Housing and urban development (HUD) has issued guidance stating that discrimination in the direction of transgender renters or home purchasers based mostly on gender stereo-kinds constitutes sex discrimination and is a crime beneath the Fair Housing Act (FHA). Unfortunately, elegant loss of statistics has contributed to continued discrimination, eviction, and homelessness of transgender people in the United States. Transgender people have struggled to get the right of entry to medically crucial cope for years and function suffered an awesome deal because of bias and misunderstanding. Anti-discrimination criminal suggestions in most U.S. cities and states do now not guard transgender people from discrimination based mostly on gender identity or gender expression.

Consequently, transgender people in most cities and states face discrimination in nearly every factor of their lives. The National Centre for Transgender Equality and the National Gay and Lesbian Task Force released a document in 2011 entitled 'Injustice at Every Turn' which confirmed the pervasive and excessive discrimination faced by transgender people. Out of a sample of virtually 6,500 transgender people, the document decided that transgender people enjoy immoderate levels of discrimination in employment, housing, health care, education, jail systems, or maybe in their families.

Transgender humans can also have extra identities that could affect the kinds of discrimination they enjoy. Groups with such extra identities consist of transgenders of racial, ethnic, or spiritual minority backgrounds; transgenders of decreased socio-financial statuses; transgender humans with disabilities; transgender youth; transgender elderly; and others. Experiencing discrimination might also additionally motivate considerable quantities of mental stress, regularly leaving transgender people surprised whether or not they have been discriminated against in opposition to due to their gender identification or gender expression, some other socio-cultural identification, or a few mixtures of all of these.

Many transgender humans are the objectives of hate crimes. They also are the sufferers of diffused discrimination—which incorporates the entirety from glances or glares of disapproval or soreness to invasive questions on their frame parts. Transgenders struggled to get entry to medically vital take care for years and feature suffered an awesome deal due to bias and misunderstanding. Lack of

fitness insurance, for plenty of transgender humans, results in the scientific transition being hard or impossible.

In India

In India, transgender humans consist of Hijras/ Kinnars (eunuchs), Shivshaktis, Jogappas, Sakhi, Jokdas, Arachis, etc. There are numerous who do now no longer belong to any of the companies however are transgender individuals individually. They represent the marginalized phase of the society, and therefore face legal, social, in addition to financial difficulties.

The troubles confronted by transgender humans in India.

- These humans are kept away from through their circle of relatives and society alike.
- They have restrained get entry to education, fitness provider, and public space.
- Till recently, they have been excluded from efficiently taking part in social and cultural life.
- Politics and decision-making were out of their reach.
- Transgender humans have a problem exercising their primary civil rights.
- Reports of harassment, violence, denial of services, and unfair remedy in opposition to transgender individuals have come to light.

It appears that each hijra in India has her tale to inform of police brutality. Not best the police aggression however additionally gangs of neighborhood thugs recognized as "goondas" often robs and sexually attack hijras on the street. These assaults are hardly ever averted or mentioned by the locals. Hijras have been mechanically portrayed as wily tricksters who led unsuspecting guys off beam or 1/2 of man, 1/2 of-female freaks show, nearly devilish of their customs and practices. In 2003, an HIV/AIDS and human rights studies middle in Lucknow turned into raided and the coordinator turned into jailed below IPC 377 for "conspiracy to sell gay activities".

The lives of transgender humans lie in uncertainty, liable to discrimination and harassment each day. A well-known transgender person 'Kalki' stated that, due to social conservatism and spiritual fundamentalism in rural regions of India, many transgender humans withinside the country has been migrating to locations like Chennai, Karnataka, Pune, and Delhi. Their scenario in Tamil Nadu is higher than somewhere else withinside the country.

According to a transgender who works withinside the Kochi Metro, loss of right support, terrible awareness of transgender troubles at floor level, and adverse situations winning withinside the society are nonetheless the demanding situations they face. Kerala commenced the primary college for transgender humans, the primary athletic meet for transgender humans, and even held the primary splendor festival for the transgender community. However, activists like Mini Mohan say that a lot of the projects appear brilliant on paper, however, the fact is different.

In, many of the Indian states Transgender humans nonetheless don't have a 3rd gender column for university admission paperwork or process paperwork. While a number of the transgender humans, who have been residing within the country by hiding their actual sexual identification, have been pressured to depart their homes, going through problems in locating change lodging within the Indian cities.

Transgender humans in India suffer from process discrimination and feature excessive prices of unemployment and poverty. Many transgender humans don't have any fitness insurance, which could make a scientific transition hard or impossible. Grant, Motter, & Tanis (2011) launched a complete look at discrimination with 6,450 transgender and gender non-conforming look at contributors for the National Center for Transgender Equality and National Gay and Lesbian Task Force. Discrimination turned into discovered to be pervasive in the course of the whole pattern. Respondents lived in severe poverty. An astonishing 41% of respondents mentioned trying suicide as compared to 1.6% of the overall population, with prices growing for folks that misplaced a process because of bias (55%), have been harassed /bullied in college (51%), had low family income, or have been the sufferers of bodily attack (61%) or sexual attack (64%). Ninety percent of transgender people have encountered a few shapes of harassment or mistreatment in the process. Respondents mentioned diverse varieties of direct housing discrimination. Almost 1/2 of the respondents (46%) mentioned being uncomfortable in search of police assistance. Nineteen percent of the pattern mentioned being refused hospital therapy because of their transgender or gender non-conforming status, with even better numbers amongst humans of sedation within the survey.

Baudh (2013) assessed the sodomy in India and referred to that as a community, Hijras have very particular and virtually heaps longer information that can't be so results easily clubbed with the exceptionally infantile LGBT identities in India. The study found that Hijras and Kothi men who take delight in sex artwork often solicit on the streets, primarily for sex in public toilets or public parks. They have a study moreover centered the attention of insurance makers and the tremendous public inside the context of same-sex sexualities and transgender identities; a broader premise now a no longer unusual place to the three arguments is sexual autonomy.

Deshmukh et.al, (2003) assessed the stigmatization of transgender humans that may be a barrier to getting proper access to health services in Mumbai, India, and referred to that transgender people have been the most stigmatized sub-business enterprise of men having sex with men (MSM) in India. They have a study found that about 58% of HIV exceptional rates among transgender clients end up experiencing for the cause that accessibility of health services is low as medical settings are discriminatory toward them. As a stop result dependency on quacks for treatment and self-medication is immoderate amongst them. Delayed treatment of STIs makes them susceptible to HIV infection. Despite being affected by STIs or HIV, transgender people do now no longer use condoms or save their sexwork, as it is their best delivery of income.

Method

Sample

The data for the present study is collected from various web sources like Google Scholar, Quora, Willey, Springer, etc. To incorporate case studies of the transgender of India Interviews on YouTube and other web sources were referred to.

Sampling

The researcher decided to analyze hundred articles on the topic 'Problems and crises faced by Transgender people'. Among hundred articles, 65 were International articles, and 35 were Indian articles. The researcher collected articles using the random sample method.

Research Questions

- 1) What are the main problems that are faced by transgender people?
- 2) What is the status of transgender people in India?

Data Analysis

Meta analytical review method was conducted for data analysis, case study method, and descriptive analysis was used to explain the life of transgender in India.

Results

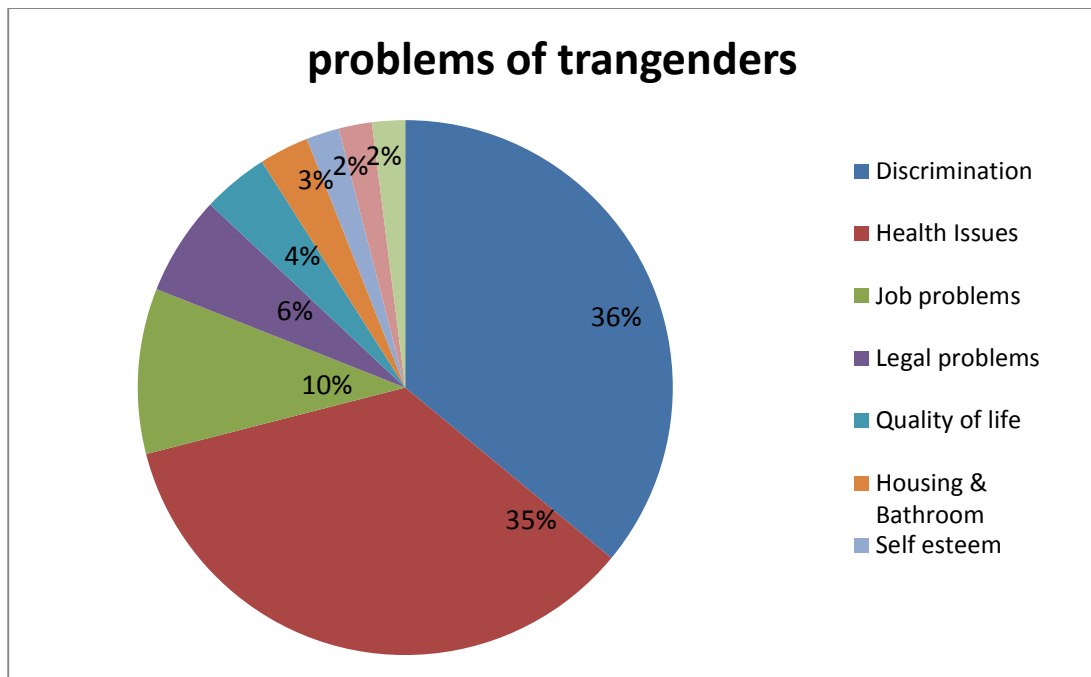
Table 1
Shows the articles and themes related to transgender problems

Sl. No	Title and authors	Findings	Theme
1	Ozamiz-Etxebarria, Picaza, Jiménez-Etxebarria, & Cornelius-White,. (2020). Measuring discrimination against transgender people at the University of the Basque Country and in a non-university sample in Spain	The researchers found that the uneducated population has a negative attitude toward transgender people and even educated people are unaware of the identity of transgender people.	Discrimination and negative attitude
2	Ganju, &Saggurti, (2017). Stigma, violence and HIV vulnerability among transgender persons in sex work in Maharashtra, India.	In-depth interviews were conducted on 68 transgender persons who are involved in sex work and it is found that they are facing stigma,	Violence, discrimination, and health issues

		violence, and HIV vulnerability. It also revealed the atrocities like violence from police, lack of social support, sexual non-conformity issues, etc.	
3	Bhattacharya, Ghosh, & Purkayastha, (2022). "Transgender Persons (Protection of Rights) Act of India: An Analysis of Substantive Access to Rights of a Transgender Community.	The study analyzed the legal accessibility of the transgender community, despite the implementation of law the transgender is either unaware or unable to access the facility. It emphasized the need for legal awareness programs for transgenders.	Legal issues
4	Davis, & Yeung. (2022). Transgender Equity in the Workplace: A Systematic Review.	The paper identifies the lack of gender equality policies in the workplace which is inclusive for transgender. It advocates the need for workplace policies to improve gender equity in the workplace	Workplace transgender equity, Employment issues
5	Seelman, (2014). Transgender individuals' access to college housing and bathrooms: Findings from the National Transgender Discrimination Survey.	This survey study reveals that transgender students, especially trans women faces problem with housing and bathroom facilities in colleges.	Housing and bathroom issues
6	Akhtar, & Bilour, (2020). State of mental health among transgender individuals in Pakistan: Psychological resilience and self-esteem.	The researchers intended to understand psychological resilience and self-esteem and they found that 74% have low self-esteem and 29% of the psychological resilience.	Self-esteem, psychological resilience
7	Pandya, & Redcay, (2021). Access to health services: Barriers faced by the	After reviewing 67 papers the	Health care facilities

	transgender population in India	researchers concluded that the transgender population is unable to access quality healthcare services. They face barriers in terms of discrimination, treatment procedures, and protocols.	
8	Hotchandani. (2017). problems of transgender in India: A study from social exclusion to social inclusion.	This paper discusses the issues of the transgender community related to social exclusion.	Rehabilitation

Figure 1: Shows the problems of transgender people



The figure shows that the most prominent subthemes that arose after reviewing 100 articles related to transgender issues. 36% of the articles addressed the issues of discrimination and 35% of the articles discussed Health issues (35%) Quality of life, Housing, and bathroom issues are stated as other important problems of transgender people by almost 7% of authors who studied transgender issues from 1995 to 2022. Lack of self-esteem, negative attitude toward the public, and rehabilitation issues are the other minor problem faced by the transgender community.

Findings

By analyzing the articles, published between the years 1995 to 2022, it's miles easy that transgender people experience an entire lot of problems and troubles at some point in their life. Discrimination is an important problem faced by transgender people (Clements& Nolle, 2008; Stotzer, 2009; Bazargan& Galvan, 2012; Graham, 2014). They are discriminated against in competition in education, employment, entertainment, justice, etc.

Major Subthemes

Discrimination

Out of one hundred articles, about 35 communicate the discrimination, violence, and harassment faced by transgender people. Violence in competition against transgender people starts offevolved early in their life, from their families themselves. The hazard maintains at some point in their life. Many studies located that the sexual violence and harassment price is immoderate among them. Many lose their pastime due to discrimination. Moreover, a whole lot of them faced harassment or maltreatment in their pastime. Transgender people are extra liable for attempting suicide. The problem maintains in all forms of cultures and societies.

Health Care Issues

The second important problem faced by transgender people is health-related troubles (Kenagy, 2002; Ryan, Huebner, Diaz& Sanchez, 2009). Of one hundred articles, almost 35 articles communicate health-related troubles. Most of the health-related studies on transgender people are oriented withinside the path of HIV/AIDS infection on account that it's miles one of the important social epidermises. Studies show that the vulnerability of transgender people in health areas becomes in particular due to a lack of a steady environment, badlygetting right of entry to physical health services, inadequate belongings to deal with their highbrow health concerns, and lack of continuity of caregiving thru their families and communities.

Employment Issues

Job-related discrimination is a different form of the problem faced by transgender people (Xavier, 2000). They almost lack economy, employment, livelihood opportunities, etc. Of one hundred articles, 12 are discussing pastime-related problems. Many of them haven't any proper delivery of income. If any, most of them are patients of violence or crime withinside the administrative center or lost a pastime due to discrimination. Their gender identity moreover affects Negative evaluation or blocking off marketing and marketing etc. Even in terms of education, transgender people are treated differently. They have fewer instructional opportunities which moreover contributes to unemployment.

Quality of life

The first-rate life of transgender people is each different take a look at the area. Among one hundred articles, 6 communicate the first-rate life of transgender people. Studies show statistically faded first-rate of life among male to woman transgender populations, especially in regards to highbrow health. (Newfield, Hart, Dibble & Kohler, 2006). Many transgender people are single and running a short pastime or no proper pastime and plenty haven't any scientific medical health insurance especially because of their gender identity. Studies show that the socioeconomic recognition of transgender in India become very bad and was constantly humiliated and ill-treated by society at massive (Lakshmanan & Victor, 2010). Transgender people seem to have low highbrow health-related first-rate of life. Smoking and alcohol abuse moreover decrease their health-related first-rate of life. Studies have located that the first-rate life of transgender people will grow after sex reassignment.

Housing and bathroom issues

Another now no longer unusual place problem faced by transgender people is housing and relaxation room troubles. Studies in this area, in particular, centered on the transgender adolescent population (Seelman, 2014). Transgender youth have an increased risk of living one after the other from their dad and mom or guardians. It will grow the opportunity of being homeless. In truth, LGBT youth left home extra frequently. Both transgender youngsters and adults can experience excessive trouble in obtaining correct sufficient and steady shelter. Many shelters are physically risky for transgender people, fail to provide correct sufficient protection for their privacy or do now not admire their autonomy to define their identity. Findings mean that, being transgender and having each different marginalized identity subjects to get right of entry to housing and bathrooms. Since most of the restrooms are reserved each for guys or females (based totally mostly on natural sex), it makes a predicament for transgender people who have a gender identity terrific from their natural sex. Trans girls are at extra risk than distinctive gender nonconforming people for lavatory get right of entry.

Attitude

Researchers gave emphasis on attitudes withinside the path of transgender people (Medley, 2005; Ryan, 2010), but a few studies deal with this topic. From the complete of one hundred, only 3 articles communicate the mindset withinside the path of transgender people. Studies located that the attitude of society was least powerful in the direction of transgender people. Even the attitudes of the very own family were now not so powerful. The majority of families also can moreover try to conceal the situation from their immediate environment.

Conclusion

After reading the information accumulated thru numerous resources, it's miles clean that Transgender humans enjoy numerous varieties of troubles and problems in their lifestyles. It is especially due to the fact their gender

identification isn't like their organic sex. The main hassle they're going through is discrimination. They face discrimination in nearly all regions consisting of the workplace, fitness care stream, schooling system, entertainment, etc. Their troubles are international in spite of culture.

Lack of social support, particularly from their family, made them outcasts from society. Most of them are pressured to depart domestic early in their lifestyles and consequently haven't the right schooling and income. Most of them earn a livelihood thru accomplishing begging or prostitution as they haven't any different way. As a result, it will increase their vulnerability to HIV/AIDS or different Sexually Transmitted Diseases (STDs). Most of them are victimized via way of means of violence and harassment in a single or different way.

The look found out that the primary main hassle amongst transgender humans is not anything but discrimination, and the second main hassle is determined to be fitness care problems. The different troubles encompass prison problems and human rights violations, pleasant lifestyles, housing and lavatory problems, the least superb mindset of heterosexuals toward transgender humans, etc. In India also, Transgender humans face a variety of problems and crises. India does now no longer has legal guidelines or regulations for the safety of transgender humans. Their lifestyles are greater tough in India as compared with a few different countries.

Limitation

- The data were collected only through secondary sources.
- The study was limited to 100 articles and a few interviews that are found on web sources.

Implication

- The findings of the study can be used as a referral point for future researchers and students in the field of gender studies.
- The findings of the study are a summary of the articles published about transgender people, so this study is a referral point for the policymakers and health care practitioners who works for transgender population.

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