

Psycho-Social Problems Faced by Transgenders in Pakistani Society: A Qualitative Study

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Abstract : In the social, behavioral, and medical sciences, and particularly in Pakistani popular culture and political discourse, transgender issues are a relatively recent subject of research. The present study aimed to explore the lived experiences related to psycho-social issues faced by transgenders in Pakistani society. In this qualitative study, phenomenology research design was used. The purposive and snowball sampling techniques were used for data collection and in-depth interviews were conducted with N= 8 transgenders belonging to Lahore city, Pakistan. All interviews were audio recorded and transcribed properly. Interpretative phenomenological analysis was used to generate results in terms of themes. The results of the current study revealed different major themes such as psychological, social, and financial problems. Several emergent and sub-themes were also generated such as insomnia, suicidal ideation, stress, physical abuse, social rejection, discrimination at work workplace, less job opportunities, and harassment. Current study indicate that transgender suffer from different problems and struggle hard for their daily living. It was concluded that there should be a step taken at government level for the betterment of this community. The findings of the present study can help out transgender communities and activist to uncover their problem and empowering transgender individuals through education, skill development, and opportunities for growth. Their abilities can be utilized by providing education, polishing their skills, and employment opportunities. The data provides the knowledge that there should be strategies at family, society and government level for the betterment of transgenders.

Keywords : psychological issues, social issues, financial issues, transgender, Pakistani society

Conference Title : ICGSDS 2024 : International Conference on Gender, Sexuality and Diversity Studies

Conference Location : New York, United States

Conference Dates : December 09-10, 2024