



## EXPLORING THE LINK BETWEEN LONELINESS AND SUICIDAL IDEATION IN TRANSGENDER INDIVIDUALS

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### ABSTRACT

**Aim:** - The study was aimed to examine the link between loneliness and suicidal ideation in transgender individuals.

**Material and method:** - The study's sample comprises of 30 transgender people, 15 of whom are transgender in their early or middle adult years. Ages 20 to 50 for transgender people are included.

The suicidal ideation scale developed by Drs. Devendra Singh Sisodia and Vibhuti Bhatnagar and the loneliness inventory scale by Uma, Meenakshmi R (2008) were used to collect the data.

**Results:** Finding indicated that the mean value in loneliness and suicidal ideation are more in early adult transgender. The standard deviation is high in loneliness and suicidal ideation among early adult transgender. Loneliness and suicidal ideation show positive correlation it means loneliness leads to suicidal ideation.

**Conclusion:** Loneliness is a significance predictor of suicidal ideation among transgender.

**Keywords-** Loneliness, Suicidal Ideation, Transgender, Early and Middle Adult.

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### INTRODUCTION

It is commonly believed that the loneliness experienced by transgender people can result in a variety of negative problems, including suicidal ideation. Transgender refers to a large category of people whose gender does not match the sex that was assigned to them at birth. Loneliness is one factor that has been directly linked to suicidal ideation. Lack of social support, whether in the form of having a supportive leadership network, is the main cause of loneliness. Evidence suggests that gender minorities and transgender people have a higher risk of developing suicidal thoughts. Suicide thoughts and loneliness were strongly positively correlated. Loneliness may be a major indicator of later suicidal ideation. Suicide is the tenth-leading cause of mortality, making it a public health issue. Suicidal behaviour has been associated with poorer mental health, a lower quality of life, and a decline in personal psychosocial welfare. The sharp rise in suicide ideation and action that occurs in early childhood and young adulthood is another characteristic that is regularly observed around the world. Transgender people have much more suicidal thoughts than people of other genders. Another risk factor for increasing suicide ideation is violence towards transgender people. In the transgender population, loneliness may be more prevalent and indicate later suicidal ideation. Being lonely is a debilitating condition with specific negative effects on

health, such as psychological distress (Gierveld, J., et al. (2009). a cognitive appraisal of the fit between the quantity and calibre of current relationships and relationship norms led to this subjective and unfavourable experience. The study (Yockey, et al (2020) examined the connection between transgender people's bad health and social exclusion, loneliness, and family rejection.to research the prevalence of depression and suicidal thoughts among transgender people (Perone,et al (2019). The background suicide rate and suicidal tendencies are much greater among transgender people compared to the general population (Slatch ,et al (2018). Many transgender people experience social exclusion, loneliness, and suicidal ideation throughout their life, as is well known (Meenakshmi (2008). Despite being a very resilient population capable of surviving difficult situations, transgender and gender non-conforming (TGNC) youth continue to face social stigma that is harmful to their health and increases the likelihood that they won't accept their own TGNC identity (HUGHES, et al (2015).

## MATERIALS AND METHOD

In the present study sample were selected 30 transgenders in which 15 were early adult transgender and 15 were middle adult transgender with age group 20-50 and with the minimum education upto 3<sup>rd</sup> class.75.5% belongs to rural area and 25.5% belongs to urban area, the participant where selected from the Thrissur district and Kozhikode district. Transgender living in Thrissur and Kozhikode district are included. Transgender belonging to age 20-50 years were included. Transgender who tend to cooperate with the study are included. Participant of age less than 20 years and greater than 50 years were excluded. Participant who hadn't done the sex change surgery are excluded. Participant who are mentally retard are excluded. There is insignificant difference between mean age ( $28 \pm 3.3$  and  $28 \pm 7.6$ ).

## TOOLS

A great variety of research tools are of many kinds and employs distinctive way of describing and qualifying the data. Different tools are need for the collection of various kind of information for various process under studies.

## LONELINESS INVENTORY

The loneliness inventory by Uma,Meenakshmi R (2008).Loneliness refers to the emotional state of a person experiencing an intense feeling of emptiness and isolation. The reliability of the test is 0.72. And the validity is 0.85. Twenty-two statements that describe the experience of loneliness in daily life were created with five alternative responses, including never, truly, occasionally, many times, and always.The inventory consisted of 22 items, of which 13 were positive and the rest were negative (Meenakshmi (2008).

## SUICIDAL IDEATION

Drs. Vibhuti Bhatnagar and Devendra Singh Sisolia created a scale measuring suicidal ideation. Suicidal behaviour refers to the act of intentionally taking one's own life. It is a truly universal and frequently happening social incident. The test-retest reliability is 0.78, while the scale's consistency value is 0.81. In addition, the validity is 0.74. There are 25 statements on the scale.Positive statements receive 5 points for strongly agreeing, 4 points for agreeing, 3 points for being undecided, 2 points for disagreeing, and 1 point for strongly disagreeing. Negative statement is given 5 points for strongly disagreeing, 4 points for

disagreeing, 3 points for undecided, 2 points for agreeing, and 1 point for highly agreeing responses(Isodia Devendra Singh B N Girls College, M L S University, Udaipur (April 2015).

## PROCEDURE

The participants for the present research process are selected using the convenient sampling method. The age range of 20 to 50 years is administered separately using the Lonliness inventory by Uma Meenkshmi R, the Suicidal ideation by Dr. Devandra Singh Sisodia, and the Suicidal ideation by Dr. Bhatnagar. The study's sample consists of 30 transgender people, 15 of whom are transgender early in adulthood and 15 of whom are transgender midway through adulthood. The participant where selected from the Thrissur district and Kozhikode district. The instruction is properly read out. The queries of the participant are asked to respond to all the items on the scale without skipping any. The confidentiality of participant response is assured to them. The data was analysed using mean.SD, and t test and correlation.

## RESULT AND DISCUSSION

**Table 1 shows the study to find out loneliness among early and middle adult transgender**

Variable	age				T value
LONELINESS	Early adult	S. D	Middle adult	S. D	0.68
	53.8000	9.48449	52.3500	8.77361	

Table 1 shows the study to find out loneliness among early and middle adult transgender. There was significance in the mean score. We reject the null hypothesis since the calculated value is higher than the table value. The studies show the early adult is having more loneliness than the middle adult. The current study showed that compared to other age groups, transgender youth report feeling more lonely. While it is obvious that exclusion from society and family rejection are the primary causes of transgender loneliness ((Yadegarfar,et al (2014).The early often have experience and needs that create additional consideration regarding loneliness which may make them more vulnerable to loneliness as they age (Gierveld, J., et al. (2009).

**Table 2 shows the study to find out suicidal ideation among early and middle adult transgender.**

Variable	Age				T value
SUICIDAL IDEATION	Early adult	S. D	Middle adult	S. D	0.23
	72.7000	18.7	62.5	22.7	

Table 2 shows the investigation into transgender early- and middle-adult suicide thoughts. The mean score held relevance. We reject the null hypothesis since the calculated value is higher than the table value. Early adults who had suffered violence or discrimination were more likely to report having suicide thoughts. One issue that the young people encounter is family rejection Almost five out of ten transgender people said they had considered suicide in the previous year (Yadegarfar,et al (2014) .Although early adult transgenders should be monitored for signs of suicidal ideation, low quality of life, and impairment with personal psychosocial wellness are all warranted. it was recommended that early adult transgender individuals should be assessed for these problems (Slatch, et al (2018).

**Table 3 shows the study to find out correlation between loneliness and suicidal ideation among transgender**

variable	Suicidal ideation
loneliness	0.53

Table 3 demonstrates the research into the relationship between transgender people's feelings of loneliness and suicidal thoughts. According to the study, loneliness and other factors are positively correlated. There was a significant disparity between them as a result. The correlation between the loneliness and suicidal ideation is 0.532 and it lie between the -1 to +1. We reject the null hypothesis since the calculated value is higher than the table value. According to the study, there is a direct link between loneliness and suicidal ideation. Loneliness can be so bad that it causes suicide Loneliness seems to have more of an impact on suicide behaviour than suicidal ideation. Two times as likely to have suicide thoughts were transgender people who reported feeling lonely a lot ((Heinz ,2018). Age may influence loneliness predicting suicidal ideation or behavior (Yadegarfar,et al (2014) . In fact, there was considerable proof that loneliness and social isolation are only tangentially associated (Coyle, et al (2012).

## CONCLUSION

Among the transgender population, loneliness and suicide thoughts are serious problems. Studies have revealed that because of societal stigma, discrimination, and a lack of acceptance from family, friends, and society, transgender people suffer from significant levels of loneliness. Suicidal thoughts and attempts are more likely to occur as a result of loneliness (Turban, et al 2020). Overall, it's critical to understand the connection between transgender people's feelings of loneliness and suicide thoughts in order to meet their particular mental health requirements and advance their general wellbeing (Testa, et, al (2017). The participant of the study is 30 transgenders belong age group 20-50 convenient sampling technique was used to recruit the participants were given loneliness inventory and suicidal ideation scale. The obtained data has been analyses using satisfied package for social science (SPSS). From the obtained result we can conclude that loneliness and suicidal ideation is more in early adult transgender compart to middle adult transgender. Overall, in order to satisfy their unique mental health needs and enhance their overall wellbeing, it is crucial to comprehend the link between transgender people's experiences of loneliness and suicidal ideation (Testa, et, al (2017). Loneliness is a significance predictor of suicidal ideation among transgender individuals (Heinz ,2018)

## IMPLICATIONS

Further advanced to the research can be implemented by taking into consideration the limitation of the study. The present study can be used by counselor and therapist in order to have an insight into transgender who come up problem with loneliness and suicidal ideation. The findings of the current study serve as a springboard for further investigation into the extent to which transgender people's feelings of loneliness can fuel suicide ideation.

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