

A Study to Assess the Effectiveness of Group Counselling to Reduce the Level of Stress Related to Psychosocial Issues and to Promote Coping Strategies among the Transgender, Northeastern India

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Abstract: Background: The third gender known better as transgender have existed in every culture, race, class and religion since the inception of human life has been recorded and analyzed. Aim: The study was aim to evaluate the effectiveness of group counselling to reduce the level of stress related to psychosocial issues and to promote the coping strategies related to psychosocial issues among transgender in Northeastern India. Materials and Methods: Pre - experimental one group pre - test and post - test research design were adopted and non - probability Purposive sampling technique was used to choose 30 transgenders residing in social awareness service organization, Imphal West, Manipur. Modified stress scale and modified coping strategies were used to collect the data. Result: Majority of Transgender i. e.17 (57%) had High Stress and 13 (43%) had Moderate Stress in pre - test score whereas in post - test majority of Transgender 23 (77%) had Low Stress and 7 (23%) had moderate stress. Majority of Transgender i. e.17 (57%) had Poor Coping Strategies and 13 (43%) had Good Coping Strategies whereas in posttest majority of Transgender 25 (83%) had Very Good Coping Strategies, 5 (17%) had Good Coping Strategies. The promotion of coping mechanisms in relation to the psychosocial problems faced by transgender people was found to be enhanced by group counselling. Education status and mean stress score were significantly associated. Conclusion: The findings of the study showed that Group Counselling was effective for reducing the level of stress and promoting of coping strategies related to psychosocial issues among transgender.

Keywords: Transgender, Stress, Psychosocial Issues, Coping Strategies, Stress reduction, Group Counselling.

1. Introduction

“Transgender” is the state in which an individual’s “asserted gender,” or self - identification as male, female, both, or neither, does not match their “assigned gender” (identification by others as male or female based on natal sex). Similar to their sexual minority peers, transgender adolescents in the United States face stigmatization, and many also experience physical abuse, incarceration, and economic and societal marginalization that may place them at higher risk for depression and suicide. Although less robust than the literature exploring the mental health of sexual minority youth, research has demonstrated high rates¹

Sahil Talla conducted a study on “Recognition and Protection of the LGBT Community within the Ambit of Indian Legal System” highlighted the major issues for LGBT rights on a global scale i. e eradicating persecution based on sexual orientation; protection in the law from hate crimes and hate propaganda; equal rights and privileges (marriage, common law partnerships, medical - decision making, wills and estates, parenting and adoption) and to work and educate others on homophobia and heterosexism.²

The U. S. Transgender Survey found that transgender people are twice as likely to be living in poverty compared to the general population and three times more likely to be unemployed. Respondents reported higher than average rates of harassment, violence and psychological distress. One - third reported issues in seeking healthcare, while 30% said

they had at some time been homeless. And 40% said they had attempted to commit suicide at some point in their lifetime, compared to 4.6% of the general population.³

According to **Aishwarya Venkat** the ratio of third gender population to total population is higher in Andhra Pradesh, Orissa, Madhya Pradesh, Jharkhand, Uttar Pradesh, Uttarakhand and Manipur.⁴

Objectives

- To assess the level of stress related to psychosocial issues among transgender.
- To assess the level of coping strategies related to psychosocial issues among transgender.
- To evaluate the effectiveness of group counselling to reduce the level of stress related to psychosocial issues.
- To evaluate the effectiveness of group counselling to promote coping strategies related to psychosocial issues.
- To determine the association between post test level of stress related to psychosocial issues with selected demographic variables
- To determine the association between post test score of coping strategies related to psychosocial issues with selected demographic variables

2. Materials and Methods

Pre - experimental one group pre - test and post - test design and Non - probability Purposive sampling technique was adopted.

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Inclusive criteria:

- Transgender who were residing in Manipur
- Transgender who were willing to participate in the study

Exclusive Criteria:

Transgender who were not available at the time of data collection.

Data collection procedure:

Non - probability purposive sampling technique was adopted to select the samples and 30 transgenders were selected and form 6 group each group consist of 5 members. Data was collected by using modified stress scale and modified coping strategies scale. To ensure the reliability of the tool, Spearman Brown formula was used.

The research design selected for this study was **Pre Experimental "One Group Pretest & Post - Test Design"** which was best suited to assess the Effectiveness of Group Counselling to reduce the Level of Stress related to Psychological issue and to promote Coping Strategies related to psychological issue among Transgender. On 1st day Pre - assessment and pre - test on level of stress related to psychosocial issues and coping strategies related to psychosocial issues was assessed by using modified stress scale which comprised of 12 question and modified coping strategies scale which comprised of 12 question respectively. On 2nd, 3rd, 4th day group counselling was administered on stress management and coping strategies for 1 hours in each group. On the 8th day post - test was administered in order to evaluate the effectiveness of group counselling on stress management and coping strategies for each group at different setting.

O1XO2

O: Observation

X: Intervention

O1 – Assessment of Level of Stress and Coping Strategies before the administration of Group Counselling on Stress Management and Coping Strategies

X – Intervention (Administration of Group Counselling on Stress Management and Coping Strategies among Transgender residing in Manipur.)

O2 – Assessment of Level of Stress and Coping Strategies after the administration of Group Counselling on Stress Management and Coping Strategies.

Independent: Group Counselling

Dependent: Level of stress related to psychosocial issues and Coping Strategies related to psychosocial issues of transgender.

Description of tool**Section A: Demographic variables (10 items)**

It consists of 10 items of demographic data of the Transgender for obtaining personal information with regard to age (in years), religion, type of family, educational status, area of living, family income, consumption of substance abuse, psychosocial issues face, counselling undergone before, present illness.

Section B: Modified Stress Scale

This section is comprised of 12 questions to assess level of stress related to psychosocial issues. It has five alternative responses namely, Never, Almost Never, Sometimes, Fairly Often, Very Often. Total score was 60. Scores were classified as Mild Stress (0 - 20), Moderate Stress (21 - 40) and High Stress (41 - 60).

Section C: Modified Coping Scale

This section is comprised of 12 question related to coping strategies related to psychosocial issues. It has five alternative responses namely; Mostly true about me, Somewhat true about me, A little true about me, Not true about me. Total score was 48. Scores were classified as Poor (0 - 16), Good (17 - 32) and Very good (33 - 48).

Section D: Group Counselling

The researcher designed and developed a comprehensive group counselling for transgender on stress management and coping strategies after reviewing research and non - literature, discussion with experts and personal experience. A criteria list was prepared on the basis of reviewing the existing literature.

The areas covered in content were the definition of stress, general adaption syndrome, problem and emotion focused on coping strategies, different techniques of time management, types of relaxation, importance of positive thinking, problem solving and decision making, methods of ventilation.

Received trained certificate for Counselling from Growing Stars Development centre under Dr. Deepa Gautam.

3. Finding

Majority of Transgender i. e. 17 (57%) had High Stress and 13 (43%) had Moderate Stress in pre - test score whereas in post - test majority of Transgender 23 (77%) had Low Stress and 7 (23%) had moderate stress. Majority of Transgender i. e. 17 (57%) had Poor Coping Strategies and 13 (43%) had Good Coping Strategies whereas in post - test majority of Transgender 25 (83%) had Very Good Coping Strategies and 5 (17%) had Good Coping Strategies.

Mean of stress score of pre - test related to psychosocial issues among transgender is **38.27** which is higher than the mean of stress score of post - test related to psychosocial issues among transgender i. e. **19.77**, with the mean difference of **18.5**. The obtained mean difference was found to be statistically significant as evident from the "t" value of **27.85** for df (29) at 0.05 level of significant which is greater than the table value (2.05)

Mean Post - test score related psychosocial issues among transgender (**35.33**) which is higher than the mean of coping strategies score of pre - test related to psychosocial issues among transgender i. e. **16.77** with the mean difference of **18.56**. The obtained mean difference was found to be statistically significant. as evident from the "t" value of **33.15** for df (29) at 0.05 level of significant which is greater than the table value (2.05).

Findings showed there is partially significant associated between the post test score of stress related to psychosocial issues among transgender with educational status.

Findings showed there is no significant between post test score of coping strategies related to psychosocial issues with selected demographic variables.

Group Counselling related to Coping Strategies was to be an effective strategy in enhancing to promote coping strategies related to psychosocial issues of transgender.

1) Level of stress related to psychosocial issues among transgender before and after administration of group counselling

Figure 1 shows that revealed that in pre - test majority of Transgender i. e 17 (57%) had High Stress and 13 (43%) had Moderate Stress whereas in post - test majority of Transgender 23 (77%) had Low Stress and 7 (23%) had moderate stress.

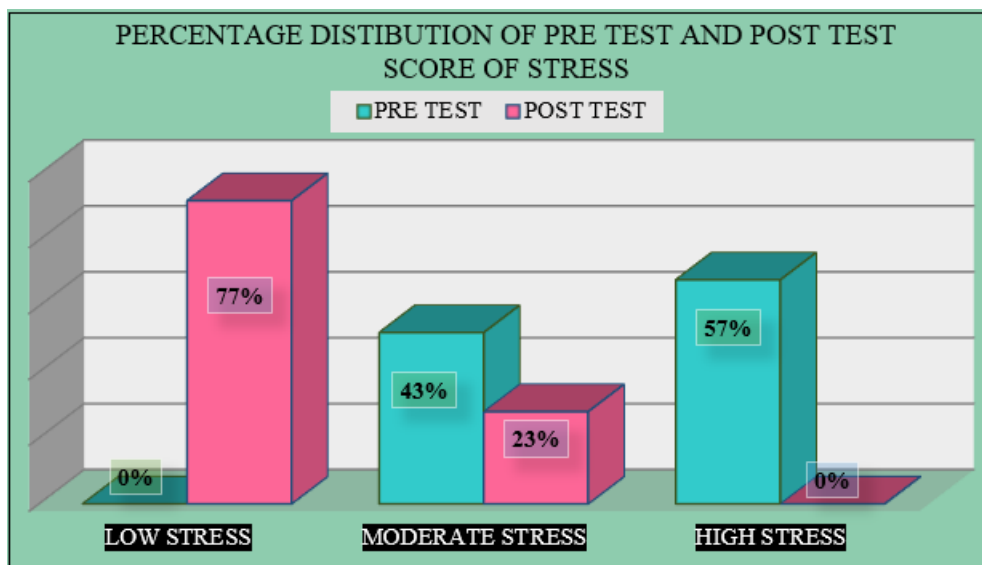


Figure 1: Bar diagram showing the percentage distribution of pre - test and post - test of stress level related to psychosocial issues among transgender.

Table 1: Mean, Median, Mean difference, Standard deviation of pre - test and post - test score and ‘t’ value of stress estimation related to psychosocial issues among transgender, N=30

	Mean	Median	Mean Difference	SD	“t” Value
Pre- Test	38.27	41	18.5	6.71	27.85*
Post - Test	19.77	18.5		4.17	

*df (29) =2.05 at level of significance

2) Coping strategies scores related to psychosocial issues among transgender before and after administration of group counselling:

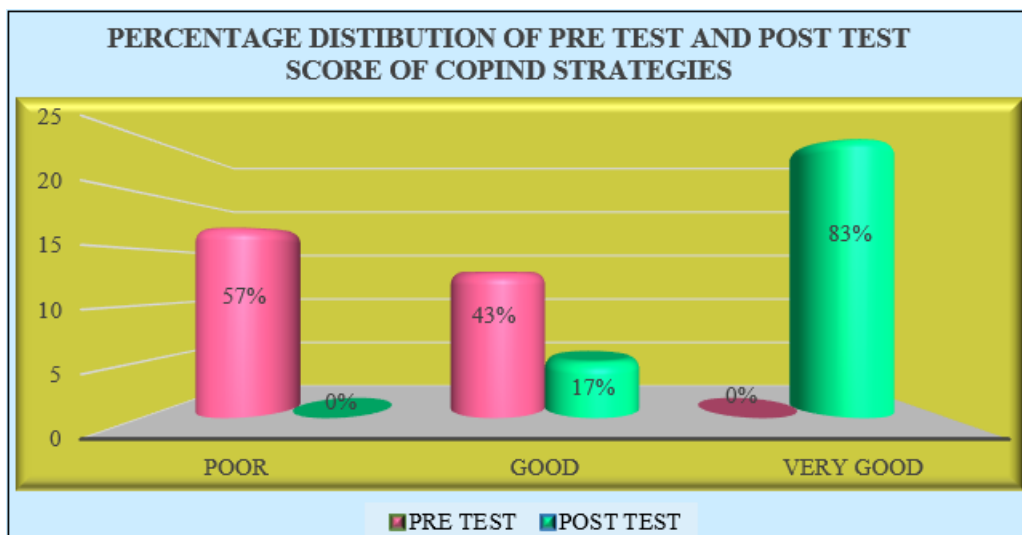


Figure 2: Bar diagram showing the percentage distribution of pre - test and post - test of coping strategies related to psychosocial issues among transgender

Table 2: Mean, Median, mean difference, Standard deviation of pre - test and post - test score and 't' value of coping strategies score estimation related to psychosocial issues among transgender, N=30

	Mean	Median	Mean Difference	SD	"t" Value
Pre- Test	16.77	16	18.56	2.78	33.15*
Post - Test	35.33	36		5.26	

*df (29) =2.26 at level of significance

1) Association between demographic variables and level of stress score due to psychosocial issues of the transgender.

The fisher exact test value obtained to find out association between post - test level of stress related to psychosocial issues among transgender receiving Group Counselling with demographic variables. On computation it was found that there is partially accepted of a significant between post test score of stress related to psychosocial issues among transgender with educational status. The calculated 'P' value is lower than 0.05 level of significance. There is no association between other demographic variables. Hence null hypothesis H_{03} is rejected and research hypothesis H_3 is partially accepted

2) Association between demographic variables and coping strategies score related to psychosocial issues of the transgender.

The fisher exact test value obtained to find out association between post test score of coping strategies related to psychosocial issues among transgender receiving Group Counselling with demographic variables. On computation it was found that there no significant between post test score of coping strategies related to psychosocial issues with selected demographic variables. The calculated 'P' value is higher than 0.05 level of significance. Hence null hypothesis H_{04} is accepted and research hypothesis H_4 is rejected.

4. Discussion

The study aimed to assess the levels of stress and coping strategies related to psychosocial issues among transgender residing at Social Awareness Service Organisation (SASO), Manipur. The present study shows that the transgender has stress and coping strategies related to psychosocial issues at different levels before administration of group counselling i. e. out of 30 samples 17 (57%) had high stress, 13 (43%) had moderate stress and 17 (57%) had poor coping strategies, 13 (43%) had good coping strategies. The present study shows that the transgender has stress and coping strategies related to psychosocial issues at different levels after administration of group counselling i. e. out of 30 samples 23 (77%) had mild stress, 7 (23%) had moderate stress, 25 (83%) had very good coping strategies and 5 (17%) had good coping strategies and they need life style modification that can be in the form of Group Counselling.

The study findings were consistent with:

Scandurra Cristiano, Lisa Amodio Anna, Valerio Paolo et al. (2017) conducted a study to find out two main aims. The first aim was to explore the types of stigma and the levels of mental health problems experienced by a sample of Italian transgender people. The second aim was to test elements of the minority stress model in the Italian context. Participants were 75 transgender women and 74 transgender men.

Everyday Discrimination Scale, Perceived Stigma Scale, Transgender Identity Scale, Centre for Epidemiologic Studies Depression Scale, Beck Anxiety Inventory, Resilience Scale, Multidimensional Scale of Perceived Social Support were used to assess the outcomes. The results suggest that exposure to everyday discrimination and internalized transphobia are associated with increased mental health problems, while perceived social support from family and resilience significantly reduced the strength of association between everyday discrimination and mental health. Findings have important implications for both social issues and policies.

5. Conclusion

The present study was conducted to evaluate the Effectiveness of Group Counselling to reduce the Level of Stress related to Psychosocial Issues and to promote Coping Strategies related to Psychosocial issues among Transgender in North - eastern India. The finding of the study revealed that level of Stress related to psychosocial issues was statistically significant as evident from the "t" value of **27.85** for df (29) at 0.05 level of significant which is greater than the table value (2.05). whereas the Coping Strategies related to psychosocial issues was statistically significant. as evident from the "t" value of **33.15** for df (29) at 0.05 level of significant which is greater than the table value (2.05)

On the basis of finding, the researcher concluded that group counselling is effective to reduced the level of stress related to psychosocial issues and to promote coping strategies related to psychosocial issues.

Ethical Clearance: Ethical clearance was obtained from Nightingale Institute of Nursing, Noida, UP, India vide letter No.128/NIN/PRI/2019 dated 18.12.2019. Informed consent was taken from each participant voluntarily before enrolment. The participants were also ensured anonymity and confidentiality of their data.

Data availability statement: The authors of this article have committed to providing the data that underpin their findings without any unwarranted restrictions.

Authors' contributions: It was authors 1 who came up with the study's concept. Two writers, namely authors 1, and 2, created the study design. Authors 1 was responsible for gathering and analysing the data. All the author prepared the manuscript, edited it, and reviewed it and approved it.

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Conflicts of interest: There are no conflicts of interest.

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