

The causes of transgender people's psychological problems in society

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The existence of transgender people in society is undeniable. However, due to discrimination, lack of support, and unfair treatment towards them in the social environment. These lead to low levels of self-esteem, anxiety, and even suicidal tendencies. The root of these psychological problems comes from the violence, marginalization, discrimination and other incorrect ways of people against transgender people in society. This article will discuss and analyze transgender people and their psychological problems from the perspective of social environment.

In many film and television works, there are also many fragments showing the psychological anxiety and some psychological problems of transgender people from the social and personal perspectives. In the film *Danish Girl*, there was only the concept of homosexuality and heterosexuality at that time, and there was no concept of transgender. This has led many doctors to report the diagnosis of the protagonist Lili as a mental illness. This is a psychological blow for transgender people. They know that their mental health is not a problem, it is a mismatch between gender cognition and physiological gender. But no one can understand them and help alleviate their anxiety about gender cognition. Similarly, many people believe that the idea that Einar, a doctor, helps transgender people to perform sex reassignment surgery is absurd. At that time, the medical community believed that the idea of changing people's gender through surgery was insane. At that time, when transgender people's cognitive gender and physiological gender did not match, there was no channel to help them change their physiological gender or give them support and understanding. Lack of support is also painful for transgender people. Their anxiety also comes more from the fact that their families find it difficult to understand and accept. Just like in a movie, at the beginning of the story, the female protagonist Gerda cannot accept the appearance of the protagonist Lili. In addition, when transgender people choose to live in a cognitive gender or a physiological gender, they become equally anxious and confused about their future life and social relations.

The film reflects many reasons that cause anxiety and negative emotions of transgender people in real life. From the perspective of social environment, first of all, transgender people will be discriminated against. Serious discrimination will lead to physical violence, psychological violence and sexual violence against transgender people. These discriminatory and violent behaviors can lead to self doubt, anxiety, self denial, and suicidal tendencies. For example, in research, we can learn that bullying and discrimination against children and adolescents can bring them more severe physical and mental pain and long-term negative psychological effects. This also makes transgender people a high-risk group. Because transgender people are in the stage of physical, psychological and personality development in their adolescence, they will be highly vulnerable and have psychological problems of varying degrees if

they are subjected to violence and exclusion in the educational environment. All this leads to the psychological problems of transgender people because people think that they do not meet the gender norms in social expectations, and the extreme way people express their rejection is all kinds of violence. In the long-term negative emotions and social exclusion, transgender people will have negative psychological problems such as inferiority, anxiety, hatred, and suicidal tendencies.

In addition to discrimination and violence, the absence of support for transgender people in society will also cause them anxiety, inferiority and other psychological problems. Second, transgender people are marginalized people who are lonely and lack of support. The most serious lack of support from society, peers, and friends is the lack of support from family. For example, according to the survey data on social exclusion due to gender identity, 76.3% of the 80 transgender respondents were excluded due to gender identity, and 64.5% of the exclusion came from families. They themselves have anxiety about their own gender and can not be recognized by others, while these transgender people who are excluded from their families have different degrees of anxiety, suicidal tendencies and social marginalization. On the contrary, according to the report, there is an inevitable connection between social support and health. People with high levels of social support have better psychological and physical states than those with low levels of social support. Meanwhile, parental support is an important source of support for young people. High parental support and good communication are protective factors for transgender people to reduce depression, anxiety and suicidal ideation. They receive support from their families, which will help them return to normal life and social relationships. And families learn to accept the inconsistency between transgender people's gender cognition and physiological gender, which is a key step to develop support power. Acceptance and support from family members are also key factors for transgender people to ease anxiety, reduce psychological pressure and fight against social marginalization.

Similarly, because of some stereotype, prejudice, discrimination and marginalization factors in the society, transgender people who are difficult to get support are unfairly treated. Last but not least, transgender people will be treated unfairly, making their lives not like normal people. Due to the differences in social structure and socio-cultural factors in each country, the tolerance and public opinion trends of each society are different. For example, according to some reports, transgender people in Latin America and Mexico will have some employment problems because of social exclusion, and they can only be forced into prostitution. Because most people in the society are cisgenders, and in countries where the patriarchal society is more obvious, transgender people will be regarded as heterogeneous or people with mental problems. Other people who are compliant with gender will not treat transgender people in the same way as those who are compliant with gender. Another example is that transgender people are more likely to suffer from mental illness than transgender people, but discrimination and marginalization from transgender people lead to the lack of effective mental health services for

transgender people. And they have a long waiting time for urgently needed medical services, which can exacerbate their psychological problems due to delayed medical services. As transgender people are marginalized by society, their targeted help and understanding are ignored and lacking. When the psychological problems and basic rights of transgender people are not valued, their feelings against themselves will be further deepened, leading to psychological problems of anxiety, inferiority and suicidal tendencies.

Transgender people are facing high risk, marginalization, discrimination, insufficient support and differential treatment in society, so people need to have measures and methods to help this kind of people return to normal life. Firstly, establish targeted psychiatric and psychological treatment clinics and targeted medical services to popularize medical knowledge. Transgender people are a group of people, and they have the right to enjoy social security, including medical security. The basic psychological and spiritual guarantee can help transgender people to have certain social support. In addition to medical support, the second point is to popularize the knowledge of gender identity, critical thinking and the correct handling and treatment of non recognition in education. People's discriminatory and biased thinking comes more from unknown and popular stereotypes. And critical thinking and popularization of knowledge will help people understand each group and treat others with correct thoughts and eyes. At the same time, critical thinking and correct handling of the idea of not recognizing others can help people avoid becoming unconscious perpetrators. Among the above three reasons, the root cause of the psychological problems of transgender people is the disapproval and rejection of transgender people. Establishing a correct perspective on one's own thoughts and behaviors towards others that do not agree with is something people need to learn. Through the popularization of these knowledge and the application of thinking methods, people can approach others from a more macro perspective and reduce harm to others. Thirdly, from the perspective of the family and individuals, family members can pay more attention to the psychological growth and stress status of children. Parents should give their children more recognition and support without harming them. It is important that transgender people can actively communicate with their families and get their support. Transgender people may hold activities or public welfare organizations in the community or society. These activities can generate support among transgender people, and these activities can help not only themselves but also other groups. The support from family members and multiple groups can help transgender people to enter the public's view and return to normal social relations.

In general, there are three main reasons for the psychological problems of transgender people. The first is social discrimination and violence, the second is the lack of social support for them, and the third is the marginalization and unfair treatment of them. In this regard, people can start with medical care, education and social relations to help transgender people return to normal life. This assistance also enhances people's own tolerance and maintains the right of everyone to equality.

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