

A Study on Self Awareness Level of the Third Gender Residents of Coimbatore District, Tamilnadu

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Abstract:- Third gender, or third sex, is a concept in which individuals are categorized, either by themselves or by society, as neither man nor woman. It is also a social category present in societies that recognize three or more genders

Tamil Nadu is one of the states which has advanced a lot in the way the people think and act on social issues. Tamilnadu was the first state of India to introduce a transgender welfare policy, wherein transgender individuals can access free sex reassignment surgery in government hospitals and various other benefits and rights. The current study focuses on the mental state (self-awareness level) of the transgender which in turn is likely to affect their physical health adversely. With their limited acceptability and discrimination prevalent in the society, their, access to healthcare is also minimal though the state had provided a lot of benefits for them in this regard.

Keywords:- Transgender, Third Gender, Mental Health, Healthcare.

I. INTRODUCTION

Self-awareness, self-knowledge, introspection – however you want to call it, is a crucial aspect of each of us and our lives. It's about finding out who we are and becoming truly self-aware as individuals. It's about understanding our needs, failings, desires, our habits, and all the other things that make us who we are, that make us unique in this endless universe.

It can enable us to be better, improve ourselves, build specific aspects of ourselves, but most importantly – it can help us improve our overall well-being. That will, in turn, lead us towards a happier and fulfilled life. A lot of research has shown us that self-awareness is in direct correlation to both success and emotional intelligence. That means, by being genuinely self-aware, you can create achievable goals that go in line with what you can do, and then eventually achieving those goals. It essentially allows us to make positive behavioural changes. These can move us to higher personal success.

Self-awareness is an essential quality in mental health professionals. It helps them better deal with people who are different from them and who come from a wide variety of

cultures, religions, languages, values, and more. When a therapist knows themselves well, they can understand other individuals much better than others, can not only because of the knowledge and skills they possess. Additionally, without proper self-knowledge, a therapist is likely to project their problems onto others and thus give wrong counsel to their patients.

People of the Third Gender are oppressed in the Indian society in a lot of ways. They are not accepted by the society, not even by their own family. Transgender people face multiple forms of oppression. They find their mention in the Great Epics of the country over 4000 years ago and were one of the very respected genders. But, today, they do not have even a safe place to live. They are discriminated on the socio-cultural grounds and socially excluded. This hurts any individual and makes him/ her emotionally bad. The current study focusses on their self-awareness (includes the ability to recognise and understand one's own moods, emotions, and drives and accepting oneself with strengths and weaknesses) level which important for one to control one's emotions, in order to co-exist in the society. This also influences one's social skills.

II. REVIEW OF LITERATURE

Self-awareness: The ability to read and understand one's emotions, strengths, weakness, drives, values and goals, and recognise their impact on others. By implication such understanding or awareness of self is used to guide decisions made using gut feeling. Singh (2010) asserts that Self-awareness is being conscious of and being able to connect with our personal feelings, thoughts and actions. This helps a person get a clearer perception of what he wants to achieve in life and therefore be able to work on his level of competencies.

Mondal's word strongly express the frustration and all-over India it has stirred slight anguishes among the nonheterosexual community. According to Sabu who refers little strong about other transgender achievers like K Prithika Yashini who felt as a woman's soul trapped in man's body so she underwent Sex Reassignment Surgery for becoming the third gender and took legal struggle for becoming a subinspector of police eventually succeeded in the deserved position at Dharmapuri police station, Tamilnadu who come as a first trans-sub-inspector in India. In Kerala's, Kochi Metro Rail Ltd. deployed twenty-three

transgender people for the welfare of the marginalized and neglected community moreover planning to give employment to another 60 more in fore coming days. On Nov 13, 2017, Ganga Kumari appointed as a transgender constable through Jodhpur High Court's justice though she qualified in 2013.

III. RESEARCH METHODOLOGY

The researchers have elicited information from 53 transgender resident residing in various parts of Coimbatore district, Tamilnadu by personally interviewing them and recording their responses, while personally making a note of their behaviour and emotions expressed.

Period of the study being September 2020 to November 2020. Questions asked pertained to their age, socio economic status, mental health, physical health and also their access to healthcare facilities. Purposive sampling technique was adopted for the study. Secondary data was collected by referring to periodicals, journals, M.Phil and PhD Theses;

➤ *Significance of the study*

The third gender people are not accepted and they are discriminated by the Indian Society, which is still old and traditional in its thoughts, though young and advanced in its appearance. Their access to healthcare facilities is minimum. So, poor mental health conditions tends to affect them physically and their reluctance to visit the healthcare centres, worsens the same. Current study throws light on the above facts and the fact that their physical and mental health condition can be improved with a change in their perception.

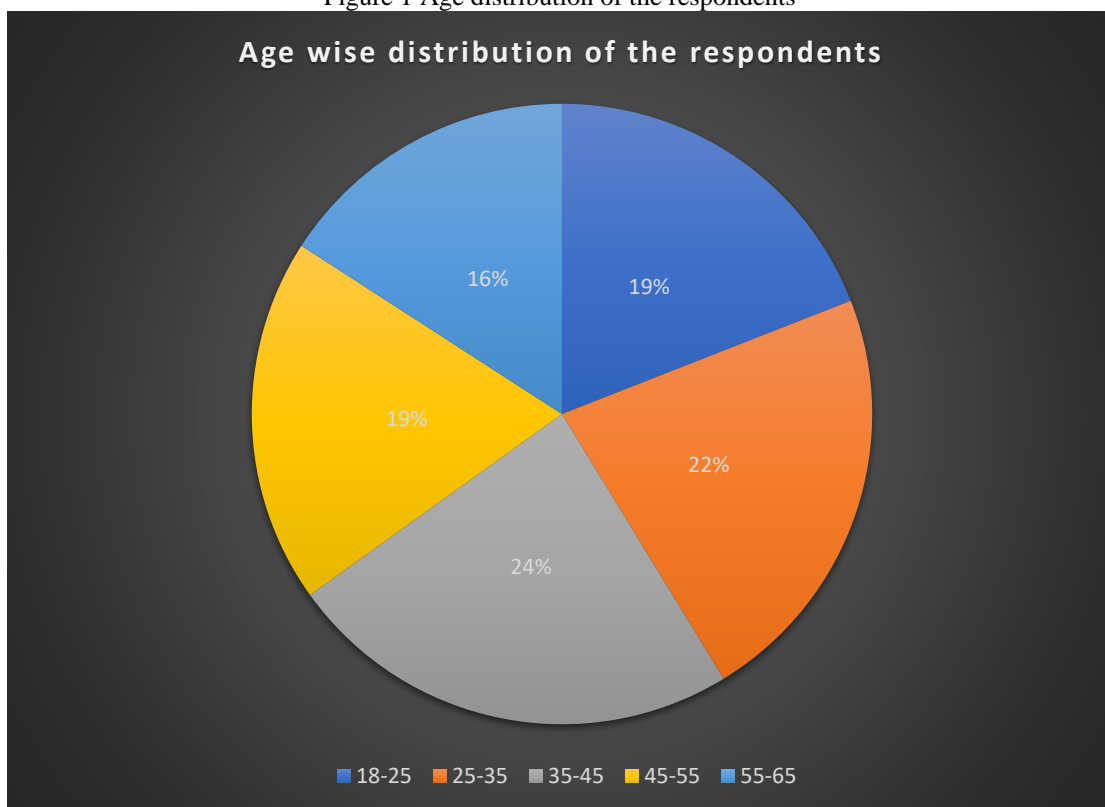
➤ *Objectives of the study*

1. To measure the level of self-awareness of the third gender individuals residing in Coimbatore district, Tamil Nadu.
2. To suggest measures to improve the same

IV. RESULTS AND DISCUSSION

1. *Demographic profile of the respondents*
2. *Socio economic status of the respondents*
3. *Self-awareness level of the respondents*

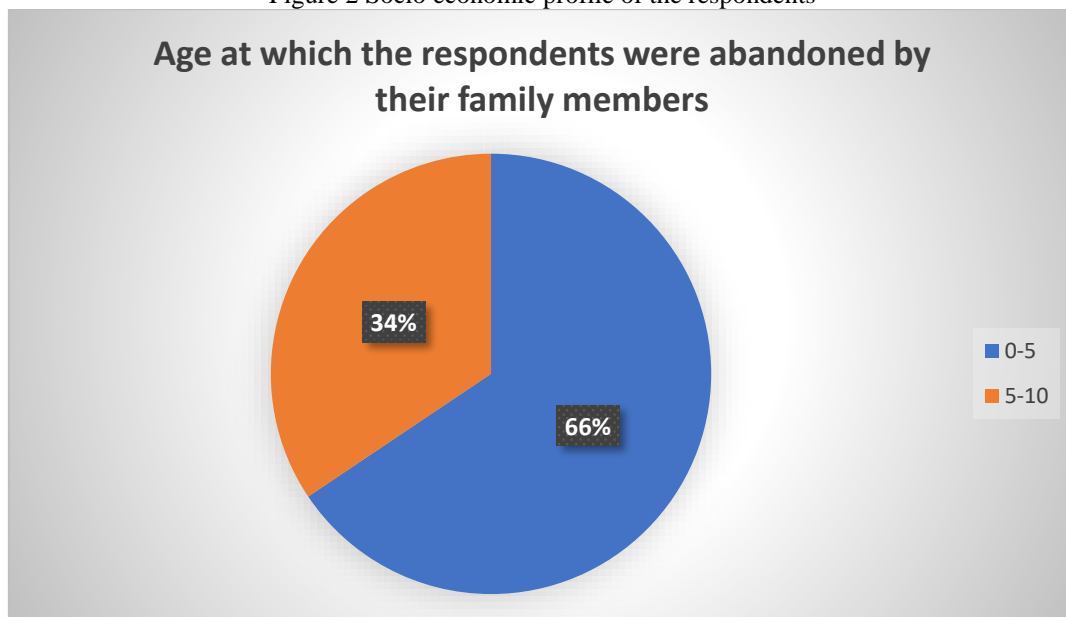
Figure 1 Age distribution of the respondents



Source: Analyses were based on the sample surveyed

Majority of the respondents (forty six per cent) belonged to the age group of 25-45. While only 19 percent of the respondents were from the age group of 18-25.

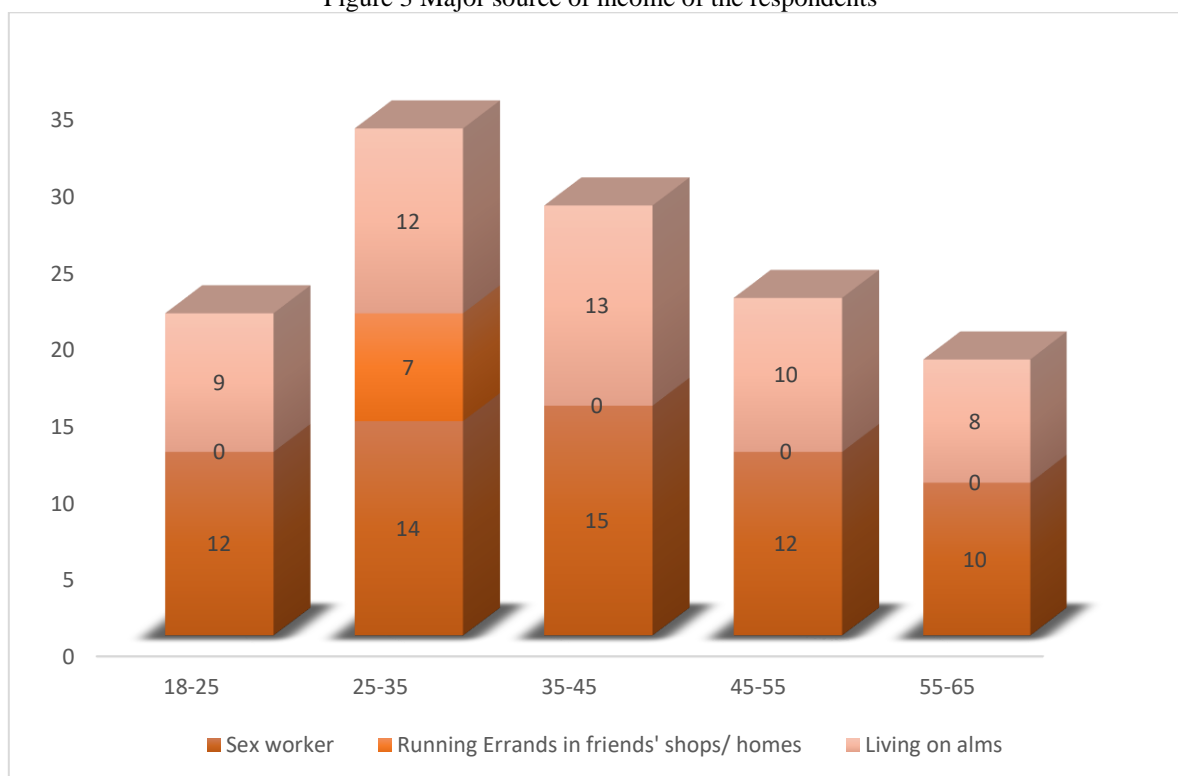
Figure 2 Socio economic profile of the respondents



Source: Analyses were based on the sample surveyed

Over sixty six per cent of the respondents were abandoned at the age of less than 5, while thirty four percent of the respondents were abandoned by their family members at the age of less than 10 years of age.

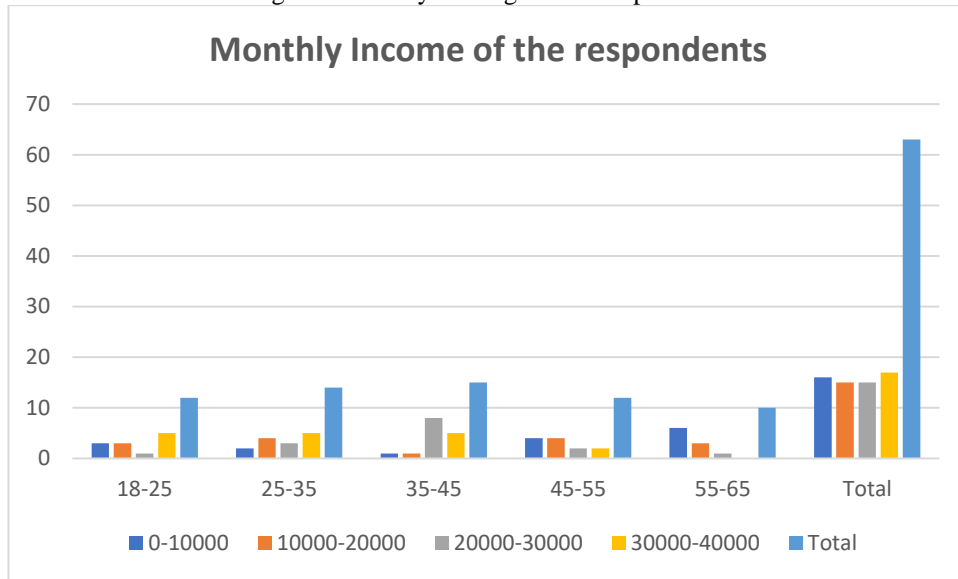
Figure 3 Major source of income of the respondents



Source: Analyses were based on the sample surveyed

The above graph, figure 3 shows the Income source of the respondents. Majority of the respondents depended on prostitution for their income, though they ran errands and also begged for alms. They felt, prostitution was the easiest source of income.

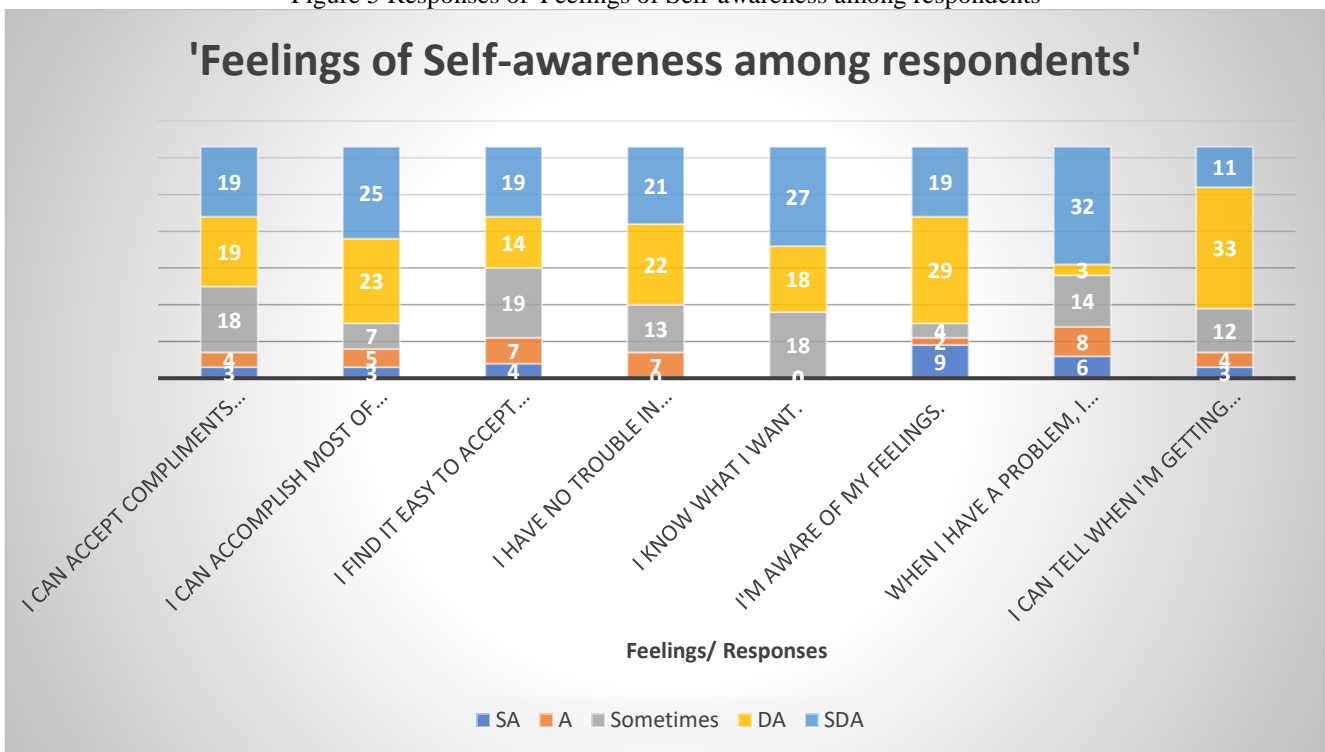
Figure4 Monthly earnings of the respondents



Source: Analyses were based on the sample surveyed

Figure 4 shows the income distribution of the respondents. All the respondents earned between anywhere between Rs 0 and Rs 40,000 a month.

Figure 5 Responses of 'Feelings of Self-awareness among respondents



Source: Analyses were based on the sample surveyed

From the above chart, it can be seen that the respondents' level of self-awareness is very low. This directly has an impact on their self esteem, which hampers their quality of life.

Hypotheses

1. Ho: Age of the respondents has no significant association with their self-awareness level
2. Ho: Occupation of respondents has no significant association with their with their self-awareness level

Table 1 : Chi Square test results of results of relationship between socio economic status and Social skills of the respondents

Relationship between socio-economic status and self-awareness level	Degrees of freedom	Table Value	Calculated Value	Results of Hypothesis
Factors				
Age	28	16.928	14.385	Accepted
Occupation	14	6.571	30.736	Rejected
Age at which abandoned by the family of the respondents	7	2.167	12.3853	Rejected

Source: Analyses were based on the sample surveyed

From the above table1, it can be said that Age has no significant association with the respondents' self-awareness level while, their occupation and the age at which they were abandoned by their family members is significantly associated with their social skills.

Table 2 Factors analysis – Factor—Social Skills

Variables	Factor Loadings	% of variation explained
I can accept compliments easily.	0.83	22.63
I can accomplish most of the things with my effort.	0.76	14.39
I find it easy to accept others' opinions different from mine	0.77	15.10
I have no trouble in concentrating.	0.63	13.46
I know what I want.	0.72	9.55
I'm aware of my feelings.	0.61	5.62
When I have a problem, I know whom to go or what to do to solve it.	0.45	10.25
I can tell when I'm getting upset and why.	0.78	9.00

Source: Analyses were based on the sample surveyed

All the above factors have a significant relevance on the self-awareness level of the respondents As their factor loadings are above 0.6, (except the factor that says “When I have a problem, I know whom to go or what to do to solve it.”, which explains 9.26 percent of the variation) with the variances indicated against the factors.

V. CONCLUSION

It can be said in conclusion that respondents are very badly affected by the treatment extended by the Indian society. This has affected them very emotionally and are helpless in a lot of ways. The society has discriminated them and has been looking down upon them since ages. This has adversely affected their self-awareness levels to the core. They live with crushed dreams and aspirations. As co existents, we need to realise this fact and let everyone around us, irrespective of their gender, live their life rightfully.

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