

# A Study on Factors Affecting Life of Homosexuals

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**Abstract** – In spite of the positive changes in American attitudes toward members of the Lesbian, Gay, Bisexual, and Transgender community, empirical data demonstrates that LGBT people do not believe inclusive workplaces exist, as 48 percent of the population remains closed at work. In the literature, there is a paucity of practical techniques for developing and maintaining inclusive environments. It was the purpose of this qualitative case study to investigate the possible influence of cultural lag on LGBT employee engagement. Best practises for creating and maintaining inclusive workplaces for LGBT workers were the subject of the study's research question, which examined how cultural lag affects LGBT employee progress. A snowball sampling strategy was utilized to attract openly homosexual staff. Thematic and sub thematic patterns were discovered via coding of open-ended interview data. It will be good for society as a whole if more people are aware of, and supportive of, the benefits of, having LGBT employees in the workplace.

**Keywords** – Factors, Life, Homosexuals, Lesbian, Gay, Bisexual, and Transgender (LGBT), etc.

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## INTRODUCTION

Indian homosexuality is a highly complex and sensitive issue. Shame, homophobia, and prejudice against homosexuality are common preconceptions and misconceptions. This study aims to gain a better understanding of the lives and difficulties faced by homosexuals. In order to better comprehend the issues of the LGBT community, it is critical to offer a perspective on the numerous aspects and viewpoints of homosexuality. In order to appreciate the concerns of homosexuals, one must have an in-depth knowledge of sexuality in general. Gender is at the very core of human society. Creation is the subject matter. The word "sex" is no longer a foreign one in today's society. As the most ingrained of all symbols, it is the most physiologically entrenched of all symbols, the most intrinsic to all experiences, and the most autonomous of all relationship traits.

Sexuality is an upbeat, distinctive, and essential characteristic of the human character. A person's sexual orientation and essence may be traced back to a certain sexual notion according to the power of sexuality [2]. To put it another way, the human being is distinct from other animals because of its sexuality, and hence belongs to various kinds of beings. Anatomy, gender identification and positions, physical focus, eroticism, playfulness, affection, and reproduction all fall under the umbrella of "sexuality,"

according to the World Health Organization (WHO). Feelings, dreams, goals, beliefs, attitudes, ideals, and attitudes are all influenced by gender. Some measurements are taken, but not all of them are articulated or observed. An individual's sexual orientation is affected by a variety of factors, including those related to the mind, body, and spirit on a cellular and molecular level.

## SEXUALITY AS PRAXIS

Content of sexuality is the result of human social connections, human productivity and consciousness. An individual's sexuality might also be defined by what they are expected to do. The author argues that the history of sexuality is the history of a topic whose meaning and substance are always shifting. History of social relationships is the subject of this book. For example, the Grundrisse quotes Marx as saying, "Society does not consist of people, but express, in a total of their interrelations, the connections within which these individuals stand" [3].

In every civilization, men and women are categorized, but the roles they perform vary greatly from society to society and within each community, depending on the class, estate, or social position held by the individual members. Kinship

relationships are no different. The notion of kinship is used in a number of ways in all civilizations [3-4].

## BIOLOGY AND SEXUALITY

In general, biology is used to explain sex and sexuality. Either as a biological difference between sexes or as a necessary component of reproduction, it is frequently interpreted and studied in that context. In order for human civilization to exist, both biology and culture are required. A strict barrier between "nature" and "culture" lowers one to the other or simply combines them without acknowledging their distinct realities. It is crucial to prevent this. Humans are shaped by a combination of genetic predisposition and the ongoing social processes that mediate and change their natural environments. Eliminating the biological factor is also incorrect since it denies that social behavior occurs in nature [4].

## HOMOSEXUALITY IN INDIA

Sanskrit literature in Indian old Vedic civilisation is neither realistic nor fair to that magnificent culture since they exclude or ignore homosexuals. The ancient Indian literatures are a treasure trove of manuscripts, and the priestly scribes who penned them were renowned for their in-depth treatment of every branch of knowledge, from the divine to the ordinary. For them to disregard or miss any component of human nature would be extremely implausible. A more accurate depiction may be found in the Kama Shasta, where both men and women are defined as being "Tritiya-prabriti," or "third-sexed," by virtue of their genetic makeup.

Homosexuals and transgendered persons make up the majority of the "hijra" or "eunch" class in Northern India today, with only a few really intersex individuals. Professionals like Dr. Serena Nanda, an anthropology professor at the City University of New York, have documented this over the course of years of study and personal interviews. For further information about the Hijra, see "THE HIJRA OF INDIA". Despite recognizing the performers' position in the hiring community as the primary reason for recruiting, Sin (1967) research of hire in Luck, North India finds that people's gay desires serve as the primary motive for hiring.

## HUMAN RIGHTS CONCERNS SPECIFIC TO LGBTI PERSONS

The human rights of people who identify as LGBTI are particularly harmed by policies and practices that criminalize homosexuality, deny same-sex marriage rights, and fail to recognize gender identity. On these topics, the social, political and legal landscapes of nations throughout the world are constantly shifting - sometimes further restricting respect for LGBTI people's rights, and other times improving their acceptance. In general, LGBTI people are getting

better and better protection under international human rights legislation [5-6].

- Criminalization of Homosexuality
- Criminalization
- Marriage Equality
- Same-Sex Marriage
- Legal Partnerships

## GENETIC AND ENVIRONMENTAL INFLUENCES ON SEXUAL ORIENTATION

An review of the quantitative genetics of sexual orientation, including family and twin research, is the major goal of this chapter. The majority of the data implies that male sexual orientation has a modest heritability. Less research has been done on female sexual orientation, however recent findings are consistent with the idea that women's sexual orientation is influenced by their genes as well. Family clustering of male and female homosexuality has been found in a number of family studies, but the genetic and environmental implications on this familial clustering have not been fully described by the largest twin studies published so far, which have yielded inconsistent results [7].

- Prevalence and Distribution of Sexual Orientation
- Behavior Genetic Studies
- Family Studies
- Twin Studies
- Adoption Studies
- Molecular Genetic Studies

## CAUSES OF HOMOSEXUALITY: PAST AND PRESENT UNDERSTANDINGS

As far as "taboo" goes, it's reasonable to argue that sexuality has been stigmatised from the beginning. That this kind of "taboo" existed in the scientific community may come as a shock to some people. Scientific research into sexuality didn't begin until 1886. A person's definition of "normal" at the time was based on their own social circle or reference group's definition of what was "normal." There have since been a number of notable contributions to the study of sexuality made by a number of persons. As we've learned more about sexuality, our ideas about what constitutes "normal" have shifted to include a larger range of possibilities for sexual expression. However, despite being met with

suspicion by their peers, these early pioneer researchers have made substantial contributions to our current knowledge of healthy sexuality [8].

## LITERATURE REVIEW

**Wilson, et al. (2016)** People's health-related decisions and habits can be heavily influenced by social norms and expectations.. Social norms have become more important to researchers and practitioners working in low- and middle-income countries (LMIC) in recent years. A paradigm for understanding how social norms interact with other variables that support hazardous practices and behaviors is lacking in the research underpinning treatments in LMIC. In the absence of a more comprehensive understanding of how other institutions, materials, individuals, and societal variables influence the harmful behavior, this knowledge gap has led to remedies that focus solely on social norms. Putting too much emphasis on norms may eventually undermine norms-based techniques, not because they are incorrect, but because they alone are not enough to transform behavior. When building preventive programmes in low- and middle-income countries (LMICs), norm-based techniques are just one of many elements that need to be taken into account [9].

**Mutchler, M. G., McDavitt, B., et al. (2015).** David, the narrator of James Baldwin's 1956 novel "Giovanni's Room," describes the moment he first realized he was gay in the book's first chapter. A young male, in a bed with another youngster, a symbol of "vileness," made what he terms a "choice" to change his sexual orientation and go straight. An incident of self-recognition and denial is one of literature's most moving representations of a moment all too familiar to LGBTQ people. With a "cavern in which I would be tortured until madness arrived," David comes to the conclusion that it is more difficult to love men freely than it is to live a lie [10].

**Huebner, (2015)** Indian Queer Sexuality: Variation and the Question of Social Change indicates that LGBT people are excluded and isolated. They are compelled to lead a secluded existence. The BBC's depiction of lesbian, gay, and bisexual people: There is still a perspective among LGBT communities that there is no enough representation of LGBT people in the media despite a progressive development in their media presence, according to the results of a poll done among LGBT audience members. [11]

**Verghese, (2014)** Sexting is not a criminal conduct that should be punished by the courts, and it is also not a disorder that should be treated as such. People who identify as homosexual should be able to live their lives as they see fit without interference from the government. Protesting the Hon'ble Supreme Court's decision in the Suresh Kumar Kaushal v. Naz foundation case, hundreds of gay rights activists from Delhi and other alternate cities marched with

black arm bands, rainbow-colored flags, and banners. Section 377 of the Indian law code was found illegal by the Hon'ble Court in 2009, however the Supreme Court later overturned this decision. Gender equality is a fundamental right for the homosexual community and their advocates, and this right should not be trampled upon by the Supreme Court [12].

**Woody, (2014)** As a conflict that is successfully hidden, gay marriages are examined in India in this study as an example of an unseen conflict. Various facets of homosexuality are described and explained, including how it developed, the motivations behind it, and the cultural attitudes and reactions to it. The author also draws from the nations where homosexual marriage is allowed and underlines the results of legalising Homosexual relationships. The author concludes that legalising homosexual weddings in India is possible based on factual and theoretical facts and evidences [13].

**Amnesty International,( 2013)** Amnesty International publicly proclaimed in 1994 [14] that violence and abuse against LGBT people is a violation of human rights.

**Naz Foundation International, (2012)** Sex isn't a crime; it's merely a means of obtaining sexual pleasure or a desire for it. Homosexuals have been referred to as "queer" in our society. There has been an ongoing and less severe prosecution of sex activities in India under Section-377 of IPC, which draws on the British Offences against Persons Act [15].

**Pulla, et al. (2012)** The Higher Education Research Institute used a national longitudinal survey data set to test whether students who identified as a sexual minority (for example, lesbians, gays, bisexuals, or queers) were more or less likely than their heterosexual peers to remain in STEM fields after four years, rather than switching to a non-STEM programme. By adjusting for numerous experiences and factors previously found to affect STEM retention, a multilevel regression model found that sexual minorities were 7% less likely to be kept in STEM than those who switched into a non-STEM degree. The gender discrepancy in STEM retention appears to have been rectified for sexual minority STEM students notwithstanding this conclusion [16].

## OBJECTIVES OF THE STUDY

- To Analyze the Demographic Profile of Respondents
- To Examine Homosexuals Mental Health Conditions

- Negative and Positive Factors Associated With the Well-Being of Homosexuals

## RESEARCH METHODOLOGY

### Research Design

This research is in descriptive essence. The main objective of the descriptive analysis is to describe actions, occurrences and conditions. The characteristics of a community or group are as thoroughly stated as possible. Science is the observation, definition and analysis of situations. Theory leads to the development of descriptive research, particularly when the point of view or standpoint from which observations are made is selected. The current thesis investigates and depicts male homosexuals' personal and social life in different ways. This study aims to explain men's experiences by addressing key subjects relevant to their existence, including sexual orientation, sexual well-being, mental health, abuse and legislation.

The study's goal was to look at the mental health of LGBT males. It was designed to treat personal and mental health difficulties related to sexual orientation. An investigation of the function of internalized homophobia, sex and self-esteem in the lives of homosexuals and heterosexuals is the goal of this study. In order to have a better knowledge of LGBT issues and concerns, the pilot research was also incorporated.

### Sampling

The participants in this study are guys who are homosexuals in the Dharwad District. The number of male homosexuals is not precisely estimated in Dharwad. Suraksha, a male gay nongovernmental organization, estimated about its population in Dharwad. There are no proper names and addresses with 1018 power. Furthermore, the data description is not adequately approximated by their sexual orientation. The idea of 89 as the cosmos thus has major limits. Therefore, this study is co-created to get a complete comprehension of male homosexuals.

### Data Source

For the present study, the database is divided into two portions. The participants in this study collected primary data directly using the devices and methodologies used in the investigation. A variety of publications, journals, government studies, national and international LGBT relations, human rights, welfare, education, sex, HIV/AIDS, etc. have collected secondary figures. Various websites still contain info.

### Tools and Techniques of Data Collection

In order to gather data, the interview strategy and the community-based subject checklist are used The

method used to obtain linguistic data is the interview approach. He was given several sorts of teaching, seminars, and travels to different organizations dealing with homosexuality while working for an NGO defending gay men. Prepared an interview plan with help from an investigative teammate. It was decided on a final version of the interview schedule for the social consultants commonly associated with homosexuality after the interview schedule had been constructed and debated extensively.

Self-Esteem Scale, PGI Well-Being Scale, Aatam Mulyankan Prashnavali and Ways of Coping Questionnaire were administered to the participants. Also administered were PANAS, The Sexual connection Scale, and the internalized homophobia Scale. The scales were distributed individually to each participant.

### Data Analysis

This research was aimed at studying internalized homophobia, self-esteem, well-being, sexual intercourse, negative impacts, depression and anxiety in homosexual, bisexual and heterosexual people. Sexual interactions have been researched in subcategories of intercourse and sexual intercourse; coping has taken place in its eight subcategories, i.e. confrontation, distance, self-control, social support, acceptance of responsibility, escaping evasion, planned issue solutions, and positive reevaluation. Statistical analyses include correlation analysis, multiple regression analysis and the use of ANOVAs.

### Co relational Analysis

The study of the relationship between internalized homophobia, sexual intercourse (subcategories, sexual exchange and community intercourse), self-esteem, well-being, negative effects, depression, anxiety, and coping (with 8 subcategories, confrontation, distance, self-conservation, social support, responsibility acceptance, escape, etc). Results showed that the overall sexual relationship was connected adversely with self-esteem in the heterosexual ( $r = -.45$ ,  $p < .01$ ). In homosexuals, the relationship was favorable with internal homophobia ( $r = 0.35$ ,  $p < 0.05$ ). However, in the case of bisexuals, there was no significant association with any characteristic.



**Table 1: Interco-relation of Different Variables in Gays**

Variables	S.R(T)	E.S.R	C.S.R	HPI	An.	S.E.	W.B.	N.A.	Dep.	Co(T)	C.C.	B.	S.C.	SSS	A.R.	E.A.	P.P.S	P.R
S.R(T)	1																	
E.S.R	-.21	1																
C.S.R	-.01**	-.13	1															
HPI	-.20*	.00	.31*	1														
An.	-.08	-.07	.00	-.04	1													
S.E.	-.26	-.00	.21	.17	.06	1												
W.B.	.02	-.21	.02	.03	-.11	-.21	1											
N.A.	-.12	-.02	.14	.05	.05	-.09	-.13	1										
Dep.	.11	-.07	.17	.00	-.19	.07	-.10	.03	1									
Co(T)	.25	.03	.20*	.13	.05	.20	-.03	.14	.06	1								
C.C.	.10	.12	.00	-.09	-.04	.10	.11	.21	.14	.30**	1							
B.	.32*	.04	.30*	.16	-.04	.30*	-.01	-.13	-.10	.30**	.08	1						
S.C.	-.06	-.11	-.00	-.06	.03	.10	-.00	.01	.10	.10**	.06	.14	1					
SSS	-.17	-.02	.14	.17	-.04	.13	.07	-.13	.00	.30**	.25	-.08	-.00	1				
A.R.	.02	-.24	.22	.17	-.03	-.01	.00	.14	.13	.21	.02	.11	.13	-.23	1			
E.A.	.14	.09	.00	.20	.05	-.11	.01	.14	.13	.40**	.20*	.00	-.00	.02	.11	1		
P.P.S	.14	.10	.05	.10	.12	.00	-.20	-.02	.00	.40**	.17	.12*	.00	.23	-.20*	.22	1	
P.R.	.10	.12	.11	.03	.10	-.01	-.02	.13	.12	.40**	.20*	.00	-.04	.17	.11	.12	.30*	1

\* p ≤ 0.05, \*\* p ≤ 0.01.

### Stepwise Multiple Regression Analysis

In the step-by-step analysis, the important predictors for dependent variables – self-esteem, wellness and management – have been defined (with eight subcategories, viz. confrontive, distance, self-controlling, seeking social support, accepting responsibility, escape avoidance, planful problem solving and positive reappraisal). Internalized homophobia, anxiety, sadness, negative effects and sexual interactions, sexual exchange and communal intercourse, are independent factors. Sexual connection scale additionally featured ratings on sexual intercourse and sexual intercourse.

**Table 2: Multiple Regression Equations for Self-esteem in Various Groups**

Group	Predictor Variables	Unstandardized Coefficients		Standardized Coefficients	t	R Square	R Square Change	F
		B	Standard Error	Beta				
HET	(Constant)	34.70	1.51		23.00			
	S.R.T.S.R.T.S	-0.27	0.00	-0.45	-2.51**	0.10	0.20	12.20**
	(Constant)	15.80	1.30		12.10			
	S.R.T.T	-0.23	0.07	-0.40	-3.30**	0.13	0.12	9.01**
	HPI	0.00	0.00	0.34	1.00**			
	(Constant)	3.27	4.00		0.80	0.13	0.17	10.33**
	HPI.E.S.(C.S.R.combined)	0.21	0.00	0.42	1.22**			
	(Constant)	-7.26	4.24		1.71			
	HPI	0.21	0.02	0.42	3.30**	0.20	0.00	5.71**
	C.S.R.	-0.26	0.10	-0.30	-2.40*			

\* p ≤ 0.05, \*\* p ≤ 0.01.

When E.S.R. + C.S.R. (combined) Predictions were taken, then two steps also appeared. Only internal homophobia (P=0.42) appeared in the first phase of regression as a predictor of dependent variables.

### Variance Analysis (ANOVA)

ANOVAs were used to examine the differences between the three groups (homosexual, bisexual, and heterosexual) in terms of sexual orientation. Internal homophobia, self-esteem, negative impact, coping, confrontational coping and positive re-

evaluation management have all been found to be significantly different in these three groups. In addition, the post-hoc flat test was carried out for comparisons across various groups.

In each of the three groups, there was a significant difference in self-esteem (F=4.04, p.05). F =7.56, p.01 indicates that the usage of coping strategies differed considerably amongst gays, bisexuals, and heterosexuals. The results also showed that the use of positive reappraisal coping by gays, bisexuals, and heterosexuals differed considerably (F =3.80, p.05).

### CONCLUSION

Researchers compared the HPI scores of homosexuals and bisexuals with those of heterosexuals and bisexuals, as well as their well-being, sexual relationships (as well as their subcategories of those relationships), depression, and adverse effects such as sexual dysfunction. They also looked at coping strategies, such as confrontive coping, coping through distance, self-controlling coping, seeking social support coping, and coping with problems through problem solving with a positive attitude. Researchers attempted to identify the most significant influences on self-esteem, well-being, and therapy for gays as well as heterosexual individuals. Anxiety and sex, depression and negativity were studied as a predictor of self-esteem and how people cope with their sexual orientation and gender identity. In addition, a correlation analysis was performed on the entire sample of homosexuals, bisexuals, and heterosexuals in order to determine the relationships between the various variables.

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