

TRANSGENDERS' PERCEPTION TOWARDS THEIR LIFESTYLE: A SPECIAL REFERENCE TO KALABURAGI DISTRICT

Mrs. Amitharani

Research Scholar, Department of PG Studies and Research in Sociology, Gulbarga
University, Kalaburagi,
amitharani776@gmail.com

Abstract:

This study is related to the lifestyle of TGs, data were collected after getting the informed consent from each subject. A total of 50 transgenders were enrolled in this study, primary data collected from transgender people through field survey by seeking information from the TG associations in Kalaburagi district. The majority 49 (98%) respondents were considered as a TG from male to female gender, 41 (82%) respondents in Kalaburagi district Transgender are Hindus, a maximum of 18 (36%) respondents are sex workers, 23 (46%) respondents faces discriminations from all of these means by Police, Health care people, Public, Public transportation and Employer, 16 (32%) respondents don't have any kind of habits like alcohol consuming, Smoking, Chewing etc. and 40 (80%) transgender people told agreed with the guru - chela structure of this community. They should be educated and motivated to overcome the barriers and seek professional work in society. This necessitates a tailored intervention to satisfy the needs of this population in future.

Keywords: Transgenders' perception, TG lifestyle, Hijra people, Kalaburagi district, Third gender

1. Introduction:

In April 2014, the Supreme Court of India declared transgender to be a 'third gender' in Indian law. The transgender community in India has a long history in India and Hindu mythology. Justice KS Radhakrishnan noted in his decision that "Seldom, our society realizes or cares to realize the trauma, agony and pain which the members of Transgender community undergo, nor appreciates the innate feelings of the members of the Transgender community, especially of those whose mind and body disown their biological sex". Hijras have faced structural discrimination including not being able to obtain driving licenses and being prohibited from accessing various social benefits. It is also common for them to be banished from communities.

The identity of gender is not only related to a person's private feelings but also to the feedback received from others. A transgender man or woman, as an individual, knows him or herself by noticing what other people feel and think about him or her. Transgender is an umbrella term for persons whose gender identity, gender appearance or behaviour does not conform to that usually associated with the gender to which they were assigned at birth. Gender identity refers to a person's inner sense of being male, female or something

else; gender manifestation refers to how a person communicates gender identity to others through behaviour, clothing, hairstyles, and voice or body characteristics. “Trans” is sometimes used as shorthand for “transgender as a TG.” While transgender is generally a good term to use, not everyone whose looks or behaviour is gender-nonconforming will identify as a transgender person. The ways that transgender people are communicated about popular culture, academia and science are constantly changing, particularly as individuals’ awareness, knowledge and openness about transgender people and their experiences grow.

2. Review of literature:

Sabrina Cipolletta, Riccardo Votadoro and Elena Faccio (2017)¹ The potential of digital communication is still underestimated by healthcare professionals. Online health communities can be used to share experiences, exchange knowledge, increase disease-specific expertise, reduce disease burden, enable interdisciplinary collaboration, engage patients in their healthcare process and tailor care to their individual needs. Computer-mediated medical information empowers health consumers to make informed decisions for their healthcare by presenting them with different treatment options. **Manikandan Shanmugam (2022)²** Assessing oral hygiene behaviour will help in improving their oral health status and also in planning oral health strategies specific to the transgender population. This study aims to assess the impact of oral hygiene practices and lifestyle among transgender population residing in Tamilnadu. A cross-sectional survey was conducted among the transgenders residing in Tamilnadu. A structured questionnaire was used to get the data regarding oral hygiene practices and lifestyle patterns. Data related to oral hygiene and lifestyle was collected after getting informed consent from each subject. **Andre Cavalcante (2016)³** Communities in the Midwest and San Francisco, this article explores the relationship between technology and transgender identity. It examines the possibilities for self-recognition that transgender audiences had before the era of the internet. Then, through a case study of a transgender person, it engages in a close analysis of what it means to transition gender in online environments. Phenomenology of technology, I argue that technology has become increasingly “ready-to-hand”— available, participatory, and taken-for-granted—for transgender individuals. **Ms. Sheetal Joshi and Dr. Veena Yardi (2021)⁴** This study highlighted the fact that a faulty lifestyle could be a major cause of morbidity among the transgender population, which is a marginalised section of society. BMI, Body composition analysis and BMD are important parameters that reflect the nutritional status of a person. From the study, it was observed that almost half of the participants were overweight or obese. BMD results showed that almost half of the participants had osteopenia and almost one-fourth were osteoporotic. Three-fourths of the participants led an inactive lifestyle devoid of any kind of physical exercise.

3. Objectives of the study:

1. To know the Transgender People’s lifestyle in Kalaburagi district.
2. To analyse the transgender people’s opinion about their daily lifestyle in Kalaburagi district.

4. Research methodology:

A cross-sectional survey was conducted among 50 transgender individual's respondents. An interview-based, structured, close-ended questionnaire based on the objective of the study. Data related to their lifestyle were collected. Convenient sampling and snowball sampling techniques were used to enrol the study subject. All procedures were followed in accordance with the ethical standards in Kalaburagi district. Transgender individuals aged above 18 years were enrolled.

Statistical Analysis:

All the information obtained from participants was analysed using SPSS (software, Statistical Package for Social Science version 16). Descriptive statistics was used to represent the data.

5. Transgender people in Kalaburagi district region:

Kalaburagi district, formerly known as Gulbarga district, is one of the 31 districts of Karnataka state in southern India. Kalaburagi city is the administrative headquarters of the district. The district is the headquarters of the Kalaburagi division.

This district is situated in north Karnataka. This district is bounded on the west by the Bijapur district and Solapur districts of Maharashtra state, on the north by the Bidar district and Osmanabad districts of Maharashtra state, on the south by the Yadgir district, and on the east by Sangareddy and Vikarabad districts of Telangana state. In this district there are many transgender people 50 sample taken for the research paper. TGs have Sneha society main office in Kalaburagi city.

6. Data Analysis and interpretation:

Table No. 6.1 Age-wise of the respondents

Age	Respondents	Percentage
18 to 30	28	56.0
31 to 40	15	30.0
41 to 50	5	10.0
More than 50	2	4.0
Total	50	100.0

Sources of data: Field Survey

The above table shows the age-wise classification of the respondents. Out of 50 respondents, the majority 28 (56%) TG people belong to the age group of 18 to 30, followed by 15 (30%) respondents comes under the age group of 31 to 40, 5 (10%) TGs come under the age group of 41 to 50, and 2(4%) respondents are more than 50 years older.

Table No. 6.2 Current Gender of the Respondents

Current Gender	Respondents	Percentage
Male to Female	50	100.0
Female to Male	0	0.0
Total	50	100.0

Sources of data: Field Survey

This table illustrates that all 50 (100%) respondents were considered TGs from male to female gender, and no one was considered a TG from female to male gender in Kalaburagi district.

Table No. 6.3 Educational Qualification of the Respondents

Educational Qualification	Respondents	Percentage
Illiterate	14	28.0
SSLC	13	26.0
PUC	15	30.0
Graduation	5	10.0
Post-Graduation	3	6.0
Total	50	100.0

Sources of data: Field Survey

Table 6.3 shows that a maximum of 15 (30%) respondents are PUC completed followed by 14 (28%) of them illiterates who are not educated and have come from a rural or poor family, 13 (26%) respondents are SSLC level educators, 5 (10%) respondents are graduated and 3 (6%) respondents are postgraduates.

Table No. 6.4 Religion of the Respondents

Religion	Respondents	Percentage
Hindu	41	82.0
Christian	1	2.0
Buddhists	2	4.0
Muslim	6	12.0
Total	50	100.0

Sources of data: Field Survey

The above table shows that the majority of 41 (82%) transgender respondents in the Kalaburagi district are Hindus, 6 (12%) respondents are Muslims, 2 (4%) are Buddhists, and 1 (2%) are from Christian religions.

Table No. 6.5 Occupation of the Respondents

Occupation	Respondents	Percentage
------------	-------------	------------

Begging	12	24.0
Sex work	18	36.0
Dancing in celebrations	5	10.0
Government job	00	0.0
Self-employed	15	30.0
Private Job	00	0.0
Total	50	100.0

Sources of data: Field Survey

Out of the 50 respondents, a maximum of 18 (36%) respondents are sex workers followed by 15 (30%) respondents are self-employed handling their own business and works, working as coolies, agriculture, self-business, etc. 12 (24%) respondents are baggers in signal of the cities, in the market, in trains, in highways etc. 5 (10%) respondents are dancing in some function and bars for earning money, there is no one respondents are Government employed and private job holders because of less education and miss-conceptual regarding TG people.

Table No. 6.6 Income per month of the respondents

Income	Respondents	Percentage
Less than Rs.3000	8	16.0
Rs.3001 to Rs.5000	13	26.0
Rs.5001 to Rs.10,000	21	42.0
Rs.10001 to Rs.30000	7	14.0
More than 30000	1	2.0
Total	50	100.0

Sources of data: Field Survey

This table shows the income-wise classification of the respondents. Out of 50 respondents maximum 21 (42%) respondents earned monthly income of Rs.5001 to Rs.10,000, 13 (26%) respondents are earning their monthly income is Rs.3001 to Rs. 5000, 8 (16%) respondents are earning their monthly income is less than Rs.3000, 7 (14%) respondents are earning Rs.10,001 to Rs.30,000 per month, and only 1 (2%) respondent is earning more than Rs.30,000.

Table No. 6.7 Did you face any kind of discrimination from the following?

Discriminations	Respondents	Percentage
Police	6	12.0
Health people	1	2.0
Public	8	16.0
Public Transportation	6	12.0
Employer	1	2.0

All of the above	23	46.0
No discrimination	5	10.0
Total	50	100.0

Sources of data: Field Survey

The above table portrays that a maximum of 23 (46%) respondents face discrimination from all these means by Police, Health care people, the Public, Public transportation, and Employer. 8 (16%) TGs are discriminated against by public followed by each 6 (12%) respondents discriminated by Police and Public transportation similarly, 5 (10%) TGs have not suffered discrimination by some public because getting good respect from people in society, only 1 (2%) each of them discriminated by Employer and Health people.

Table No. 6.8 Do you feel, you are getting the same respect and representation as giving others in society?

Representation	Respondents	Percentage
Always	15	30.0
Sometimes	25	50.0
Never	10	20.0
Total	50	100.0

Sources of data: Field Survey

The above table shows the feelings of TGs are getting the same respect and representation as others in society. The majority 25 (50%) respondents are told sometimes we have got the same respect and representation as others in society followed by 15 (30%) respondents are said always got the same respect and representation as giving others in society and 10 (20%) of them told never got respect like others in the society.

Table No. 6.9 Habits of Transgender People

Types of habits	Respondents	Percentage
Alcohol consumption	11	22.0
Smoking	5	10.0
Chewing	8	16.0
None of the above	16	32.0
All of the Above	10	20.0
Total	50	100.0

Sources of data: Field Survey

This table exposes the habits of transgender people in the Kalaburagi district. A maximum of 16 (32%) respondents do not have any kind of habits like alcohol consumption, Smoking, chewing etc. 11 (22%) TG respondents have the habit of only alcohol consumption but 10 (20%) of them have all types habits, 8 (16%) respondents have the habit of only chewing

tobacco, Gutkas, etc. and 5 (10%) respondents have the habit of only smoking.

Table No. 6.10 Society does not respect TGs even as a human

Society does not respect you	Respondents	Percentage
Agree	26	52.0
Undecided	15	30.0
Disagree	9	18.0
Total	50	100.0

Sources of data: Field Survey

This table shows that in society some people does not respect transgender people even as a human. Out of 50 respondents, the majority 26 (52%) TG respondents are agreed with the statement that in society some people do not respect transgender people even as human, 15 (30%) of them undecided about it and 9 (18%) respondents disagreed on Society does not respect to transgender people even as a human.

Table No. 6.11 Agree with the guru-chela structure of this community

Agree with the guru-chela structure	Respondents	Percentage
Yes	40	80.0
No	10	20.0
Total	50	100.0

Sources of data: Field Survey

Table No. 6.11 clarifies the agreement with the guru-chela structure of this community. Out of 50 respondents, the majority 40 (80%) transgender people agreed with the guru-chela structure of this community and 10 (20%) respondents disagreed regarding the guru-chela structure because they do not like it and do not want to work under anyone.

7. Suggestions:

- Central and State governments should be taken to file cases against rape, harassment, violence committed against Transgender and illegal detention of Transgender by police.
- More awareness programs should be held in the society regarding Transgender people in the public and in news channels also give more and more awareness programs about TG communities.
- In educational days TGs get harassed and agitated so in the school syllabus one module should be given in positive thoughts of TG activities.
- The central and state governments should facilitate initiatives such as scholarships, books, and housing for trans students.

8. Conclusion:

The researcher identified in this study the fact that a faulty lifestyle could be a major cause of sickness among the transgender population, which is a marginalised section of society. Data available for transgender population about the parameters estimated in the present study is very limited. The finding of this study will help in adding to the database about Transgenders' perceptions towards their lifestyle in this neglected community. The findings of the study will also be useful for the policymakers and organizations for the formulation of the effective good life of TGs and other awareness programmes.

References:

1. Sabrina Cipolletta, Riccardo Votadoro and Elena Faccio (2017) "Online support for transgender people: an analysis of forums and social networks", Journal of Health and Social Care in the Community, DOI: 10.1111/cp.12117
2. Manikandan Shanmugam, Kurinchi Kumaran Navaneethakrishnan, Bhaskar Venkatachalam, Rajasigamani Kandasamy, Krishna Prasanth Baalann (2022)., "Assessment of oral hygiene and lifestyle pattern among transgender population in Tamilnadu", Int. J. Life Sci. Pharma Res. 12(1), L230-237 <http://dx.doi.org/10.22376/ijpbs/lpr.2022.12.1.L230-237>
3. Andre Cavalcante (2016) "I Did It All Online:" Transgender identity and the management of everyday life, Critical Studies in Media Communication, 33:1, 109-122, DOI: 10.1080/15295036.2015.1129065
4. Ms. Sheetal Joshi and Dr. Veena Yardi (2021) "Association of body mass index, body composition, and bone mineral density with the lifestyle of transgender people in and around Mumbai city", International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881, Impact Factor 7.816, Value: 10, Issue: 7(5)
5. <https://en.wikipedia.org/wiki/Transgender>
6. <https://www.apa.org/topics/lgbtq/transgender-people-gender-identity-gender-expression>
7. <https://en.wikipedia.org/wiki/Kalyana-Karnataka>