

## **Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan**

**Anam Khan & Dr Najma Iqbal Malik**

**Department of Psychology, University of Sargodha**

The endeavor of the present study is to explore the factors contributing in life satisfaction among the hijras. In order to investigate the positive and negative causative factors semi structured interviews were performed on those persons who are by birth hijras including Guru who is usually the leader of that particular group ( $N = 1$ ) and three Chelas who are the followers of guru ( $N = 4$ ). Sample was collected through the snowball sampling technique. Interpretive phenomenological analysis was used in order to analyze the data qualitatively. For this purpose, all interviews were transcribed first then main themes were extracted from each interview. Major themes were also shown in the form of the table. These major themes were: offended by teasing, rejection from society, bound to this profession, satisfied with life, change thinking of people, dissatisfactory government policies, proximity to God, financial aid to family, love to be family, restrictions in childhood, lack of self-control, different creatures, different attitude of gender, and desire for self-appreciation. The importance, distinctiveness and significance of the chosen sample was well considered before executing the research. The results were discreet as the construct being explored was novel and crucial in terms of investigation with the increasing population of hijras. The findings of the study are supportive and have potential to guide the intervention plans for enhancing the life satisfaction of hijras.

*Keyword.* Hijras, life satisfaction, IPA

- 
1. *PhD Research Scholar, Department of Psychology, University of Sargodha, Pakistan.*
  2. *Associate Professor, Department of Psychology, University of Sargodha, Pakistan.*

*Correspondence concerning this article should be addressed to Dr Najma Iqbal Malik, Department of Psychology, University of Sargodha, Pakistan.  
Email: najmamalik@gmail.com*

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

The aim of the present study is to explore the factors contributing in life satisfaction among hijras. This is one of the less likely explored areas in Pakistan. Limited research is done on these types of topics. It is considered the endangered identity in our society because of much social and religious radicalism. Today we are living in a binary system society established traditionally including man and women, masculinity and femininity so in this situation being a hijras a person has to face the price of social deviations and serious challenges. Mostly this group encounters a vast range of discriminatory hurdles, obstacles in enjoying equal opportunities, facing difficulties even in meeting their basic needs and in identical job opportunities and legal facilities. This unequal and unfair attitude towards this group is negatively as well as destructively influences their life satisfaction and their mental. Here I am taking only those hijras who are by birth belong to this category known as hijras, Zanas, Khajasaras and She-males in Pakistan (Ali, 2003).

Hijras is the term used for the people who have mismatched between their gender expression or gender distinctiveness and their assigned sexual category. Hijrais a distinctive term which is used for those males who behave like females. This term is also used for those males who are impotent (Jami & Kamal, 2017). They are apparently persons with large feet and hands, ugly looks, wearing sharp color makeup, prominent body parts specially breast and hips with loud nonverbal gestures including singing in loud voice,

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

clapping, dancing, throwing dirty jokes, and uttering vulgar slangs. These types of stereotypical impressions are established about transgender over the ages. (Antoszewski, Kasielska, Jedrzejczak, & Kruk 2007).

A famous symbol for the transgender community is the Transgender Pride flag, designed by Bartlett, & Bukowski (2000) at United States, it consisted of two blue one white in the center and two pink horizontal stripes, it depicts that blue color reflect the male pink depicts females where as white in the center reflects no gender, neutral gender. 31<sup>st</sup> march is now declared as International Transgender Day worldwide that is purports to celebrate to make people aware about the rights of transgender and stop discrimination against them (Reisner, 2016).

What is life satisfaction, human being is always strive to assess his life conditions at any moment and his basic aspiration is to fulfill his life aims and goals because it's very important for the attainment of his life satisfaction. It is the central and final destination of his life. According to Grossman, & D'Augelli, (2007) life satisfaction occurs at conscious level in which one balances his psychological and physical needs and desires. Life satisfaction is the watchful judgment of cognitions, behaviors and actions of a person. It is usually said that if a person having some direction, goals, and meaning in his life then it leads to the finest life satisfaction (Poteat, et al., 2015).

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

Life satisfaction is a positive assessment of expectations, situations, conditions and standards in one's life. It is a comparison of what one expects from life and what one got. It is an ever-changing process that goes throughout life. It means that to what extent one is feeling contented with your life. (Khattak, 2004).

**Factors affecting life satisfaction.** Factors contributing to life satisfaction include psychological, physical, environmental, and personal. Some other important variables are pleasurable hobbies, education, fulfillment of job needs and satisfaction with relations. Health, physical environment, leisure activities, coping abilities, marital satisfaction, area of residence, occupational satisfaction, financial satisfaction, family and friends and overall satisfaction with life are also playing an important role in life satisfaction. (Russell, Ryan, Toomey, Diaz, & Sanchez, 2011). Personal factors included satisfaction of the personal needs like physiological needs including clothing, food and sex. Psychological needs include self-efficacy, self-esteem, social skills, social intelligence, emotional stability and mental health. Social needs are support from spouse, parents, children and friends, social cognitive skills, social status, social participation, and affiliations (Nadeem, 2015).

According to Yip. (2007). Environmental factors included calm and peaceful surroundings in which you are living, entertaining equal human rights and opportunities, obtain equal

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

legal civil and constitutional liberties. Every one respect you honor your existence and facilitate your ways of living. Having good and healthy social and societal relationships with colleagues and neighbors. You have satisfying occupational facilities including freedom, promotion, acknowledgment, pay, job-security, job status, unbiased and neutral attitude from head, good relations with employees, good physical and psychological working conditions, and satisfaction with community facilities like transport, taxes, public transport, safety, road conditions and trustworthy home authorities promote the life satisfaction. (Hird, 2002).

According to Toomey, Ryan, Diaz, Card, and Russell (2010) persons who stigmatized as hijras suffered from many psychological and mental problems. Being hijras causes stress, anxiety, inability to work, unable to make positive contributions and negatively affects their life satisfaction. They become upset and frustrated on this discrimination. It is seen in the study that almost 90% of hijras people bear discriminatory acts at work places and half of them remained unemployed. They were also harassed and abused at normal working and social places on an everyday basis (Dean, Meyer, Robinson, Sell, Sember,&Silenzio, 2000).

There is much depiction of negative emotions and hatred towards hijras in our conservative society. They are forced to live hidden and self-confined lives so they may avoid unfairness and abuse in

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

the society (Abbas, et al., 2014). They are strained to adopt that life style which is according to society's expectations. They are treated unequally and are unaccepted by their families and forced to leave their homes and live with other hijras community. Actually it is not their fault at all of being hijras but in spite of this fact they don't have any job opportunities, bullied in schools, abused on roads, condemned at social occasions and considered that they are like people who don't deserve to live respectfully and freely. All these contribute in their life satisfaction. They are snatched from the chance of being constructive and fruitful for the humanity by our society. This decreases their life satisfaction and wellbeing (Nadeem, 2015). And there are less evidences are present about hijras in Pakistan so because of all these facts it was very interesting and informative to explore this phenomenon in our culture as well.

## **Method**

### **Objectives**

The objectives of the following study were

1. To explore the positive factors contributing in life satisfaction among hijaras.
2. To find out the negative factors contributing in life satisfaction among hijaras.

The present study consisted of chief contributors of life satisfaction among hijras.

### **Research Design**

The proposed study was based upon qualitative method by using survey research design.

### **Participants**

Sample of the study was comprised of hijras ( $N = 4$ ) Guru 25% ( $n = 1$ ) and Chelas 75% ( $n = 3$ ) age range from (25- 50) years which are by birth hijraz. Sample was collected through the snowball sampling technique. Semi structured interview was performed with them in order to explore the factors contributing in increasing or decreasing their life satisfaction in our society. Other demographic factors like education (middle,  $n = 3$ ) (matric,  $n = 1$ ),

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

occupation (dance,  $n = 4$ ), residence (urban,  $n = 4$ ), living system and (joint,  $n = 4$ ) and religion (islam,  $n = 4$ ) were also considered.

**Inclusion criteria.** Inclusion criteria for hijras persons in the present study they must by birth hijras individual, living within hijras community and are agree to participate in the present study with or without money.

**Exclusion criteria.** Exclusion criteria for hijras persons in the present study include person with gender identity disorder, person with dissociative personality disorder, hijras by choice hijras by adoptive profession and individual live with his family.

### Measures

**Semi-structured interview.** was used as reliable instrument in order to inquire the factors which actively contribute in enhancing or declining hijras life satisfaction living in our society. Present study was a cross sectional research aimed to investigate life satisfaction factors among hijras. Qualitative research design was used in it.

### Procedure

**Construction of interview protocol and conduction of interview.** By keeping in mind the basic purpose of interview an interview protocol was developed Opinions of experts were also sought in order to ensure the appropriateness of interview protocol.



## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

By collective effort of researcher and experts most relevant, easily understandable, simple open ended questions were formed. This interview protocol was a reminder and prompt for researcher to cover all necessary topics and areas to probe about life satisfaction among hijras. This guideline was as much simple to help researcher in maintaining primary focus on hijras's response. It was ensured that interview protocol was consisted of such questions that were knowledgeable, simple, open ended and gave clear depiction of theory. Use of jargons were avoided throughout interview protocol.

After constructing the interview protocol semi-structural interviews were conducted personally approaching the hijras. After obtaining the permission interview was conducted by personally approaching the communities of hijras individuals. Interviews were conducted with their consent. Some important guidelines were taken in to account in order to maintain the essence of interviews. Interviews were gentle and flexible in which enough time was given to participants to think and finish their answers. Interviews were listen attentively and analyzed carefully. Interviews were conducted in such way that maintain consistency in relation with the questions and responses. Interviews were structured in balance way in order to save time and refrain it to become passive and boring. Interviews were ethically sensitive that ensured the privacy and confidentiality of participants. Participants were personally approached. They were briefed about the aim of study. Interviews

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

were conducted after taking informed consent from participants. Those participants were selected who were voluntarily want to participate in research. They were motivated to share their views and experience of disengagement. All-important contents of given information were noted. All significant and essential responses of hijras about life satisfaction were observed and marked by researcher. Hand-notes and audio-tapes were also used to record the detail of interviews. Then all the data was transcribed for further analysis.

After successfully conduction interviews were recorded and then transcribed for further analysis. It helped researcher to correct the natural limitations of memories. After transcribing data researcher was able to get close and deep look of data. During transcription data was thoroughly and repeatedly examined by researcher e researcher become more familiar with main ideas and points of data. Data was saved and could be reused after transcribing.

### **Data analysis**

Obtained data was transcribed by using simple transcription method by Kuckartz (2014). It was simple and quick method to smoothen and transcribe data. Current data was transcribed literally did not summarize or write phonetically. Non-verbal parts of communication were omitted. Dialect language was approximated to standard language. The main focus of simple

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

transcription method lied on readability. It took less time in this method as compared to other ones. Dialects were precisely translated into standard language. Informal reductions were not to be transcribed. Sentence structure was retained despite of probable syntactic errors. Discontinuations of sentences or words or stutters were omitted. Low or unclear voice or vague intonations were indicated by periods rather than commas. Units of meaning were intact. Words with a special emphasis were capitalized. Emotional and non-verbal utterances (sighs, sighs) were transcribed in brackets. The interviewer was marked by “I” and the interviewed person by “P”.

After the transcription of data, it was analyzed by using a qualitative research method called Interpretive Phenomenological Analysis (IPA) was used to analyze the interviews. The basic purpose of the IPA was to explore the individual’s personal and social world in detail. It is an in depth understanding of person’s perceptions and experiences (Smith, 2015). Broad flexible and open ended questions were formulated. It is an inductive, idiographic, interrogative and organized approach, which was applied as a research method to interpret the contributing factors of life satisfaction among hijras

In IPA analysis firstly all interviews were recorded and then transcribed. Then the transcript is read a number of times, take a second look of the data for searching the themes for the first

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

case then emerging themes were extracted from each line of the transcribed interview and did the same for the next interview consecutively. Then separate table of emerging themes with their relative verbatim for each interview transcript was made. A main table was formed for all super ordinate, subordinate and emerging themes, in the next step the major themes were arranged in an understandable order in the table. Different groups of the subthemes were then clustered on the basis of major themes. Title was specified for each cluster and secondary themes were also represented. Then the table of the recurrent themes was also developed to see the occurrence of super ordinate themes in each case.

**Ethical consideration.** Participants were debriefed about the objectives of the study. They were assured that confidentiality of their personal information would be maintained and information will be used for the research purpose only and will not be discussed.

## Results

Results of the present study results showed us an elaborative model for understanding the contributing factors cause in incline or decline in life satisfaction among hijras. Themes and group of sub-themes emerged in the model are arranged in the form of boxes in Figure 1.

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

### **Superordinate Themes**

This section of the current study discusses the positive and negative superordinate themes with subordinate and emerging themes by following IPA analysis

#### **Attitude of Society**

This theme explains the attitude of society towards hijras. According to IPA analysis subordinate themes are offended by teasing, rejection from society, disliking of profession, respect from female and disrespect from males with emerging themes like facing abusive and bullied behaviors, facing hooting, disrespectful relative remarks, dancing is disrespectful profession as reported: “There is no respect of our profession, people humiliate us, clap on us, people tease us shout on us, people make fun of us, making mischiefs with us, people do hooting on us, relatives taunt our parents, our mothers love us, fathers are against us”.

#### **Attitude towards Life**

According to the data analysis another superordinate theme that depicts their attitude towards life. Most of them reported that they live happily with their communities as they respect each other. The main subordinate themes are live with harmony, contentment with self and living like a family with emerging themes as got all relations here, caring for each other, understand each other happy with each other, live here with our willingness

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

and earn respect here as reported: “we got all our relationships, we take care of each other, we understand each other, we are very happy with each other, we are living here with our will, we respect and love each other and we got respect here”.

### **Bound to this Profession**

This theme shows that hijras restrict themselves only to this profession. The subordinate themes extracted from the in-depth interviews with them are no-other way of earning, by-birth hijras, not suitable for any other profession with emerging themes soul are bound to dance, fond of dancing, only way to express our desires, no other profession suits us, dancing satisfy us as reported: “through this, we can express our true feelings and emotions, dancing gives us real satisfaction, we have souls of dancers, we can’t work in offices”.

### **Change Stereotypes regarding Themselves**

Results of the analysis concluded that hijras want to change the perception of society about themselves. The subordinate themes are the real depiction of this finding that are change thinking, separate identity in society, change of ideology and right of equality with emerging themes, change attitude of people, desire for respect, desire for peace, should be treated with honor, right of justice and right of respectful employment as reported: “we want to change the behavior of others, we want to change the thinking of

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

others, we want to be respected, we want peace for us, we want to be treated with honor, we want justice and legal rights, we want all legal rights”.

### **Dissatisfactory Government Policies**

According to the hijras like the society our government also discriminate them and don't treat them equally with other citizens. IPA analysis reveals this fact by these subordinate themes, unsatisfactory government policies, non-implementation of government policies, desire for respectable jobs and the emerging themes are desire to get education, respect for our profession, want special policies for us, want right of respectful employment as reported: “ we desire to get education, we want respect for our profession, we want that government give scholarship to us, we want that government make special policies for us, we want the government give us respectful employments”.

### **Role of Religion**

From the above analysis it is revealed that religion lays very important role in hijras's life. Although they are disappointed from society but they have very optimistic approach towards God they the hopeful about the mercy of God in the next world. The main subordinate themes under this superordinate theme are fulfillment of religious act, near to God, spirituality, believe in God with emerging themes are offer prayers regularly, do fasting, sit in

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

aitqaf, offer omra & hajj, happy with god, respect Ramadan, worship Allah as reported: “we offer prayers, we do fasting, many of us sit in aitqaf, we go for pilgrimage and cut our hair, we don’t miss jumma, visit mosque and dress up like boys, we respect Ramadan and we worship our beloved Allah”.

### **Attitude towards Family**

The results of the resent analysis also disclose this miserable fact that although these hijras are not allowed to live with their families like their other siblings and they are satisfied with their own communities but still they miss their families. Desire to be part of family, wish for sincere life partner, regrets for not having children and miss the warm family environment are the main subordinate themes with emerging themes are as miss mother’s love, miss fathers affection, miss siblings companionship, desire for honest partnership, wish for blood relations, wish for having kids, want supporting figure in our life and we wish for happy family life as reported: “ we miss the affection, love, care and concern of our father and mother, we miss the company of our siblings and sincere partner, we miss our blood relatives and childhood friends, we wish to have our own kids and we want to financially support our family”.

### **Restrictions in Childhood**

Because of their unusual activities and some strange physical and psychological changes they have to face some



## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

restrictions from their families. Disturbed family environment, tortured by family, restrictions in childhood, limitation from parents are the main subordinated themes as reported by them: “we left family because of bad environment, our parents hide us from relations, stop us from wearing girlish dresses, prohibit us from playing with girls, stop us from going outside, abide by from performing girlish acts”.

### **Financial Aid to Family**

Besides of all the complaints, most of them are still playing role of financially supporters to their families. According to them they regularly send money to their families because they still love them and care for them. The chief subordinate themes are support our family, financial aid to our family, look after our family as reported by them: “we afford all expenses of our family, we help in marriages of our sisters, we pay rents of our houses, we help our brothers in business, we give them money in their hard times”.

### **Self-perception**

According to the data analysis another superordinate theme that depicts their perception about themselves is the self-perception. The main subordinate themes are unable to hide she-feelings, different creatures, desire for self-appreciation with emerging themes like unable to hide she-behavior, fail to hide she-emotions, we have she souls, merciful population, innocent people,

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

by birth hijras, desire for more beauty, desire for long youth, desire for more demand as reported: “our soul are of women, we have she soul, our heart is like a female heart, we are delicate and sensitive like females, we have soft soul like females, we are miserable creatures, we are agree with the will of God, we want to look like women and we want to be more valuable to our customers”.

# Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

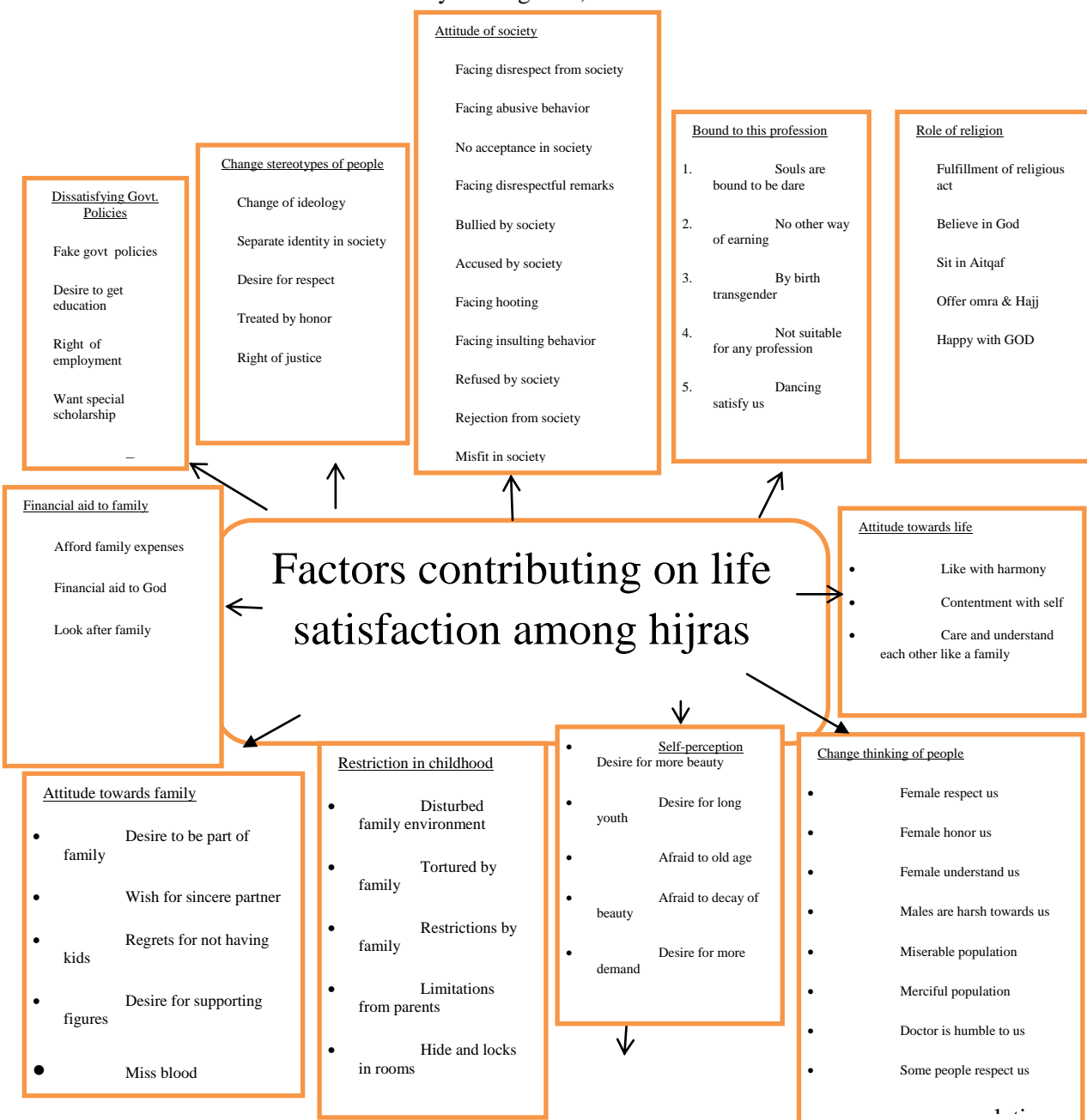


Figure 1. Schematic Presentation of positive and negative themes contributing in life satisfaction of hijras.

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

## Discussion

The present study aimed at exploring the factors contributing in life satisfaction among hijras. Semi structured interview was conducted on four hijras individual including Guru and Chelas which are by birth hijras. Study gave in-depth knowledge and understanding of hijras experience, which lead to the development of fourteen super ordinate themes through IPA. These themes were offended by teasing, rejection from society, bound to this profession, satisfied with life, change thinking of people, dissatisfactory Govt Policies, proximity to God, financial aid to family, love to be family, restrictions in childhood, lack of self-control, different creatures, different attitude of gender, desire for self-appreciation.. These major themes were attitude of society, attitude towards family, bound to this profession, attitude towards life, change stereotypes regarding them, dissatisfactory Govt Policies, role of religion, financial aid to family, restrictions in childhood and self-perception (Ghafoor, et al., 2014).

According to Hogg and Vaughan, (2005) transgender who are considered the third gender in our society having both male and female characteristics face many difficulties in our society. In our first theme *attitude of society* it was discovered that they were highly offended by teasing as they face disrespect from society, they were bullied, accused, cursed and insulted at streets and in bazaars as the participant reported,

*“People don’t like us they humiliate us, tease us”*

*“People make fun of us, they don’t let us sleep, and disturb us at nights”*

*“They Clap on us People don’t like us”*

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

According to Rankin, (2007) there are many misconceptions about transgender population because of the lack of empirical and scientific studies. People have a lot of false beliefs about them that they are the outcome of their own sin or their parent's sin. They showed biased and discriminated behaviors towards them holding stereotypes about them. Especially their close relatives made their lives difficult by taunting them and giving very harsh comments to their parents as they stated that:

*"Relatives taunt our parents tortured them they make our parents worried about us"*

*"They gave disrespectful and unbearable remarks about us"*

According to Kiran, (2004) they are very miserable population who are highly exploited by the society. Their unusual behaviors and deviant appearance make them different from other population and people feel hesitant, unsafe and sometimes frightened from them which may lead towards the unconstructive and humiliating attitude towards them. As depicted in our one of main theme that is "role of religion" They considered very dejected population, according to them this was not their fault that they are hijras and they are satisfied and happy in the will of their God and they considered themselves very near to God as they reported that they fulfilled all religious acts:

*"We offer our prayers specially Jumma regularly"*

*"We also go for pilgrimages as our souls are very pious"*

*"We are merciful population but we are satisfied with what God made us"*

"Bound to this profession" is also much highlighted theme depicted in the study. The dancing and singing are considered the fixed and traditional role of Hijras in our society they went to the wedding ceremonies and birth ceremonies and in fairs for dancing, performing and seeking *wadhayan* They thought that there is no

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

other profession which is suitable for them because they had to face a lot of criticism in any other profession, so they mostly involved in singing, dancing and sex business (Zafar,2004). They also feel that their souls are bound to dance they are very much fond of dancing. They can't stop themselves from dancing. Dancing is one of the basic needs for them. They also reported that they are sensitive and kind hearted like females as stated in interview:

*“Not suitable for any other profession, we can't work in offices”*

*“Dancing satisfy us, this is the only way to express our inner feelings”*

*“We are unable to hide ourshe-feelings and she- emotions”*

In 2009 Chief Justice of Pakistan Iftikhar Ahmed Chaudhary declared them as a third identity in Pakistan. They acknowledged the legal status of hijras and ordered NADRA for documented them as third category. There was also implementation of some historic acts for the security and betterment of hijras as they were raped and tortured by policemen. Supreme Court also planned job opportunities for them and ensured to exercise fair actions with them as now there is also a seat fixed in parliament for them and now they have the right to vote in general body elections also as also reflected in our super ordinate theme that is “change stereotypes regarding them” (Nadeem, T, 2015). But as they stated in interview they all are only paper actions without any practical implementations they deserve some respectable and attractive jobs for them and scholarships in their old age. Another main theme “dissatisfactory Govt policies” also highlighted this fact that they were very disappointed from Govt policies and complained against fake govt policies as reported in interview,

*“We want right of respectful employment; we want opportunities of education”*

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

*“We want respect for our profession and want to get attractive scholarships from Govt”*

*“We must granted equal legal rights and obligations in the society”*

According to Hossain (2002) there are many causes behind becoming Hijraz. Results showed that torturing behaviors of relatives their inner desires to become females and very harsh and strict restrictions from their family forced them to leave their homes and join Hijras community. Sometimes harsh treatment of their families forced them to quit and join Hijras community. Another theme that is taken out from the study is “attitude towards life” in which it was revealed that that in this community they earned respect, love and care for them they take care of each other’s emotions. They got all relations here as they stated that:

*“We left our family because of high restrictions, our family stop us from expressing our she-feelings, sometimes they beat us, lock us and hide us from relatives”.*

*“We live here like a family, contented with self, understanding for each other”*

Despite of all these facts they also revealed this surprising fact that they also financially support their families, take care of their needs, help them to settle in their lives, flourishing business and getting married, afford their expanses, paying their home rents etc reported in our another main theme “financial aid to family”. According to them making their family members lives better is the only aim of their lives because they have no one in their lives who have blood relation except their family members. (Cowan, 2005). They also complained gender biases attitudes they reported that their mothers, sisters and all females of society respect them, understand them and love them but all male members in society even their fathers and brothers too showed disrespectful and humiliating attitude towards them. They have desire to be the part



Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

of family although they got all relations here but still they miss their families as reported:

*“We take responsibility of our family, we look after them, afford all expenses of them”*

*“We have strong desire to be the part of family and wish for sincere life partner”*

*“All female honor us; understand our feeling but males have harsh attitudes towards us”*

This is the fact that sometimes we hate someone because we know them and we don't want to know them because we hate them. Like the entire world hijras is most discriminated minority in our society too. They are deprived of educational and job opportunities because of the odd attitude towards them (Poteat, 2016). They were bullied at streets they were abused at ceremonies they were treated as most disrespectful population in our society and they want to change the ideology of people about them as reported in one of our major theme named “change thinking of people” (Diamond, 2006). They are the victims of gender identity with low self-esteem and negative self-concept without any psychological and mental help. Because of this entire phenomenon they involved in self-medication including injections and hormones. They demand respect for them, love for them.

*“We want to change the thinking of people; we want to change the ideology of people”*

*“We want that people respect us, think positive about us, consider us the part of society”*

In our last theme “self-perception” they showed their desire of being more beautiful and looking more attractive, they are sometimes afraid of becoming old because with the decay in their age they look ugly and non-attractive which results in decrease in their demand loneliness is one of the most prominent consequences so because of this they are to be compel with begging on roads and

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

streets(Khattak, 2004).They also considered themselves innocent and merciful creatures who are deprived of normal human figure characteristics, they also accepted that they are unable to hide their she emotions and she feelings, they are bounded to this type of attitudes and behaviors as they reported:

*“We are delicate and sensitive like females; we have soft soul like females”*

*“We are miserable creatures; we are agreeing with the will of God”*

*“We want to look like women; we want to be more valuable to our customers”.*

### **Recommendations and Suggestions**

Firstly, they were treated like normal human beings, their families should be educated about their psychological and physical problems. New Government policies should be implemented for the welfare and financial help of hijras. Comprehensive program consisted of religious healers, legal administrators and teachers should be designed for the general public awareness as regards to hijras community. They should be given career counseling programs. There should be separate educational system for them. They should have proper job opportunities. Government should organize the medical assistance programs for affected hijras and implement strict laws to secure their rights.

### **Limitations**

Present study was conducted on small sample it could be conducted on the sample of different areas. There are a lot of issues regarding the hijras population which is still unexplored.

## Factors Contributing in Life Satisfaction among Hijras: A Qualitative Study of Sargodha, Pakistan

That's why the generalizability of the study is small. Semi structured interviews were used. This phenomenon can be explored by using the structured inventories which are more reliable. IPA is an ideographic and flexible qualitative. IPA is time consuming, requiring reviewing of data several times.

### **Implications**

Attitude plays very important role in every person's life in our society especially for those people who suffer any psychological or physical disease. Social approval and acceptance of rights hold great value in these people. Humble and respectable attitudes of people contribute huge part in their treatment. We must modify our attitude towards them by considering them humans like us and must avoid abusing. Hijras is third most prominent gender in our society so they deserve same respect, admiration and appreciation as rest of two. Present study may play role of milestone for new researchers to do research projects to comprehend third gender in our and must concentrate on their problems and issues in this perspective. In a way, this research would help in reducing the element of taboo and stigma attached with doing research on these minorities, disappointing, discouraging and ignoring them without exploring, and must address causes of social denial of certain sexual issues in Pakistan.

### **Conclusion**

Present research helped in exploring all factors contributing in enhancing or decreasing their life satisfaction. Findings indicated that the persons who stigmatized as hijras suffered from many psychological and mental problems. Being hijras causes stress, anxiety, inability to work, unable to make positive contributions and negatively affects their life satisfaction. They become upset and frustrated on this discrimination. They were also

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

harassed and abused at normal working and social places on an everyday basis. They are treated unequally (Winter, 2007). They are unaccepted by their families and forced to leave their homes and live with other hijras community, where they live happily but missed their families; they also provide financial aid to their families. They accept their existence as will of God; they considered themselves different creature who is near to God. Actually it is not their fault at all of being hijras but in spite of this fact they don't have any job opportunities, bullied in schools, abused on roads, condemned at social occasions and considered that they are like people who don't deserve to live respectfully and freely (Mustafa, et al., 2015). They want to change societal ideology and attitudes toward them, they also demand flexible and attractive gov policies for them. All these contribute in their life satisfaction. They are snatched from the chance of being constructive and fruitful for the humanity by our society. This decreases their life satisfaction and wellbeing (Gilbert, 2000).

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

## References

- Abbas, T., Nawaz, Y., Ali, M., Hussain, N., & Nawaz, R. (2014). Social adjustment of transgender: A study of District Chiniot, Punjab (Pakistan). *Academic Journal of Interdisciplinary Studies*, 3(1), 61.
- Aidman, E. V., & Carroll, S. M. (2003). Implicit individual differences: Relationships between implicit self-esteem, gender identity, and gender attitudes. *European Journal of Personality*, 19-37.
- Ali, S. (2003). Khawajasaraoon Ki Dunya. *Nawa-e-Waqt: Sunday Magazine* (p.27).
- Antoszewski, B., Kasielska, A., Jedrzejczak, M., & Kruk- Jeromin, J. (2007). Knowledge of and attitude toward transsexualism among college students. *Sexuality and Disability*, 25, 29-35. doi: 10.1007/s11195-006-9029-1
- Badgett & J. Frank (Eds.), *Sexual orientation discrimination: An international perspective* (pp. 209-224). Routledge.
- Bartlett, N. H., Vasey, P.L. & Bukowski, W. M. (2000). Is gender identity disorder In children a mental disorder? *Sex Role: A Journal of Research*. Retrieved from [http://www.findarticles.com/p/articles/mi\\_m2294](http://www.findarticles.com/p/articles/mi_m2294)
- Cowan, S. (2005). Gender is no substitute for sex: A comparative human rights analysis of the legal regulation of sexual identity. *Feminist Legal Studies*, 13, 67-96. doi: 10.1007/s10691-005-1457-2

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

- Dean, L., Meyer, I. H., Robinson, K., Sell, R. L., Sember, R., Silenzio, V. M. (2000). Lesbian, gay, bisexual, and transgender health: Findings and concerns. *Journal of the Gay and Lesbian Medical Association*, 4(3), 102-151.
- Diamond, M. (2006). Biased-interaction theory of psychosexual development: "How does one know if one is male or female?" *Sex Roles*, 55(10), 589-600. doi: 10.1007/s11199-006-9115-y.
- Ghafoor, C. Chaudhry, A., Ellahi Khan, S., Ahmed, A., & Khan, N. (2014). The begging hijras of islamabad in the age of urbanization: an anthropological perspective. *Science International*, 26(5).
- Gilbert, M. (2000). What is transgender? *International Journal of Transgender*, 4(3). Retrieved from <http://www.symposion.com/ijt/gilbert/preface.htm>
- Grossman, A. H., & D'Augelli, A. R. (2007). Transgender youth and life-threatening behaviors. *Suicide and Life-Threatening Behavior*, 37(5), 527-537.
- Hird, M. J. (2002). For a sociology of transsexualism. *Sociology*, 36(3), 577-595.
- Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology* (4th ed.). Pearson Prentice Hall.
- Hossain, A. (2002). The swing between both sexes: *Hijras* "asexual others". Retrieved from <http://web.hku.hk/~sjwinter/TransgenderAsia/index.htm>

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

- Jami, H., & Kamal, A. (2017). Myths about hijras (male-to-female transgender of hijra community)? role of gender and commonly held belief about them. *Foundation University Journal of Psychology, 1*(1), 1-17.
- Khattak, S. (2004). *Self-esteem of hijra community* (Unpublished M.Sc. Research Report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.
- Kiran, U. (2004). *Ideal and actual self-concept of hijras in reference to masculinity and femininity* (Unpublished M.Sc. Research Report). Malik, A. A. (2008). *Social support and psychological distress among transgender* (Unpublished M.Sc. Dissertation). Fatima Jinnah University, Rawalpindi, Pakistan.
- Kuckartz, U. (2014). *Qualitative text analysis: A guide to methods, practice and using software*. Sage.
- Mustafa, D., Gioli, G., Qazi, S., Waraich, R., Rehman, A., & Zahoor, R. (2015). Gendering flood early warning systems: the case of Pakistan. *Environmental Hazards, 14*(4), 312-328.
- Nadeem, T. (2015). Pisnay walay Aik Tabkay Ki Daroon-en Khana Dilchasp Kahani. *Jang: Sunday Magazine*. Retrieved from [www.jang.com.pk](http://www.jang.com.pk)
- Poteat, T., Scheim, A., Xavier, J., Reisner, S., & Baral, S. (2016). Global epidemiology of HIV infection and related syndemics affecting transgender people. *Journal of acquired immune deficiency syndromes, 72*(3), 210-222.

Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

- Poteat, T., Wirtz, A. L., Radix, A., Borquez, A., Silva-Santisteban, A., Deutsch, M. B., ... & Operario, D. (2015). HIV risk and preventive interventions in transgender women sex workers. *The Lancet*, 385(9964), 274-286.
- Rankin, S. R. (2007). Campus climate for sexual minorities. In M. V. L. Badgett & J. Frank (Eds.), *Sexual orientation discrimination: An international perspective* (pp. 236-252).
- Reisner, S. L., Poteat, T., Keatley, J., Cabral, M., Mothopeng, T., Dunham, E., ... & Baral, S. D. (2016). Global health burden and needs of transgender populations: a review. *The Lancet*, 388(10042), 412-436.
- Russell, S. T., Ryan, C., Toomey, R. B., Diaz, R. M., & Sanchez, J. (2011). Lesbian, gay, bisexual, and transgender adolescent school victimization: Implications for young adult health and adjustment. *Journal of School Health*, 81(5), 223-230.
- Smith, J. A. (2015). *Qualitative psychology: A practical guide to research methods*. (1<sup>st</sup> ed.). Sage.
- Toomey, R. B., Ryan, C., Diaz, R. M., Card, N. A., & Russell, S. T. (2010). Gender-nonconforming lesbian, gay, bisexual, and transgender youth: school victimization and young adult psychosocial adjustment. *Developmental psychology*, 46(6), 1580-1592.
- Winter, S. (2007). *Transphobia: A price worth paying for gender identity disorder?* Retrieved from <http://web.hku.hk/~sjwinter/TransgenderASIA/index.htm>.



Factors Contributing in Life Satisfaction among Hijras: A Qualitative  
Study of Sargodha, Pakistan

- Yip, A. K. T. (2007). Sexual orientation discrimination in religious communities. In M. V. L.
- Zafar, R. (2004, Sep 19) Hijroon Ki Pursarar Duniya: dukhon Ki chakki mein Pisnaywalay Aik Tabkay Ki Daroon-en Khana Dilchasp Kahani. *Jang: Sunday Magazine*. Retrieved from [www.jang.com.pk](http://www.jang.com.pk).