

ABSTRACT

The study aimed to explore psychological distress, body dissatisfaction, and social rejection among transgenders. Sample of the study consisted of 150 transgenders. Cross-sectional correlational research design and purposive sampling technique was used for data collection in this study. Kessler Psychological Distress Scale (Kessler, 2002), Body Esteem Scale (Franzoi & Shields, 1984) and Rejection Sensitivity Questionnaire (Downey & Felman, 1996) were administered to measure the distress level, body dissatisfaction and social rejection among transgenders. Findings of the results indicated that there is a significant positive between social rejection and psychological distress. There is a significant negative relationship between body image and psychological distress. It was also indicated that satisfaction with physical condition and weight is significantly positive correlated with psychological distress. Simple linear regression indicated that social rejection is a significant predictor of psychological distress. It is also concluded that transgenders scored higher on clinical distress, moreover clinically distressed transgenders are more prone to social rejection. The study indicated that transgenders who live in joint family or with guru experience less social rejection and psychological distress. However, findings indicated that Transgenders of old age are more satisfied with their weight. Transgenders of middle adulthood are more satisfied with their physical condition than transgenders of old age and middle adulthood. It has been highlighted the social rejection that transgenders face from their birth onward and how it effects their mental health. We as a society should come up with more projects that focus on making transgenders part of the society and increase their acceptance.

Key words: Psychological distress, body dissatisfaction, social rejection, transgenders