

## Abstract

The present study aimed to explore the Psycho-social stressors and Coping Strategies among by-birth third gender. In Pakistan third gender is commonly known as Hijras, categorized in By-birth Hijras and By-choice and by- profession hijras. This study is particular to the by-birth hijras of Lahore City. The study was carried out in two phases. In first phase of pilot study data was collected from two participants (1 Guru, 1 Chela), and second phase was main study in which data was collected from 10 participants (5 Guru, 5 Chelas). From semi-structured interviews five basic domains of Psychosocial Stressors, including Familial Stressors, Work related stressors, stressors related to their Own Community, Stressors outside their Community and Stressors related to Self Perception were emerged. Method of Interpretative Phenomenological Analysis was used for data analysis. Major and sub themes were emerged with particular to each domain. Results are discussed in two particular groups of guru and chelas. Results revealed that gurus experienced more stress as compared to chelas which was highlighted in many domains including, Stress due to negative behavior of Chelas, Disowned by family and Hijra community, Old age issues and in domain of Peaceful- Life Peaceful- Death a Dream. Moreover results showed that overall hijra most frequently used the avoidance focus coping strategy and less frequently used problem focused strategy.

**Keywords:** by-birth third gender, guru, chelas, psycho-social stressors, coping strategies, interpretative phenomenological analysis