


# Casket Literaria



  
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ENGLISH LANGUAGE  
CASKET LITERARIA

English/Articles

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First Published September 2023

PUBLISHER

GEMS ARTS AND SCIENCE COLLEGE

An ISO 9001:2015 Certified Institution

(Affiliated to University of Calicut and UGC Recognized

Under Section 2(F) of UGC Act 1956)Registration No:

KI/2019/0242803(NGO-DARPAN) NITI AAYOG,

GOVERNMENT OF INDIA)

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## PREFACE


The realm of Arts contains an enormous range of ideas, theories, perceptions, interpretations, critical analysis etc. Keeping this in view, as to make it helpful for the learners of GEMS Arts and Science College, this book titled "Casket Literaria" on Arts analyses a variety of subjects in the best way helping the Learners or faculties art related Research Works and thereby the future course of their Life. This venture can, indeed, ensure an advanced level of supports with selected subjects coming under the Purview of Arts.

Casket Literaria is a collection of varied articles of the well experienced faculties which published under the strict scrutiny of the Expert Committee appointed by the Management Governing Council. Hence quality and relevance on the content of the book have been ensured. The contents includes Social issues, Literature, Creativity, analytical study, views and previews on different matters and so on. Special care also has given to keep the entries correct with the incessant change being taken place in the day today life of the society. Besides, this edition has equally considered the new google generated Era's nature and scope in Art works.

Indeed Art, like life itself, opens the unfathomable depth of the possibilities for any learner or researcher of the coming future as well.

**DR. Mohammed Nazeer. K.E.**



  
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# BREAKING BARRIERS: A STUDY ON TRANSGENDER IDENTITY AND WELL-BEING

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In recent years, there has been an increasing recognition of transgender individuals and their unique experiences within society. As a marginalized group, transgender people face numerous challenges and discrimination, which can significantly impact their mental health and overall well-being. To shed light on these issues and promote understanding, a comprehensive study was conducted to explore various aspects of transgender identity and its influence on the lives of individuals within this community. This article aims to provide an overview of the key findings and implications of this groundbreaking study. Transgender individuals are those whose gender identity does not align with the sex assigned to them at birth. They may identify as male, female, or non-binary, reflecting a diverse range of gender identities beyond the traditional binary system. It is essential to recognize that gender identity is distinct from sexual orientation, as transgender people can identify as heterosexual, homosexual, bisexual, or any other sexual orientation.

The study found that transgender individuals often face significant mental health challenges. Discrimination, social stigma, and lack of acceptance from family, friends, and society can lead to increased rates of anxiety, depression, and suicidal ideation among transgender individuals. Additionally, access to adequate healthcare, including gender-affirming treatments



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and surgeries, plays a crucial role in their well-being. The study underscores the importance of creating inclusive environments that support transgender individuals' mental health needs.


One of the key factors promoting positive outcomes for transgender individuals is social support and acceptance. The study highlighted the significance of familial support, friendships, and supportive communities in enhancing well-being. Acceptance from loved ones and society can contribute to increased self-esteem, reduced psychological distress, and overall life satisfaction. The study's findings emphasize the need for education and awareness programs to foster understanding and empathy among the general population.

Legal recognition and protections for transgender individuals emerged as vital factors impacting their overall well-being. Access to legal documentation that reflects their gender identity, such as identification cards and birth certificates, is crucial for affirming their identity and reducing instances of discrimination. The study calls for comprehensive legal protections against discrimination, equal access to education and employment opportunities, and initiatives to combat violence and hate crimes targeting transgender individuals. The study also highlighted the importance of recognizing intersectionality within the transgender community. Transgender individuals may also identify with various ethnic, racial, or religious groups, and their experiences are influenced by the intersection of these identities. The study emphasizes the need for inclusive research, policies, and support systems that consider the unique challenges faced by transgender individuals from diverse backgrounds.

The study on transgender identity and well-being provides invaluable insights into the experiences of transgender individuals and the challenges they face. By shedding light on these issues, the study aims to encourage a more inclusive and understanding society that supports the rights and well-being of transgender people. Moving forward, it is crucial to translate these findings into actionable steps, such as policy reforms, educational initiatives, and advocacy efforts, to create a more equitable world for all individuals, regardless of their gender identity.

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