

The Relationship between Personality Traits and Resilience among Transgender Communities of the States of Gujarat and Chhattisgarh

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Abstract

Society works under many factors and leads them where they want to be. Resilience is an important part for any individual to be in the journey to continue to follow the purpose. Resilience is the ability to adapt and recover from adversity or stress. It involves emotional strength, problem-solving skills, and a positive outlook to navigate life's challenges. A personality trait is a consistent characteristic or quality that influences an individual's thoughts, feelings, and behaviours across various situations. Examples include traits like openness, conscientiousness, extraversion, agreeableness, and neuroticism. The study aims to identify the relation between these psychological characteristics using a prospective causal comparative methodology. To study the correlation between personality traits and resilience, a sample of 103 transgender individuals from Gujarat (n = 52) and Chhattisgarh (n = 51). Participants ranged in age from 18 to 50 years, ensuring representation across diverse adult demographics within the transgender community. The Mini-IPIP was utilized to examine personality traits, while the ARM-R was employed to evaluate resilience levels. The data-gathering process consisted of administering various psychometric tests to subjects while assuring adherence to ethical guidelines. The results indicated that personality traits of conscientiousness and extraversion were positively correlated to resilience; whereas openness to experience, agreeableness and neuroticism were negatively correlated in the transgender individuals who were examined.

Keywords: Transgender, Big Five Personality Traits, Resilience, Gujarat, Chhattisgarh

Introduction

Living in the 21st century, living creatures are bound to behave in a certain manner to be a part of the community. We as a world are growing in every aspect, like in science, technology, media & entertainment, and now fast rolling into AIs. Here, mental health is also a wider part of the current scenario. Men, women and transgender, biologically individuals have their differentiating traits and resilience accordingly, which counts them as a gender.

People whose gender identity or expression is different from the sex given to them at birth are referred to as transgender (**American Psychological Association [APA], 2015; World Health Organisation [WHO], 2022**). Some definitions use it exclusively for those who transition medically or socially, while others use it more widely to include all gender-variant identities (e.g., non-binary, genderqueer) (**Winter**

et al., 2016). According to Richards et al. (2016), transgender identities are different from sexual orientation and represent an innate sense of self that may or may not fit into binary male/female categories. The transgender communities navigate a complex socio-cultural landscape where legal recognition, such as the **Transgender Persons (Protection of Rights) Act, 2019**, coexists with persistent societal stigma. In spite of progressive policies, numerous transgender individuals are subjected to discrimination in the areas of education, employment, and healthcare, which requires a greater capacity to endure adversity (Agrawal, 2020; Nanda, 1999). Extraversion, emotional stability, and openness to new experiences are among the personality qualities that may act as psychological buffers, allowing people to survive social rejection and flourish in unfriendly settings (Connor & Davidson, 2003; Singh et al., 2021). This research investigates the ways in which these characteristics support resilience among transgender people in Gujarat and Chhattisgarh.

The **American Psychological Association (APA)** defines resilience as "the process and result of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands."

The Latin term "*persona*," which means to mark or dress up, is the root of the English word personality. "Personality is the dynamic organisation within the individual of those psychophysical systems that determine his unique adjustments to his environment," said **G.W. Allport in 1937**.

In 1949, **D. W. Fiske** created the notion of the five essential personality qualities, which was further expanded upon by **McCrae & Costa (1987)**, **Norman (1967)**, **Smith (1967)**, and **Goldberg (1981)**. According to many contemporary personality psychologists, the Big 5 Personality Traits are the following five basic personality dimensions: agreeableness, openness, conscientiousness, neuroticism, and extraversion (also spelled extroversion). The abbreviation "OCEAN" stands for the five main characteristics of personality that empirical research has proposed.

Aim: To study the relationship between personality traits and resilience in transgender individuals of India.

Objectives:

- To study the relationship between personality traits and resilience among transgender community of Gujarat.
- To study the relationship between personality traits and resilience among transgender community of Chhattisgarh.
- To study the relationship between personality traits and resilience among the transgender community of the states of Gujarat and Chhattisgarh.

Hypothesis:

- There will be no significant relationship between personality traits and resilience among transgender community of Gujarat.
- There will be no significant relationship between personality traits and resilience among transgender community of Chhattisgarh.
- There will be no significant relationship between personality traits and resilience among the transgender community of the states of Gujarat and Chhattisgarh.

Review of Literature

There is a complicated and nuanced link between transgender people's resilience and the Big Five personality qualities. According to research, resilience levels are strongly influenced by certain personality qualities. For transgender people, who often deal with specific pressures and mental health issues, this connection is especially pertinent.

Puckett et al. (2022) discovered that unfavourable socio-political environments exacerbate minority stress and negatively impact the mental health of transgender and gender-diverse individuals. This underscores the necessity of supportive policies to cultivate resilience. Transgender individuals frequently implement adaptive coping strategies, including support-seeking and problem-solving, to fortify their resilience to stigma and discrimination (**Bry et al., 2018**). **Bitton and Weiss (2023)** found that resilience serves as a protective buffer, whereas transphobia increases psychological distress in transgender individuals in Israel. This underscores the necessity of interventions that reduce transphobia and improve resilience. Self-care and leisure activities have been identified as a critical coping mechanism that fosters resilience, particularly among transgender women who are exposed to violence (**Winiker et al., 2022**).

It is crucial to acknowledge that not all transgender people experience resilience in the same manner, even while emotional stability is advantageous. Factors such as socioeconomic status and access to mental health resources can substantially influence resilience outcomes, suggesting a need for tailored interventions to support diverse experiences within this population (**Wilson et al., 2023**). Interacting with peers who have gone through similar things might help build resilience against stigma by offering both practical support and emotional affirmation (**Suleman et al., 2023**). Resilience may be greatly increased by having strong social networks. For example, **Goldenberg et al. (2024)** found that transgender Latinas who had more social support had better access to and results from healthcare.

According to **Metts et al. (2024)**, resilience is adversely affected by higher levels of neuroticism, which are associated with greater stressor reactivity and depressive symptoms. Transgender people who are less neurotic often show more acceptance of who they are and life, which promotes resilience. (**Gonzalez et al., 2012**)

Extraverted people may be better able to handle hardship since they are linked to lower levels of depression and more resilience. (**Rossouw, 2024**) (**Metts et al., 2024**) In order to create networks of support that increase resilience, extraversion encourages social interaction. (**Roth & Herzberg, 2017**) One important feature seen in transgender people's resiliency techniques is their connection to supporting groups. (**Singh et al., 2011**)

More conscientiousness is associated with greater resilience because it encourages healthier habits and coping mechanisms. (**Rossouw, 2024**) Effective coping mechanisms, which may reduce emotional weariness and increase resilience, are linked to conscientiousness. (**León et al., 2009**)

Openness and resilience are positively correlated, maybe as a result of their relationship with self-acceptance and adaptation. (**Metts et al., 2024**)

Higher levels of agentic and community qualities are associated with greater resilience and fewer symptoms of depression in transgender women. This connection is mediated by self-acceptance, especially for those who live their gender role full-time. (**Gonzalez et al., 2012**) A vital resilience component that aids people in overcoming oppression and reaffirming their identities is a connection to supporting groups. (**Singh et al., 2011**)

The literature reveals significant gaps in the current corpus of research. The bulk of research has evaluated personality characteristics and resilience as independent entities, with little examination of their

intersection, especially in transgender populations. There have only been a few studies conducted on the Indian trans community.

Methodology

Research Design: The Research design used for this study is Prospective Causal Comparative Research Design.

Sample: The study sample consists of 103 individuals from the transgender community, with 51 participants from Chhattisgarh and 52 from Gujarat, selected using purposive sampling based on specific criteria. Inclusion criteria required participants to be between 18-50 years of age, identify as transgender, reside in Gujarat or Chhattisgarh, and provide informed consent. Exclusion criteria encompassed individuals below 18 or above 50 years of age, those identifying as male or female, members of the broader LGBTQ+ community (other than transgender individuals), residents of states other than Gujarat and Chhattisgarh, subjects who failed to provide informed consent, and those with any diagnosed mental disorder.

Procedure: The study adhered to ethical research practices, ensuring informed consent, confidentiality, and voluntary participation. Participants were provided with detailed information about the research objectives, procedures, and their rights before data collection began. Written consent was obtained from all participants prior to their involvement.

The sample was identified through purposive sampling, targeting members of the transgender community in alignment with the study's objectives. Data collection followed a structured approach: demographic information was gathered first, followed by the administration of standardized questionnaires. All procedures complied with ethical guidelines and APA standards to ensure participant protection and data integrity.

Tools: *The Mini-IPIP Scale (Donnellan, Oswald, Braid & Lucas, 2006)* It was developed by Donnellan, Oswald, Braid & Lucas. It is a short form of 50-item International Personality Item Pool—Five-Factor Model measure (Goldberg, 1999). It follows the Big Five Personality Model. It consists of 20 items. It is a 5-point Likert scale questionnaire. **Donnellan et al. (2006)** reported acceptable internal consistency ($\alpha = 0.60$ – 0.80 across subscales) and strong convergent validity with the full IPIP ($r = 0.65$ – 0.90). The scale demonstrates cross-cultural applicability and has been widely used in personality research.

Adult Resilience Scale (ARM-R) The Adult Resilience Measure is a measure of Social-ecological resilience. It is a revised version of measures and is suitable for adults aged 18 or older. It consists of 28 questions. It is a 5 Likert scale questionnaire. ARM-R shows robust psychometric properties, with high internal consistency ($\alpha = 0.85$ – 0.92) (**Ungar & Liebenberg, 2011**) and construct validity, correlating positively with well-being measures ($r = 0.45$ – 0.60) and negatively with stress ($r = -0.30$). Its ecological framework aligns with contemporary resilience theories.

Results

The study examined the relationship between personality traits and resilience among transgender individuals in India, focusing on Gujarat and Chhattisgarh. Using the software, Statistical Package for the Social Sciences vs.22.0, the analysis treated transgender individuals as independent variables and personality traits and resilience as dependent variables. The objectives included comparing these relationships within and between the two states.

Table 1 Age Distribution of Transgender Participants Across States

State	N	Minimum	Maximum	Mean	Std. Deviation
Chhattisgarh	51	18	47	27.90	6.103
Gujarat	52	18	45	29.19	6.463

Note: Descriptive statistics revealed the mean age of Chhattisgarh's transgender community as 27.90 (range: 18–47, SD: 6.103), while Gujarat's mean age was 29.19 (range: 18–45, SD: 6.463).

Table 2 Pearson Correlation Between Personality Traits and Resilience Among Transgender Communities of Chhattisgarh and Gujarat

Personality Traits	Resilience	
	Gujarat	Chhattisgarh
Openness to experience	-.066	-.096
Conscientiousness	.310	.007
Extroversion	.166	.129
Agreeableness	-.140	-.140
Neuroticism	-.056	-.056

The results in the Table 4.2 shows Pearson correlation coefficients between five personality traits (openness, conscientiousness, extraversion, agreeableness, and neuroticism) and resilience among transgender communities in Gujarat and Chhattisgarh. In Gujarat, conscientiousness showed a moderate positive correlation (0.310) with resilience, while extraversion had a slight positive link (0.166). The other traits—openness and agreeableness—had weak negative correlations, and notably, neuroticism had an identical weak negative correlation (-0.056) in both states. In Chhattisgarh, none of the traits strongly correlated with resilience, with values close to zero, except for slight positive links with extraversion (0.129) and weak negative associations with openness (-0.096) and agreeableness (-0.140). Overall, the results suggest that personality traits have a limited or inconsistent relationship with resilience in these communities, with neuroticism showing the same negligible effect in both regions.

Discussion

This research explored how resilience and personality characteristics (based on the Big Five model) relate to transgender people in Gujarat and Chhattisgarh, India. The results showed mostly weak or insignificant relationships between resilience and personality characteristics in both states, which was contrary to early assumptions. Conscientiousness had a somewhat positive association ($r = 0.310$) in Chhattisgarh, indicating that those who are more self-disciplined and goal-directed may be more resilient. However, Gujarat did not exhibit this connection ($r = 0.007$), suggesting that personality promotes resilience

differently in different regions or cultures. In both states, extroverts showed a minor positive association ($r = 0.166$ in Chhattisgarh and $r = 0.129$ in Gujarat), which is consistent with other studies (**Rossouw, 2024; Metts et al., 2024**) that show a relationship between social interaction and improved coping methods.

Notably, contrary to some previous research, agreeableness and neuroticism had modest negative relationships in both states. For example, **Gonzalez et al. (2012)** noted that self-acceptance—often associated with reduced neuroticism—plays a crucial role in resilience among transgender people, whereas **Metts et al. (2024)** discovered that neuroticism negatively impacts resilience because it increases stress reactivity. The study's lack of substantial correlations could be due to India's distinct sociocultural setting, where communal support—rather than just individual personality traits—is often used to promote resilience (**Virupaksha & Muralidhar, 2018**).

Because of demographic marginalisation, generalisability is a typical difficulty in transgender research, and the small sample size ($N = 103$) hinders it (**Liu et al., 2023**). The different results between Chhattisgarh and Gujarat may also be explained by regional differences in societal acceptability and availability to mental health facilities (**Wilson et al., 2023**). In order to investigate how cultural elements impact resilience beyond personality, future research should use bigger, more varied samples and qualitative approaches.

Conclusion

The null hypotheses were accepted by this research, which revealed no significant correlation between resilience and personality characteristics among transgender people in Gujarat and Chhattisgarh. The fact that Gujarat could not reproduce the tentative associations between conscientiousness and extroversion and resilience that were seen in Chhattisgarh highlights the complexity of resilience as a concept that is influenced by both environmental and individual variables. The results imply that external support, including peer networks (**Suleman et al., 2023**) and cultural solidarity (**Singh et al., 2011**), may have a greater impact on resilience in Indian transgender groups than personality alone.

These findings emphasise that rather than concentrating just on personal characteristics, culturally appropriate treatments that capitalise on communal assets are required. Reducing structural stigma and strengthening social support networks should be top priorities for policymakers and mental health practitioners (**Puckett et al., 2022**). Future studies should integrate qualitative and quantitative methods to better understand how personality, resilience, and sociocultural factors interact in transgender communities.

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