Development and Validation of Psychosocial Problems and Challenges Scale for Transgender Individuals

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Abstract

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The current study aimed to develop and validate the Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals. The mixed method approach was applied. The study was comprised of three phases. In the first phase, data were extracted from the already explored phenomenology on the psychosocial experiences of trans genders (Iqrar & Habib, 2018), and also from the previous literature. In the second phase, the factor structure of the indigenous PPCS was determined through Exploratory Factor Analysis (EFA). A sample of 300 transgender individuals aged range between 20-50 years (*Mage* = 2.53; *SD*= 1.34) was selected from different NGOs and community deras (ڈیرے) of transgender in Punjab through the purposive and snowball sampling techniques. The initial item pool comprised 53 items. The Principal Component Analysis (PCA) was used with Varimax Rotation Method to extract the number of factors. After the extraction of unloaded items, a total of 49 items were retained. In the third phase, the psychometric properties of the PPCS were determined. The six-factor solution of PPCS emerged and named Parental Maltreatment, Psychological Issues, Ostracism, Social Inequality, Sexual Harassment, and Religious and Educational Discrimination. The excellent overall scale's Cronbach alpha value (*α*=.98) was found. The cumulative percentage of variance was 68% and eigenvalues greater than 1 were considered (Kaiser, 1974). The findings of psychometric evaluation revealed that PPCS is a psychometrically reliable and valid measure that could be used as a screening tool in various setups to identify psychosocial issues of transgender individuals based on their life experiences.
Keywords: *transgender, psychosocial problems and challenges, exploratory factor analysis, construct validity*

Introduction and Literature Review

Gender is a psychological and social aspect of sexuality, which is biotic. Other times, though, the psychological and social aspects of sexuality clash with the biological ones. These factors take precedence over biology in determining gender identity and influencing gender roles (Kessler & McKenna, 1978). Anyone who disagrees to some extent with the accepted gender ideas remains labeled a deviant (Sharma, 2000; Winter, 2002). As friends,

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family, and society strive to discover means to compulsorily conclude undesirable behavior, urges, or impulses, a person who has been labeled as deviant begins to seek channels for expressing them. This could lead to the formation of a minor, systematized support network somewhere she or he can find reception and support for his or her aberrant behaviors and characteristics. Such organizations occur throughout the world under various names (Winter, 2002; Coway, 2002; Kessler & McKenna, 1978).

Transgender is a word used to define individuals whose sexual identities are ambiguous and cannot categorized as male or female. However, some persons remain suspected of being transgender and, as a result, modify their lifestyle and are labeled transgender. Transgender people are the result of a contradiction between psychological identification and biological sex, and the development of a stable, integrated, unambiguous identity is the normative and healthy endpoint of transgender identity development, despite the growing social scientific recognition and investigation of the transgender experience (Diamond et al., 2011).

People whose identification clashes with their gender assigned at birth and cultural rules for sexual role presentation are referred to as "transgender." The phrase can refer to a wide range of gender nonconforming identities, encompassing both man and woman identities. Look-alikes, drag kings and drag queens, MTF and FTM Gender-bending individuals, cross-dressers, and transsexuals (Bilodeau, 2005). The United Nations High Commissioner for Human Rights states that "transgender individuals throughout the world need to increase their systematic, economic, and social rights." Also mentioned is the pervasive harassment third-gendered persons face. For transgender people to receive protection and care, a gender identity law is also necessary. In 2012, the Argentinean Senate passed the world's first gender individuality law (Reisner et al., 2016).

Though estimates based on a wide range of explanations have put the global transgender population at anything from 1% to 3.5 percent. Pakistan has around the same share as the United States (Schwartz et al., 2011) The education level is different in Pakistan for transgender individuals. Forty two percent of individuals are illiterate, 14% are in primary level education, 185 are in secondary education, 7% are in higher secondary education, 8% are graduates and 11% are post-graduate (Hali et al., 2018). In Pakistan there are different sources of income for transgender individuals 42% of individuals are dancers by profession, 15% are sex-worker, 12% are baggers, 9% do toli (group bagging and dancing), 6% have domestic help, 5% are NGO worker, 3% are labor, 2% are doing office work, 2% are tailor by profession, 1% are beautician and 3% are miscellaneous (Hali et al., 2018). These individuals face several psychosocial issues, including discrimination, stigmatization, and social exclusion. Furthermore, the lesbian, bisexual, and homosexual population, which has also been subjected to substantial discrimination and stigmatization, in addition to marginalization, frequently shuns transgender people. These psychosocial issues have an impact on transgender people's careers, schooling, and housing options (Clements-Nolle et al., 2008).

The psychological challenges that transgender people experience to go beyond their gender identification struggles. Numerous of the inside struggles that transgender people are arguably a product of the society that medical conditions and kinds of economic identity nonconformity. As a result, in addition to studying trans people's internal challenges, we're also concerned about the external variables that fuel internal emotions of self-doubt and conflict. Trans people experience dread and shame as a result of genuine abuse, rejection, and prejudice (Green, 2004).

Transgender people may experience psychological issues as a result of living in an unfair environment and experiencing gender-based abuse (Grant et al., 2011; Ellis et al., 2015). For transgender people, social and cultural prejudices made it difficult for them to

"open up" and "originate out of their gendered personality." The impact of a culture's gender-related accepting structure or belief system begins as soon as a child is born (Rahilly, 2014). That's why transgender people continue to experience social and legal prejudices, discrimination, and physical violence all around the world because their sexual category differs from the sex they were given at birth (Human Rights Watch, 2016). Sexual and gender minority groups are more likely to experience physical threats, harassment, and sexual violence, according to numerous inclusive evaluations (Katz & Hyde, 2012; Nadal et al., 2012) and are more likely than the general public to experience poor mental health or wellbeing (Veale et al., 2017). Discrimination and harassment like this raise stress levels and pressure from expectations (Reisner et al., 2015).

The disparity in human rights, stigma, discrimination, and violence are all issues that transgender people face. The impacts of marginalization on a transgender individual's life are complicated; trans phobia and stigmatization fuel feelings of loneliness, deprivation, and violence, as well as a lack of financial and social support and poor health outcomes. Each issue is connected to the others and frequently makes them worse (Lefebvre & Domene, 2020).Due to discrimination in "ordinary" occupations, transgender individuals in the Asia-Pacific region are generally limited to careers in entertainment and sex work. Discrimination can take the form of workplace verbal abuse, physical violence, and regulations that do not support transgender employees, or a lack thereof. Transgender persons are oppressed in the workplace because they are limited to particular kinds of jobs, such as selling sex or doing hair and makeup. After all it is available to them and thought acceptable (Suriyasarn, 2016). The issue is that job discrimination against transgender military members might have harmful consequences. When transgendered service personnel is forced to work despite workplace prejudice, they frequently endure withdrawal, loss of focus, despair, suicide, substance misuse, excessive drinking, and anxiety (Sinclair, 2009). This type of behavior hurts workplace efficiency (Shoemaker et al., 2010).

Various qualitative and quantitative studies on transgender's psychosocial experiences have been undertaken. A systematic review was carried out keeping in view different studies from January 2010–2021. The research involved transgender people and addressing issues related to their psychological and emotional needs. During the research, 954 research papers were identified, and a total of 18 articles were suitable for the systematic review. The Mixed-Methods Appraisal Tool (MMAT) instrument was used to check the quality of included studies. Findings revealed that, these individuals face (i)stigmatization, discrimination, and marginalization; (ii) experiences of transgender affirmation; (iii) official and informal assistance; and (iv) access to healthcare (McCann et al., 2021).

Qualitative research was conducted to examine transgender people's life experiences. A snowball sampling was used to choose a sample of twenty-five transgender people from Yazd, Mashhad, and Tehran for an in-depth interview. Theoretical coding was used to examine interview transcripts. Transgender people's life familiarities included gender psychological elements. (dual-gender presentation, dual-gender performance, and dual-gender self-concept), as well as the aspect of gender interactions (interactions within families, friends, school, and insufficient social chances). Suicide, drug addiction, and sexual assault are other effects. These individuals' manufactured meanings show that transgender persons are living in a complicated, insecure, and stressful environment (Farahmand & Danafar, 2020).

One of the researches looked at the self-determining demographics and psychological and social dynamics linked with resilience and emotional grief. This study employed the survey approach, which included a nationwide sample of 169 Australian transgender females and males in 2011. The Brief Resilience Scale and the Kessler Psychological Distress Scale were used in this study to measure the sources of support, demographics, interaction with

(LGBT) peers, and experiences of discrimination and victimization in the survey. According to the findings, 46% of participants described severe or extremely severe levels of mental distress. The findings of multivariable regression analysis revealed many potential independent brokers for psychological distress and resilience (Bariola et al., 2015).

The study that was undertaken primarily focuses on the socioeconomic status of hijras and acknowledges the difficulties they encounter; it mostly focuses on their harassment and the health they endure as a result of police harassment. There are 63 hijras in the sample. An exploratory, descriptive study project using a nonrandom purposive sample with the snowball technique was used. According to the findings, more than half of the hijras are from the middle class, and over 40% are from the middle class. Most hijras claimed to have experienced a variety of physical health-related issues, as well as issues related to harrying, illegal punishments, sexual harassment, aggression, and a lack of civil liberties. They accused the police, notably the railway police and the traffic police, of inflicting violence and abuse (Chettiar, 2015). Transgender people suffered discrimination during the selection process and if they were chosen following interviews, they faced bias at work (Ozturk & Tatli, 2016).

A systematic study was carried out to uncover issues concerning the psychosocial risk factors and vulnerability of transgender persons. From 2007 to 2017, appropriate electronic databases were searched. Transgender individuals, vulnerability, and risk factors were all studied. 21 articles were determined to be appropriate for the review. Sexual hazards, drug abuse, psychological and social vulnerability risk factors, and protecting variables as well as behaviors were among the themes highlighted (McCann & Brown, 2018). A qualitative study was done to investigate the psychosocial experiences of transgender individuals. The study sample comprised 22 transgender individuals with an age range of 20–50 years *(Mage =* 27.90; *SD =* 6.16). The transgender individuals were selected from various cities in the province of Punjab (Faisalabad, Lahore, and Sahiwal), both in rural and urban areas. The participants included had different education levels (e.g., from primary to master). The data was gathered through purposive and snowball sampling techniques and was analyzed through thematic analysis. Many themes emerged from the study, psychological issues, inferiority complex, relationships and living arrangements, social rejection, harassment, fear/insecurity, social restrictions and pressure, social problems, social discrimination, health-related issues, and substance abuse (Iqrar & Habib, 2018).

Another study looks into the effect of social influences on the marginalization of an ethnic group (transgender) in Pakistani society. The study was quantitative, and 223 transgender individuals were chosen using proportionate sampling from the main cities in Punjab Province: Multan, Rawalpindi, and Lahore. Discriminatory victimization, physical/verbal abuse, and institutional discrimination may be significantly impacted by forced sex at an early age, a lack of family and community support, and other factors such as a greater rate of this population's suicidal ideation and attempts, selling sex work, and substance abuse (Ahmed et al., 2014). Many quantitative studies are carried out around the world catering multiple aspects of transgender life challenges and their psycho-social problems. These psychosocial problems (such as ostracism, discrimination, social exclusion, physical and sexual harassment, parental rejection and financial issues) were measured separately using through generic psychological and social problem-based measures (Habib et al., 2022; Maria et al., 2019; Ozturk & Tatli, 2016; Arnold et al., 2011) but a single tool for the collective assessment of transgender community's psychosocial problems and challenges is not yet developed and the indigenous perspective is under- reported.

Rationale of the study

Transgender discrimination is a burning topic since people are still discriminated against based on their gender. Transgender community lack fundamental rights and are unable to obtain basic health care services because of gender discrimination. The transgender

community is ostracized in Pakistani culture, which drives them to take part in risky commercial activities such as selling sex and other illegal activities. There is no specific tool so far developed for the measurement and assessment of the psychosocial problems and challenges of Pakistani trans genders.

Objectives

The present research was intended to keep in view the following objectives

1. To develop an indigenous scale to assess the psychosocial problems and challenges of transgender individuals.
2. To explore the factor structure of the Psychosocial Problems and Challenges Scale by using the exploratory factor analysis (EFA).
3. To determine the psychometric properties of the Psychosocial Problems and Challenges Scale.

Materials and Methods

Research Design

Qualitative research allows the researcher to analyze lived encounters through semi-structured meetings and interviews with students. This type of design is chosen based on its flexibility which allows for more freedom during the interview to investigate the truth and essence of others' experiences. Qualitative research methods focus on how people perceive a phenomenon rather than how it exists. Phenomenological research includes long in-depth and open-ended interviews with subjects. Participants have been able to share their lived experience.

A phenomenological research design was chosen to explore the lived experience of, how what, and why people suffer and distress because of their domestic helper. The purpose of qualitative research is to describe how people lived experiences about certain phenomena.

Sample

The sample was purposively selected and included experienced females that employed domestic helpers and were declassified into working and non-working employers. A total of 20 people participated in the study, ten of whom were working and ten of whom were not. The age range of the female sample was 30-55 years old. The female sample had experience working with domestic helpers of different ethnicities for a period of 10 to 25 years. A semi-structured one-on-one interview was conducted. The data collection continued until saturation was reached.

Instrument

The present study was conducted in three phases, In phase, I, items for the Psychosocial Problems and Challenges Scale for Transgender Individuals (PPCS) were empirically generated. In phase II the selected items were administered to a sample of transgender individuals, and then the data were analyzed statistically to determine the factor structure of the PPCS. In phase III, convergent and divergent validity of the PPCS was established.

Phase 1: Development of Psychosocial Problems and Challenges Scale for Transgender Individuals

Step I. Exploring the Trans gender's Psychosocial Problems and Challenges

The phenomenology of psychosocial Problems of transgender was explored by Iqrar and Habib (2018). The sample of the study comprised of 22 transgender individuals with an age range of 20–50 years (M_{age} = 27.90; SD = 6.16). The transgender individuals were selected from various cities of Punjab (Faisalabad, Lahore, and Sahiwal), from both rural and urban areas. The data was gathered through purposive and snowball sampling techniques. The demographic data sheet and a semi structured interview schedule created firm previous research served as the study's primary measurement tool. Semi-structured interview schedule

comprised of questions purely focus on the psychosocial problems and challenges of trans genders (Iqrar & Habib, 2018).

Step 11. Item Pool Generation

Data from the qualitative study (Iqrar & Habib, 2018) and prior literature (Mileham, 2016; Koken et al., 2009; Anjum & Ijaz, 2013; Saeed et al., 2018; Alizai, 2017) were used to create the initial item pool for the current phase of the research. A total of 53 items based on the trans gender's daily life psycho-social problems and challenges were generated from the above-mentioned approaches.

Step 111. Expert Rating

The final items of the Psychosocial Problems and Challenges Scale for Trans genders were further evaluated for content relevance and empirical validation. The 53 items scale was given to the five experts for rating. The collated list of items was transformed into a five-point Likert-type rating scale (1–5) where 1 meant " irrelevant" and 5 meant "strongly relevant". All of the items were endorsed by 80% of the experts, so no item was excluded at this step. Finally, 53 items were chosen based on (a) construct fidelity (b) clarity (c) consistency (d) reliability (e), and (f) comprehensibility used for the psychometric phase. The final scale was transformed into a self-reported measure with a five-point Likert- type scale and named as Psychosocial Problems and Challenges Scale for Transgender Individuals (PPCS).

Step 1V. Pilot Study

A sample of 20 transgender individuals was selected from Sathi Foundation, Faisalabad using the purposive sampling technique for pilot testing. No ambiguity was found on the finalized scale items. Consequently, the Psychosocial Problems and Challenges Scale for Transgender Individuals, comprising 53 items, was finalized for the next step of factor analysis.

Phase II: Determining Factorial Structure of Psychosocial Problems and Challenges Scale for Transgender Individuals

The phase-II aimed to determine the factor structure, internal consistency, and construct validity of the developed indigenous scale.

Participants

The transgender individual's age range from 20 to 50 years was selected from the transgender communities in urban and rural areas of various cities of Punjab [(i.e., Faisalabad (Sathi Foundation Faisalabad, Kohinoor city, railway colony, bypass, panasera, etc.), Lahore (Sathi Foundation Lahore, Thoker Niaz Baig, Barket market, Faisal town), Jhang (Faisalabad road, Kachi Abadi, Rail Bazar, Bakhar road) and Gojra (Lakar mandi)]. The sample was selected through purposive and snowball sampling techniques. The sample's ratio to each item was 6:1. The sample of 300 participants for exploratory factor analysis is considered an adequate sample size (Comrey & Lee, 1992; Tabachnick & Fidell, 2007) for further analysis.

Measures

Demographic Information Sheet. The demographic sheet was used in the current study to gather information on a variety of demographic factors, including age, education, occupation, and place of residence.

Psychosocial Problems and Challenges Scale for Transgender Individuals (PPCS; Batool & Habib, 2022). Psychosocial Problems and Challenges are border terms that includes different types of issues based on trans gender's life experiences, the scale is specifically used to measure the problematic/negative psychosocial experiences of trans genders. The scale comprised 53 items with a 5-point Likert type rating scale, on which, 5 (strongly agreed) and 1 (strongly disagreed).

Procedure

First, the approval was obtained from the head of foundations/ non- government organizations (NGO's) and Gurus of trans-community areas called deras. After that the nature and aim of the study were conveyed to the trans gender participants in group settings. The participants were requested to honestly show their responses. The demographic information sheet along with the final version of Psychological Problems and Challenges Scale (PPCS) was administered on the volunteer trans genders. The administration of the scale took 20 to 25 minutes. The researcher addressed the quires of the research participants during test administration. At the end the transgender participants were thanked by the researcher on their active participation in this phase.

Phase III: Psychometric Properties of the Indigenous Psychosocial Problems and Challenges Scale for Transgender Individuals

The convergent and divergent validity of the Psychosocial Problems and Challenges Scale for Transgender Individuals was determined with the help of two different questionnaires.

Participants

For the convergent and divergent validity, a sample of 200 transgender individuals was taken through purposive and snowball sampling techniques from the transgender individuals of Punjab Province.

Measures

The demographic sheet was used in the current study to gather information on a variety of demographic factors, including age, education, occupation, and place of residence. A newly developed Psychosocial Problems and Challenges Scale for Transgender Individuals (49 items) was administered (Batool & Habib, 2022). Furthermore, the General Ostracism Scale was used to check the convergent validity of the Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals. Cronbach's alpha for the entire population in this study was .90 (Ismail & Habib, 2019). The discriminant validity was determined using the Satisfaction with Life Scale, and Cronbach's alpha for the entire population in this study was .91 (Butt et al., 2014).

Procedure

Similar to phases I and II, permission was sought from the concerned authority and then participants' consent was taken before the data collection. To determine the convergent and divergent validity, a complete protocol of measures was administered to the participants. Participants were approached personally by transgender foundations and community deras. The researcher gives detailed instructions to the research participant about the protocol used. Each participant fills out the forms in 20 to 25 minutes. In the end, the researcher thanked the foundation authorities and transgender participants for their active cooperation in this phase of the study

Ethical Considerations

All ethical considerations were followed in this research. The authority letter for data collection was obtained from the Department of Applied Psychology, GC University Faisalabad. Permission from different institutes and organizations was also taken for data collection. Participants who were approached at their homes were also asked for permission before the study. Consent was taken by every participant before starting the study. The respondents were briefed about their right to withdraw at any stage of the research. The study participants were also debriefed about the purpose of the study, and no deception was involved at any stage. Though no physical or emotional harm was involved in the study, the researcher provided counseling to those trans genders who become emotional after showing a response to the items based on their adverse life experiences. They were also ensured that their identity and the information gathered during the study will not be used for any other

purpose than the research and confidentiality is also maintained throughout the research process.

Results

The purpose of this study was to develop and validate an indigenous Psychosocial Problems and Challenges Scale for transgender people. The normality of data was checked through descriptive statistics (skewness and kurtosis) which showed that the data is normally distributed as per the criterion for social sciences Skewness ($>\pm3$), Kurtosis ($>\pm7$) (Kline, 2005). There was no missing value and outliers in the data. Exploratory Factor Analysis (EFA) was run to investigate the factor structure of newly developed Psychosocial Problems and Challenges Scale (PPCS) for trans genders using IBM Statistical Package for Social Sciences (SPSS) version 23.

Table 1

Factor Loadings Explained by Six Factors of Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals (N=300)

	Sr. No	Item No	F1	F2	F3	F4	F5	F6
Factor 1	01	Item 40	**.76**					
	02	Item 20	**.68**					
	03	Item 41	**.68**					
	04	Item 08	**.68**					
	05	Item 10	**.66**	.41				
	06	Item 45	**.66**				.40	
	07	Item 19	**.64**					
	08	Item 43	**.62**				.42	
	09	Item 23	**.61**					
	10	Item 13	**.51**					
		Item 28						
Factor 2	11	Item 17		**.61**				
	12	Item 15		**.61**				
	13	Item 39		**.61**				
	14	Item 21		**.60**	.43			
	15	Item 09	.45	**.58**				
	16	Item 14		**.57**				
	17	Item 11		**.56**		.41		
	18	Item 12		**.56**				
	19	Item 38		**.52**			.41	
	36	Item 50		**.52**		.50		
	20	Item 25		**.50**	.44			
	21	Item 31		**.47**				.43
		Item 18						
Factor 3	23	Item 03			**.76**			
	24	Item 02			**.72**			
	25	Item 22			**.56**			.43
	26	Item 05		.41	**.56**			
	27	Item 29			**.51**		.50	
	22	Item 30		.47	**.49**			
	28	Item 26			**.48**			
		Item 27		.47	**.47**		.40	
	29	Item 24			**.47**			
	30	Item 16			**.45**			

Factor	No	Item						
Factor 4	31	Item 49				**.68**		
	32	Item 52				**.60**	.43	
	33	Item 53				**.58**	.47	
	34	Item 06				**.56**		
	35	Item 07				**.55**		
		Item 04		.40	.46	**.49**		
	37	Item 01				**.48**		
Factor 5	38	Item 44					**.59**	
	39	Item 47					**.58**	
	40	Item 46			.45		**.56**	
	41	Item 42					**.56**	
	42	Item 51				.48	**.52**	
	43	Item 48			.43		**.45**	
Factor 6	44	Item 33						**.77**
	45	Item 34						**.70**
	46	Item 37						**.56**
	47	Item 32						**.56**
	48	Item 35			.48			**.48**
	49	Item 36						**.46**
Eigen Value			28.83	2.45	1.51	1.34	1.24	1.14
% of Variance			54.40	4.63	2.86	2.53	2.35	2.17

Note: N=300

In the present study, the EFA was run with the use of the Varimax Rotation method and Principal Component Analysis, and the structure of the Psychosocial Problems and Challenges Scale for Transgender Individuals was investigated. The Kaiser Mayer-Olkin Measure of Sampling Adequacy (KMO) was used to determine whether the sample size was adequate (Kaiser, 1974), and it was found to be .97, Bartlett's Test of Sphericity was used to determine whether the distribution of participant responses had an equal variance, and it was found to be significant at (***$p<.001$). The significance value of Bartlett's Test is .000 which meets the requisite significance value of less than 0.05 (Hoque & Awang, 2016; Awang, 2012). A 6-factor solution for the Psychosocial Problems and Challenges Scale for Transgender Individuals (PPCS), was found using the Kaiser-Retention Guttman's requirement of Eigen Values (Kaiser, 1974) greater than 1. Although it is unusual to occur in actual data, item communalities of 0.8 or more are considered to be "high" (Velicer & Fava, 1998). All items have significant correlations and high commonalities. The items for which factor loadings were more than 0.30 were retained (Hair et.al., 2009). For the PPCS the items loadings at or above .40 were retained. Two items 18 and 28 did not appear due to poor factor loading and it was removed from the scale. Factor loadings were examined about the assumptions of factor analysis. Items with a factor loading of less than 0.3 were excluded (Hair et al., 2009). If there are more than a few cross loadings, the items may be poorly written or the a priori factor structure could be flawed, item 04 and 27 were removed due to cross loading on several factors (Costello & Osborne, 2005). After the extraction and loading of the factors, 49 items were retained, and the six factors were named Parental Maltreatment (10 items), Psychological Issues (12 items), Ostracism (8 items), Social Inequality (7 items), Sexual Harassment (6 items), and Religious and Educational Discrimination (6 items).

Table 2

Cronbach Alpha Reliabilities of Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals and Its Sub-Scales (N=300)

Sr. No	Factors	k	M(SD)	α
1	PPCS	49	181.01(50.51)	.98
2	Parental Maltreatment	10	34.63(11.95)	.94
3	Psychological Issues	12	44.92(13.00)	.95
4	Ostracism	08	30.35(8.48)	.92
5	Social Inequality	07	24.13(7.63)	.89
6	Sexual Harassment	06	22.68(6.45)	.90
7	Religious and Educational Discrimination	06	20.07(7.21)	.89

Note: k= no of items, α = Cronbach's alpha, PPCS= Psychosocial Problems and Challenges Scale for Transgender Individuals

The reliability analysis of all sub-scales and the Psychosocial Problems and Challenges Scale for Transgender Individuals was shown in Table 2. If it's above 0.70 is appropriate, a value of 0.80 or above is recommended and 0.90 is excellent (Cortina, 1993). The Cronbach alpha values of the Psychosocial Problems and Challenges Scale for Transgender Individuals ($α$ =.98) and these six factors' respective reliability values range from 0.89 to 0.95.

Table 3

Summary of Interco relations among Factors of the Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals (N=300)

Sr. No	Factors	PI	PM	Os	SI	SH	RED	PPCS
1	Parental maltreatment	---	.78***	.75***	.72***	.77***	.77***	.90***
2	Psychological issues		---	.86***	.81***	.83***	.74***	.94***
3	Ostracism			---	.79***	.81***	.69***	.91***
4	Social inequality				---	.78***	.73***	.88***
5	Sexual harassment					---	.71***	.90***
6	Religious & educational discrimination						---	.84***
7	PPCS							---

*Note: N=300: ***p<0.001.*

Note: PPCS: Psychosocial Problems and Challenges Scale for Transgender Individuals, PM: Parental Maltreatment, PI: Psychological Issues, Os: Ostracism, SI: Social Inequality, SH: Sexual Harassment RED: Religious & Educational Discrimination

Table 6 indicates that all the factors on the scale of psychosocial experiences for transgender individuals are significantly positively correlated with one another as well as with PPCS. The fuzzy-firm linear rule indicates a moderate positive (negative) linear relationship for values between 0.3 and 0.7 (-0.3 and -0.7). A strong positive (negative) linear relationship through a reliable linear rule is shown by values between 0.7 and 1.0 (-0.7 and -1.0) (Ratner, 2009). The ranges of correlation from .69 to .86 respectively, represent a moderate to a strong positive correlation.

Table 4
Convergent and Divergent Validity of the Psychosocial Problems and Challenges Scale (PPCS) for Transgender Individuals (N=200)

Sr. No		1	2	3
1	PPCS	----	.57***	.-77***
2	GOS		----	
3	SWLS			----

N=200, ***p<.001.
Note: PPCS= Psychosocial Problems and Challenges Scale for Transgender Individuals, GOS= General Ostracism Scale, SWLS=Satisfaction with Life Scale

Table 4 shows a significant positive correlation *(r=.57***)* between the General Ostracism Scale (Ismail & Habib, 2019) and the Psychosocial Problems and Challenges Scale for Transgender Individuals; whereas a significant negative correlation *(r= -.77***)* was found between the Urdu version of Satisfaction with Life Scale (Dieners et al., 1985; Butt et al., 2014) and the PPCS (Batool & Habib, 2022).

Discussion

Trans genders because of their gender identity have suffered from multiple psycho-social issues. The findings of the previous studies reveal that the main psychosocial problems of transgender are discrimination, negative attitudes toward the third gender, parental and societal rejection, adjustment problems, harassment, forced sex, selling sex, violation of civil rights, fewer opportunities related to the job, as well as study, and psychological issues (Saddique et al., 2017). The psychosocial problems and challenges of transgender people might vary from culture to culture and even across the globe therefor, it was needed to develop an indigenous scale for Pakistani transgender community to measure their psychosocial problems and challeneges. Country discrepancies in scale means can be the result of variation in conceptual understanding, issues with translation, or other measurement flaws, and they might indicate that a scale fails to accurately represent interesting substantive differences across culture (Zhou et al., 2019). Keeping in view this argument it was the need of the time to develop an indigenous measure to address Pakistani trans gender's psychosocial issues/ challenges.

To achieve this objective, the scale items were empirically generated by using the explored phenomenology of psychosocial problems (Iqrar & Habib, 2018), and previously reported literature. The item pool was generated in the Urdu language. Further, these psychosocial experiences were grouped into various factors with the help of exploratory factor analysis (49 items were retained in the final scale). The six factors that emerged through factor analysis were named based on their content. The factors entitled Parental Maltreatment, Psychological Issues, Ostracism, Social Inequality, Sexual Harassment, and Religious and Educational Discrimination. There was a significant positive correlation between all six factors of the Psychosocial Problems and Challenges Scale for Transgender Individuals (see Table 3). The first factor "Parental Maltreatment" is related to the parental rejection of trans people. Previous studies also mention that some transgender has even been the targets of parental murder attempts (Abbas et al., 2014). Parents are not willing to give property to trans child and also do not give proper attention to their basic needs like health care and education.

The second factor, "Psychological issues," explains the specific psychological experiences based on the multiple psychological problems faced by transgender individuals. These findings are also in line with prior research as it is reported that the probability of

suicidal thinking has been linked to trans phobic discrimination, or prejudice based on transgender identity (Rood et al., 2015; Bauer et al., 2015). They experienced anxiety, despair, and issue of poor self-esteem as well as depression at various stages of their lives as a result of stigmatization/ marginalization, ignorance, rejection, and neglect by their loved ones and society.

The third factor of the PPCS is "Ostracism" which described the content related to being ostracized by society. Transgender persons face prejudice, and violation of their civil rights on daily basis, and are being disgraced. People neglect the transgender community and have a negative attitude towards them. In short, ostracism leads to psychological issues which are reported in the previous literature as ostracism has been linked to low self-esteem, helplessness, loneliness, feeling irrelevant, anger, and suicidal thoughts. The relationship between rejection and unpleasant feelings makes sense in light of our cultural setup because transgender people are seen as a minority group here (Habib et al., 2022). The fourth factor is related to "Social inequality". Social inequality means discrimination faced by society. In Pakistani society, transgender people deal with intolerance, violence, harassment, and ongoing hate crime victimization. Trans genders also face discriminatory attitudes in various health and government setups like hospitals and National Database and Registration Authority (NADRA). Transgender individuals are even denied access to legal financial aid and social support (Subhrajit, 2014).

The fifth factor is "Sexual harassment". This factor explains the content that is related to illegal sexual activities like sex selling. Trans genders are found to be engaged in multiple illegal sexual activities mainly due to a lack of finances and financial support from their families. These findings are consistent with earlier studies, as these elevated risks could be linked to the stress, harassment, and discrimination that LGBTQ identities experience on the outside (Meyer, 2003; Hendricks & Testa, 2012; Stiles-Shields & Carroll, 2015). The sixth factor is "Religious and educational discrimination". All the items in this factor are related to discrimination that transgender individuals face neglect and unequal treatment from religious and educational institutions. The previous literature is in line with this factor as transgenders experience discrimination, abuse, and stigma not only from their families but also from their schools, employers, and guru dera, which causes them to feel low about themselves (Alizai et al., 2016).

In the third phase of the study, the psychometric properties of the PPCS were determined through the reliability analysis and it was observed that the Cronbach alpha value of all the six factors and the overall scale was excellent (see Table 2). General Ostracism Scale (Ismail & Habib, 2019) was used for determining the convergent validity of the Psychosocial Problems and Challenges Scale and the divergent validity was measured through the Satisfaction with Life Scale (Dieners et al., 1985; Butt et al., 2014). GOS and PPCS showed a significant positive correlation according to the results of the psychometric evaluation, whereas SWLS and PPCS showed a significant negative correlation (see Table 4). Therefore, it can be concluded that PPCS is a psychometrically sound measure to assess the psychosocial experiences of Pakistani trans genders.

Conclusion

The current study was designed to develop and validate the scale for transgender individuals to assess their psychological and social negative experiences. The six factors solution emerged and covered the significant psychosocial experiences of Pakistani trans genders. According to the study's findings, transgender people frequently experience psychological issues such as sadness, anxiety, low self-esteem, insomnia, suicidal thoughts, social disengagement, and distress. They also frequently experienced social rejection and

neglect as well as rejection and inequality by their parents. People exhibited hatred for them and refused to stand behind them. The legislative restrictions also made it difficult for them to make a happy living experience. Finally, the results show that the 49-item measure is a robust and reliable way to assess transgender people's psychological as well as social life experiences. Consequently, the tool would be helpful in the research of transgender people's psychosocial concerns or issues based on the psychosocial experiences that they faced in their everyday lives.

Limitations and Suggestions

The current study data comprised only transgender from Punjab therefore the transgender from different cities in other provinces of Pakistan should be included to get a wider perspective on the challenges encountered by the Pakistani transgender population and the generalizability of the study findings should be enhanced in this way. The other limitation is that in this study the psychosocial experiences of Guru and Chela transgender were collectively explored and measured. A comparative study should be designed based on Guru and Chela's differences in their psychosocial experiences. Further studies can specifically target exploring the variability of Guru's and Chela's psychosocial problems and challenges in the Pakistani cultural context.

Implications of the Study

An assessment tool for psychosocial problems and challenges can be used to identify the presence of psychosocial difficulties or negative experiences among transgender people, which will aid clinical practitioners in recognizing psychosocial concerns among the transgender community. The Psychosocial Problems and Challenges Scale can be used in a variety of educational, counseling, and clinical settings to determine which transgender individuals are dealing with psychological and social challenges in their everyday lives. This indigenous tool can be used by researchers to measure the negative psychosocial experiences of transgender individuals in a local context. This is the first kind of work concerning the assessment of the psychosocial experiences of transgender individuals within a Pakistani cultural context. By utilizing this scale, psychologists and social workers can help transgender individuals to cope with their negative psychosocial experiences and to develop a positive attitude by adopting healthy lifestyles. Lastly, the current study provided upcoming research guidelines linked to the assessment of psychosocial experiences of transgender individuals concerning the Pakistani culture.

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