

Understanding Happiness and Meaning of Life from Perspective of a Transgender: A Qualitative Study

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Abstract

Transgender beings are most miserable and neglected regarding violation of their rights, physical and mental health. Current study was conducted to explore the happiness and meaning of life among transgender. The study was based on a thematic approach and themes were explored to find out the happiness and meaning of life for them. Sample was recruited through snowball sampling technique from the city of Rawalpindi. It consisted of (N=12) who were involved in begging within age range of (27-50 years). Seven themes were generated through thematic analysis including, 1) Low level of happiness among transgender, 2) Adverse social life is related to low happiness, 3) Adverse impact on psychological health, 4) Ambiguous meaning of life, 5) Family difficulties, 6) Financial crises are related with ambiguous meaning of life and 7) Future desires. Overall, low level of happiness is related with such main factors as; lack of social support, adverse psychological impact and endless social rejection. Ambiguous meaning of life is related to factors such as dissatisfaction in life, financial crises and family difficulties. Future desires include religious activities, employment and social acceptance which are related to both happiness and meaningful life. Thus, these issues need be addressed urgently to overcome adverse well-being of transgender.

Keywords: *happiness, meaning of life, transgenders and qualitative inquiry*

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Introduction and Literature Review

Transgender are most down and mistreated human beings of our society. To understand and study transgender male and female, the term "transgender" must be understood. The biological and physical features associated with being designated male or female are referred to as sex. At birth, a person's sex is determined by their genitalia and/or chromosomes. Gender refers to a set of characteristics, expectations, and roles that are usually associated with biological sex and are classified as masculine or feminine on a scale. Gender roles (social roles, occupational choices) and gender presentation (clothes, looks, mannerisms, and behavior) differ greatly depending on the culture and age ("Answers to your questions about transgender people, gender identity and gender expression," 2014). People who are identified as transgenders are typically born with traditional male or female anatomy but believe that they are born into the "wrong body." A transgender individual, for example, may have standard female anatomy but feels like a man and aspires to become one by taking hormones or undergoing sex reassignment surgery. People with intersex disorders have anatomy that isn't

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classified as male or female and seek medical help after doctors recognize something strange about their bodies. Transgender people on the other hand have an internal experience of gender identity (Freyne, 2020).

Those individuals who have a combination of male and female characteristics are called as transgenders. Transvestites, homosexuals and bisexuals are all classified as homosexuals. In Urdu language, Individuals who are transgender or of the third gender are well-known as 'Hijra or Khawaja Sara (Akhtar & Bilour, 2019). Findings of quantitative study showed low level of resilience and modest level of self-esteem. A significant relationship was found between self-esteem and resilience (Akhtar & Bilour, 2019).

In Pakistan, the status of transgender people has remained an arguable issue in medicine (Ahmad 2011; Akhtar et al., 2012; Altaf et al., 2012) and social marginalization (Ahmed et al. 2014; Jami & Kamal, 2015). The government has enacted legislation to defend trans people's rights through "The Trans Protection Act". Moreover, the Supreme Court of Pakistan proclaimed trans individuals to be equal to other Pakistanis in the year 2010. Trans individuals should have been entitled to equal work opportunities, education, and protection from discrimination as a result of this statement of equality. Unfortunately, none of these factors have transpired since the declaration, as around 40% of transgender individuals in Pakistan are illiterate and do dancing and sex work to earn money (Redding, 2019).

Happiness is a feeling of joy, or well-being. People are happy when they are successful, safe, or fortunate. When something makes people happy, they usually want to do more of it. No one has ever complained about being too happy. Subjective well-being is a term used in positive psychology studies to refer to happiness. Some people feel that happiness is a basic component of SWB, while others believe that SWB is happiness. Regardless, SWB is regularly employed in literature as a short hand for happiness (Oishi et al., 2020). Studies have discovered that people are happier with a life of meaning and purpose than with a life of enjoyment. Happiness isn't always the overarching goal in life for everyone. On the other hand, it is so vital because it comes with a slew of clearly good side effects and co-occurring events (MacKenzie & Baumeister, 2014). Study indicated that transgenders' average happiness is approximately neutral in west. They are roughly 20% less happy than their peers. The distribution around that mean is wide, indicating that some transsexual people are content while others are dissatisfied (Bergsma, 2020).

The concept of a meaningful life is one that deals with the meaning, significance, fulfillment, and satisfaction of one's existence. While individual theories differ, there are two parts that are universal: a global schema for understanding one's life and the conviction that life is important in and of itself. Meaning can be described as a link that connects two apparently separate entities. Meaningful life connects the biological fact of life to a symbolic interpretation or mean. Those who have a sense of meaning are generally happier, experience less negative emotions, and are less likely to suffer from mental disease (Frazier & Davis, 2006).

Transgender face unique and difficult issues as they deal with cultural expectations and how these fit with what is natural for them. For healthy growth and development, striving for balance, learning to manage, questioning, and eventually becoming content with one's sexual orientation and gender identity are essential. Youth are at risk for a variety of unhealthy behaviors, including risk behaviors linked to HIV infection, due to ineffective management of intense difficulties over time and a lack of social support (Goldenberg et al., 2020). Previous studies indicated that transgenders were more vulnerable individuals of society in most cultures and societies. Findings indicated that transgender adults were significantly younger, had lower income and less education than cisgender adults. They were also more likely to be single with fewer children and had a number of health risks including poor physical and mental health, as well as higher rates of chronic conditions and disability (Kittle et al., 2022). A study indicated

that clinical interventions for transgenders' mental health should focus on reducing the use of avoidant coping strategies while also improving social support. Furthermore, coping methods in transgender people as mediators between distress and transition status, social support, and loss. (Budge, 2013). According to findings, both trans-feminine and trans-masculine people reported a lower quality of life as compared to the normal population. Non-binary persons in the trans group had the lowest quality of life scores and considerably more depressed symptoms. Gender-affirming treatments are linked to improved mental health, but even after a successful medical transition, trans persons remain a population at risk for poor quality of life and mental health (Mookerjee et al., 2020).

Social acceptance is a great problem for transgenders and their happiness is related to this phenomenon. According to a systematic review, sex-reassignments have made the majority of these 'transsexuals' happier, with female to male transsexuals being happier than male to female transsexuals. All transgender people's happiness is heavily reliant on social acceptability (Bergsma & Ardel, 2011). Low association between religiosity and happiness among transgenders had been explored. At the same time, no evidence was discovered that spirituality increased happiness levels in relation to religiosity or religious differences in spirituality (Niemic, 2020). Another study based on meta-analysis demonstrated the possible traits that contributed in the mental well-being and role of social interactions for transgenders and their spouses. Transgenders and their relationship partners reported stigma as a common horrible experience, whereas their open communicative social interactions had good impacts on self-conceptualizations of their identity (Eckes & Lewis, 2018).

Transgender individuals also face difficulties as students or workers, and reported much higher psychosocial difficulties. The findings focused for greater understanding of transgender students' welfare and health in Norway. Higher education institutions must examine a variety of strategies at various levels to create a more inclusive learning environment for gender minorities (Anderssen et al., 2020).

Findings of a study indicated that participants who expressed poor satisfaction with their living situation and struggled with gender expression had shown greater sadness and anxiety, as well as a poorer perception of social support from their family. The level of social connection was found to be a substantial negative predictor of depression severity, whereas social connection and social support were both found to be significant negative predictors of anxiety severity (Tüzün et al., 2022). Male Gay and transgender victims were more likely to have experienced previous suicide attempts, as well as a diagnosis of mental illness in the past or present (Patten et al., 2022).

Rationale of the Study

Unfortunately, transgender individuals are most neglected and redundant population of our society. These individuals regardless of being part of any culture; race and ethnicity are struggling to fulfill their basic needs such as food and shelter. Transgender are one of Pakistan's most stigmatized populations (Jami & Kamal, 2015). They face lot of challenges like working in the sex engaged activities, which makes them more vulnerable to sexually transmitted diseases. Furthermore, their low social status exposes them to physical aggression as well as emotional and sexual abuses (Clark, 2014; Kaltiala & Ellonen, 2022).

Happiness among transgenders should be explored as previous study indicated that there is almost no study on the consequences of social gender changes on happiness (Veenhoven, 2015). It is important to explore happiness for transgenders as it is most important aspect of well-being and is not previously studied in the context of Pakistan.

Even, the Supreme Court of Pakistan ruled in favor of transgender community, granting them the same rights as all other Pakistani citizens regarding education and employment. But they are away from education, employment, and inheritance due to social hostility and discrimination (Nazir & Yasir 2016). As mentioned earlier, transgender individuals face

serious ramifications after becoming socially revealed, which are the most common scenario in Pakistan. They having been largely forgotten by their loved ones (Abbaas et al., 2014). This study is important to explore the effects of all difficulties on happiness and meaning of life for transgenders who are most vulnerable population of our society. It is important to investigate the level of transgenders' mental health to be aware of their unseen wounds which ultimately influence them adversely.

Materials and Methods

Research design

This study was conducted to explore the happiness and meaning of life among transgender of Pakistan by employing qualitative research design.

Sample

The sample was collected through snowball sampling technique from city of Rawalpindi. Total population of transgenders in Pakistan is 10,418 as whole. 8.3% of them reside in KP, 0.25% in FATA, 64.39% in the Punjab, 24.25% in Sind, 1.04% in Baluchistan, and 1.27% in the federal district. Maximum population of transgenders reside in Punjab (Basit et al., 2020). Sample of study was selected according to inclusion and exclusion criteria, as those participants who were involved in begging or dancing were selected. Sample ($N=12$) was selected for the study within the age range (27-50 years). All participants selected for the study were socially neglected individuals and living by begging.

Interview Guide

Data was collected through semi-structured interviews. It was one to one interview method consisted of 40-45 minutes. First interview guide was developed on the basis of variables (Thompson, 2019). It was developed in Urdu language which consisted of 15 open ended response-based items. The first item was related with the bio-data of participants. Items (2-8) were related with happiness such as; what is happiness, to whom it is related, how it is celebrated and so on. Items (9-15) were related with meaning of life such as; what is meaning of life for you, what are important factors for meaning of life, what is important for a meaningful life and so on.

Procedure

First of all, interview protocol was developed to take the semi-structured interview according to study variables. Permission was taken before starting the interview. During the interview, protocol was followed. Data was recorded through tape recorder with the permission of participants. All the ethical protocols were followed such as consent of participants, keeping their integrity and ensuring them to keep it confidential. Participants were allowed to take time to respond after asking questions. Incentives were given to them after the completion of each interview.

Findings

Demographics of participants has been given in table-1 regarding age, source of income/occupation, qualification of participants and residential information.

Table 1.

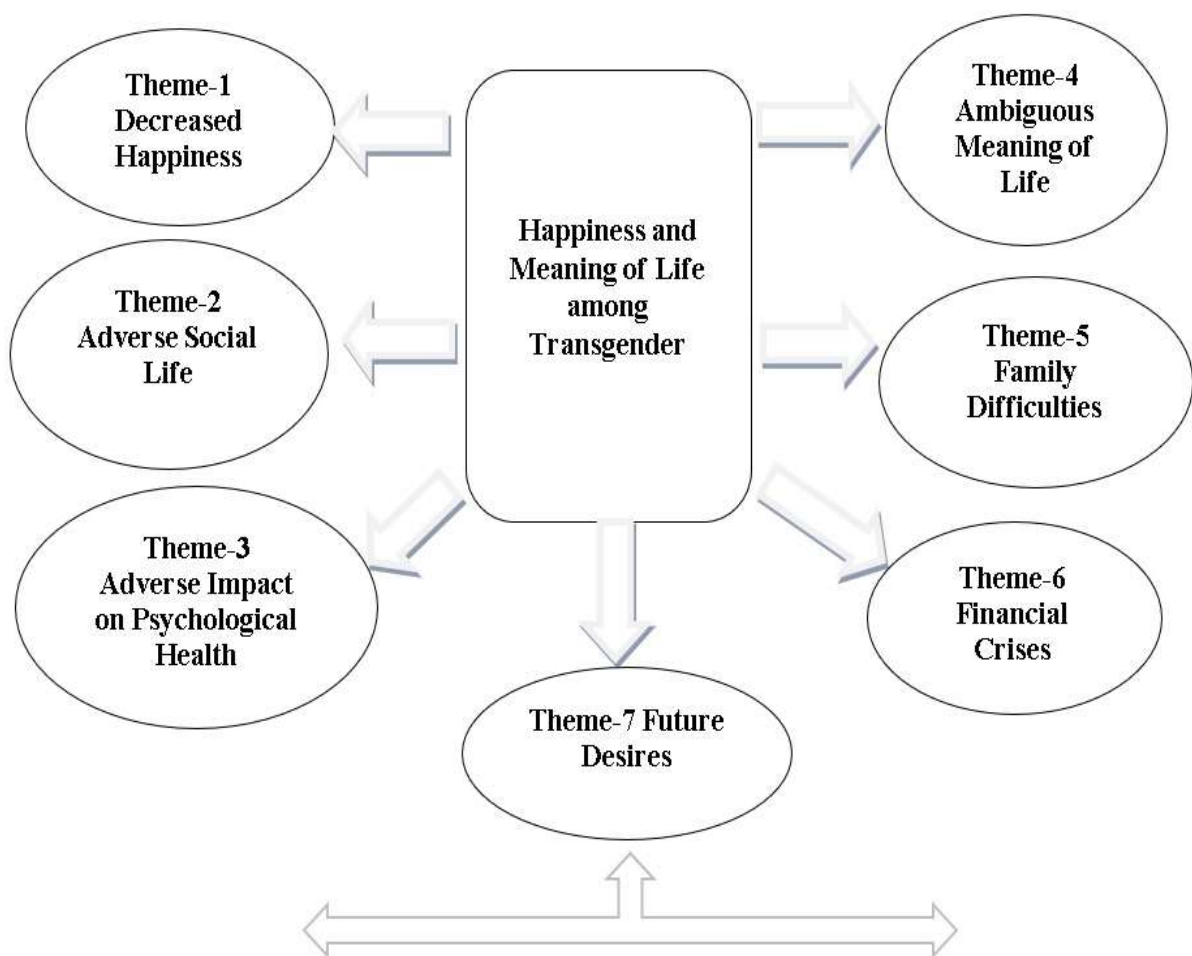
Demographic Analysis of Participants

No.	Age of Participants	Source of Income	Qualification	Residence
1	50 years	Begging	Uneducated	Community
2	43 years	Begging	Primary	Community
3	27 years	Begging	Uneducated	Community
4	37 years	Begging	Primary	Community
5	40 years	Begging	Bachelor	Community
6	39 years	Begging	Intermediate level, PTC diploma	Community

7	40 years	Begging	Primary	Community
8	45 years	Begging	Primary	Community
9	38 years	Begging	Uneducated	Community
10	28 years	Begging	Primary	Community
11	49 years	Begging	Uneducated	Community
12	42 years	Begging	Primary	Community

Table 1 indicates (100%) participants live by begging to meet basic needs of life. 100% participants are living in their community. The age range of participants is (27-50) years, the average age of study is 39.83. Furthermore, 33.33% of them are uneducated, 50% have primary level, 8.3% have bachelor level and 8.3% have intermediate level of education.

Figure 1: *Emerging Themes*



Theme-1 Decreased Happiness

Theme 1 is related with the happiness, they reported that they are happy to live with people like them in their community. They are happy to spend time together for example, singing and dancing and so on. No one is there to understand their happiness in their family. But still more participants are struggling to find the happiness in their life through spiritual connection.

Table 2.*Themes Identified through Interview with Transgenders*

Theme 1	Sub-themes	Quotations
Happiness	Expressing Happiness	<p>“I feel happy with my friends and enjoy roaming in the market.”</p> <p>We used to dance with sound system switched on, when feeling good.”</p> <p>“We love to sing and dance with friends and it makes us happy”</p> <p>“We feel happy while sitting with friends and making jokes”.</p>
	Relate with Religion	<p>“Iam sometimes happy and sometimes sad. Iam thankful to God whatever he has blessed me with. I have no complains”</p> <p>“Happiness is from God only, society is not capable of the same”.</p>
	Finding Happiness	<p>“It is difficult to find real happiness”.</p> <p>“Happiness exists in relationships.”</p>
	Living in Community	<p>, “My community is everything.”</p> <p>“Whatever is happening, I am happy with it. I am happier with my friends as compared to my real siblings.”</p> <p>“We are happy in our community and our siblings are happy with each other , without us”</p>

Theme-2: Adverse Social Life Decreased Happiness

Theme 2 is related with the social life of transgenders, the life of transgenders is adversely affected by social interaction. People don't accept them and show poor support towards them. They reported that they are also threatened by society. Beside this, women are more accepting and supporting for them in the society but they suffer a lot due to males in their surroundings.

Table 3.*Themes Identified Through Interview with Transgenders*

Theme-2	Sub-themes	Quotations
Adverse Social Life	Lack of social support	<p>“Our life is difficult as 75% people of our society harrass us, few people of our society are good ”.</p> <p>“Everyone hates us, people don't accept us. No one is there for us”.</p>
	Social Threats	

Decreased Happiness	“Society doesn’t accept normal people. Why they would accept us (sighing)”. They laugh at us, made fun of us, yesterday night few drunk people came at our place and tried to abuse us”.
Mostly Acceptance from women	“People don’t like us. But mostly women like us and accept us”. “Very few people accept us, women like us and take care of us”.

Theme -3 Adverse Impact on Psychological Health and Well-being of Transgenders

Theme-3 indicated the poor mental health of transgenders which badly affects their well-being and happiness. They are vulnerable population of the society as their mental health is adversely affected due to a lot of issues including identity related problems, rejection from society, financial problems, lack of their integrity in society and so on. They have lot of stressors in their life which cause irritations, sadness, depression and lack of self respect.

Table 4.

Themes Identified Through Interview with Transgenders

Theme-3	Sub-themes	Quotations
Adverse Impact on Psychological Health and Well-being	Irritation	“who wants to wear girls clothes, we are helpless because of our female spirit”. “We are in tension and stress due to our family”. “we are not comfortable to live a life as male, we feel helpless”. I am very upset because I have not accepted this life totally”.
	Stress	Society doesn’t accept us, made fun of us, we are just like toy for them, Even police doesn’t help us and make troubles for us”. “We have list of problems in our life, we don’t like begging”.
	Sadness	“Negative attitude of people hurts us”. “We don’t want to live this life. We should die instead to living”.
	Lack of self esteem	We are just like toys for people, they just play with us. I wish that God doesn’t give child to anyone like us (start crying)” “Our Guru takes care of us and gives us place to live otherwise we may have died just like any insect in this world (crying)”

Theme-4 Ambiguous Meaning of Life

Theme-4 is related with meaning of life for transgenders. They are unsatisfied from their life. They only want to solve their financial problems and don't want anything from life. They are not satisfied as their life is full of stressors such as rejection, financial issues, and so on. They want to live life like normal human beings. They don't have any aim of life to achieve except to meet their basic needs.

Table 5.

Themes Identified Through Interview with Transgenders

Theme-4	Sub themes	Quotations
Ambiguous Meaning of Life	Dissatisfaction	<p>“We don't need anything except job. Life is difficult for us and we are helpless”.</p> <p>”This is not our wish but we really are oppressed to do it. We are happy in our homes but we also have to go outside to find out food for us”.</p> <p>“May God give us a appropriate source of earning so we don't need to do this (begging)”.</p>
	Purpose of Life	<p>“The purpose of life is nothing, we just have to spend life. We have nothing in our life”.</p> <p>“Peace is necessary in life. I need peace”.</p> <p>“We also want to live a healthy life like other people. We also want to work like other people of society”.</p>

Theme-5 Family Difficulties Faced by Transgenders Effecting Meaning of Life

Theme-5 is related with the family difficulties among transgenders which effect their meaning of life badly. According to them their fathers and brothers reject them more as compare to mothers and sisters. Most of them are living with their parents until their mothers are alive, they move to community after death of their mothers. Fathers can accept them but they are unable to do it due to a lot of societal pressures on them.

Table 6.

Themes Identified Through Interview with Transgenders

Theme-5	Sub Themes	Quotations
Family Difficulties	Relationship with Parents	<p>“I have good relation with my mother, she always helps and accepts me”.</p> <p>“My mother is so cooperative with me but my brothers stop me to study”.</p> <p>“ We have nothing in this world except mother”.</p>

Effecting Meaning of Life	Sufferings of siblings	<p>“My brothers feel ashamed due to my gestures and way of talking”.</p> <p>“My brothers don’t give my share from heir ship and have left me alone”.</p> <p>“Our lives are difficult and without any purpose due to family rejection”.</p>
	Poor relationship with Relatives	<p>“Relatives are always problematic for us ”.</p> <p>“ Few are good but most hate us”.</p>
	Feelings for family	<p>“I wish that at time of my death, i must be with my family”.</p>

Theme 6-Financial Crises Effects Meaning of Life

Theme 6 is related with financial crises faced by transgenders which adversely effects meaning of their life. They reported that they faced a lot of problems to meet their basic expenses. Beside this they are unable to deal social rejection. Financial problem is one of the major problems through which they are suffering a lot.

Table 7.

Themes Identified Through Interview with Transgenders

Theme 6	Sub themes	Quotations
Financial Crises	Job problems	<p>“I worked in a factory and took responsibility of my home, but environment of factory was not comfortable for me as most workers were male”.</p> <p>“However, I didn’t quit the job but they fired me ”.</p> <p>“I am worthless” (crying)</p> <p>“I used to work as labour in a construction factory but people made fun of me. I always got upset whenever people called me with bad words”.</p> <p>“If we do job anywhere, people would always hurt us”.</p>
	Expenses	<p>I am unable to meet my expenses, we have to give money to our guru and manage rent, food, bills etc without proper source of income. But we try to do it collectively“.</p> <p>“Our value is not more than insect in this world”</p>

Theme-7 Future Wishes of Transgenders

Theme-7 is related with the future wishes of transgender community. They reported that they want to live life religiously and perform hajj. They want to do respectful work or job to live life in respectful way, only then their life can become meaningful. Furthermore, most of the transgenders want to live life with their family like normal human beings and wish to be treated as normal humans and get respect, so that they also spend a happy life like others.

Table 8.*Themes Identified Through Interview with Transgenders*

Theme-7	Sub themes	Quotations
Future Wishes	Religious	"I wish to perform religious activities which I cannot, due to my worst life". "May God bless me with health so I can perform my religious activities".
	Get Job	"If I get job then I will have contented life, but I want a respectful job". "I want respectful job because I don't want to beg". "We want respectable work so that we can get rid off dancing in front of public"
	Acceptance from family	"When I die, I want to be with my siblings". "I wish to live happy life like normal people who are accepted in society".

Seven themes have emerged from data which has been collected through detailed interviews with transgenders. It includes low level of happiness, ambiguous meaning of life, financial crises, adverse social life, negative psychological impacts, family difficulties and future wishes.

Discussion

Theme-1 Low level of Happiness

Theme-1 is related with the decreased happiness among transgenders which includes spending time in community together, singing and dancing. They reported that no one was there to understand their happiness in their family. But still more participants are struggling to find the happiness in their life through spiritual connection. Lot of problems have emerged in their lives due to rejection from society. They have reported feelings of happiness in uncertain way may be due to lack of happiness in their life. A study concluded that lack of financial and emotional support from family lead to a lot of issues. As a result, compared to the general community, transsexuals experience lower levels of happiness (Fallah Tafti et al., 2020).

Their happiness level was low as they only mentioned happiness in dancing and singing. They were suffering from lot of challenges such as family and societal rejections etc which have affected their mental health and happiness level. A previous study indicated that mental health and happiness had a strong association. Individuals who focused on good events as the basis of their enjoyment had better mental health (Huppert & Yu, 2020). Findings of study also relate with previous study which showed that Trans people's average happiness in modern western countries was around neutral, and roughly 20% lower than that of their peers (Veenhoven, 2020).

Theme-2 Adverse Social Life Decreased Happiness

The life of transgenders is adversely affected by their social interaction. People reject and humiliate them which leads to reduced happiness level and well-being. Beside this, mostly women accept and support them which brings little happiness for them. According to transgenders, most of the women are kind and treat them well but they suffer a lot due to maltreated by males in their surroundings. They don't feel secure as males threaten and harass

them for evil intentions. These findings are related with previous findings that transgender people's health is affected by the widespread stigma and discrimination associated with gender nonconformity throughout their lives, especially when it comes to mental health and well-being (Coleman et al., 2014). So, adverse social experiences of transgenders affect their happiness level as they are unable to feel safe and secure in society and face lot of problems in daily life such as threatening, humiliation and rejection.

Theme -3 Adverse Impact on Psychological Health and Well-Being of Transgenders

Trans people are vulnerable population of our society, their psychological health is poor as they are living miserable, unsatisfied and unhappy lives. They are suffering with lot of stressors including identity problems, rejection from family and society, financial problems, lack of integrity in society and so on. They have multiple problems in their life which cause irritations, sadness, depression and lack of self-respect. Findings are related with previous study which indicated minority stress is very common among stigmatized minority groups (McCann, 2014).

Theme-4 Ambiguous Meaning of Life for Transgenders

Trans people have ambiguous meaning of life as they are highly unsatisfied from their life. They are unsatisfied as their life is full of stressors such as family and societal rejection, financial issues, security, safety issues, etc. They want to live life like normal human beings with some purpose but they fail to attain it. They don't have any aim of life to achieve except to meet their basic needs such as food, water and shelter for them. This theme has been concluded as unclear meaning of life due to dissatisfaction from life. These findings are consistent with previous findings that existence of individuals' perceptions of their lives' significance and purpose are measured by their sense of meaning and it is associated with high level of well-being (Dezutter, 2013)

Theme-5 Family Difficulties Faced by Transgenders Effecting Meaning of Life

Theme-5 has identified lot of unseen wounds of transgenders due to family rejection which ultimately result in homelessness. All stressors force them to live with no meaning or aims except to meet their basic needs. Family rejection induces unclear meaning to life which negatively affects the mental health as a study also related it with severe mental illness among transgenders' youth (Bearss, 2012). According to them their fathers and brothers reject them more as compare to mothers and sisters. Fathers can accept them but they are unable to do it due to a lot of societal pressures on them. According to previous research, positive relationships of parents with their trans children resulted in more adjusted psychological mental health of transgenders. The outcomes of this exploratory study raised questions on long-held beliefs regarding the harmful consequences for children of growing up with a trans parent (Stark et al., 2021).

Theme 6- Financial Crises Effecting Meaning of Life

Theme 6 is related with financial crises faced by transgenders which negatively affect meaning of their life; as life becomes burden for them and they have to live it. They face lot of issues to meet their basic expenses such as food, house rent and clothes. They are unable to do any job due to social rejection and discrimination faced from people. Additionally, financial problem is one of the major challenges for them. They are unable to meet their basic needs and unfortunately start begging to live. This theme is consistent with findings of previous study where it was shown that certain communities were more vulnerable to the effects of economic downturns on mental health (Volkos & Symvoulakis, 2021).

Theme-7 Future Wishes of Transgender

Theme-7 identifies that future desires of transgenders may increase their happiness level and provide them meaningful life, as they want to live a religious life and perform hajj in future but unable to do it because of financial crises. They don't want to beg to meet their basic needs. They want respectful work or job to live life in a respectful way. Furthermore, most of the trans want to live with their family like normal human beings. They wish to be treated and respected like normal humans. Here the future desires of transgenders appear as slightly different from west, as study indicated that gender desires were frequently connected with expectations for motherhood and children were linked to happiness in a dialectical approach (Tasker & Gato, 2020). In our society, they only want acceptance from family, resolve financial crises, earn through respectful job rather than begging that would increase their happiness level. So, it is required to focus on the basic issues of transgenders which ultimately affect their mental health, meaning of life and happiness.

Conclusion

The study is conducted to explore the happiness and meaning of life for trans people. The seven themes have been generated through thematic analysis method. First three themes are related with happiness including; low level of happiness, adverse social life and adverse impact on psychological health of transgenders. Moreover, next three are related with meaning of life including; ambiguous meaning of life, family difficulties and financial crises among transgenders. Last theme is related to future wishes of transgenders, which if fulfilled may give them both happiness and meaning of life. Overall, themes indicate low level of happiness and ambiguous meaning of life due to a lot of contributing factors such as financial crises, adverse psychological impacts due to family and endless social rejection for transgenders.

Recommendations and Implications

Findings of the study recommended that transgenders' well-being should be further explored keeping in view the different age groups and categories such as employed and unemployed, educated and uneducated transgenders in future researches. Their mental health should be considered important and different psychological treatments should be tested for their betterment. This research has also opened a new way to work on the well-being of transgenders across different cultural backgrounds.

Findings of study are noteworthy to get aware of the happiness and meaning of life for transgenders. It provides evidence related to the importance of employment in transgenders' life, as the happiness and meaning of life depends on it. Financial crises and social rejection were main concerns connected with happiness and meaning of life. Different organizations can help to provide moral and psychological support along with employment opportunities to enhance the overall well-being of transgenders.

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