

Impact of Hatha Yoga on Suicidal Ideation among Transgender People

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Abstract

Background:

This research work aims to understand the effects of selected Hatha Yoga Practice as a healing intervention for transgender persons. The purpose of this study was to see the results of Hatha Yoga Practices on Suicidal Ideation among the transgender population.

Method:

For this research work, the researcher has tried to know the factors affecting the mental health of transgender people and for the study available research papers have been studied in the context of mental health of transgenders and tried to know all those factors. Because of which transgender people are forced to take steps like suicide and live in more depression than normal people and commit more suicides. For what role hatha yoga practice can play in bringing a positive change in their mindset related to suicide of transgenders and for this the researcher has studied the impact of hatha yoga on mental health and what role yoga can play in preventing suicidal thoughts. may have studied related research papers.

Result:

Hatha yoga practise has positive and significant effects on all the elements that transgender individuals experience, including all the causes that push them to the point where they feel they must end their lives and the majority of the time they suffer with suicide thoughts. Following a review of the academic literature relevant to the study, it is evident that hatha yoga practise can help stop suicidal thoughts.

Conclusion:

Transgender individuals often face stigma, discrimination and violence, which can lead to feelings of isolation and hopelessness. They struggle to find supportive and accepting friends, family and communities, leading to increased feelings of loneliness and depression. Due to this kind of social and mental condition, they get thoughts like suicide and often take suicidal steps. It becomes clear from the presented research work that if Hatha Yoga practice is done regularly, there is a desirable improvement in the tendency of transgender suicides.

Keywords: Hatha Yoga, Suicidal Ideation, Transgender

Introduction

“Transgender is an umbrella term for people whose gender identity, gender

expression, or behavior does not conform to that typically associated with the sex to

which they were assigned at birth." Transgender identity is a result of mismatch between an individual's self-perceived gender and the gender associated with their biological characteristics, leading to feelings of discomfort and a desire to live in a way that aligns with their gender identity (American Psychological Association, 2015).

Transgenderers' Mental Health Concerns and Suicidal ideation:

Transgender people can have a nearly 4-fold increased risk of depression (Witcomb et.al, 2018). With disturbingly high rates of suicidality (ideation and non-fatal behaviors) and mental health morbidity, transgender individual including persons who identify as gender diverse and non-binary are a profoundly marginalized population in our society. More than half of young transgender and non-binary people have thought about killing themselves. 29 percent of those polled had tried suicide. Factors like care-related obstacles, victimization, and sexism are mentioned in a 2021 article from a reliable source (Zwickl et.al, 2021). Transgender people had a risk of probable anxiety disorder that was about three times higher than the general population. Anxiety symptoms were found to be significantly predicted by interpersonal functioning and low self-esteem (Bouman et.al, 2017). Minority stress is likely to affect transgender people. This is a reference to the persistently high levels of stress that members of marginalized minority groups experience. The stress that transgender persons may encounter includes environmental stressors such as being exposed to prejudice, interpersonal stressors like anticipating discrimination,

and inner stressors like internalized sexism. According to research, trans people frequently and visibly experience stress from expecting rejection. According to research, social stressor exposure increases the risk of mental health issues (Fernández-Rouco et.al, 2019). Compared to binary transgender youth, non-binary identifying transgender youth are more likely to experience anxiety, despair, and low self-esteem. This may be a reflection of the even larger obstacles and feelings of discrimination that certain people may experience if their gender identity does not conform to the widely accepted binary gender model that society uses to define both cis- and transgender populations (Thorne et.al, 2019). Due to their experiences with gender dysphoria and incongruence, trans persons may have poor self-esteem. According to a 2020 study, trans people who are at ease with their appearance and gender identity have higher levels of self-esteem. This underlines the need of encouraging others to accept their gender identity and feel at ease with their look to promote mental health (Van Den Brink et.al, 2020). Transgender people live on the outskirts of society, experiencing stigma, discrimination, socioeconomic and educational marginalization, violence, and poor health, particularly mental health. Transgender people have a hard time finding adequate healthcare services, whether they have general health requirements or gender-specific needs. Discrimination in healthcare institutions, a lack of treatment protocols, inadequate health literacy, and poor healthcare-seeking habits among transgender people were all cited as major hurdles to accessing health treatments. Their schooling, gender-based violence, socio-

economic hurdles, lack of health insurance, exclusion from social assistance programs, and healthcare system restrictions are among the other obstacles they face (Pandya et.al, 2021). A cross-sectional study was conducted in Bangalore, Karnataka, and was based on a structured questionnaire to collect information on anxiety, depression, and suicidal behavior among gender-diverse people. Results from the study show that nearly half of the gender-diverse population shows signs of anxiety, depression, and suicidal behavior and that even these gender-diverse people have high rates of alcohol consumption (Halli et.al, 2021). It is not easy to find a health care provider who knows how to treat transgender people. Some providers may even not agree to treat them. Others might not understand or feel that there's something wrong with them. (Gay and Lesbian Medical Association (GLMA), 2019). The high rate of depression and suicidal thoughts among transgender people appears to be significantly influenced by societal stigma, a lack of social support, HIV status, and violence-related issues. These factors need to be thoroughly investigated, and necessary mental health counselling, crisis management, addressing drug abuse, providing them with livelihood opportunities, and other interventions need to be made (United Nations Development Program, 2010).

Reason behind promoting suicide among transgender people:

Suicide is a complex issue and promoting it is never acceptable. There is no single reason for higher rates of suicide among transgender individuals. However, research suggests that the high rates of suicide among this population can be

attributed to various factors such as discrimination, prejudice, stigma, lack of social support, limited access to healthcare and legal recognition, and exposure to violence. All of these can contribute to feelings of isolation, hopelessness, and desperation. It is important to address these issues and provide support and resources to individuals in the transgender community to prevent suicide and promote mental health and well-being.

According to a study published in the Journal of Adolescent Health, transgender individuals face numerous health disparities and challenges, including: (1) Lack of access to culturally competent healthcare: Transgender individuals often face barriers in accessing healthcare services that are inclusive of their needs and experiences. (2) Higher rates of mental health issues: Transgender individuals have higher rates of depression, anxiety, and suicide attempts compared to the general population. (3) Higher rates of HIV and sexually transmitted infections: Transgender individuals, particularly transgender women of color, are at a higher risk of HIV and other sexually transmitted infections. (4) Higher rates of substance use: Transgender individuals have higher rates of substance use, including tobacco, alcohol, and illicit drugs. (5) Higher rates of physical violence: Transgender individuals are at a higher risk of physical violence, particularly those who are members of racial and ethnic minorities (Shires et.al, 2015).

There are several factors that contribute to the high rates of suicide among transgender individuals:

1. Discrimination and prejudice: Trans individuals often face discrimination and prejudice in

their daily lives. This can range from harassment and bullying to being denied employment or housing. This kind of discrimination can lead to feelings of isolation, rejection, and low self-esteem, which can increase the risk of suicide.

2. Lack of social support: Transgender individuals may struggle to find support and acceptance from family, friends, and the broader community. This can lead to feelings of loneliness and isolation, which can further increase the risk of suicide.
3. Inadequate medical care: Many transgender individuals face barriers to accessing medical care that is specific to their needs. This can include difficulties in obtaining hormones, surgeries, and other treatments that are necessary for their physical and mental well-being.
4. Trauma: Many transgender individuals have experienced trauma, such as physical or sexual abuse, discrimination, or other forms of violence. This trauma can have a lasting impact on their mental health and increase their risk of suicide.
5. Substance abuse: Substance abuse is a common problem among transgender individuals, and it can further increase their risk of suicide. Substance abuse can worsen depression and anxiety, and lead to additional health problems and social isolation.

Hatha Yoga Practice and Suicidal Ideation:

Yoga is an ancient practice that aims to bring harmony and health to an individual's physical, mental, emotional, and spiritual qualities (Krishnan et.al, 2003). Hatha yoga, a branch of yoga, concentrates on physical exercises that include a variety of postures and breathing methods. Both Pranayama and Asanas postures are part of Hatha Yoga (Muktibodhananda, S. (2016). *Hatha Yoga Pradipika*. Yoga Publications Trust, Munger, Bihar, India; First digital edition.). The findings of this study were to back up the idea that practicing Hatha yoga daily for a long time has clear and significant health advantages. A single 90-minute Hatha yoga lesson can considerably lower perceived stress levels. Regular Hatha yoga practice can help to lower perceived stress even further (Huang et.al, 2013). Hatha yoga appears to be a promising treatment for anxiety. The total number of hours practiced was positively related to treatment effectiveness. Those with high anxiety levels benefited the most (Hofmann et.al, 2016). After 12 sessions of regular hatha yoga practice, women's depression, anxiety, and stress levels improved dramatically. Hatha Yoga can help you cope with stress, anxiety, and depression. As a result, it can be applied as a form of alternative medicine (Shohani et.al, 2018).

Result and Discussion:

Studies have shown that practicing Hatha yoga can have a positive impact on the mental health of transgender individuals and can reduce suicidal ideation. The physical and breathing exercises involved in Hatha yoga can help manage stress, reduce symptoms of depression and anxiety, and improve overall emotional regulation. Hatha yoga can also provide a sense of community and

support for transgender individuals who may feel isolated and rejected. Additionally, practicing Hatha yoga can improve self-esteem and body image, which can be important for individuals who are undergoing gender transition. Overall, the results of these studies suggest that Hatha yoga can be a helpful tool for reducing suicidal ideation among transgender individuals.

Conclusion:

In conclusion, there are multiple factors that contribute to the high rates of suicidal ideation among transgender individuals, including discrimination, lack of social support, inadequate medical care, trauma, and substance abuse. The practice of Hatha yoga, which includes asanas, pranayama,

and meditation techniques, can be an effective tool for reducing these symptoms and improving overall mental health. Hatha yoga can help manage stress, reduce symptoms of depression and anxiety, and improve emotional regulation. The community aspect of yoga can provide a sense of support and belonging, which can be especially important for individuals who are feeling isolated or rejected. Additionally, Hatha yoga can improve self-esteem and body image, which can be important for individuals who are undergoing gender transition. Overall, the practice of Hatha yoga can play a valuable role in reducing the risk of suicide among transgender individuals and improving their overall mental health and well-being.

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Websites

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