

## ORIGINAL ARTICLE

# Perception of Transgenders Regarding Voice Quality, Gender Identity, Anxiety and Avoidance

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## ABSTRACT

**Background:** Any person who deviates from the social norm of binary gender is considered to be transgender. People who identify as transgender do not fit the gender assigned to them at birth.

**Aim:** To determine the perception of transgender regarding voice quality, gender identity, anxiety and avoidance.

**Methodology:** Cross sectional study was conducted in Multan transgender community. Convenience sampling technique was used. Sample size was N=83 calculated by online sample size calculator. After the inclusion and exclusion criteria a demographic Performa, TVQMtF, TVQFiM Performa was used.

**Results:** Male to Female n= 78 mean value 27.64±7.91 and Female to Male n=05 mean value 25.20±9.25. Male to female with mean value of anxiety and avoidance, gender identity and voice quality, 22.22±7.81, 17.02±4.71, 22.68±6.14 respectively. Female to male with mean value of anxiety and avoidance, gender identity and voice quality, 21.40±7.66, 15.00±6.32, 20.40±7.86.

**Conclusion:** Both trans men and trans women participants experience larger levels of anxiety and avoidance, gender identification, and vocal quality difficulties.

**Keywords:** Transgender persons, Voice Quality, Anxiety, Depression, Gender dysphoria

## INTRODUCTION

The term "transgender" is broad term that encompasses a variety of groups first, transsexuals who feel trapped in the wrong body or experience gender dysphoria, second intersexual who are born with ambiguous biological sex markers, third genderists, who consider as neither male nor female, as well as genderqueers<sup>1</sup>.

If a person's gender identity and biological sex don't match, they might feel uncomfortable. Gender dysphoria is the term used for this. This unease or discontent may be so intense that it has a detrimental impact on daily life and can lead to depression and anxiety<sup>2,3</sup>.

Any person who deviates from the social norm of binary gender is considered to be transgender (TG). People who consider that their biological sex does not correspond with their psychological orientation and who take steps to resolve this discrepancy by physically transitioning to their psychological gender are included under the general term "TG." The majority of those who do so are men who desire to be reassigned as women. Since the transition process is difficult, not all male-to-female (MTF) TG people take it<sup>4</sup>.

A case study was conducted on transgender and non-binary English speakers with various gender expression styles were evaluated for the association between gender and sibilant duration as well as the percentage of utterances with strong rising stress. The preliminary findings in this research show that trans and non-binary speakers can and do phonetically convey their gender, supporting the claim that biological characteristics or early socialization are not the primary drivers of gender in speech. Further investigation into the ways in which various gender identities are expressed in conjunction with other sociological factors (such as sexuality, community groups, and urban vs. rural locations), according to the findings, could paint a clearer picture of the part gender plays in the evolution of speech styles<sup>5</sup>.

A cross-sectional analysis of client satisfaction surveys and transgender clients' voice recordings. In this study, voice specialists and lay observers compared their assessments of voice recordings. It was determined that participant pleasure and mean F0 were correlated. We investigated the connections between

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participant contentment and rater evaluations. It was not possible to show a significant correlation between F0 and participant pleasure ( $r = 0.32$ ,  $P = 0.32$ ). A moderately significant positive connection was found. The opinions of supervising voice practitioners may not be associated with voice satisfaction<sup>6</sup>.

This study's focus on the emotional state of transgender people will assist readers and researchers better comprehend the emotional aspects of the transgender community, which was not addressed in the previous study.

## METHODOLOGY

After IRB permission, this cross sectional study was conducted at Multan from February 2022 to July 2022. A Convenience sampling technique was used. Sample size is N=83, both Transgender Male to Female and Female to Male, age between 18-55 years were included in the study. Transgender diagnosed with Vocal pathologies and transgender involved in speech therapy treatment were not included in the study. The therapist meets with each person to obtain their consent before collecting data the therapist will then ask a series of questions in accordance with the questionnaire. The therapist does their best to comprehend the query and its significance to the participant. The input is then documented is making a mark on the questionnaire according to the response. The data was collected by Demographic Performa, TVQ<sup>MtF</sup>, TVQ<sup>FtM</sup> to evaluate Transsexual Voice Questionnaire. Consent has been taken from the participants. Data was analyzed by using SPSS 22.

## RESULTS

Sample size is 83 Male to female n= 78 with 27.64±7.91 and female to male n=05 with 25.20±9.25. Qualification of the male to female is illiterate 67(79.8%), 1st to 5th standard 2(2.4%), 6th to 10th standard 10 (11.9%), FA 4(4.8%), M.Phil 1(1.2%). Female to male is illiterate 4(80%), 1st to 5th standard 0(00%), 6th to 10th standard 1(20%), FA 0(00%), M.Phil 0(00%) with Mean±SD 0.46±1.01, 0.40±0.89. Profession of the male to female is beggars 50(59%), Dancer 32(38.1%), Nothing 02(2.4%), Job0 (00%).

Female to male is beggars 4(80%), Dancer 1(1%), Nothing 0(0%), Job 0(0%) with Mean±SD 1.42±0.54, 1.20±0.44. Marital status male to female married 14 (16.7%), un married 70(83.3%). Female to male married 0(0%) unmarried 5(100%) with Mean±SD 1.83±0.37, 2.00±0.00

Male to female n=84 with mean value of anxiety and avoidance, gender identity and voice quality, 22.22±7.81, 17.02±4.71, 22.68±6.14 respectively. Female to male n=05 with mean value of anxiety and avoidance, gender identity and voice quality, 21.40±7.66, 15.00 ±6.32, 20.40±7.86.

Age

Table 1: Age of gender mean and SD

Gender	N	Mean±SD
Male to Female	78	27.64±7.91
Female to male	05	25.20±9.25

Mean for trans men and trans women

Table 2: Mean for trans men and trans women

Gender	N	Anxiety and avoidance Mean±SD	Gender Identity Mean±SD	Voice Quality Mean±SD
Male to Female Trans	84	22.22±7.81	17.02±4.71	22.68±6.14
Female to Male Trans	05	21.40±7.66	15.00 ±6.32	20.40±7.86

## DISCUSSION

This study was consistent with recent smaller studies of socially transitioned transgender. According to these data transgender have anxiety and depression symptoms that are slightly higher than those of their siblings and cisgender peers. Despite the fact that many transgender persons have high rates of mental health challenges, the most recent findings offer additional evidence that being transgender is not the same as going through these difficulties.

Antibullying and antidiscrimination laws and policies based on sexual orientation may be applied at the organizational and institutional level in workplaces and educational institutions<sup>7</sup>. In this study, a demographic Performa, TVQMf, TVQFtM, was used to evaluate how transgender people see themselves, how society views them, and what their experiences are. The study's findings as a whole show that society has responded favorably to their voices and social misbehavior. Same as a study was conducted on the Transgender Self-Evaluation Questionnaire [TSEQ]. Twenty male-to-female transgender people, following the audio presentation of each speech sample, 25 undergraduate listeners scored each speaker's voice for femininity and likeability. This study adds to earlier research that suggests that assessing treatment effectiveness in terms of how it affects transgender people's voice-related quality of life (QoL) difficulties may benefit from client and listener feedback<sup>8</sup>.

According to the findings of a study conducted in Russia, 141(24.1%) and 265(45.1%) of transgender people, respectively, had clinically significant levels of anxiety and depression. There were no statistically significant differences between transgender males, transgender women, or other transgender identities in terms of the frequency of anxiety and depression. The sample's mean ratings for anxiety and sadness were statistically significantly higher than those of the entire Russian population (p 0.001). Findings from the study showed that vocal identity, vocal function, and anxiety and avoidance all had mean values of 22.22 (SD 7.81)

or higher, supporting the claim that transgender people experience anxiety and avoidance from society<sup>9</sup>.

The transgender community's resilience and wellness. Positive identity strength was not inversely correlated with wellbeing. These two requirements could only be met if one felt a part of the community. A significant connection incongruence does not indicate that transsexuals will experience psychological suffering<sup>10</sup>.

This study's several variables all center on avoidance and being neglected, is a major issue that transgender persons encounter in various forms. Because of this, we are curious to understand the major element from the perspective of transgender persons in order to evaluate the factor that keeps them isolated from society and unaccepted by it. Their voice, physical characteristics, and other characteristics that set them apart from society

## CONCLUSION

The study of transgender people has shown that they are worried about their voice quality and gender identity, and because of these unfavourable judgments, they are acting anxiously and avoiding situations.

**Contribution of authors:** **AB:** Conception and design, revising it critically for intellectual content, final approval, **GAB:** Acquisition of data, interpretation of data, final approval, **MUK:** Acquisition of data, analysis of data, drafting the article, final approval, **HSM:** analysis and corrections, **SMZ:** Conceived and designed the analysis. Proof reading of the manuscript, **AA:** Conceived and designed the analysis. Proof reading of the manuscript.

**Conflict of interest:** Nil

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