



**Abstract:** *The present research was aimed to find the association between personal networking, social exclusion, and social wellbeing among transgenders. Under the quantitative approach of study, the correlational design of the research was employed to evaluate the affiliation amid personal networking and social wellbeing. Systematic sampling techniques and strategy were used to collect data of 350 transgender people having age ranges (18-60) years from four different zones of Lahore, the capital city of Punjab province, in Pakistan. Sample size, inclusion, and exclusion characteristics were considered while selecting a sample of the study. De Jong Gierveld Scale for social wellbeing was used to measure various attributes of the social circle. A merged scale of Russel for loneliness, personal networking, and Lubben Social Networking scale was used to measure the personal networking of Transgender. The prejudice social exclusion scale was used to measure experiences of social exclusion from their own families and society/public by the Transgender. All three scales had excellent reliability and validity. Results will be implemented to interventional plans to increase social acceptance and contributions of Transgender towards society to increase their set-worth and confidence.*

**Key Words:** Personal Networking, Transgender, Social Exclusion, Social Wellbeing, Policies, Social Networking

## Introduction

Both personal and social networking is the process of creating relationships between individuals through collaborative activities and interpersonal relationships. Society gives importance, acceptance, belongingness, integration, coherence, and contribution to individuals of the society that influence through their physical and psychological health. Social networking service providers allow individuals to communicate, share ideas, form and join associations and communities and interact with other networked individuals ([Hampton, Goulet, Rainie & Purcell, 2011](#)). Instead, personal networking helps people connect with others who have similar interests or activities to themes. It can also provide a venue for users to express themselves or even connect with celebrities or companies. Social media services allow people to publish their thoughts, photos, and videos for public consumption on social networks such as Facebook, Twitter, LinkedIn, or Instagram. Private social networks let users share personal information with selected members of a closed community ([DiMicco, Millen, Geyer, Dugan, Brownholtz & Muller, 2008](#)).

The origin of personal networking is associated with literature when peoples have been gathering around braziers and swapping stories or sculpting on cliff faces since the ancient era. Individuals of society respect gender identifications and affirm through their social contributions ([Pempek, Yermolayeva & Calvert, 2009](#)). The societies' growth is driven by a common passion and related to living strategies and lifestyles. Connectivity and networking have never been easier, thanks to the introduction of virtual communities. Transgender (TG) is a catch-all term for individuals whose sexual identity and display are not the same as their biological gender, the customs and hopes traditionally connected with the sex allocated to them at birth; it contains people who are transsexual or transgender (Ross, Law & Bell, 2016). Being a member of society, Transgender is still not accepted at the societal level. Almost the highest figure of the Pakistani population doesn't own their child as Transgender so, they spend their lives in their networks surrounded by individuals assembled to them ([Rendina, Talan, Szalay, Carter & Shalhav, 2020](#)).

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The TG has long been misunderstood by mental health professionals, even in the western hemisphere. The term "transgender" leads to people with sexualities diverging from the sexual identity allotted to them at birth. Transgender people define themselves using a variety of terms. Trans\*, or nonbinary elderly woman, is a recursive acronym for Transgender ([King & Operario, 2021](#)). Following the person's native tongue and concepts is often the best option. In the last few centuries, though, a lot has changed. Gender identity can be expressed in a variety of ways by transgender people. Several people wear, act, and speak in ways that make them appear to be the gender they wish to be. Other persons alter their bodies with hormones or surgical procedures to reflect their sexual orientation. Many trans individuals refuse to identify as "male" or "female," preferring to identify as Transgender, nonbinary, pansexual, or otherwise ([Vitelli, Scandurra, Pacifico, Selvino, Amodeo & Giami, 2017](#)).

The Science of Transgender Identity examined what was known about trans identity at the time, including scientific evidence for its biological foundations as well as the social and psychological consequences of binary gender classifications. Unfortunately, people wishing to bolster their own beliefs took advantage of both the narrative and the facts in this piece. As a result, we decided to take this page down in 2021 to prevent it from being misappropriated by individuals and organizations wanting to oversimplify this complicated subject and promote unscientific viewpoints. Approximately conditions (or localities) determination with modifies birth documentation under any settings, while others resolve the identities through the processes of changing their name and not gender. Moreover, there was not any restrictions for the individuals to change their gender identities ([Scheim & Bauer, 2015](#)). Updating and changes have been proceeding through different organizations regarding the change in individuals sex orientation for trans ([Kaltiala & Lindberg, 2019](#)).

The personal network connections constitute the society's environment pleasant and bearable, over the globe. Social contacts improve the quality of life and affect healthier on Transgender within networking as well ([Fakoya et al. 2020](#)). During the last few years, the visibility of transgender public figures increased like artists, legislators, journalists, journalists, instrumentalists, and social media players. The said transformation reveals a quick increase in the visibility of transgender (Walker, 2019). The visibility possibly builds a greater series

of opportunities and thereby, the appearance of TG comparably acknowledged by the general masses through their networks (Gupta, 2019). Likewise, in the other Asian States, TG communities in our homeland experience a series of issues. They are frequently exposed to the risk of isolation and social exclusion from mainstream society (Power, Brown, Schofield, Pitts, McNair, Perlesz, & Bickerdike, 2014). That's why they were compelled to live in the shape of collective residences provided under personal networking. These networks provide them the opportunities to solve their problems and negotiate their skills with other relevant stakeholders. They recode their right protests at relevant forums like legislatures and judiciary as well through their collective effort of personal networking ([Redding, J. A. \(2019\)](#)).

## Aim and Hypothesis

The given study aimed to find the social well-being affected through social exclusion and increased rates of personal networking. The inspiration behind this research is to investigate the social aspect of TG, who were socially excluded individuals of society. It is a good opportunity to pay attention to research on societal inequality for Transgender, which leads to developing various psychological distress as a result. The research was contributed to the scientific literature on TG in both basic and applied research. In context with applied research, the study was contributed toward Transgender's well-being by studying socially constructed elements related to TG's personal and social attributes. Moreover, the study was purposed to collect primary survey data on TG, which closes a gap in social exclusion of the Transgender's well-being field by creatively tackling societal elements of social well-being. The study hypothesized the association between personal networking, social exclusion, and social wellbeing. Predicting the role of personal networking and social exclusion for social wellbeing was also hypothesized to test through statistical analysis

## Methodology

### Participants

Total N=350 transgender individual participants were collected, including heterosexual and bisexual, transgender with feminine characteristics, and Transgender with masculine characteristics from different allocated zones of Lahore. The researcher has selected a sample of every 10<sup>th</sup> zone out of 40 zones of Transgender by following the allocated zonal map. All the personal networks of each zone were approached. The age range of the sample was 18 to

60 years with ( $M = 35.7$  and  $SD = 7.23$ ). The participants fulfilling the inclusion criteria for the study were selected. The total TG population living at personal networking site (attached with Dera's) is 3500 in the city and sample selection in 04 selected zones is 350 which is the true estimated target population of the study and sample population, respectively (Mapping Report, 2016). The selection of the sample was aimed to increase the reliability, validity, and in-depth generalizability of the results obtained from the current study to the whole transgender community.

## Measures

*Consent Form, Information Sheet, and Demographic form:* A participant information sheet that consisted of the information related to the research topic, nature, purpose, process, ethical considerations, and confidentiality was developed to inform the participants about the present research. An Informed Consent Form was also used which shows their interest and willingness to participate in the present study.

*UCLA Loneliness Scale (Russell, 1996):* The measure UCLA was formerly industrialized by Russell in 1996. It deals the slight, modest, and Spartan levels of isolation. It is a 20 items self-reported measure with a 4-Likert form answer 0 to 3 (0 = never, 3 = often). Level and effects of isolation can be concluded through the computed scores, if between 20 to 30 indicating trouble in individual. If a person appeared with a computed score higher than 30 and ranged within 31-40 category, an individual must have severity effects of isolation from the society. The reliability coefficient of the scale ranges from .88 to .90 with test re-test steadfastness of .73. It was translated into the native Urdu language by Anjum, W. and Batool, I. (2016). The Alpha reliability coefficient of the translated version is .90.

*Prejudice Social Exclusion Scale for Transgender (Mathieson, 2008):* Prejudice social exclusion scale for Transgender used to measure the extent to which participants perceive themes, even excluded from the society. It is a 14-item scale unharmed on a 5-Likert scale where (1=Strongly Disagree to 5= Strongly Agree). The total scale was divided into two subscales (exclusion from family and exclusion from the public) each subscale was consisting of 7 items. The scale has fine psychometric properties utilizing reliability and test-retest validity. In the present study value of reliability

coefficient alpha was measured using piloted study on 30 transgender that found .85 which was excellent reliability.

*Social Wellbeing Scale (Jong & Van, 2006):* Social wellbeing scales were used to measure domains of social well-being developed by De Jong in 2004. It measured participants' responses about the five characteristics of social involvement including societal actualization, communal contribution, public acceptance, societal integration, and public coherence. It is a 32- items self-reported scale consisting of five subscales. Responses of participants were measured using a 5-point-Likert scale where (1= strongly disagree to 5= strongly agree). Cronbach's alpha reliability coefficient of the scale ranges from .89 to .94, which showed excellent reliability of the scale to apply on TG people. Studies have shown good test re-test validity of the scale as well.

## Procedure

Permission for using assessment tools in the study was taken from the original authors and the secondary. Guru's of different residential personal networking sites of transgenders were communicated, and permissions were taken before approaching trans people to enroll in the study. After that, the process of data collection was initiated, and permissions were obtained from the Authorities' residential network sites within selected zones after informing them about the aims and objectives of the research project. The participants were approached at their networking sites were interviewed at their network sites. They were conversant about the countryside, purpose, process of the present learning, and duration to complete questionnaires individually. Individuals who fulfilled the criteria of inclusion and willing to participate were selected.

## Data Analysis

Data was analyzed statistically examined using a statistical package for social sciences (SPSS-21). First of all, the reliability analysis was carried out on study instruments to obtain Cronbach's alpha that explained the internal consistencies of the scales. Correlation analysis was acquired to assess the correlation between the training variable quantity. Multiple regression analysis through stepwise method regression was performed to study predicting the role of personal networking and social exclusion for social wellbeing among Transgender.

## Results

### Reliability Analysis

**Table 1.** Reliability Analysis of Psychometric Properties of Questioners (N=350)

Variables	k	M	SD	Potential		Actual		α
				Min	Max	Min	Max	
Personal Networking Scale	18	67.19	8.08	1	4	18	72	.816
Social Exclusion Scale for TG	14	62.45	6.02	1	5	14	70	.922
Exclusion from Society/Public	7	31.08	2.92	1	5	7	35	.752
Exclusion from Family Members	7	31.46	3.59	1	5	7	35	.949
Social Wellbeing Scale	32	98.73	29.2	1	5	32	160	.963
Social Integration	7	23.49	7.14	1	5	7	35	.884
Social Acceptance	7	21.29	6.86	1	5	7	35	.868
Social Contribution	6	16.09	4.50	1	5	6	30	.622
Social Actualization	7	25.21	8.3	1	5	7	35	.945
Social Coherence	5	11.58	3.62	1	5	5	25	.633

Note: k = No. of items in the scale, M = Mean, SD = Standard Deviation, Min =Minimum score, Max = Maximum score, α = Reliability Co-efficient, N= number of participants.

The table above showed the results of reliability analysis for the scales of personal networking, social exclusion, and social wellbeing. Alpha coefficient values of reliability for all the scales and subscales were found to be excellent except for subscales social contribution and social coherence, which

showed an average value of reliability. Results of reliability analysis showed moderate to excellent values of Cronbach's Alpha reliability coefficient for Personal. Networking, social exclusion, and social wellbeing.

### Correlation Analysis

**Table 2.** Table Showing Relationship between Personal Networking, Social Exclusion and Social Wellbeing among Transgender (N=350)

Variables	2	5	M	SD
1.Personal Networking	.017*	-.059*	62.5	7.8
2. Social Exclusion	-	-.037**	62.5	6.02
3. Social Wellbeing			98.7	29.2

Note. = M= Mean, SD= Standard Deviation, \*Correlation is significant at the 0.05 level (2-tailed). \*\*Correlation is significant at the 0.1 level (2-tailed) and \*\*\*Correlation is significant at the 0.01 level (2-tailed).

Results have shown a substantial positive association between personal networking of Transgender including the level of loneliness lack of self-worth, significantly correlated with social exclusion as the values of correlation coefficient (p<0.5). Significant association showed the increase in social exclusion Transgender increase the preferences of TG to join personal networking areas where they feel confident to share their interests. Results showed the negative association between

personal networking, social exclusion, and social wellbeing among transgenders (p<0.5), which showed the increase in social exclusion decreases the level of social wellbeing. The negative association between personal networking, social exclusion, and social wellbeing showed that an increase in social exclusion and personal networking decrease the moral values, confidence, interest, perceptions, and individuality of Transgender

### Linear Regression Analysis

**Table 3.** Hierarchical Regression Analysis Showing the Predicting Role of Personal Networking and Social Exclusion for Social Wellbeing (N=350)

<i>Predictor</i>	<b>Social Wellbeing</b>	
	<i>ΔR<sup>2</sup></i>	<i>β</i>
Step 1	.004	
Control Variables		.053***
Step 2	.002	
Personal Networking		.012***
Social Exclusion		1.16**
Total R <sup>2</sup>	.041	
N	350	

Note. *ΔR<sup>2</sup>* = change in R square value, *β* = Standardize beta, *N*= total number of participants, control variables= age, education, profession, monthly income, affiliation with the network

Results of the table above showed prediction for the outcome variable social wellbeing. Individuals' characteristics showed it step-1 as controls variable were significant predictors for social wellbeing ( $p < 0.05$ ,  $F = .338$  [.687]). Computed total of prejudice social exclusion for Transgender and personal networking was found significant predictors for social wellbeing as ( $p < 0.001$ ). Scores of personal networking also showed highly significant prediction for social wellbeing  $F = .338$  [-463].

### Discussion

Results of the extant study found a constructive link among personal networking and social exclusion midst TG people which leads to the acceptance of the hypothesis. Results are supported by the previous finding from different literature, which suggests that a significant relationship exists between these variables as according to Divan et Al (2016), families frequently reject Transgender those who come out as Transgender while they're young. They are shunned within households if not cast out, as a result, they have limited learning services and few endeavors to handle their health and wellbeing needs. So, they established their networking sites spotted by other individuals having common interests and identities. The few who proclaim their identities later in life face resistance from general society along with social diagnostic facilities as they try to break free from gender confinement.

Another study supported the negative association between personal networking and social wellbeing as results found that legal institutions frequently reinforce marginalization, discrimination, and violence towards Transgender. All persons have basic human rights, which States are supposed to defend human rights law, particularly equal protection safeguards and the human right [Payne & Abouharb, 2016]. Though, Transgender is seldom

guaranteed such fortification beneath these municipal duties. In its place, trans individuals frequently animate in forbade environments, where they are vulnerable to extortion, harassment, and assault due to lawgiving that criminalizes supposed peculiar, homosexual publicity, and cross warnings trends. Laws that ban sex employment expose trans women to police assault and blackmail Trans individuals are deterred from reporting crimes to the police or demanding revenge when they are victims of assault and abuse since they are considered a crime, and offenders are infrequently penalized. When they are arrested for any of the aforesaid claimed misconducts, or beneath imprecise "public nuisance" or "vagrancy" decrees, they may face further abuse from police or inmates in judicial systems that do not respond adequately to transsexuality [Winter, 2012].

### Conclusion

The present examination was directed to consider the rapport amongst personal networking, social exclusion, and social wellbeing among Transgender. It was found that increase social exclusion is directly positively associated with the personal networking of Transgender. Significant increase in personal networking and social exclusion in the form of low confidence, loneliness, and low self-esteem was linked to decrease social wellbeing among TG. The finding of the study revealed that TG individuals who experienced social exclusion from their families and public usually lack interpersonal communications thus, developed the distresses of loneliness, low self-esteem, depression, and other emotional deregulation which increase their tendencies to build their networks with other Transgender at different networking sites. They used to share their common interest, identities, and self-acceptance with members of their network. An increase in social exclusion tends to decrease their social well-being in

the form of social acceptance, integration, communication, conceptualization, contribution, and coherence with societal norms.

### **Limitations and Suggestion**

The present study was only conducted on individuals from Lahore so it may lack comparative properties between different cities on the effects of social exclusions affected due to areas of locality, which

was included in the limit of the study. Standardized assessment tools were used, and all tools were administered by the researcher through scheduling structured interview settings with Transgender, which included the strength of the study. Longitudinal research will be suggested by involving Transgender over the periods of 4-5 years to investigate the change in their cognition and behavior due to social exclusion.

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