

**DIFFERENCES IN PERSONALITY CHARACTERISTICS OF  
TRANSGENDER AND HETEROSEXUAL INDIVIDUALS**

*A thesis submitted for the partial fulfilment of the requirement for the degree of*  
**MASTER OF ARTS IN PSYCHOLOGY**

**SUBMITTED BY**

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**UNDER THE SUPERVISION AND GUIDANCE OF**

Dr. Sarika Alreja



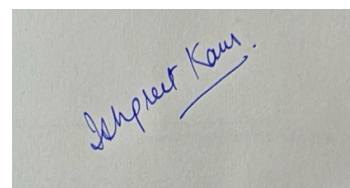
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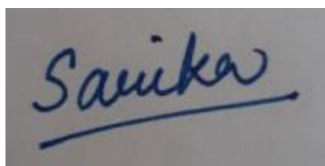
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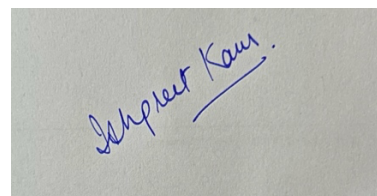
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I hereby declare that the work presented in this thesis entitled, '**Differences in personality characteristics of transgender and heterosexual individuals**' submitted in partial fulfilment of requirements for the award the of the degree of **Master of Arts in Psychology**, presented in the **Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala**, is an authentic record of my work carried out under the supervision and guidance of Dr. Sarika Alreja, Assistant Professor, Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researchers' work which are duly listed in the reference section.

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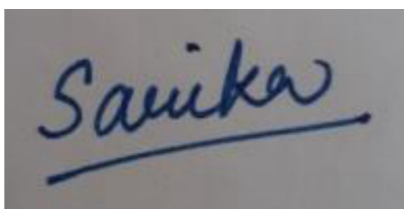
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## ABSTRACT

The purpose of the study was to determine how transgender and heterosexual people differed in terms of their personalities. The tool of analysis for the same was the human figure drawing test. The sample consisted of data of 50 transgender individuals and 50 heterosexual individuals with the mean age of 39.86 years. Purposive sampling was used to obtain the data. Findings show a significant difference in personality characteristics of transgenders and heterosexual individuals. Significant difference was found in features of Anxiety among different sexual orientation, i.e., Extreme Asymmetry  $p<0.000$  and Unequal Arms  $p<0.000$ . Significant difference was found in features of Positive Self-Concept among different sexual orientation, i.e., Large Size  $p<0.000$  and Addition of Extraneous Objects  $p<0.000$ . Significant difference was found in features of Negative Self-Concept among different sexual orientation in feature of Light Lines  $p<0.000$ . Significant difference was found in features of Alienation among different sexual orientation, i.e., Blank Outline  $p<0.000$  and Stick Figure  $p<0.01$ . Significant difference was found in features of Aggression among different sexual orientation, i.e., Large Size  $p<0.000$ . No difference was found in features Of Sexual Disturbance among different sexual orientation except for one feature, i.e., Bizarre Hair  $p<0.000$ . Significant difference was found in features of Developmental Impairment/Regression among different sexual orientation, i.e., Stick Figures  $p<0.01$ , Primitive Appearance  $p<0.000$ , Geometric Shapes  $p<0.01$ , Genderless  $p<0.000$ , Childlike  $p<0.000$ , Developmentally Indistinguishable  $p<0.000$ , Waist Emphasis  $p<0.000$ , Partially Clothed  $p<0.000$ , Naked Without Genitalia  $p<0.000$ , Pupil Omitted  $p<0.000$ , Neck Omitted  $p<0.000$  and Shoulders Omitted  $p<0.000$ .

*Keywords:* Transgender, Heterosexual, Sexual Orientation, Personality Characteristics

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## CHAPTER 1: INTRODUCTION

The concept of self-representation involves how individuals perceive and present themselves to others. It is a process influenced by factors, like social interactions, cultural norms and personal experiences. Gender identity plays a role in shaping our sense of self. The exploration of gender identities has gained attention in psychology research focusing on how gender identity impacts self-perception. Studies suggest that transgender individuals may exhibit personality traits compared to individuals. Say, transgender individuals may display traits such as friendliness, introspection and openness to experiences. It's important to note that there is a range of characteristics within each gender category and these are observations. Further study is necessary to comprehend the relationship, between gender identity and self-representation. However existing studies emphasize the importance of considering gender identity when analysing how individuals present themselves to the world.

By conducting a comparative analysis of self-representation between transgender and heterosexual individuals, this study hopes to contribute to this developing discourse. It does this by using the Human Figure Drawing (HFD) test as an intricate tool to help understand the complex relationship between gender identity and artistic expression. The basic structure of this test is comprised of 74 distinct aspects or characteristics of the figure, such as figure's size, placement, line quality, clothing, aesthetic appearance etc. With its foundation in projective approaches of psychological assessment, the Human Figure Drawing test is a non-verbal evaluation primarily focused on visuospatial and constructional abilities. It offers a distinctive way to investigate the subconscious elements of self-representation.

The test uses participants' cognitive and emotional perceptions to draw figures of human beings, delivering a narrative in a manner that defies language. The Human Figure Drawing test provides a comprehensive lens through which to look at the identities, lived experiences, and psychological dynamics of people who identify as transgender as well as heterosexual. It

constitutes the theoretical basis of the ideas of Handler (1985), Urban (1963), and Machover (1949). The basic structure of this test is comprised of 74 distinct aspects or characteristics of the figure, such as size, positioning, line quality, attire, and overall visual appeal. This test was formerly limited to interpreting a person's intellectual characteristics.

But over time, it became clear that it might also indicate general conflicts and client issues when combined with additional clinical examinations and clinical data.. When diagnosing organic diseases, anxiety and depression symptoms, schizophrenia, or other cognitive impairments, HFDT has proven to be useful. The straightforward administration approach, which makes it accessible and user-friendly for people of all ages, is the reason for this evaluation method's popularity, especially with younger demographics.

Self-identification, the complex experience of sexual and romantic attraction, and personal preferences and interests in close relationships all shape the complex construct of sexual identity. In today's diversified world, there exist an extensive array of sexual orientations, and individuals' affiliation with one or more of these orientations might shift over time. This dynamic trait recognises that people's notions about who they are and what attracts them can vary over the course of a lifetime, which shows the complexity of human sexuality.

Because different standards of measurement are used, statistics on sexual orientation can vary greatly, particularly when it comes to non-heterosexual orientations. The evaluation of sexual orientation takes into account a variety of aspects, including identity, behaviour, and sexual desire. This methodological variance highlights the difficulty in comprehending and measuring the wide range of sexual orientations that exist outside of heterosexuality and adds to the wide range of reported results. results. The intricate relationship between these variables emphasises the necessity for thorough and nuanced methods of data collection about the complex nature of human sexuality.

Given the social and cultural relevance of gender identity and its impact on mental health, research in this domain is essential. Particularly the transgender community frequently

experiences specific difficulties because to prejudice, gender dysphoria, and cultural expectations. The intend is to provide insight into the ways that gender identity affects expression and self-perception by comparing the self-representations of transgender and heterosexual people.

The manner in which that transgender people are perceived psychologically has evolved significantly throughout time. Early writings on transgender identities purportedly blurred the distinctions between gender identification and sexual orientation, leading to the original misinterpretation of these identities as an aspect of homosexuality. A notable historical turning point was the work of German philosopher and writer Ulrichs, who introduced the idea of a female psyche caught in a male body. This early recognition created the foundation for knowledge on transsexual experiences.

The idea of gender-confirming surgery came to light in the 1950s and 60s, especially in light of Christine Jorgensen's case, which received extensive media coverage. Harry Benjamin, M.D., an endocrinologist, wrote significant studies at this time that helped define transsexualism and laid the groundwork for the current World Professional Association for Transgender Health (WPATH).

The 1980 DSM-III reclassification of transsexualism as a psychosexual disorder was a turning point that reflected the changing views in psychology throughout the 1970s. This significant change was a reflection of shifting views on gender identification in society and the workplace. The choice to categorise transsexualism under the heading of psychosexual diseases showed that the psychological world was beginning to acknowledge the multidimensional relationship that exists between mental health and gender identity. The DSM-III edition constituted a paradigmatic shift rather than just a lexical adjustment, impacting clinical procedures, research in the future, and public attitudes towards transgender people. This pivotal moment in history highlighted the acceptance of gender variation in the psychological discourse and paved the way for more inclusive and nuanced discussions of transgender experiences in DSM updates and psychology discourse at large.

A paradigm shift towards acknowledging a broader gender spectrum was brought about by the examination of the classic male/female binary in the revolutionary 1990s. The term genderqueer gained prominence during this time as an identification descriptor, indicating a greater awareness of gender variation. During this time, the discourse began to shift away from rigid binary frameworks, promoting an inclusive dialogue that recognised the complexity of gender and opened the door for a wider acceptance of non-binary and gender-expansive identities.

Gender-affirming therapy came into being in the 21st century as a feedback to a changing view of gender. The 2013 DSM-5 revision, which renamed the diagnostic as gender dysphoria, represents a more complex and compassionate psychological perspective on gender identity. This shift emphasises a move away from pathologizing language and towards a more compassionate and inclusive framework, reflecting an increasing understanding of the value of accepting and supporting people in their different gender experiences.

The historical discourse on transgender identity research has led to the emergence of multiple viewpoints, with early discoveries and ideas inspiring criticism and disagreement. For their mistaken and harmful contributions, pioneers like Stoller and organisations like the Toronto-based Clarke Institute of Psychiatry received criticism. These incidents highlight how crucial it is for psychology research and practice to use procedures that are both empirically validated and morally sound. These inaccurate approaches have created false expectations for therapies that aim to alter or suppress non-heteronormative orientations, in addition to making it harder to understand diverse identities. This emphasises how urgently psychology has to change its paradigm to one that is inclusive, affirming, and grounded on facts. Acknowledging past mistakes encourages modern researchers and practitioners to embrace more complete, courteous, and nuanced approaches that lead to a more accurate and caring understanding of the lives of transgender people. To create a welcoming atmosphere that values and accepts the variety of human identities and manifestations, research techniques and treatment approaches must continue to advance.

## CHAPTER 2: REVIEW OF LITERATURE

Personality is a complex and multifaceted construct that plays a important role in shaping individuals' thoughts, emotions, and behaviour. Comprehending the variations in personality traits among diverse groups might yield significant perspectives into their unique experiences and perspectives (Moolchaem et al., 2015). The Human Figure Drawing Test can be used to study differences in personality in transgender and heterosexual people. Researchers can learn more about how individuals with different gender identities and sexual orientations see the world and themselves owing to this research. Unfortunately, there isn't much study that uses the Human Figure Drawing Test to particularly examine personality characteristics in transgender people, and heterosexual people. Nonetheless, further inspections and methodologies have been used in various studies to examine personality characteristics in these populations.

### 2.1 Gender and Anxiety

The study conducted in 2019 by Borgogna, McDermott, Aita, and Kridel examined the mental health outcomes of individuals of different genders and sexual minority groups, as opposed to heterosexual individuals. The study focused on symptoms of anxiety and depression using information from the Health Minds Study conducted across America (n = 43,632). According to the study, there were significant and noticeable disparities between the incidence of anxiety and depression in transgender and cisgender people. These findings emphasise how urgently transgender-specific therapies and support are needed in order to address their mental health needs.

## 2.2 Gender and Self Esteem

Using an online survey, Mathilda Kennis, Felix Duecker, Guy T'Sjoen, Alexander T Sack and Marieke Dewitte (2022) examined sexual self-concept (SSC) in a sample of 205 cisgender individuals and 197 binary transgender people. Following screening, a final sample of 402 individuals was included; their mean age was 30.14 years. They were divided into four groups based on self-identification: transgender men, transgender women, cisgender men, cisgender women, and non-binary/other. The Netherlands was home to the majority of participants, followed by the US, Belgium, and other nations on different continents. The findings showed that there were substantial changes in seven out of eight components pertaining to sexual attitudes and self-esteem between transgender and cisgender people. The real and ideal selves of transgender people differed, especially in areas such as behaviour, attractiveness, perceptions of their bodies, and sexual anxiety. However, these differences moderated the association between sexual esteem-related SSC components and gender dysphoria, pointing to a possible mechanism by which gender dysphoria influences sexual self-concept. Nonetheless, there was no discernible connection discovered between transgender people's gender dysphoria and other SSC elements. The study emphasises how crucial it is to overcome SSC disparities in order to enhance transgender people's views and self-esteem around sexuality.

## 2.3 Gender and Aggression

The study by Hailey A. Hatch, Ruth H. Warner, Kristin A. Broussard & Helen C. Harton (2022) examined the relationship between transgender discrimination and 15 individual difference factors using a random-effects meta-analysis. The analysis comprised 82 trials totalling 36,285 participants. All of the factors that were looked at significantly predicted transgender discrimination, with the exception of gender self-esteem. With the smallest impact size ( $r = .15$ ; 95% CI [.08,.23]), aggression was found to have a modest correlation with prejudice towards transgender people. This implies that, although it influences views towards transgender people less than other predictors, aggression is a significant factor.

## 2.4 Gender and Developmental Impairments

Transgender and gender diverse (TGD) patients and cisgender heterosexual patients were compared for the prevalence of Borderline Personality Disorder (BPD) diagnoses in a study by Craig Rodriguez-Seijas, Theresa A. Morgan, and Mark Zimmerman (2022). Researchers analysed data from 920 cisgender heterosexual patients and 74 TGD patients who were enrolled in a partial hospitalisation programme between 2014 and 2019. They discovered that TGD patients had a higher odds ratio (OR) of 4.05 ( $p < 0.001$ ) for BPD diagnoses than cisgender patients. After adjusting for personality pathology specific to BPD, there was still a difference in diagnosis, with an OR of 2.98 ( $p < 0.001$ ). Using either structured (OR=4.78,  $p < 0.001$ ) or unstructured (OR=3.61,  $p < 0.001$ ) interview methods did not affect the disparity in BPD diagnosis. Nevertheless, when an algorithm based on personality pathology specific to BPD was applied, there was no difference in diagnosis. These results point to a tendency among clinicians to diagnose TGD patients with BPD, which may not be consistent with subgroup variations in underlying personality pathology. Even though TGD samples may exhibit some BPD symptoms more frequently, more investigation is required to examine criterion-level biases in BPD diagnosis among TGD participants.

## 2.5 Gender and Personality Differences

Bodlund, Kullgren, Sundbom, and Höjerback's (1993) study sought to compare transsexual people's personality traits and disorders to those of heterosexual controls. With the aid of a self-report tool for Axis II diagnoses and clinical DSM-III-R diagnosis, the researchers assessed 19 transsexuals—9 of whom were biological men and 10 of whom were women—as well as 133 members of the control group. The findings showed that whereas five transsexual people had personality disorders (mostly in cluster B), there were none among the heterosexual controls. Furthermore, compared to controls, transsexual people showed noticeably higher subthreshold pathology in eight out of the twelve personality categories, and they also satisfied a higher percentage of all Axis II criteria (29% against 17% among controls). The results highlight notable distinctions in personality traits and disorders between transgenders and heterosexual controls, implying possible consequences for comprehending and managing mental health requirements within the transgender population.

## **CHAPTER 3: RESEARCH GAP**

### **3.1 Research Gap**

The primary objective of the current research is to investigate the differences in personality traits between people who identify as heterosexual and transgender. The lack of literature currently available on the characteristics of personality within the transgender and heterosexual populations emphasises the need for a more thorough study of this demographic. The study hopes to shed light on the various psychological environments that give rise to the complex identities that exist within these groups by conducting a more extensive research. By offering refined insights into the complex interactions between personality characteristics and diverse identities, this study aims to further the larger academic conversation on sexual orientation and gender identity and promote a more inclusive and knowledgeable understanding of the diverse range of human experiences.

### **3.2 Objective**

To analyse the distinctions between transgenders and heterosexual individual characteristics of personality.

### **3.3 Rationale**

This research has the potential to further increase our knowledge of gender identity and how personality characteristics relate to it. Through comparing the results of the Human Figure Drawing test between transgender and heterosexual people, the study may be able to shed light on the distinct psychological experiences of transgender people. The findings could have a substantial impact on the wider conversation about the relationship between gender identification and personality, leading to a more nuanced understanding of the many psychological environments that exist within various demographic groupings.

The results of the study not only contribute to the physical representation of information regarding gender identity and personality, but they can also help build more culturally aware and efficacious mental health treatments for transgender people. The ramifications go beyond the realm of academia; they may impact the creation of interventions that more effectively address the particular mental health requirements of transgender people and foster a more accepting and understanding community.

### **3.4 Hypothesis**

**H<sub>1</sub>:** There will be significant difference in anxiety as personality characteristics of transgender and heterosexual individuals.

**H<sub>2</sub>:** There will be significant difference in positive self-concept as personality characteristics of transgender and heterosexual individuals.

**H<sub>3</sub>:** There will be significant difference in negative self-concept as personality characteristics of transgender and heterosexual individuals.

**H<sub>4</sub>:** There will be significant difference in aggression as personality characteristics of transgender and heterosexual individuals.

**H<sub>5</sub>:** There will be significant difference in alienation as personality characteristics of transgender and heterosexual individuals.

**H<sub>6</sub>:** There will be significant difference in sexual disturbance as personality characteristics of transgender and heterosexual individuals.

**H<sub>7</sub>:** There will be significant difference in developmental impairment as personality characteristics of transgender and heterosexual individuals.

## **CHAPTER 4: METHODOLOGY**

### **4.1 Sample**

A sample of 50 transgender individuals and 50 heterosexual individuals (N=100) with the mean age of 39.86 years (SD= 7.58). For diversity, people from various regions of India were included in the sample.

### **4.2 Research Design**

Between subject design

Independent variable: sexual orientation

Dependent variable: personality characteristics

### **4.3 Tool Used**

#### **4.3.1 Human Figure Drawing Test:**

In the Human Figure Drawing (HFD) test, developed by Jerry Mitchell, Richard Trent and Ronald Mc. Aurthur(1993), participants are asked to draw a human figure—typically themselves and a person of the opposite gender—as part of a projective psychological assessment procedure. After that, 74 factors in the drawings are analysed to provide insights into the person's emotional and psychological state. The test's foundation is the theory that participants may project their perceptions, conflicts, emotions, and personality characteristics onto the drawings, giving them a nonverbal way to communicate their feelings.

Drawings are analysed to reveal aspects of the subject's personality, self-concept, emotional health, and cognitive performance. These factors include the size of the figure, the details included or omitted, and the overall composition. In clinical and therapeutic contexts, psychologists frequently employ the Human Figure Drawing test to augment alternative methods of evaluation and acquire a more thorough grasp of the patient's mental and emotional condition.

#### **4.4 Procedure**

All the participants in the Human Figure Drawing (HFD) test underwent an intricate procedure to guarantee participant security and ethical standards. In order to establish rapport and gather demographic data, a pre-test interview was set up following ethical approval through informed consent. After that, participants received explicit instructions for the Human Figure Drawing test, which required them to draw both themselves and a person of the opposite gender on the other side of the sheet. Standardised drawing tools were provided, and the surroundings was created with convenience and confidentiality in account. The collection of the drawings is followed by a thorough debriefing that explains the objectives of the study.

#### **4.5 Statistical Analysis**

The data analysis was done using IBM Statistical Package for Social Sciences(SPSS) version 29.0.2.0 Chi-square was computed to describe the result.

## CHAPTER 5: RESULTS

The Human Figure Drawing was evaluated based on their drawing patterns in accordance with the standard method in order to interpret the results. The chi-square test was used in the data analysis to look at the difference between personality characteristics and sexual orientation.

The results have been categorised into distinct personality patterns delineating the participant's depiction of various facets, which comprise the participant's drawings of the corresponding qualitative indicators for anxiety, aggression, positive and negative self-concepts, sexual disturbance, and developmental impairment.

*Table 1: Pearson Chi-square for Anxiety*

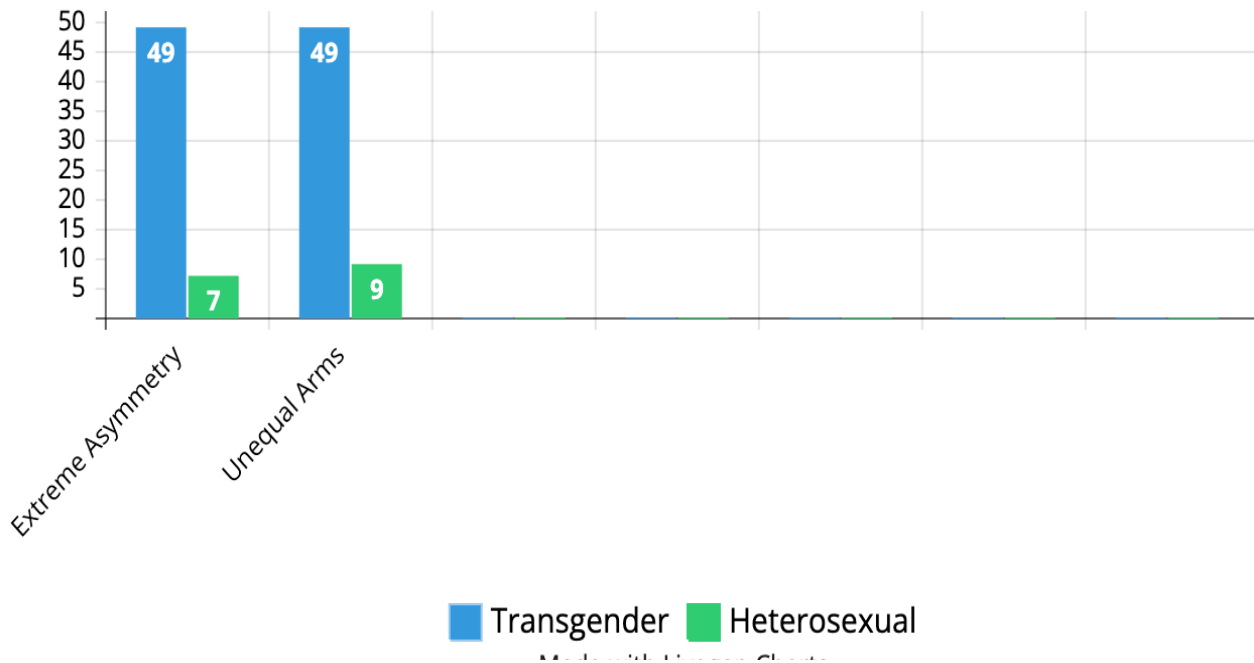
Features	Response	Transgender	Heterosexual	Chi Square
<b>Extreme Asymmetry</b>	Yes	49	7	71.591***
	No	1	43	
<b>Unequal Arms</b>	Yes	49	9	65.681***
	No	1	41	

\*p<0.05 level of significance, \*\*<0.01 level of significance, \*\*\*<0.000 level of significance

Table 1 shows there is significant relationship among transgenders and heterosexuals in feature of extreme asymmetry  $\chi^2(1,N=50) = 71.591, p<0.000$  and, in feature of unequal arms  $\chi^2(1,N=50) = 65.681, p<0.000$ , which shows transgenders are more likely to experience anxiety.

## Anxiety

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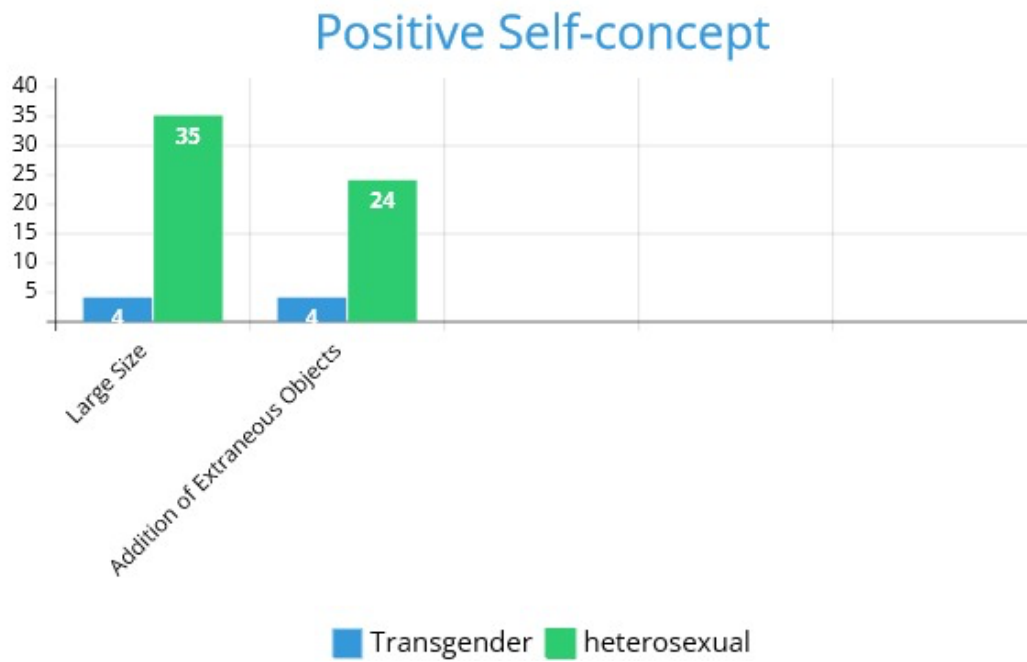


**Table 2: Pearson Chi-square for Positive Self-Concept**

Features	Response	Transgender	Heterosexual	Chi Square
Large Size	Yes	4	35	40.395***
	No	46	15	
Addition Of Extraneous Objects And/ Ornaments	Yes	4	24	19.841***
	No	46	26	

\* $p < 0.05$  level of significance, \*\* $< 0.01$  level of significance, \*\*\* $< 0.000$  level of significance

Table 2 shows there is a significant relationship among transgenders and heterosexuals in feature of large size  $\chi^2 (1, N=50) = 40.395, p < 0.000$  and, in feature of addition of extraneous objects and/or ornaments  $\chi^2 (1, N=50) = 19.841, p < 0.000$  which shows greater positive concept in heterosexuals.

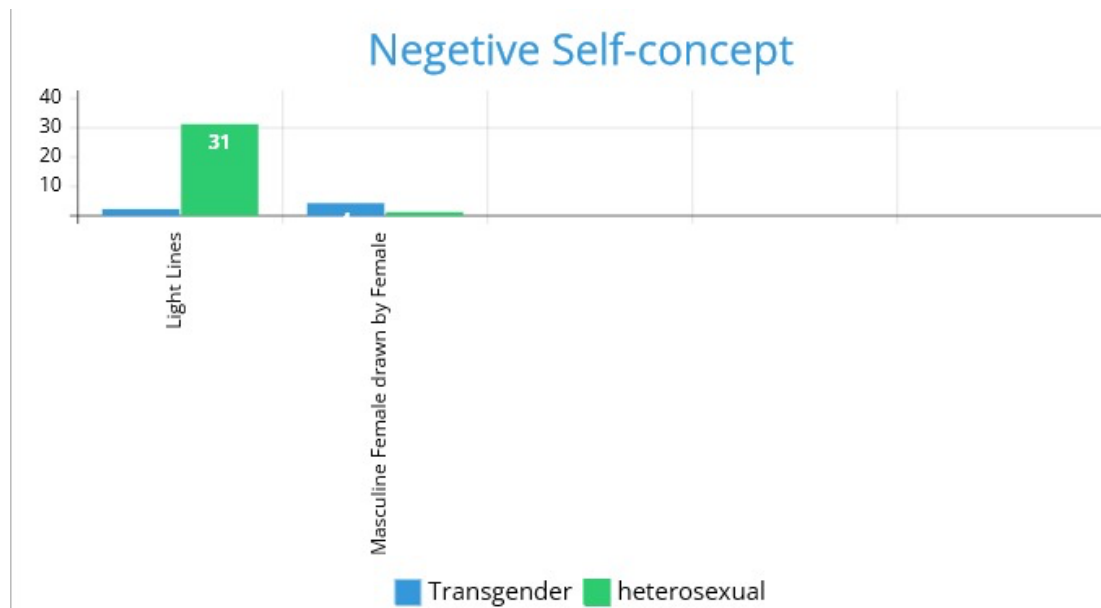


**Table 3: Pearson Chi-square for Negative Self-Concept**

Features	Response	Transgender	Heterosexual	Chi Square
<b>Light Lines</b>	Yes	2	31	38.037***
	No	48	19	
<b>Masculine Fem drawn by female</b>	Yes	4	1	1.895
	No	46	49	

\* $p < 0.05$  level of significance, \*\* $< 0.01$  level of significance, \*\*\* $< 0.000$  level of significance

Table 3 shows there is a significant relationship among transgenders and heterosexuals in feature of light lines  $\chi^2 (1, N=50) = 38.037, p < 0.000$ , which demonstrates heterosexuals' higher negative self concept.

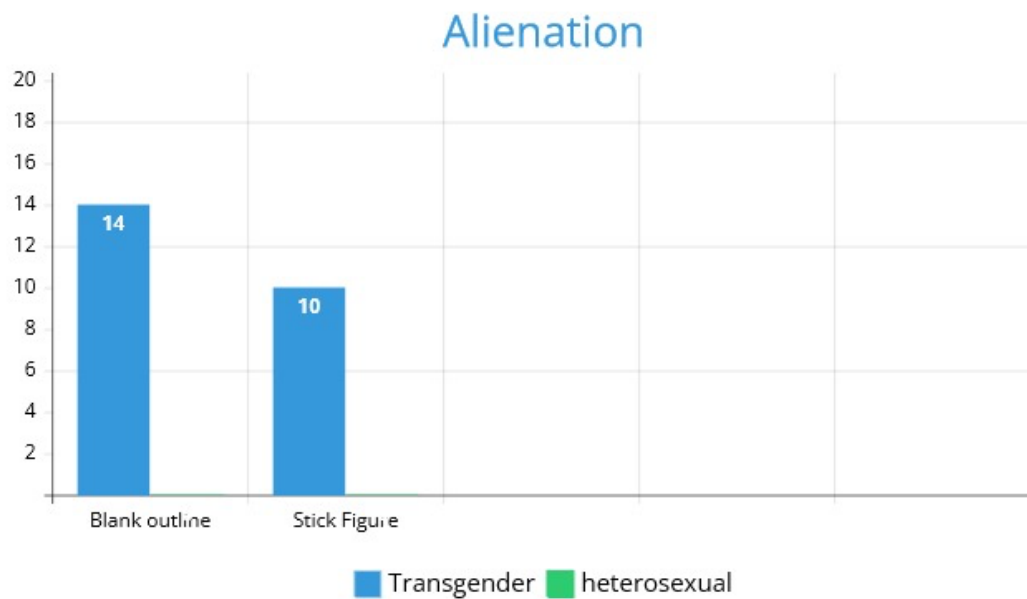


**Table 4: Pearson Chi-square for Alienation**

Features	Response	Transgender	Heterosexual	Chi Square
<b>Blank Outline</b>	Yes	14	0	16.279***
	No	36	50	
<b>Stick Figure</b>	Yes	10	0	11.111**
	No	40	50	

\* $p < 0.05$  level of significance, \*\* $< 0.01$  level of significance, \*\*\* $< 0.000$  level of significance

Table 4 shows there is a significant relationship among transgenders and heterosexuals in feature of blank outline  $\chi^2 (1,N=50) = 16.279 ,p<0.000$ , in feature of stick figure  $\chi^2 (1,N=50) = 11.111,p<0.01$ , which demonstrates heightened alienation in transgenders.

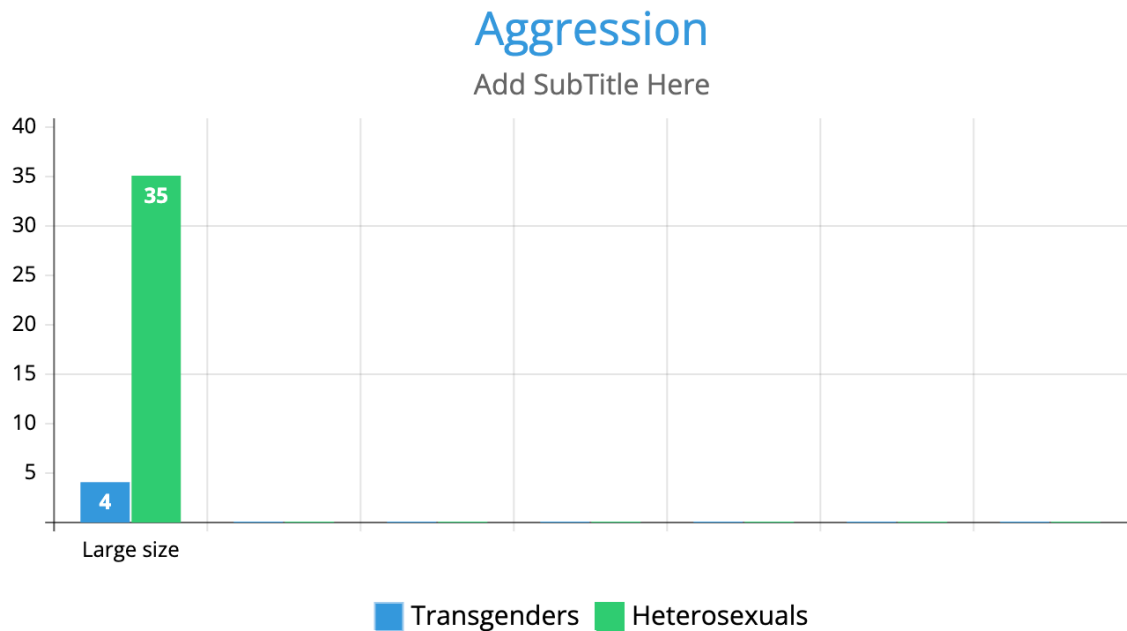


**Table 5: Pearson Chi-square for Aggression**

Features	Response	Transgender	Heterosexual	Chi Square
Large Size	Yes	4	35	40.395***
	No	46	15	

\*p<0.05 level of significance, \*\*<0.01 level of significance,\*\*\*<0.000 level of significance

Table 5 shows there is a significant relationship among transgenders and heterosexuals in feature of large size  $\chi^2 (1, N=50) = 40.395, p < 0.000$ , in feature of spiked fingers  $\chi^2 (1, N=50) = 7.295, p < 0.01$ . This demonstrates higher levels of aggression in heterosexuals.



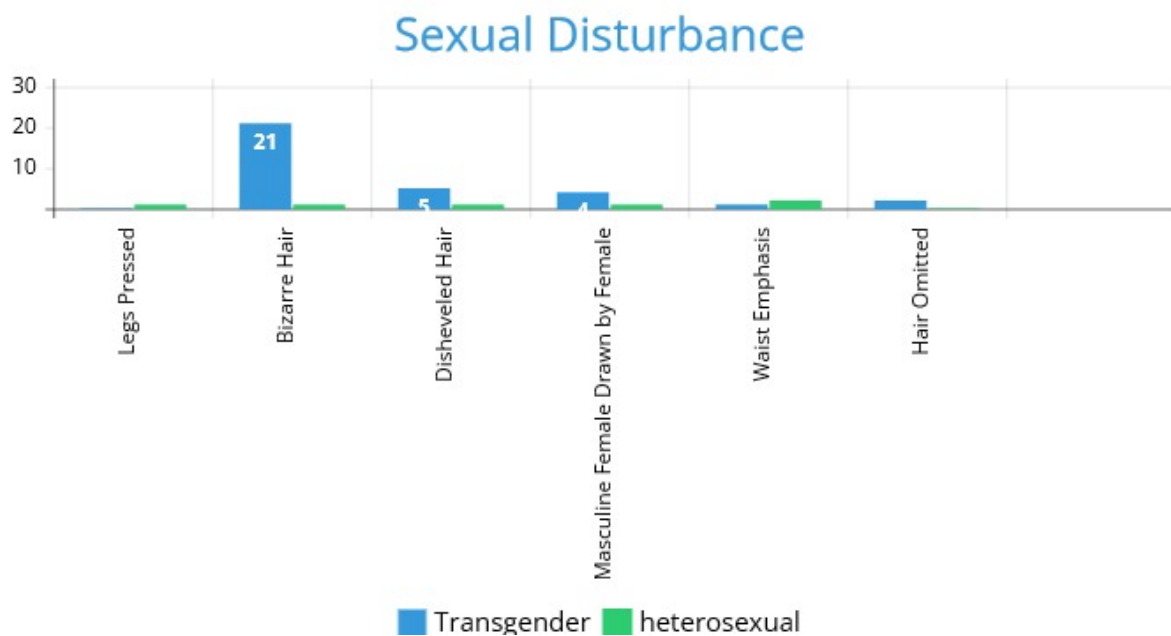
**Table 6: Pearson Chi-square for Sexual Disturbance**

Features	Response	Transgender	Heterosexual	Chi Square
<b>Legs Pressed</b>	Yes	0	1	1.010
	No	50	49	
<b>Bizarre Hair</b>	Yes	21	1	23.310***
	No	22	49	
<b>Disheveled Hair</b>	Yes	5	1	2.837
	No	45	49	
<b>Masculine Female Drawn By Female</b>	Yes	4	1	1.895
	No	46	49	

<b>Waist Emphasis</b>	Yes	1	2	.344
	No	49	48	
<b>Hair Omitted</b>	Yes	2	0	2.041
	No	48	50	

\*p<0.05 level of significance, \*\*<0.01 level of significance, \*\*\*<0.000 level of significance

Table 6 shows there is a significant relationship among transgenders and heterosexuals in feature of bizarre hair  $\chi^2(1, N=50) = 23.310, p < 0.000$ . Other than that, it doesn't demonstrate any noteworthy findings about sexual disturbances in heterosexuals and transgender people.

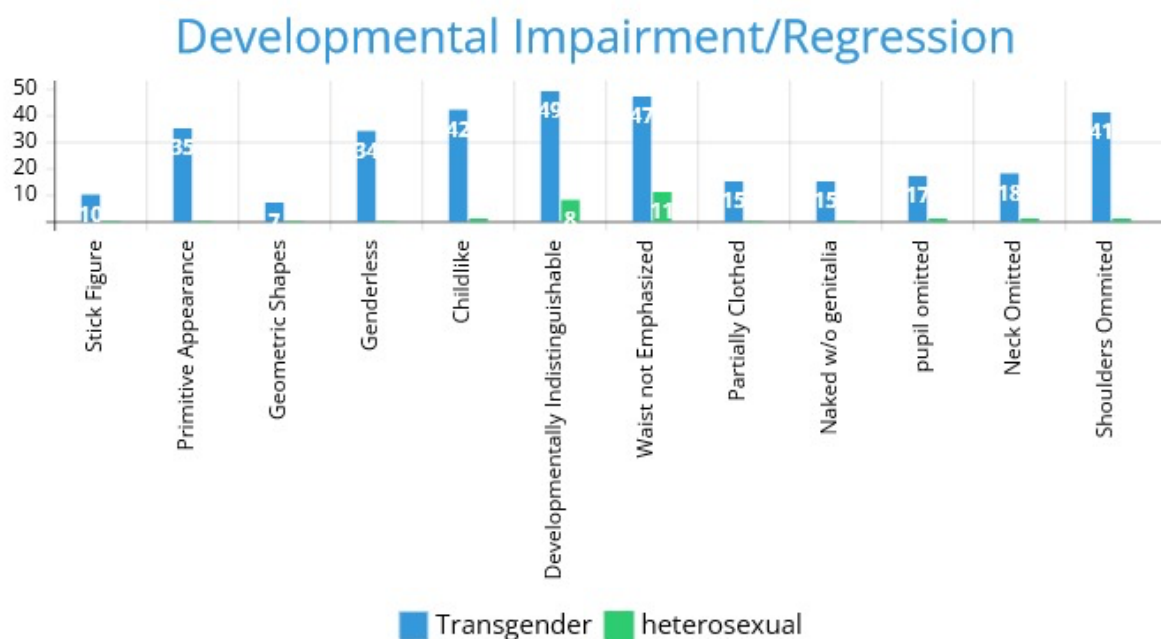


*Table 7: Pearson Chi-square for Developmental Impairment/Regression*

<b>Features</b>	<b>Response</b>	<b>Transgender</b>	<b>Heterosexual</b>	<b>Chi Square</b>
<b>Stick Figure</b>	Yes	10	0	11.111**
	No	40	50	
<b>Primitive Appearance</b>	Yes	35	0	53.846***
	No	15	50	
<b>Geometric Shapes</b>	Yes	7	0	7.527**
	No	43	50	
<b>Genderless</b>	Yes	34	0	51.515***
	No	16	50	
<b>Childlike</b>	Yes	42	1	68.584***
	No	8	49	
<b>Developmentally Indistinguishable</b>	Yes	49	8	68.584***
	No	1	42	
<b>Waist Not Emphasized</b>	Yes	47	11	53.202***
	No	3	39	
<b>Partially Clothed</b>	Yes	15	0	17.647***
	No	35	50	
<b>Naked Without Genitalia</b>	Yes	15	0	17.647***
	No	35	50	
<b>Pupil Omitted</b>	Yes	17	1	17.344***
	No	33	49	
<b>Neck Omitted</b>	Yes	18	1	18.778***
	No	32	49	
<b>Shoulders Omitted</b>	Yes	41	1	65.681***
	No	9	49	

\*p<0.05 level of significance, \*\*<0.01 level of significance, \*\*\*<0.000 level of significance

Table 7 shows there is a significant relationship among transgenders and heterosexuals in feature of stick figure  $\chi^2 (1,N=50) = 11.111, p<0.000$  feature of primitive appearance  $\chi^2 (1,N=50) = 53.846, p<0.000$ , in feature of geometric shapes  $\chi^2 (1,N=50) = 7.527, p<0.01$ , in feature childlike  $\chi^2 (1,N=50) = 68.584, p<0.000$ , in feature of developmentally indistinguishable  $\chi^2 (1,N=50) = 68.584, p<0.000$ , in feature of waist not emphasized  $\chi^2 (1,N=50) = 53.202, p<0.000$ , in feature of partially clothes  $\chi^2 (1,N=50) = 17.647, p<0.000$ , , in feature of naked without genitalia  $\chi^2 (1,N=50) = 17.647, p<0.000$  in feature of pupil omitted  $\chi^2 (1,N=50) = 17.344, p<0.000$ , in feature of neck omitted  $\chi^2 (1,N=50) = 18.778, p<0.000$ , in feature of shoulders omitted  $\chi^2 (1,N=50) = 65.681, p<0.000$  which clearly indicates transgender people have more developmental impairments and regression as far as the study is concerned.



## CHAPTER 6: DISCUSSION

The study aimed to explore the difference in personality characteristics between Transgenders and heterosexual individuals with the use of Human Figure Drawing Test as a measure of analysis.

### 6.1 Personality Patterns of Transgender individuals

When it came to anxiety, there was a clear trend in the Human Figure Drawing (HFD) test: Across the spectrum of participants, more transgender participants drew figures with high asymmetry and unequal arms. These symptoms point to increased anxiety, confusion, possible issues with coordination, and organic disorders. In addition, it highlights the distinct psychological challenges encountered by transgender people, which are evident in their artistic representations. Subtle yet important perspectives on the distinct psychological ground that transgender people navigate can be discovered within this artistic tapestry. They must negotiate the intricate interaction between gender identification and society norms, which presents a number of internal and external challenges on their journey. Through the act of artistic expression, these difficulties are made transparent and the complexity of their experiences is revealed.

In contrast to patterns observed in drawings by heterosexual participants, transgender participants' drawings did not consistently depict large characters, or extraneous items when analysing positive self-concept. This absence reveals subtleties in self-perception that call for more investigation in the context of gender identity and mental health. It also raises the possibility that transgender people lack a positive self-concept, implying a shift from traditional gender norms and perhaps pointing to transgender people's lack of a positive self-esteem. It emphasises the necessity of specialised services and networks of support that

recognise and validate the particular difficulties transgender people encounter in cultivating a positive sense of self.

The absence of light lines and masculine females drawn by females in the Human Figure Drawing (HFD) test, which examines negative self-concept, implies that transgender participants do not have a negative self-concept as transgender people when examined –in the context of this test, their self-representation usually does not exhibit the negative signs linked to low self-esteem or dissatisfaction with their gender identity. This research calls into question on conventional beliefs about transgender people and their relationship to self-concept. Transgender people have historically experienced severe discrimination and stigma from society, which frequently leads to internalised sentiments of shame or inadequacy about their gender identity. Nonetheless, the lack of negative self-perceptions in their drawings points to a degree of acceptance of oneself that might be impacted by more general societal movements that support gender diversity. These more favourable self-perceptions are probably a result of shifting attitudes on gender, which have been sparked by the transgender community's advocacy activities and increasing exposure. This result suggests a degree of self-acceptance among transgender people, which may have its origins in changing cultural perceptions of gender variety.

On the other hand, the analysis of aggression reveals intriguing nuances. It's interesting to note that indicators which showed expression of aggression was more noticeable in heterosexual people than in transgender people. This realisation highlights issues about the intricate relationship that exists between gender identity, cultural norms, and aggressive behaviour, which calls for more research to fully comprehend the psychological dynamics that exist within various demographic groups. This insight acts as a catalyst to reconsider traditional ideas about aggression and gender. By drawing attention to the differences in how aggressive tendencies manifest across various gender identities, it dispels myths and prejudices that are frequently present in public discourse. By doing this, it highlights how crucial it is to approach the study of human behaviour in a more nuanced and inclusive way, one that recognises and values the wide range of identities and experiences that influence people's lives.

Significant markers of sexual disturbances, such as pressed legs, bizarre and dishevelled hair, drawings of masculine females by females, and emphasis on the waist, are conspicuously absent from the artworks of transgender people. Furthermore, the absence of some characteristics, such as hair, raises the possibility that their artistic representations lack explicit sexual meaning. Transgender art typically avoids conventional depictions, which could highlight emphasised physical characteristics or actions signifying arousal. Rather, themes of identity, self-discovery, and the subtleties of gender expression are frequently highlighted. The absence of certain visual cues commonly associated with sexual expression, such as dishevelled hair or drawings emphasising the waist, raises intriguing questions about the underlying motivations behind transgender artistic representations. This shift in emphasis suggests a broader exploration of the human experience beyond the confines of traditional sexual narratives.

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## **6.2 Personality Patterns of Heterosexual individuals**

Drawings by heterosexual people that are analysed for anxiety-related characteristics in the Human Figure Drawing (HFD) test does not show extreme asymmetry and/or unequal arms.. It's interesting to note, however, that transgender people did have characteristics linked to anxiety, such as severe asymmetry or unequal arms. This subtle differentiation draws attention to the differences in how anxiety is expressed between the two groups and offers insightful information on the various psychological experiences that exist within various

demographic groups. This discrepancy emphasises how crucial it is for psychological research and clinical practice to take intersectionality into account. It underlines how important it is to identify and understand the wide variety of anxiety feelings and manifestations that occur among many groups, including those that are based on gender identity. By recognising these differences, mental health providers can more effectively customise therapies and support networks to meet the particular requirements of every person, resulting in more inclusive and successful therapeutic approaches.

This observation also raises the need for greater research into the underlying causes of the variations in anxiety expression across different demographic groups. It provides insightful information on the intricate interactions between these variables by encouraging investigation into the intersections of gender identity, cultural expectations, and psychological well-being.

In the Human Figure Drawing (HFD) test, which examines positive self-concept, heterosexual people's drawings demonstrated traits including large size and the addition of extraneous components and ornaments. These artworks provide refined clues of complexity that refer to a tapestry of characteristics and tendencies. These traits allude to propensities for insanity, expansiveness, violence, spontaneity, grandiosity, and an excessive focus on fantasy.

On the other hand, drawings of heterosexual people contained more light lines, which indicated poor self-concept. The intricacies of identity expression through artistic representation are complex and and it is essential to take into account a variety of psychological factors while examining the contradiction in self-perception within the heterosexual group. In terms of aggression, the drawings of heterosexual individuals consisted of large size figures, nostrils showing, clenched fists indicating grandiosity and aggression. In summary, examining artistic portrayals provides an intriguing framework for analysing various aspects of heterosexual people's self-concept. We can learn a great deal about the complex psychological dynamics that underlie identity expression and the varied

aspects of identity expression by carefully examining the hints and symbols that are hidden within these images.

When heterosexual people's drawings are analysed, they notably lack important markers of sexual disturbances, such as pressed legs, bizarre and dishevelled hair, drawings of masculine females by females, and an emphasis on the waist. The absence of these characteristics' points to a very standard portrayal of sexual symbolism in their artistic endeavours. This study highlights a larger trend in which heterosexual artists typically avoid the more unusual or subversive features seen in the work of those investigating non-heteronormative issues in favour of conforming to standard norms and conventions when depicting sexuality.

Therefore, in addition to reflecting personal tastes and experiences, these artistic decisions also add to the greater cultural conversation about sexuality and how it is portrayed in art.

Turning our attention to developmental impairment, heterosexual artists depict characters with de-emphasized waists and developmental indistinguishability. These characteristics imply possible indicators of retardation or regression. The significance of comprehending the psychological aspects of the heterosexual population and the intricate interactions between issues connected to identity and development is emphasised by this detailed investigation. This observation emphasises how crucial it is to comprehend the intricate interactions between identity and developmental concerns, as well as the psychological dynamics within the heterosexual community.

### **6.3 Personality Differences**

Previous researches identified risk and protective behaviour for mental health (Mrazek PJ, Haggerty RJ, 1994) and minority stress model (Meyer, 1995) that may provide as a basis for differences in mental health and personality characteristics of transgender and heterosexual individuals. Stating that increased risk for mood and anxiety disorders among sexual minority groups and demonstrates that different dimensions of sexual orientation are associated with

varying prevalence estimates of DSM-IV manual mental health disorders. (Bostwick, Boyd, Hughes and McCabe, 2010).

The study proves to be in support of this study in aspect of anxiety among transgender population as the study found a statistically significant difference between transgender and heterosexual individuals in anxiety as a personality characteristic resulting in acceptance of  $H_1$  which is also in line with the study by Borgogna, McDermott, Aita, and Kridel (2019). The statistical significance of this diversity highlights the need for customised therapies and support networks that address the unique requirements of people who identify as transgender. The present findings are validated by their alignment with past research, which also adds to the increasing body of study focused at comprehending and reducing mental health disparities among varied communities.

Surprising results were shown in current study in regard to self-esteem, defying the conventional expectations, where both, positive self-concept and negative self-concept were observed more in heterosexuals than transgender population with that we can also observe significant difference in personality characteristics like positive self concept, negative self concept, resulting in acceptance of  $H_2$  and  $H_3$  which shows significant distinction from previous research such as that of Mathilda Kennis, Felix Duecker, Guy T'Sjoen, Alexander T Sack and Marieke Dewitte et al (2022) as they found that transgender population has greater negative concept than cisgender population. The present study's conclusions differ from those of Kennis et al. (2022), which calls for additional investigation and a reassessment of current theories and procedures. It calls for further investigation into the complicated relationships between the establishment of one's own self-concept and various identification groups.

The cultural norms and privileges associated with cisgender heterosexual identities provide a logical explanation for the very high frequency of positive self-concepts among heterosexual individuals. On the other hand, transgender people could experience prejudice, marginalisation, and identity-related difficulties in society, which could affect how they view themselves and their general well-being.

Similarly, personality characteristic of aggression depicted by large size was seen in heterosexuals while that of by component spiked fingers can be seen in transgenders which

shows there exists a significant difference in aggression and alienation of both leading to acceptance of H<sub>4</sub> and H<sub>5</sub> which aligns with prior study conducted by Hailey A. Hatch, Ruth H. Warner, Kristin A. Broussard & Helen C. Harton (2022). The agreement between the results of this study and the investigations carried out by Hatch et al. supports the validity and applicability of these findings to other demographics. Through placing the current findings in the context of the scholarly discourse already in place, the study adds to our understanding of the complex interactions among personality, gender identity, and social dynamics.

In developmental impairment as personality characteristic, the study shows significant difference between characteristics of transgenders and heterosexuals resulting in acceptance of H<sub>7</sub> within the study framework which emerges from a comprehensive analysis conducted by Craig Rodriguez-Seijas, Theresa A. Morgan, and Mark Zimmerman et al (2022). The study highlights a noteworthy prevalence of psychological impairments, such as Borderline Personality Disorder (BPD), among the transgender populace, indicating a complex relationship between gender identity and mental health.

If we dive a little more into these results, we find that transgender people have different developmental paths that may be impacted by cultural norms, identity construction processes, and marginalisation or discriminatory experiences. These differences in the prevalence of developmental disabilities highlight the need for specialised psychiatric therapies and systems of support that take into account the particular difficulties that transgender people encounter.

Contrary to our expectations, there has not been any significant difference in sexual disturbance as a personality characteristic of transgender and heterosexual individual which results indicating that the observed disparity may have occurred due to unknown factors that are not accounted for the study leading to rejecting H<sub>6</sub>. This acknowledgement of uncertainty highlights the iterative nature of knowledge development and the humility required in scientific investigation. It is crucial to carry out further study in the future that examines the complex interactions between sexuality and personality while taking a wider range of characteristics and demographic factors into account.

## 6.4 Drawings by transgenders and heterosexual individuals

### 6.4.1 By Transgenders

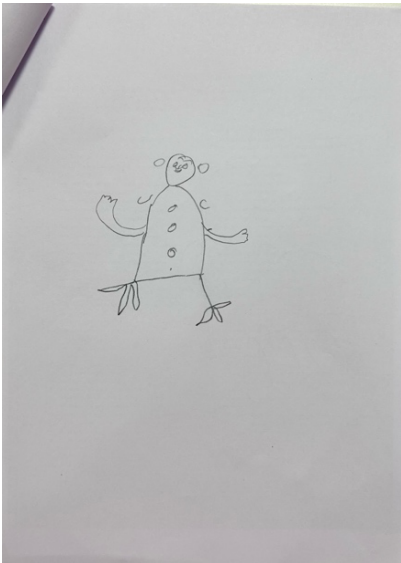


Figure 1.1

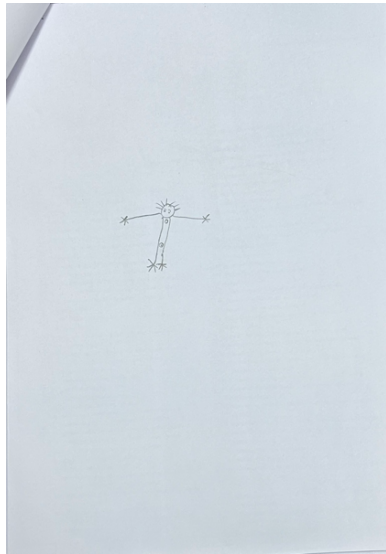


Figure 1.2

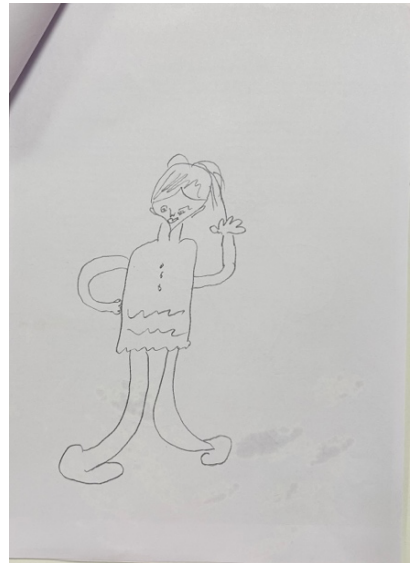


Figure 1.3

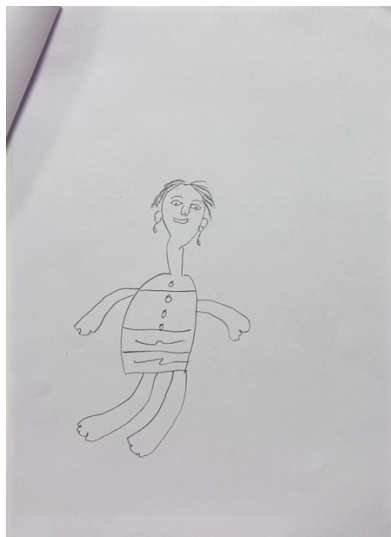


Figure 1.4

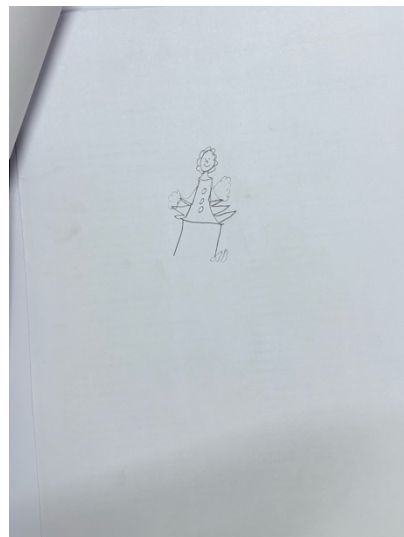


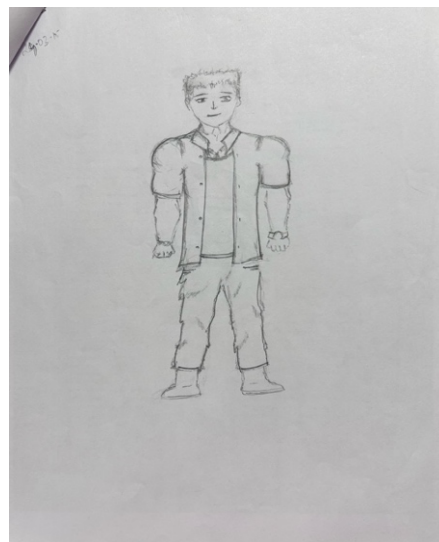
Figure 1.5

Figure 1.1 shows extreme asymmetry, genderless, and omissions of certain features which is indicative of body awkwardness, anxiety and need of affection. Figure 1.2 shows features of small size, stick figure, waist not emphasized which is indicative of withdrawal tendencies, feelings of inadequacy and body awkwardness. Figure 1.3 gross disproportion, primitive appearance, childlike indicative of poor reality contact, regression and dependency. Figure 1.4 shows extreme asymmetry, genderless and gross disproportion which is indicative of body awkwardness, withdrawal and rigidity. Figure 1.5 shows features of small size, childlike and stick figure indicating emotional vulnerability, body image issues and emotional immaturity.

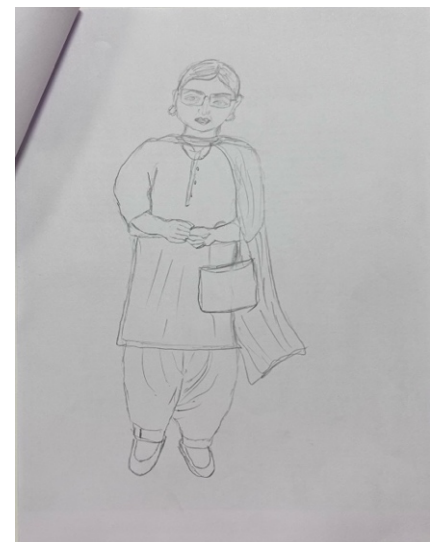
#### 6.4.2 By Heterosexual individuals



**Figure 2.1**



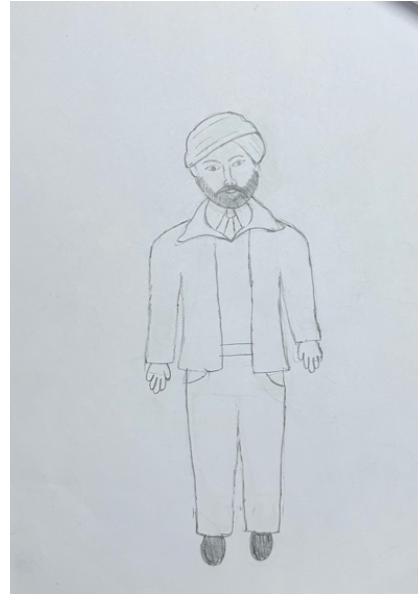
**Figure 2.2**



**Figure 2.3**



**Figure 2.4**



**Figure 2.5**

Figure 2.1 shows more than 50% sketched, shading and large size which indicates meticulousness, prominence, extemporaneity and aggression. Figure 2.2 shows sketching, large size, and clenched fists signifying feeling of power or dominance, aggression or emotional stress. Figure 2.3 shows sketching and addition of extraneous objects, indicating anxiety and expansiveness. Figure 2.4 shows large size, legs and hands omitted signifying feelings of constriction and lack of confidence. Figure 2.5 shows light lines, stereotyped indicating distortion in self-image, uncertainty and passivity.

## CHAPTER 7: CONCLUSION, LIMITATIONS AND SCOPE FOR FUTURE RESEARCH

### 7.1 Conclusion

The study's conclusions show that transgender people and heterosexual people differ significantly in a number of personality traits, including anxiety, aggression, positive and negative self-concepts, and developmental disabilities. While heterosexual and transgender people drew several features reflecting certain personality traits, the frequency of these features varied. In heterosexual people, high levels of aggression, anxiety, and both positive and negative self-concept were noted. There were no appreciable variations in sexual disturbances when anxiety was present in both heterosexual and transgender people.

### 7.2 Implications

Understanding a wide range of transgender experiences: The research highlights the diversity within the transgender community by displaying a wide range of personality types and delves into the various aspects of transgender experiences. This knowledge is helpful for healthcare providers and other professionals who interact with transgender people because it provides a more nuanced understanding that goes beyond stereotypes and enables more individualised and inclusive approaches to support services and healthcare.

Designing more effective interventions: Finding commonalities in personality traits across heterosexual and transgender people can help design more focused interventions. For instance, therapies emphasising stress and anxiety management may be quite beneficial for transgender community members who demonstrate high neuroticism. The distinctive needs of transgender people can be better met by customising mental health and support techniques by identifying and modifying interventions based on certain personality factors. This strategy increases the likelihood that therapies will be more individualised, effective, and helpful in addressing a range of psychological issues in these communities.

Encourage inclusivity and understanding: This research seeks to foster more tolerance and understanding of the wide range of human experiences rather than promoting prejudice or stigma. The research promotes an understanding that goes beyond stereotypes by emphasising outcomes that help create cultures that are more accepting and encouraging. The aim is to cultivate an environment in which people from diverse origins and identities have a sense of acceptance, recognition, and acceptance for their distinctive qualities and viewpoints.

### **7.3 Limitations**

This study's small sample size poses a serious barrier to the findings' potential generalizability. Furthermore, participant self-consciousness might have affected figure drawing, with worries about artistic ability influencing depictions' correctness. Due to the possibility that participants over- or underestimated particular details in their drawings, response bias is introduced. Deciphering the unique contributions of gender identity and sexual orientation is made more difficult by the complex interactions between a number of personality development elements, including as childhood experiences, socioeconomic status, etc. It is critical to acknowledge these difficulties and stress the necessity for more extensive methodology as well as larger, more diverse samples in order to fully separate the complex factors that influence personality characteristics.

### **7.4 Future Scope for Future Research**

There is a substantial gap in our knowledge regarding the differences in personality traits between transgenders and heterosexual individuals, especially when using tools like the human figure drawing test. The paucity of research in this field emphasises how important it is to do extensive study in order to fully understand the complexities of personality characteristics among these groups. Larger sample sizes could be an advantage for studies to be done in future, providing a strong basis for deriving significant findings. Furthermore, investigating how the environment shapes the development of personalities in heterosexual

and transgender populations could deepen our understanding. A more thorough examination of the complex interactions among gender identity, sexual orientation, and personality factors might be possible with a comprehensive approach that incorporates both quantitative and qualitative approaches. Future research endeavours may enhance our awareness of the wide range of human experiences by filling in these study gaps, leading to a more comprehensive understanding of personality in both heterosexual and transgender societies.

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