

# Prevalence And Pattern Of Smoking Alcohol And Illicit Drug Uses Among The Transgender In Coimbatore District

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**Abstract:** *The male to female (MTP) Transgender in India commonly known as the Hijras are one of the hardly researched, abused, scored and callously neglected groups in Indian society. Transgender communities has high rate of prevalence and pattern of Smoking ; alcohol use etc compared to General population .Hijras provide several reasons justifying these habits that range from the need to forget worries because there is no family support or no one cares about them. Thus present study aims to describe the prevalence and pattern of Smoking alcohol and illicit drugs uses of the transgender population.*

*Descriptive research design with a non-random purposive sampling including the snowball technique was adopted to collect data from 100 Transgender cross the districts of Coimbatore, India. The socio-economic status stated that more than half of them belonged to the middle class. All most majority of respondents stated that they having the habits of smoking, alcohol and use of drugs. The transgender communities cope with higher levels of stress and feeling of rejection by smoking.*

## I. INTRODUCTION

The stress that comes from daily battles with discrimination and stigma is a principle driver of their higher rates of transgender people turn to tobacco' alcohol and other substance as a way to cope with their challenge. Factors leading to this are transgender people live with a high level of stress that comes from prejudice and discriminatory laws in areas of daily life such as employment, relationship recognition and health care.

Discriminatory laws and practices are another sources of minority stress that negatively impacts the transgender population and can lead to drug and alcohol use in particular, discrimination in employment, housing relationship recognition and health care are major areas of concern .Further, a lack of cultural competency in the health care system discourages these transgender people from seeking treatment for Substances abuse. If they do seek help often leads to inappropriate or irrelevant services. This kind of prejudice can force some of the transgender people to avoid social setting or neighborhood that might put them in harm's way.

## II. REVIEW OF LITERATURE

The Virginia Transgender Health initiative study which was conducted between 2005 and 2006 found 'Strikingly high rates of tobacco use among its 382 participants.

*KAREN, SCHWARTZ AND TREVEOR* (2011) examined specific factors that might contribute to higher rates of social anxiety in these adolescents such as Gender role non conformity, discrimination, victimization and decrees social support. They also considered the potential (negative) of social anxiety on the behavior of LGBT youth. Including increase alcohol and substance use risky sexual behavior and suicidality.

*National transgender Discrimination survey* 2011 based on national Sample of 6,450 transgender and gender nonconforming individuals found much higher rates of substance use for transgender persons in comparison with the general population.

A study in 2014 stated that 230 transgender women living in the metropolitan New York area found the prevalence of substance use was very high more than 75 percent of participants reported using alcohol or some other substance and one third indicated polysubstance use.

OBJECTIVE OF THE STUDY

The study mainly focuses on the observing the prevalence and pattern of Smoking, alcohol and illicit drug use among transgender in Coimbatore districts.

III. METHODOLOGY

The study was conducted in selected areas of Coimbatore District. Coimbatore District was purposefully selected because, tamilnadu has occupied 7<sup>th</sup> position in India and its population is 22,364 out of which 1,314 transgender people are in Coimbatore where transgender tend to migrant from their native places because of the economic incapability where they are capable to meet their needs. For the purpose of the study 100 samples were selected through snowball technique. The selected data has been arranged by using simple percentage method.

IV. ANALYSIS AND INTERPRETATION

S.No	Age	Frequency	Percentage
1	15-25	40	40
2	26-35	43	43
3	36&above	17	17
	<b>Total</b>	<b>100</b>	<b>100</b>

Source Primary Data

Table 1: Percentage distribution of age of the respondents

The above table show that 43% of the respondents fall under 26-35 years; 40 % of the respondents from 15-25 years of age; 17 belong to the age group of 36& above

S.No	Educational qualification	Frequency	Percentage
1	primary	28	28
2	Secondary school	37	37
3	Degree & Above	29	29
4	Illiterate	06	06
	<b>Total</b>	<b>100</b>	<b>100</b>

Source Primary Data

Table 2: Percentage distribution of Educational status of the respondents

This table indicates that 37% completed their SSLC: 29% completed UG and above 28% completed their primary schooling only 6% are illiterate. From this it is understood that they somehow manage to study at till SSLC.

S.No	Category	Frequency	Percentage
1	Collection(Begging)	46	46
2	Dance	17	17
3	Cooking	37	37
	<b>Total</b>	<b>100</b>	<b>100</b>

Source Primary Data

Table 3: Percentage distribution of occupational status of the respondents

From this table it is interesting to know that nearly half of the respondents 46% collect money from the public 37 % go for cooking 17% respondents who are dancers. This shows

that collection is the major occupation of transgender population.

S.No	Annual income	Frequency	Percentage
1	Less than 40,000	72	72
2	40001 -50000	23	23
3	50000&above	05	05
	<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary Data

Table 4: Percentage distribution of annual income of the respondents

The majority proportion of the respondents nearly 72% of them earn Less than 40,000 per annum and 23% of them earn 40,001-50,000, there 0.5% who earn above 50,000. Most of them earn below 40,000.

S.No	Smoking habit	Frequency	Percentage
1	Yes	86	86
2	No	14	14
	<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary Data

Table 5: Percentage distribution of Smoking habit of the respondents

The above table describes that 86% respondents have the habit of Smoking and 14% of respondents do not smoke.

S.No	Alcohol consuming	Frequency	Percentage
1	Yes	76	76
2	No	24	24
	<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary Data

Table 6: Percentage distribution of alcohol consuming habit of the respondents

The above table describes more than three fourth the respondents 76% consume alcohol because they do not any other option to express their emotions and 24% do not have the habit of alcohol consumption.

S.No	Drugs use	Frequency	Percentage
1	Yes	58	58
2	No	42	42
	<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary Data

Table 7: Percentage distribution of habit of inhaling drug of the respondents

From the above table shows that 58% of the respondents have no habit of inhaling drug and 42% of respondents inhale drug because of their loneliness

S.No	Category	Frequency	Percentage
1	Stressed	64	64
2	Depressed	36	36
	<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary Data

Table 8: Percentage distribution of Reasons for the habit of Smoking, alcohol and inhaling drug uses of the respondents

From the above table stated that nearly 70% of the respondents have the stress due to unemployment, Social discrimination etc. Rest of them have depression

There is a lot of anxiety among transgender people because we are not seen as normal. They cope with higher levels of stress and felling of rejection by smoking. "We did not have place to meet other people outside of that, so it was

another factor that normalized that where we were was a smoking culture”. In order to lower to these rates, our health care system needs to better meet the needs of the transgender people, and our government needs to advance public policies that promote equality for this population.

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