ORIGINAL RESEARCH PAPER

Psychology

ATTACHMENT TO GOD AND THE LEVEL OF DEPRESSION AMONG EDUCATED AND UNEDUCATED TRANSGENDERS

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ABSTRACT

This study looked at how depressed transgender people in Bangalore, India with and without education related to their commitment to God. 50 transgender people in total, including 15 educated and 35 uneducated individuals, took part in the study. 'Attachment to God and the amount of despair among educated and uneducated transgenders' is the study's main focus. In order to gauge participants' levels of depression and religious attachment, questionnaires are administered as part of the study. In order to comprehend the connection between attachment to God and depression, Pearson's correlation was used as the research methodology. Chi-square was used to analyses the connection between education and religious attachment, and the t test is applied to the avoidance subscale, the anxiety subscale, and the depression subscale. It is clear from the first correlation test that those who are devoted to God are more likely to experience less depression than those who are not. There was no significant correlation discovered here in the Chi-square test versus the categorical variables of attachment to God and education. According to the results of the t test for the anxiety and avoidance subscales, persons who are more educated score higher on the avoidance subscale, indicating that they are not religious, while people who are less educated score higher on the anxiety subscale, indicating that they are religious.

INTRODUCTION

Transgender people struggle with identity and self-esteem and are marginalized. This study intends to investigate the relationship between education and religious and spiritual beliefs among educated and uneducated transgender people. Religious affiliation and mental health have a complicated relationship. Attachment to God can be consoling and encouraging, but it can also lead to feelings of guilt and shame. When examining depression in transgender people, it is important to take into account personal characteristics including personality traits, coping mechanisms, and social support that have an additional impact on the relationship between attachment to God and mental health. Transgender people's mental health outcomes can be influenced by educational achievement because it opens up access to services, social support, and employment opportunities. It is vital to look into any differences between educated and uneducated transgender people in terms of their devotion to God and feelings of grief. This relationship has to be better understood in order to develop strategies for support and intervention that are specifically catered to the requirements and circumstances of transgender persons.

For transgender people who are subjected to prejudice and marginalization, effective coping mechanisms and social support are crucial. Religion and spirituality, however, can be challenging, especially if one's cultural or religious background does not accept their gender identity. It might be difficult to locate resources and faith groups that are sympathetic to the concerns of transgender people.

Important first efforts include building inclusive environments and working with local communities and faith leaders to develop interventions and support services that are culturally responsive. Promoting transgender mental health requires a comprehensive strategy that takes into account diverse experiences, needs, and cultural contexts.

METHODOLOGY:

In this quantitative study, transgender people with and without education will be compared in terms of their devotion to God and their levels of depression. With 50 transgender volunteers as its sample size, the study makes use of practical sampling.

The Beck and McDonald (2004) Attachment to God Inventory is used to measure one's attachment to God. It has 28 questions with Likert scale ratings of 1 to 7 for each. The inventory's Anxiety and Avoidance subscales reflect worry and fear related to one's relationship with God as well as the propensity to turn away from God.

The 20-item Zung Self-Rating Depression Scale is used to measure the severity of depression. The participants score their experiences on a 4-point scale that ranges from "a little of the time" to "most of the time." By classifying scores into normal range, mild to moderate depression, moderate to severe depression, and severe depression, the scale offers insights into the degree of depression.

The study's independent variable is education level, which is divided into educated and uneducated groups. The level of education is defined by the person's formal schooling.

Transgender people who fit the inclusion criteria—identifying as transgender and being at least 18 years old—are given surveys as part of the data collection process. Serious mental illnesses that can have an impact on a participant's survey responses are not allowed.

Utilizing statistical methods like t-tests, chi-square, and Pearson's correlation, the gathered data will be examined. These analyses will examine any potential variations in levels of sadness and religious affiliation between educated and uneducated transgender people.The goal of this study is to determine whether a person's attachment to God affects how depressed they are and to look for differences between participants with and without education. The research will help with therapies meant to help transgender people with their mental health.

RESULTS AND DISCUSSIONS:

Table 1: t-test comparing the means of avoidance and anxiety scores between individuals with education and those without education

Variables	Category	N	Mean	S. D	t value	Sig. (2-tailed)
Avoidance	Educated	15	58.33	17.265	2.431	.019
	Uneducated	35	46.80	14.523		
Anxiety	Educated	15	56.13	22.497	-1.207	.233
	Uneducated	35	63.23	17.434		

H1: No significant difference in attachment to God exists between educated and uneducated transgender individuals.

Results of a t-test comparing avoidance and anxiety scores indicate that education level may influence avoidance behaviors. Higher education is associated with increased avoidance, suggesting that more educated individuals may be less religious.

Therefore, the hypothesis that education level does not impact attachment to God is rejected.

Table 2: Correlation analysis between depression and anxiety, as well as depression and avoidance

Variables		Depression
Anxiety	Pearson correlation	-.601**
	Sig. (2-tailed)	.000
Avoidance	Pearson correlation	.617**
	Sig. (2-tailed)	.000

**Correlation is significant at the 0.01 level (2-tailed)

The correlation analysis reveals significant relationships between depression, anxiety, and avoidance. A strong negative correlation (-0.601) exists between depression and anxiety, indicating that higher anxiety levels are associated with lower depression levels. This suggests that individuals who are more attached to God experience less depression. Conversely, a positive correlation (0.617) is observed between depression and avoidance, indicating that increased avoidance behaviors are linked to higher levels of depression. Hence, the hypothesis is rejected, as it is evident that individuals who are not attached to God tend to experience depression.

Table 3. chi-square test to assess the significance between attachment to God and education level

	Educated N	Uneducated N	Pearson Chi-square	Sig. (2-tailed)
Attached to God	7	25		
Not attached to God	8	10	2.794a	.117
Total	15	35		

a. 0 cells (0%) have expected count less than 5. The minimum expected count is 5.40

The results of the chi-square test presented in Table 3 suggest that there was no significant association between attachment to God and education level in this sample. Hence rejecting the hypothesis, The number of uneducated individuals attached to God are more than the number of educated individuals.

SUMMARY:
The aim of the present study was to find the relationship between attachment to god and the level of depression among educated and uneducated transgender. The tools used here were attachment to God inventory and Zungs self-rating depression scale. The study was conducted on a total of 50 transgenders in urban Bangalore. Among which 15 of them were educated and 35 of them were uneducated. Based on all the responses received the analysis was done and it was found that educated individuals were likely to be less attached to God. The results revealed that the individuals who are attached to God are not depressed.

LIMITATION:
Small sample sizes make it difficult to detect significant differences and draw firm conclusions because they restrict generalizability and lower statistical power. With smaller sample sizes, controlling for confounding variables becomes more challenging. Self-reported measurements could be skewed by social desirability or response biases. The

relationship between attachment to God, depression, and other important factors like income, social class, or cultural background may not be fully understood by education alone.

IMPLICATIONS:
Transgender people's devotion to God may improve their mental health, indicating the potential benefit of including spiritual or religious support in mental health initiatives.

Education level has little bearing on a transgender person's attachment to God, highlighting the need for inclusive religious or spiritual guidance for all people, regardless of educational background.

In a multicultural society, these findings have implications for individuals, communities, and social policies.

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