

TRANSGENDER & GENDER NON-CONFORMING YOUTH'S LIVED EXPERIENCE: EXPLORING ONE'S PERCEIVED AND IDEAL SELF

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Abstract. TGNC youths have been found to be at high risk for poor medical and psychosocial outcomes, including an increased risk for depression, suicide, self-harming behaviours, as well as gender and anatomical dysphoria and other adverse outcomes. Due to their mannerisms, they are more vulnerable to distressing situations, especially when it involves other people, such as discrimination, oppression, and assault. Within the rising discourse of discussing the experience of transgender and gender non-conforming individuals, it is alarming to see the lack of literature discussing said topic within the context of Indonesian society. This study aims to explore the lived experience of TGNC youth living in Indonesia, how they view their lived experience living in Indonesia, what value they hold in their gender identity, and their perspective on achieving their ideal self. A phenomenological approach was used in this study, using Interpretative Phenomenological Analysis, to shed light on the social, cultural, and historical context in which the experience is situated. Five participants, aged 19-24, who identify as gender non-conforming and transgender, were interviewed in this study. Semi-structured interviews and photovoice were used as part of the data collection method to look into the participants' lived world as closely as possible. The analysis resulted in the findings of four superordinate themes: perspective on gender identity, perspective on gender expression, positive experience as a TGNC individual, and negative experience as a TGNC individual. Each participant has similar experiences on their journey of gender identity. Despite that, each person's gender experiences are unique each to their own. Gender identity and expression are personal and developed in their own way, and it is not something that others decide in one's environment, whether biologically, socially, or religiously. Support and rejection have been experienced by TGNC youth in response to their expression of gender identity, with support often coming from friends, peers, and colleagues and rejection coming from family members and people online.

Keywords: *Transgender. Gender non-conforming, Gender Identity. Gender expression, Indonesia*

Abstrak. Anak muda TGNC telah ditemukan memiliki resiko tinggi mengalami hasil medis dan psikososial yang lebih buruk, termasuk naiknya resiko depresi, bunuh diri, perilaku menyakiti diri sendiri, dan juga disforia gender dan anatomi. Dikarenakan perilaku mereka, mereka lebih rentan terhadap situasi-situasi menyulitkan, terutama ketika berinteraksi dengan orang lain, yang termasuk diskriminasi, opresi, dan penyerangan atau gangguan. Dalam maraknya percakapan membahas pengalaman hidup dari orang transgender dan gender non-conforming (TGNC), kurangnya literatur yang membahas topik ini dalam lingkup konteks masyarakat Indonesia menjadi mengkhawatirkan. Studi ini bertujuan untuk mengeksplorasi pengalaman hidup dari anak muda TGNC selama hidup di Indonesia, bagaimana mereka memandang pengalaman hidup mereka di Indonesia, nilai-nilai apa yang ada dibalik identitas gender mereka, dan perspektif mereka dalam mencapai diri yang ideal. Pendekatan fenomenologi digunakan di studi ini, menggunakan Interpretative Phenomenological Analysis, untuk memberi penjelasan terhadap konteks sosial, budaya, dan sejarah di mana pengalaman itu terjadi. Lima partisipan, berumur 19-24, yang mengidentifikasi diri sebagai TGNC diwawancara dalam studi ini. Wawancara semi-terstruktur dan photovoice digunakan sebagai bagian dari metode pengumpulan data untuk melihat kedalam dunia milik partisipan sedekat mungkin. Hasil dari analisis menemukan adanya empat tema superordinat: perspektif mengenai identitas gender, perspektif mengenai ekspresi gender, pengalaman positif sebagai anak muda TGNC, dan pengalaman negatif sebagai anak muda TGNC. Ditemukan bahwa partisipan mengalami kesamaan dalam pengalaman identitas gender mereka. Meski begitu, pengalaman gender setiap orang merupakan sesuatu yang unik dari satu sama lain. Identitas dan ekspresi gender adalah sesuatu yang personal dan berkembang sesuai jalannya masing-masing, dan bukanlah sesuatu yang bisa ditetapkan oleh orang lain di lingkungan seseorang, secara biologis, sosial, maupun berdasarkan agama. Dukungan dan penolakan telah dialami oleh anak muda TGNC sebagai respon terhadap ekspresi identitas gender mereka, dengan dukungan sering kali datang dari teman, rekan, dan kolega, dan penolakan datang dari keluarga dan juga orang-orang dalam ranah online.

Kata kunci: Transgender. Gender non-conforming. Identitas gender. Ekspresi gender.

Indonesia