

ABSTRAK

Komunitas Lesbian, Gay, Biseksual, Transgender, Queer (LGBTQ) adalah kelompok minoritas yang sering mengalami diskriminasi berdasarkan orientasi seksual dan/atau identitas gendernya di banyak negara. Indonesia merupakan salah satu negara di mana individu LGBTQ dikucilkan dari wacana pembangunan dan sering mengalami stigmatisasi oleh orang lain. Hukum, kebijakan, dan struktur kelembagaan Indonesia dikonstruksi secara heteronormatif, yang mencerminkan makna negatif yang melekat pada kelompok minoritas LGBTQ. Khususnya kaum muda LGBTQ sering mengalami stigmatisasi di Indonesia, yang mengakibatkan banyak tantangan bagi mereka untuk berpartisipasi dalam masyarakat.

Tulisan ini bertujuan untuk menjawab pertanyaan penelitian: *“Bagaimana remaja Lesbian, Gay, Biseksual, Transgender, Queer (LGBTQ) di Yogyakarta mengalami stigmatisasi dan bagaimana stigmatisasi ini mempengaruhi kesejahteraan mereka?”*. Teori interseksionalitas dan teori stigma sosial digunakan sebagai kerangka teoretis. Untuk memahami efek stigmatisasi negatif terhadap kesejahteraan remaja LGBTQ, teori stres minoritas dan kesejahteraan sosial digunakan sebagai kerangka konseptual.

Untuk penelitian ini digunakan metode penelitian kualitatif, yang datanya diperoleh dari sumber data primer (wawancara) dan sumber data sekunder (studi kepustakaan). Wawancara semi-terstruktur telah dilakukan dengan delapan informan LGBTQ antara usia 22 dan 30 tahun. Para informan ini memiliki orientasi seksual dan/atau identitas gender yang beragam dan semuanya saat ini tinggal di Yogyakarta.

Beberapa kesimpulan dapat ditarik dari penelitian ini. Pertama, stigmatisasi terbukti dialami oleh semua informan LGBTQ. Pengalaman tersebut tergantung pada berbagai faktor, seperti dalam hal orientasi seksual dan/atau identitas gender dan agama. Kedua, penelitian telah membuktikan bahwa stigmatisasi memiliki efek negatif dan positif terhadap kesejahteraan individu LGBTQ. Efeknya tergantung pada mekanisme koping informan, informan yang menjadi anggota komunitas LGBTQ atau memiliki sistem dukungan sosial tampaknya memiliki reinterpretasi yang lebih positif yang berdampak positif pada kesejahteraan mereka. Ketiga, penelitian menunjukkan bahwa informan LGBTQ sering menjadi korban berbagai bentuk kekerasan. Mayoritas informan memiliki rasa takut dan tidak percaya kepada aparat penegak hukum Indonesia dalam hal melaporkan kekerasan yang mereka alami. Penelitian ini bertujuan untuk meningkatkan kesadaran di kalangan pembuat kebijakan untuk fokus pada pelatihan dan pendidikan inklusif bagi aparat penegak hukum terkait kekerasan LGBTQ agar individu LGBTQ mendapatkan keadilan. Selanjutnya, para pembuat kebijakan direkomendasikan untuk mengkaji efektivitas Yogyakarta Principles dan mengembangkan program pendidikan yang berkaitan dengan orientasi seksual dan/atau identitas gender. Hal ini akan menghasilkan kesejahteraan yang lebih baik bagi individu LGBTQ, dengan mengubah sikap dan persepsi negatif masyarakat menjadi lebih toleran terhadap kaum LGBTQ.

Kata kunci: LGBTQ, Stres Minoritas, Stigmatisasi, Penelitian Kualitatif, Kesejahteraan

ABSTRACT

The Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) community is a minority group that often experiences discrimination based on their sexual orientation and/or gender identity in many countries. Indonesia is one of the countries where LGBTQ individuals are excluded from the development discourse and often experience stigmatization by others. Indonesian laws, policies and institutional structures are constructed in a heteronormative way, which reflects the negative meaning attached to the LGBTQ minority group. LGBTQ youth in particular often experience stigmatization in Indonesia, which results in many challenges for them to participate in society.

This paper aims to answer the research question: *“How do Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) youth in Yogyakarta experience stigmatization and how does this stigmatization affect their well-being?”*. The intersectionality theory of and social stigma theory are used as a theoretical framework. In order to understand the effect of the negative stigmatization on the well-being of LGBTQ youth, the minority stress and social capabilities approach theory are used as a conceptual framework.

For this research a qualitative research method has been used, of whom data is obtained from primary data sources (interviews) and secondary data sources (literature study). Semi-structured interviews have been held with eight LGBTQ informants between the age of 22 and 30 years. These informants have a diversity of sexual orientations and/or gender identities and are all currently living in Yogyakarta.

Several conclusions can be drawn from this research. First of all, stigmatization has proven to be experienced by all LGBTQ informants. The experiences depend on various factors, such as in terms of sexual orientation and/or gender identity and religion. Secondly, research has proven that stigmatization has a negative as well as positive effect on the well-being of LGBTQ individuals. The effect depends on the coping mechanism of the informants, the ones that are member of an LGBTQ community or have a social support system seem to have a more positive reinterpretation which has a positive effect on their well-being. Thirdly, research showed that LGBTQ informants are often victim of various forms of violence. The majority of the informants has fear and no trust in Indonesian law enforcement officers when it comes to reporting their violence. This research aims to increase awareness among policy makers to focus on inclusive training and education for law enforcement officers related to LGBTQ violence in order for LGBTQ individuals to receive justice. Furthermore, policy makers are recommended to examine the effectiveness Yogyakarta Principles and to develop educational programs related to sexual orientation and/or gender identity. This will result in a better well-being for LGBTQ individuals, by changing the negative attitudes and perceptions of people into more tolerance towards LGBTQ people.

Keywords: LGBTQ, Minority Stress, Stigmatization, Qualitative Research, Well-Being