

Original Article

A Comparative Study of Life Satisfaction and Alienation among Normal and Transgender Individuals

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Manuscript ID:
BN-2026-030107

ISSN: 3065-7865

Volume 3

Issue 1

January 2026

Pp. 40-44

Submitted: 10 Dec 2025

Revised: 20 Dec 2025

Accepted: 09 Jan 2026

Published: 31 Jan 2026

DOI:

[10.5281/zenodo.18502649](https://doi.org/10.5281/zenodo.18502649)

DOI link:

<https://doi.org/10.5281/zenodo.18502649>



Quick Response Code:



Website: <https://bnir.us>



Abstract

The present study addresses the research problem titled 'Comparative Study of Life Satisfaction and Loneliness between General Individuals and Transgender Individuals.' A total of 100 participants were selected from Shirampur Taluka, comprising 50 general and 50 transgender individuals. Research was conducted on the selected participants to examine and compare their life satisfaction and loneliness. Participants aged 25–40 years were selected for the present study. This study utilized the Life Satisfaction Measurement Questionnaire developed by Dr. Ramji Srivastava and Dr. Q. G. Alam to assess life satisfaction. In addition, Dr. Hardev Ojha's Loneliness Measurement Questionnaire was used to evaluate loneliness. To analyze the data and draw conclusions, the study employed statistical techniques, including Mean, Standard Deviation (SD), and T-value. The Life Satisfaction Questionnaire and Loneliness Questionnaire were used to measure the seven dimensions.

Keywords: Life Satisfaction, Alienation, Normal and Transgender Individuals

Introduction

This study examined life satisfaction and loneliness among normal and transgender individuals. While living in society, every individual leads their own life, and society has different expectations for each person. Traditionally, society has been divided into two gender groups: male and female. Men and women were treated according to their biological sex and socially assigned gender roles. However, women are often not treated equally as men, and gender-based discrimination exists between men and women. Despite these inequalities, individuals continue to live their everyday lives in society.

There is also a group within society that is perceived as different from what is considered "normal." This group is commonly referred to as transgender individuals. This study carefully examines how transgender persons are treated within society and how this societal treatment affects various aspects of their lives. Special attention has been paid to understanding the social experiences of transgender individuals and the impact of societal attitudes and behaviors on their psychological and social well-being. First, it is important to understand the transgender individuals. A transgender person is an individual who is unable to live in society in the same way as what is considered a "normal" person, largely due to societal attitudes and restrictions. Society often does not provide transgender individuals with the opportunity to integrate into mainstream social lives. The societal perspective of transgender people is distinctly different and often negative.

In a society, transgender individuals are not treated with affection or acceptance. They are frequently denied social and familial support and are consistently maintained at a distance from mainstream society. Consequently, they often experience low levels of life satisfaction. This social exclusion gradually leads to a decline in self-confidence and causes them to withdraw from society. Over time, feelings of loneliness develop and they may begin to prefer living in isolation. They begin believing that they are not part of society and may consciously distance themselves

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How to cite this article:

Narote, G. L. (2026). A Comparative Study of Life Satisfaction and Alienation among Normal and Transgender Individuals. *Bulletin of Nexus*, 3(1), 40–44. <https://doi.org/10.5281/zenodo.18502649>

from it. Constantly perceiving oneself as separate from society leads to emotional distress, dissatisfaction, and unhappiness.

Life Satisfaction Components

Life satisfaction is a cognitive, global evaluation of one's life as a whole that reflects the degree to which an individual perceives their life as fulfilling, meaningful, and aligned with their personal standards and goals (Diener, 1985). Unlike momentary emotions or moods, life satisfaction represents a stable, overall judgment of well-being across various domains, such as work, relationships, health, and personal growth.

1. Health Satisfaction:

Life satisfaction refers to an individual's overall evaluation of their quality of life. It is influenced by several important factors that shape a person's sense of well-being and happiness. While living their lives, an individual tries to avoid stress, anxiety, mental tension, and irritability.

2. Personal Satisfaction

While living daily, individuals do not always get everything they desire. Consequently, some people feel hurt and dissatisfied. Every person experience satisfaction or dissatisfaction for one reason or another, respectively.

3. Financial Satisfaction

Financial satisfaction refers to the contentment an individual feels with the compensation or income they receive from their work, such as their salary or wages. Some employees or individuals feel satisfied and happy with the rewards they earn for their efforts, while others may feel dissatisfied because of unmet expectations or financial constraints.

4. Marital Satisfaction

Marriage is a socially recognized institution. After marriage, some individuals feel satisfied and happy with their marital lives, while others may experience dissatisfaction. Marital satisfaction refers to the happiness and contentment that a person feels with their spouse.

5. Social Satisfaction

Social satisfaction is rooted in an individual's personal adjustment and interactions with people and society. It depends on the relationships a person maintains with their surroundings and how well they or adapts to social norms. Individuals who actively participate in social activities, contribute to community work, and engage with society positively gain joy and a sense of fulfillment.

6. Occupational (Work) Satisfaction:

Occupational satisfaction refers to an individual's positive feelings or favorable mental state regarding their work environment and job conditions. This term has been used in various contexts and is often related to employees' work attitudes, work satisfaction, and industrial morale. Although occupational satisfaction can influence industrial morale, it is not synonymous with it.

Alienation is a psychological or social condition in which an individual feels isolated, estranged, or disconnected from themselves, others, and society. It involves feelings of powerlessness, meaninglessness, social isolation, and self-estrangement, often resulting from a lack of control over one's environment or circumstances. Seeman, M. (1959).

Symptoms of Alienation / Loneliness

1. Depressive Mood

In individuals suffering from depressive disorders, a persistent feeling of sadness, distress, and low mood is commonly observed. Such individuals often perceive life to be dull, meaningless, and lonely.

2. Lack of Pleasure

An individual is unable to experience pleasure in any activity. Activities that were previously enjoyable no longer brought about happiness or interest.

3. Changes in Appetite

Individuals with depressive disorder often feel tired and exhausted. The appetite may decrease, and the person may not feel like eating, which leads to weight loss.

4. Psychomotor Disturbance

An individual feels extremely fatigued. All activities and reactions appeared to slow. Even simple conversations are effortful. The patient spoke slowly and minimally, and the overall motor activity was reduced.

5. Suicidal Thoughts

Suicidal thoughts are common in severe cases of depressive disorder. The intensity and frequency of such thoughts were higher in individuals with severe depression.

Normal Individuals:

Normal individuals are those whose gender identity aligns with the sex assigned at birth. For example, a person assigned a female at birth who identifies as a woman or a person assigned a male at birth who identifies as a man is considered a normal individual.

Transgender Individuals:

Transgender individuals are those whose gender identity does not align with the sex assigned at birth. This includes people who may identify as

male, female, non-binary, genderqueer, or other gender identities that are different from their assigned sex.

Review Of Literature:

Life satisfaction is a key indicator of subjective well-being, reflecting an individual's overall evaluation of their life (Diener, 1985). Research has consistently shown that life satisfaction is influenced by social, psychological, and demographic factors including gender identity (Pavot & Diener, 1993).

Cisgender individuals generally report higher life satisfaction than transgender individuals do. This disparity is largely attributed to minority stress, stigma, and discrimination experienced by transgender individuals (Meyer, 2003; Budge et al., 2013). For instance, Bockting et al. (2013) found that transgender adults who experienced social support and affirmation of their gender identity reported higher life satisfaction than those who faced rejection or discrimination.

Research on alienation among transgender populations is limited, but growing. Some studies suggest that transgender individuals may experience higher levels of social alienation due to marginalization and stigma (Budge et al., 2013). However, the evidence is mixed: supportive social networks, community involvement, and access to affirming healthcare can buffer feelings of alienation (Testa et al., 2017). In contrast, cisgender individuals often experience less social marginalization, but alienation can still arise from the workplace, family, or societal stressors (Seeman, 1975)

Statement Of the Problem:

“To comparative Study of the Life Satisfaction and Alienation among Normal and Transgender Individuals.”

Objectives Of the Study:

1. To examine and compare the levels of life satisfaction among normal and transgender individuals.
2. To examine and compare the levels of loneliness between normal and transgender individuals.

Results

Ho1: The level of life satisfaction is higher among normal individuals compared to transgender individuals.

Dependent Variable	Couple Type	Mean	SD	N	df	t-value	Significance
Life Satisfaction	Normal Individuals	35.67	4.54	50	58	4.265	Significant at 0.01 level
	Transgender Individuals	30.53	4.78	50			

Hypothesis: The level of life satisfaction is higher among normal individuals compared to transgender individuals.

1. Normal individuals experience lower levels of loneliness compared to transgender individuals.

Methodology:

Sample and sampling techniques

In the present study, the research was conducted on normal and transgender individuals. A total of 100 participants were selected from Shrirampur Taluka, including 50 normal individuals and 50 transgender individuals, using a random sampling method. The participants were selected from the age group of 35–40 years. Some were educated, whereas others were uneducated. All participants had average socioeconomic status.

Tools For Data Collection:

Life Satisfaction Measurement Test

The Life Satisfaction Measurement Test used in this study was developed by Dr. Q. G. Alam and Dr. Ramji Srivastava. This test was used to assess the life satisfaction of couples with children and childless couples. The test is conducted in the Hindi language and consists of 60 items. It measures six dimensions of life satisfaction: health, personal, financial, marital, and social satisfaction. Each dimension included ten items. Reliability coefficient of 0.84, Validity of the Test: The test demonstrated validity coefficients ranging from 0.74 0.84.

Alienation scale

The test was designed to measure alienation levels. It was developed by Dr. Hardev Ojha and used in this study to assess the loneliness of couples with children and childless couples. The test was conducted in the Hindi language and consisted of 20 items. The test was structured in a question-and-answer format, with each item providing five response options: Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree. Respondents were required to indicate their answers by selecting one option that best reflected their feelings. The internal consistency reliability of the test was 0.83, test-retest reliability was 0.77, and split-half reliability ranges from 0.78 to 0.80, indicating a high level of consistency across different measures.

According to Table 1, the mean score of the general people was 35.67 with a standard deviation of 4.54, whereas that of transgender individuals was 30.53 with a standard deviation of 4.78. The obtained t-value is 4.265, which is significant at the 0.01 level. Therefore, in Hypothesis No. 1, the level of life

satisfaction among general people is higher than that of transgender individuals has been accepted, as the life satisfaction of general people was found to be significantly higher than that of transgender individuals.

Ho.2: Normal individuals experience lower levels of Alienation compared to transgender individuals.

Dependent Variable	Couple Type	Mean	SD	N	df	t-value	Significance
Alienation	Normal Individuals	56.13	7.20	50	58	0.743	Not significant at 0.01 level
	Transgender Individuals	57.77	9.64	50			

According to Table No. 2, the mean score of cisgender people is 56.77 with a standard deviation of 7.20 whereas the mean score of transgender individuals 57.77 with standard deviation of 9.64 obtained t-values is 0.743. This t-value is not significant at the 0.05 level. Therefore, Hypothesis 2, that the level of loneliness among normal people is lower than that among transgender individuals has been rejected. This is because no significant difference was found in the level of alienation between the general and transgender individuals. Thus, it can be concluded that there was no difference in the level of loneliness between general and transgender individuals.

Implications Of the Study:

Psychological Interventions

These findings indicate lower life satisfaction among transgender individuals than among normal individuals. This highlights the need for targeted psychological interventions, counseling services, and mental health support programs specifically designed for transgender individuals.

Social Inclusion and Acceptance

As life satisfaction is significantly influenced by social acceptance, this study emphasizes the importance of promoting inclusive social environments. Awareness programs aimed at reducing stigma and discrimination against transgender individuals can help improve their overall wellbeing.

Policy and Welfare Programs

The results suggest that policymakers should design and implement welfare schemes that focus on education, employment opportunities, healthcare access, and legal protection for transgender individuals to enhance their life satisfaction.

Educational Institutions

Schools, colleges, and universities can use these findings to develop inclusive policies, gender-sensitive curricula, and support systems to foster

acceptance and reduce social isolation among transgender students.

Community and Family Support

Families and community organizations play a crucial role in improving life satisfaction. This study underscores the need for family counseling and community-based support systems to strengthen emotional and social support for transgender individuals.

Conclusion:

1. A significant difference was found in life satisfaction, with normal individuals scoring higher than transgender ones.
2. There is no significant difference was found in Alienation between normal and transgender individuals.

Acknowledgment

The author expresses sincere gratitude to all those who contributed to the successful completion of this research study. Special thanks are extended to the participants, both normal and transgender individuals, who willingly took part in the study and shared their experiences honestly and patiently. Without their cooperation, this research would not have been possible.

The author is grateful to the institution, **R. B. Narayanrao Borawake College, Shirampur (Autonomous)**, for providing academic support and a conducive research environment. Heartfelt thanks are also due to colleagues and seniors from the Department of Psychology for their valuable guidance, constructive suggestions, and encouragement throughout the research process.

Financial support and sponsorship

Nil.

Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper

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