

PERMA as Predictor of Resilience and Life Satisfaction among Transgenders

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Abstract

Transgenders are one of the most socially marginalized groups, facing oppressions, bullying, sexual abuse, denial from biological family, and becoming victims of multiple forms of discrimination. Despite these stressors, many of the transgenders are able to maintain an authentic sense of self, employ effective coping strategies, and show an enhanced capacity of resilience during adverse situations. The present study attempts to understand the factors that predict resilience and life satisfaction among transgenders. A convenient sample of 330 transwomen in the age group 18 to 55 years was recruited from different regions of a mid-sized city in South India. The participants completed self-report measure of PERMA, negative emotions, health, resilience, and life satisfaction. Multiple regression analyses were carried out to analyse the data. The results revealed that positive emotion, engagement, meaning, and accomplishment positively predicted resilience while negative emotion negatively predicted resilience. Meaning positively predicted life satisfaction. Positive emotions, meaning, engagement and accomplishment appear to be more relevant to positive adaptation among transgenders than relationship. Therefore, these factors can lead to the pathway to resilience among transgenders. Future research should focus on the training programs using PERMA model to promote resilience in transgenders.

Keywords: Transgenders, PERMA, resilience, and life satisfaction.

The transgender community is an extremely diverse group. Over the past 15 years, an increasing number of people has begun to be identified as transgenders. Transgenders are those whose self-identification or gender expression do not match with society's constructed and established gender categories or who do not comply with the culturally defined norms of their biological sex (Green, 2004; Sears, 2005). Research on transgenders have mainly focused on the negative aspects such as depression, suicidality, and anxiety in this gender minority group (Bocking et al., 2013; Boza & Perry, 2014; Clements-Nolle et al., 2006; Diaz et al., 2004; Grossman & D'Augelli, 2006; Mustanski et al., 2010; Nuttbrock et al., 2010). When compared to the cisgender population, transgenders are confronted with higher levels of oppression, bullying, sexual abuse, denial from biological family, and becoming victims of major forms of discrimination (Diaz et al., 2001; Herek et al., 1997) resulting in higher levels of psychological distress as well as significant difficulties to connect with the community (Greene, 1994). In spite of these stress factors, transgenders develop effective coping strategies, and an enhanced capacity of resilience during adverse situations (Devor, 1997). Hence, resilience may be seen as particularly relevant to transgenders who need to develop the coping skills and strategies to navigate through the challenging conditions in their lives. Resilience is the ability to cope with hardships, and other stressful and adverse situations as well as the capability to overcome psychological problems in such adverse conditions (Luthar et al., 2000). Developing coping skills is seen as a crucial step in building psychological resilience. An earlier research suggests that transgender youth possess psychological resilience that allows them to positively adapt when they experience difficult situations (Lombardi, 2001).

Stress and psychopathology have a strong association with resilience; high resilience predicted low levels of stress, anxiety, depression, and obsessive-compulsive disorders in adolescents after controlling for age and gender (Hjemdal et al., 2011). Hence it is evident that psychological problems declines when resilience increases in an individual at any age. A phenomenological study on resilience was evolved with five themes, namely, the ability in defining oneself, connectedness with the community, promoting self-confidence, being aware of oppression, and developing positivity about future (Singh et al., 2011). Hence, supportive community, enhancing hope and self-confidence are recognized as important aspects of resilience among transgenders. Resilience has an essential role in identifying and overcoming obstacles which promotes growth and wellbeing (Meyer, 2015). The ability to challenge and overcome prejudice among the society has a connection with positive adaptation in one's life (Friend, 1991). It is important to recognize the factors that enhance resilience and psychological wellbeing to address the personal biases faced by transgenders and their responsibility towards society (Meyer, 2015). Thus, resilience plays a vital role in overcoming the societal stigma and discrimination faced by transgenders.

Due to much cultural and religious radicalism, transgenders are threatened because of their identity in our society (Khan & Malik, 2019). Transgender community especially experiences a wide range of discrimination, absence of social equality and opportunities, employment opportunities, besides experiencing difficulties even to meet their basic daily needs, and legal services. This inequality and injustice among transgender community negatively influences their life satisfaction. Hence, life satisfaction can be attained at a conscious level in

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which a person tends to balance physical and psychological needs and outcomes (Grossman & D'Augelli, 2007). Life satisfaction is achieved when one has some direction, future goals, and meaning and purpose in life (Poteat et al., 2015). The factors responsible for the decline in life satisfaction and wellbeing in transgenders include school bullying, criticism on social occasions, being exploited on roads and treating them like the one who do not deserve any kind of respect to lead an authentic life (Mustafa et al., 2015). Life satisfaction is highly linked to the thoughts and feelings of a person, and provides a judgment on cognition and behaviour of a person. While some factors decrease the level of life satisfaction, some factors contribute to life satisfaction in transgenders. They include workplace and (or) occupational and community facilities like liberty, unbiased attitude, job status and security, endorsement, peaceful working environment, taxes, public transportation, and supportive and trustful family members like father, mother, and siblings to safeguard them (Hird, 2002). In addition, transgenders have psychological strengths such as high confidence from self-disclosure and leading an authentic life, and empathy for self and others (Levitt et al., 2013; Rostovsky et al., 2010). They also receive significant psychological benefits such as high self-esteem and involvement with their community (Cohen & Murray, 2006).

The field of positive psychology has deliberately concentrated on individual strengths and resources to promote flourishing, personal change and psychological wellbeing (Lopez et al., 2006). Flourishing can be defined as the pursuit or an achievement of an authentic life resulting in higher level of wellbeing. Flourishing is seen as an integration of psychological and social wellbeing. Based on Aristotle's philosophy, flourishing may be seen as made up of hedonia and eudaimonia (Keyes, 2002; Lent, 2004). Hedonic wellbeing comprises of subjective or emotional wellbeing, including positive-negative affect balance, happiness, and life satisfaction (Diener, 1984). Eudaimonic wellbeing comprises psychological wellbeing and social wellbeing that covers broad areas such as purpose and meaning in life, engagement, positive relations, and personal growth (Huppert, 2013; Keyes, 2002, 2007). It is responsible for an authentic and long-term happiness and wellbeing in human life. Earlier studies investigated the importance of flourishing and the findings indicate that flourishers had good mental and physical health and were more resilient to vulnerabilities and challenges in life than non-flourishers (Bergsma et al., 2011; Huppert, 2013; Keyes & Annas, 2009; Kobau et al., 2011; Ryff & Singer 1998; Seligman, 2002; Veenhoven, 2008). To enable flourishing, Seligman (2011) proposed five building blocks, namely, positive emotion, engagement, relationship, meaning, and accomplishment (PERMA). The five

elements complement one another, either objectively or subjectively. PERMA model also includes negative emotion, health, and loneliness. Physical health, subjective wellbeing, self-confidence, academic achievement, psychosocial functioning, performance at work, interpersonal relationship with family and friends, and level of resilience are all associated with a flourishing life (Keyes, 2006; Lyubomirsky et al., 2005; Peterson et al., 2005).

Transgenders possess good introspective skills, (Riggle et al., 2011), increased self-confidence, and are stronger, which paves way for unique opportunities to develop positive emotion and find meaning in their lives (Lev, 2004; Lopez et al., 2006; Maguen et al., 2007). When facing a stressful event, people with high positive emotions show an improved level of resilience (Cohn et al., 2009), and the sources of gaining personal meaning in life also influence the level of stress and the process of coping with it (Lazarus & DeLongis, 1983). Internal and external sources help in meeting challenges and accomplishing goals, thereby promoting a sense of personal growth and resilience. Transgender youth are found to have an increased level of resilience through the involvement of significant and supportive relationship even when confronted with difficulties (Grossman et al., 2011). Understanding the importance of identifying oneself as transgender itself is seen as an achievement that brings positive outcome and is found to be the predictor of life satisfaction (Ghavami et al., 2011). There is a growing interest among researchers to study transgenders using positive psychology perspective. This shift has occurred due to the recent revival of the field of positive psychology (Lopez & Snyder, 2009). Therefore, the present study attempts to explore the factors of PERMA contributing to resilience and life satisfaction among transgenders.

Method

Participants

A convenient sample of 330 transwomen in the age group 18 to 55 years ($M = 33.55$, $SD = 8.92$) was selected to participate in this study. The participants were recruited from different regions of a mid-sized city in South India. They were located and accessed with the help of an NGO that works with transgender community. The sample included transwomen from various communities, viz., Backward Class (44.8%), Scheduled Caste (26.4%), Most Backward Class (19.7%), Forward Class/Other Category (5.5%), Scheduled Tribes (1.8%), and Do not like to disclose (1.8%). About 90% of the sample was Hindu, 5.2% was Christians, and 4.8% was Muslims. The participants were from different areas of residence of which 43.3% from the city, 30.9% from a small town, 15.2% from the metro and 10.6% from the rural area. The participant's monthly income ranged from INR 3000 to INR 30000. The selection criteria included the participants with age ranged from 18 years to 55 years and who had undergone sex reassignment

surgery (Male-to-Female). The participants had no psychological illness and consented to participate in the study.

The participants were invited for participating in the research and written informed consent was obtained from those who conveyed willingness to participate in the study. The judgements of the NGO coordinator and the peer group were taken to screen-out the participants who had psychiatric illness. The measures chosen for the present investigation were group-administered to the subjects by the investigator, with each group consisting of five participants.

Measures

The PERMA Profiler (Butler & Kern, 2016). It is a 23-item scale that assesses self-oriented wellbeing. It includes positive emotion, engagement, relationship, meaning, and accomplishment. Each dimension consists of 3 items. The respondent rates each item on a 10-point rating scale with response options ranging from 0 (*not at all*) to 10 (*completely*). Positive emotion subscale measures the natural tendencies of people feeling satisfied and comfortable, and experiencing pleasure. A sample item is *'In general, how often do you feel joyful?'* Engagement subscale measures the involvement and effective action of people with a flow. A sample item is *'In general, to what extent do you feel excited and interested in things?'* Relationship subscale measures the positive relationship of how people are feeling loved and valued by others. A sample item is *'To what extent do you feel loved?'* Meaning subscale purports to measure the purpose of living and achievement of meaningful goals. A sample item is *'To what extent do you generally feel you have a sense of direction in your life?'* Accomplishment subscale measures the work done to reach goals, and the ability to complete tasks and daily responsibilities. A sample item is *'How often are you able to handle your responsibilities?'* Also, the scale includes negative emotion, health, happiness, and loneliness. The subscales happiness and loneliness contain only one item. Negative emotion subscale measures the tendency of feeling sad, anxious, and angry. A sample item is *'In general, how often do you feel angry?'* Health

subscale measures the sense of feeling good and healthy each day. A sample item is *'How satisfied are you with your current physical health?'* Higher numbers on each subscale reflect greater level of wellbeing on that particular subscale. The Cronbach's alpha of the subscales, positive emotions, engagement, relationship, meaning, accomplishment, negative emotions, and health for the present study are .69, .64, .61, .79, .78, .65 and .71 respectively. The overall reliability of PERMA scale on the present sample is .92.

Bharathiar University Resilience Scale (Annalakshmi, 2009). It purports to measure the resilience of an individual. It has 30-items with a five-point rating, ranging from 1 (*not at all appropriate*) to 5 (*most appropriate*). The scale measures resilience in terms of duration in getting back to normalcy, reacting to negative events and risk factors (specifically, disadvantaged environments), perception of the effect of past negative events, defining problems, hope/confidence in coping with future, and openness to experience and flexibility. A sample item is *'I do not waste my time on lamenting over the past however bad it might have been.'* A high score indicates a high level of resilience. The Cronbach's alpha of the scale on the present sample is .74.

Satisfaction with Life Scale (SWLS; Diener et al., 1985). It purports to measure the global cognitive judgments of one's life satisfaction. It contains five items with a 7-point rating scale, ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). A sample item is *'The conditions of my life are excellent.'* A high score indicates a high level of satisfaction with life. The Cronbach's alpha of the scale on the present sample is .85.

Results

Multiple regression was carried out to find the factors that best predict resilience and life satisfaction in the present study, and the results are presented below. The multiple regression analysis for overall predictor variables produced $R^2 = .52$, $F(7,322) = 48.83$, $p < .001$. The analysis showed that positive emotion ($\beta = .22$, $p < .01$), engagement ($\beta = .22$, $p < .01$), meaning

Table 1. Factors of PERMA predicting resilience (n=330)

Model 1	Unstandardized Coefficients		Standardized Coefficients	t
	B	S.E.	β	
(Constant)	78.26	2.58		30.28 ***
Positive emotion	.67	.17	.25	4.04 ***
Engagement	.57	.16	.23	3.60 ***
Relationship	.18	.18	.06	.97 ns
Meaning	.45	.14	.20	3.17 **
Accomplishment	.29	.15	.13	1.96 **
Negative emotion	-1.20	.11	-.51	-11.13 ***
Health	.08	.15	.03	.55 ns

Note: $R^2 = .52$, $Adj R^2 = .50$, $F(7,322) = 48.83$, $p < .001$; ** $p < .01$, *** $p < .001$, ns = not sig.

($\beta = .22$, $p < .01$), and accomplishment ($\beta = .22$, $p < .01$) positively predicted resilience. Also, negative emotions ($\beta = -.19$, $p < .001$) negatively predicted resilience. Positive emotion, engagement, meaning, and accomplishment along with negative emotions contributed to 52% of the variance in explaining resilience.

positive emotions besides helping them in building their resources, viz., physical, psychological, and social. Earlier researches show that positive emotion promotes happiness (Fredrickson & Joiner, 2002), enhances resilience against adversities (Tugade & Fredrickson, 2004), and develops coping mechanism (Cohn et al., 2009), supporting the broaden-and-build

Table 2. Factors of PERMA predicting life satisfaction ($n=330$)

Model 1	Unstandardized Coefficients		Standardized	t
	B	S.E	β	
(Constant)	12.22	1.58		7.74 ^{ns}
Positive emotion	-.05	.10	-.04	-.49 ^{ns}
Engagement	.16	.10	.13	1.63 ^{ns}
Relationship	-.04	.11	-.02	-.32 ^{ns}
Meaning	.46	.09	.40	5.27 ^{***}
Accomplishment	.14	.09	.12	1.49 ^{ns}
Negative emotion	.04	.07	.03	.53 ^{ns}
Health	-.004	.09	-.003	-.05 ^{ns}

Note: $R^2 = .31$, $Adj R^2 = .30$, $F(7,322) = 20.75$, $p < .001$; ** $p < .01$, *** $p < .001$, ns = not sig.

The multiple regression analysis for overall predictor variables produced $R^2 = .31$, $F(7,322) = 20.75$, $p < .001$. The analysis showed that meaning ($\beta = .22$, $p < .01$) significantly and positively predicted life satisfaction. Meaning alone contributed to 31% of the variance in explaining life satisfaction.

Discussion

Despite the high prevalence of stigmatization, discrimination, and psychological distress encountered by transgenders, many demonstrate resilience reflected by several positive outcomes like attaining happiness and satisfaction, successful careers, and meaningful relationships with family and friends (Beemyn & Rankin, 2011). Even though there is an increase in the number of studies that focus on the positive psychological aspects among transgenders, the PERMA dimensions among transgenders have not been explored. The present study examined the role of PERMA dimensions in predicting resilience and life satisfaction among transgenders. Two multiple regression analyses were carried out to find the best predictors of resilience and life satisfaction in the present study. The results showed that positive emotion, engagement, meaning, and accomplishment positively and negative emotion negatively predicted resilience. Meaning positively predicted life satisfaction.

Positive emotion positively predicted resilience in the present study. Positive emotion is emphasized by the subjective state of pleasant, free-floating feelings with physiological changes such as facial expressions and cognitive thought processes (Fredrickson, 2003; Garland et al., 2010). Broaden-and-build theory by Fredrickson (1998, 2001) postulates that individuals' attention and cognitive processes are enhanced by

theory. Transgenders undergo multiple challenges and have difficulty flourishing in society (Monro, 2006) and these challenges can be handled by enhancing hope and optimism, confidence, and resilience through psychological interventions (Ryff, 1989; Seligman & Csikszentmihalyi, 2000). The present finding is in line with previous study findings in which positive emotions like, the feelings of amazement including awe, feeling fortunate, and feeling hopeful, appreciating others, sense of being thankful, feeling supported and validated (Budge et al., 2015), and making specific and positive changes in their lives resulted in increased resilience among transgenders (Singh et al., 2011). Higher self-regard, greater perceived social support, and a positive sense of personal mastery are associated with increased psychological resilience and positive mental health outcomes in transgender youth (Grossman et al., 2011). Transgenders developed positive emotions despite the struggles they faced, thereby improving their capacity for resilience (Bowling et al., 2019). Increasing positive emotion builds physical, intellectual, social, and psychological resources (Fredrickson et al., 2003). Hence, positive emotion expands the awareness of building coping skills among transgenders.

Engagement positively predicted resilience among transgenders in the present study. When people are engaged in things that they love, they lose track of time. This shows that they are living in the present moment and entirely focused on that particular task (The Wellbeing and Resilience Centre, n.d.). In addition, flow is achieved when there is a combination of a challenging task, practising new skills, and the opportunity to utilize those skills

(Csikszentmihalyi, 1997; Bowling et al., 2019). The present study finding shows that when someone is engaged in a work with a flow, it improves their resilience capacity to cope with the adversities. Individuals who engage themselves in whatever work they do have a positive effect on making conscious decisions, thereby developing mindfulness (Weinstein et al., 2009). Mindfulness increases the ability to manage difficult and complex challenges and it cultivates resilience (Keye & Pidgeon, 2014). An earlier research suggested that there is a link between mindfulness and flow encompassing the presence and attunement during occupational engagement (Reid, 2011). Likewise, understanding the connection between mindfulness and equanimity is important in developing resilience.

Mindfulness and equanimity are interlaced, equanimity is considered as an important aspect of personal development in Buddhism (Weber, 2020) just like mindfulness. Equanimity provides a balance in regulating the emotion of a person and it is identified as one of the elements of resilience (Lundman et al., 2007). Loh et al. (2014) examined the relationship between emotional regulation and resilience, and found that negative affect increased the level of depression but resilience mediated the positive affect thereby facilitating wellbeing. Individuals who are resilient experience high emotional recovery relative to other individuals (Waugh et al., 2008). Engagement involves being in a state of 'flow', i.e., being at present which is necessarily counter to rumination and anxiety. Rumination is linked to depression (Robinson & Alloy, 2003) and anxiety causing disintegrated attention with a decline in flow (Izard, 1977). Rumination causing depression and anxiety are counteracted by engaging in self-fulfilling tasks to make them experience the present moment (Lynn et al., 2010; Michl et al., 2013; Siegle, 2008). Therefore, flow results in engagement and staying at 'present' thereby enhancing the level of resilience and it can be vice versa. For instance, resilience tends to increase the level of work engagement in employees (Dai et al., 2019).

Engaging in tasks related to community and social activism tends to promote positive growth experience and social connection in LGBT (Lesbian Gay Bisexual Transgender) population (Almario et al., 2013). Embedding in a society of activist groups, standing up for oneself and others seem to be an important facet, and transgenders engaging in art had a proactive coping mechanism for addressing adversity (Bowling et al., 2019) which in turn enhances resilience. Transgenders also exhibit strengths, including personal growth experiences, a sense of altruism, and large-scale community engagement (Horne, 2014). Access to socially supportive networks, opportunities for community involvement, and group-specific health or social services improves resilience in LGBT population

(Davis et al., 2005) and connection with the community provides protection against unhealthy behaviours (Ramirez-Valles et al., 2010). Therefore, community involvement/connectedness which also is a form of engagement contribute resilience in transgenders.

Meaning positively predicted resilience in the present study. Finding meaning in life in the face of adversity and hardship facilitates the personal capacities of a person (Ryff, 2014). Meaning-making in Holocaust survivors depends on how they respond to the problems and difficulties followed by a negative event or trauma (Armour, 2010). The search for meaning in life is an intrinsic human quality and involves the interest and intention to belong or to serve things that are believed to be better than oneself (Seligman, 2012). The possible reason for the present finding could be the proximity that we get to be our 'true self', providing a source of meaning in our life (Schlegel et al., 2009). When confronted with a problem or hardship, experiencing a sense of purpose helps in focusing towards the important aspects of life (The Wellbeing and Resilience Centre, n.d.). Moreover, leading an authentic and trustworthy life also provides a meaning and direction in life (Budge et al., 2015; Sartre, 1956). The present finding is consistent with a qualitative study reporting that feeling alive, experiencing excitement, and pride indicates an authentic life in transgenders. Meaning in life improves resilience when a person becomes involved in a cause, spending time with loved ones, being passionate about one's work, reviewing their strengths, and applying them can end up in leading an authentic life. Meaning in life of transgenders allows them to live authentically and helps to maximize their potential by overcoming challenging situations and it also provides a clear vision about what they are and how much they are responsible for their actions. Meaning-making entails the retrospection of traumatic events and promotes resilience (Park, 2017). Meaning-making and resilience are associated with each other interpersonally and involves the process of understanding what has been lost, how to live the present, and what is needed for the future (Theron & Theron, 2014; Walsh, 2020). The majority of people who have a sustained meaning in life are able to overcome the adversities and trauma (Yang, 2020). As a result, meaning in life fosters resilience during adverse conditions or traumatic events.

Accomplishment positively predicted resilience in the present study. It is evident that people seek accomplishment even in the absence of positive emotion, engagement, and meaning (Seligman, 2002). This is because a sense of competence or achievement is considered as one of the key psychological needs, and it is observed that there are people called accumulators who want to win at all costs to feel satisfied and manage successfully to accumulate either money or prizes in their lives compared to the other elements of PERMA (Ryan

&Deci, 2000). Facilitating positive adaptation during difficulties are connected to individual attributes like, competence, mastery, self-determination, and positive future expectations which are responsible to achieve or accomplish goals for future (Masten, 2007; McAdams, 2006). Performance towards accomplishment or achievement leads to a high sense of self-efficacy (Lane, 2002). For instance, employees working towards accomplishing a task resulted in high self-efficacy which in turn developed the capacity of overcoming difficult situations (Wang et al., 2017). Self-efficacy is seen as an important and personal factor in facing challenges and promoting resilience (Ojo et al., 2021; Wang et al., 2017). Transgenders are largely directed by the goals they want to accomplish or attain in their lives (James, 1892), including navigating towards the opportunities available for them in the society. Recently, transgenders were encouraged to learn Silambam in order to motivate them and to give them a sense of achievement or accomplishment in spite of the difficulties and adversities they face in their life (Bharat ETV, 2021). Thus accomplishment improves the capacity of resilience in transgenders and serves as a crucial element of wellbeing.

Negative emotion negatively predicted resilience in the present study. Negative emotions have a negative impact on a person, resulting in sadness and a decrease in resilience (Anyan & Hjemdal, 2016; Guo et al., 2020). This shows that there is a substantial and consistent relation between negative emotion and resilience. Negative emotions tend to narrow the action, decrease the focus on self, and results in destructive or defensive behaviours producing a downward spiral effect in a person (Garland et al., 2010). Negative emotions like depression, anxiety, and shame increase vulnerability in transgenders. For instance, shame as a unique emotion has a connection with traumatic events and suicide which decreases the level of resilience (Giordano, 2018; Mathew et al., 2011). Loneliness, rejection, (Boza & Perry, 2014), negative self-esteem (Liu et al., 2014), and negative stereotypes (Aaron, 2015) tend to reduce the level of resilience in transgenders. Thus, the challenges posed by multiple stigmas require effective strategies to fight against stress and produce resilience-related benefits (Bowleg et al., 2003; Reed & Valenti, 2012). Thus, decrease in negative emotion fosters resilience promotes better psychological wellbeing.

Meaning positively predicted life satisfaction among transgenders in the present study. Personal values in a person are associated with a sense of purpose or meaning and those having a purpose in life live longer and have a higher level of life satisfaction with lesser health problems (Kashdan et al., 2009). The present study finding is in line with the results of an earlier study reporting that the presence of meaning in life and search for meaning in life is strongly correlated with perceived happiness resulting in better life satisfaction among transgenders (Sharma

et al., 2019). Social support is interconnected with the meaning in life of a person (Krause, 2007). Social support and a sense of meaning or purpose in life was found to contribute to health and wellbeing in a person (Ryff & Singer, 1998; Seligman, 2002). Support received from family and friends helps transsexuals find significance in their lives and also enhances wellbeing in transsexuals (Erich et al., 2008, 2010). Support from family and friends can help an individual lead a meaningful life because it provides authenticity and guidance and the space that is needed. Previous studies indicated that transgenders who felt their life meaningful were found to be more satisfied with their lives and less depressed (Wienstein & Cleanthous, 1996; Zika & Chamberlain, 1992). A search for meaning in life has frequently been understood as a response to frustrating and upsetting events (Thompson & Janigan, 1988). Transgenders reported a sense of satisfaction in challenging stereotypes, educating others, and serving a positive and effective role model for others because life meaning is related strongly to the positive dimensions of wellbeing than to the negative dimensions (Riggle et al., 2011; Yalom, 1980). Thus, meaning in life appears to be relevant to life satisfaction among transgenders.

It may be noted that relationship and health did not significantly predict resilience in the present study. This is due to the fact that many transgenders face extreme levels of discrimination, violence, and harassment resulting in poor mental and physical health (Fredriksen-Goldsen et al., 2014). Moreover, transgenders lack support from family, friends, and significant others due to gender stereotypical norms (Aaron, 2015). Facing discrimination in society and lack of social support reduces the level of resilience when confronted with difficult situations. Further, it is interesting to note that PERMA dimensions, other than meaning did not predict life satisfaction. This may be because positive emotion, engagement, relationship, and accomplishment are perceived as challenging factors for transgenders to experience it. Life satisfaction decreases when an individual fails to accomplish the goals because of any obstacles (Cole, 2008). Each of the five building blocks vary differently for different people deriving wellbeing. Flourishing life can be attained through different routes. The study finding on life satisfaction suggests that meaning is the route to flourishing life for transgenders, as it is emerged as single predictor of life satisfaction. Meaning in life increased life satisfaction even during COVID-19 pandemic (Karatas et al., 2021). Thus, it is plausible that dimensions of PERMA can have a major impact on coping with hardships and challenging situations, thereby influencing the level of life satisfaction.

Conclusion

Some transgenders exhibit many strengths even when they are confronted with difficult situations and adversities. Resilience in transwomen is seen as a

dynamic process that involves actively navigating towards the resources available in their context, and reflecting on their strengths. We examined factors of PERMA as an indicator of resilience and life satisfaction in this study. The results suggest that internal factors can promote positive adaptation and life satisfaction in transwomen by enabling them to overcome psychosocial distress. Positive emotion, engagement, meaning, accomplishment, and decrease in negative emotion contribute to resilience. The development of a meaningful and satisfying life is linked to life satisfaction among transwomen as may be seen in the present study. The findings of the present study highlight the importance of PERMA as protective factors that can be a powerful source of growth and transformation. Therefore, enhancing these protective factors ensure the pathway to resilience among transgenders.

Limitations

Transmen were not included in the study, and having a comparative cohort of transmen could provide better insight on transgenders indicating the critical differences and similarities in mechanism of positive adaptation in the two groups. Long-term follow-up assessments were not done in the present study which is essential for understanding their behaviour in different life events. The impact due to transgender's level of education, occupation, and income was not explored. This may be helpful in gaining insight on how their educational qualification and job are linked to the psychological outcomes. The dimensions like parental support, experience of oppression and resistance, transphobia, domestic violence, and societal rejection were not included in the scope of the present study. Including these factors could help in understanding if PERMA dimensions differentially contribute to positive adaptation in different contexts. The external resources like receiving special benefits from NGOs, social activists, and the government were not included in the present study. It may be necessary to understand how these benefits influence the life of transgenders in overcoming intrapersonal and interpersonal challenges and recognizing what they specifically want from society, thereby promoting resilience in them.

Implications

The findings of the present study provide important directions for future research. Steps should be taken to promote acceptance and to strengthen the civil rights of transgenders, ensuring their wellbeing. Future psychological research should further examine the role and impact of engagement among transgenders. Future research on transgenders must employ longitudinal methods and examine psychological and social issues relevant to resilience which can inform interventions to enhance resilience in them. Interventions for resilience enhancement should include the steps of flourishing, namely, increasing positive emotions, inculcating the

importance of engagement, enriching positive relationship, developing a meaningful life, and providing training on achievement skills. A focus on providing a therapeutic environment supporting the development of authenticity and congruency among transgenders is essential because leading a meaningful and purposeful life enriches resilience and life satisfaction. The empowerment programs for transgenders that aim at promoting resilience and life satisfaction through the development of positive emotions, educating about the importance of relationships and engagement, the aspects of leading a meaningful life, and achieving future goals can help them overcome the adversities and discrimination they face in the society. The development and testing of resilience-based interventions are of great importance among this population.

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