

## LUTA POR DIREITOS SOCIAIS E IDENTIDADE PELOS TRANSGÊNEROS

### *STRUGGLE FOR SOCIAL RIGHTS AND IDENTITY BY THE TRANSGENDERS*

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## RESUMO

Os direitos sociais frente às diversidades sexuais existentes são temas necessários a serem analisados, uma vez que a sexualidade, de um modo geral, sempre foi alvo de debates, no que se refere a compreensão dos gêneros masculino e feminino, bem como as variações de identidade sexual ligadas aos transgêneros e toda a comunidade LGBT mediante seus papéis distintos e pré-estabelecidos socioculturalmente. O objetivo deste estudo é analisar as dificuldades enfrentadas pelos transgêneros em sua busca pela identidade e direitos sociais. A metodologia utilizada foi um estudo de revisão integrativa. Os resultados demonstraram que os grupos LGBTs são vítimas de discriminação, intolerância e violência físicas e psicossociais. Todavia, para elucidar a temática vigente, políticas públicas devem ser melhoradas e novas devem ser implementadas para erradicar problemas de desigualdades ligados às diferentes orientações sexuais.

**Descritores:** LGBT, Pessoas Transgênero, Políticas públicas.

## ABSTRACT

Social rights against existing sexual diversities are necessary subjects to be analyzed, since sexuality, in general, has always been the subject of debates, regarding the understanding of masculine and feminine genders, as well as variations of sexual identity linked to transgender and the entire LGBT community through their distinct roles and socio-culturally pre-established. The objective of this study is to analyze the difficulties faced by transgenders in their search for identity and social rights. The methodology used was an integrative review study. The results showed that LGBT groups are victims of physical and psychosocial discrimination, intolerance and violence. However, to elucidate the current issue, public policies must be improved and new ones must be implemented to eradicate problems of inequalities linked to different sexual orientations.

**Descriptors:** LGBT, Transgender People, Public policy.

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## INTRODUCTION

The pre-established standards by society about sexuality are responsible for significant emerging debates about gender identity and sexual orientation, since both expressions, despite being similar, denote distinct etymological senses, where one is defined by sexual desires, whether they be by persons of the opposite sex or not; the other, however, configures itself as each one fits, according to the existing standards. Among the exposed, arises the term trans- to designate those not classified in any of the realities practiced. Concluding that transgender people are individuals who are not satisfied with the biological sex of their birth.<sup>1</sup>

The male and female persons, since remote times, denote the normal sexual standard, culminating with the sovereignty of heterosexuality in sociocultural behavior, where the man was always the be higher, while the woman plays a role below, standing on the sidelines of decisions and/or functions of weight. This pattern of inequality reveals through studies that the term gender was employed for the first time to designate biologically both genders at birth, regardless of the influences of the middle inserted to each person.<sup>2</sup>

In the course of historic times have been emphasizing new manifestations related to sexuality, appearing more diversified groups possible, such as transsexuals, transvestites, the transgendered people and homosexuals; in parallel to this, many communities have put themselves in a position of aversion to these practices, emerging then, homophobia, behavior that came to prominence and gain space, making it infeasible a dignified life for these individuals which has its trajectory marked by cruelty, by the history of neglect and the lack of public policies that sustain them.<sup>3</sup>

In the construction of sexual identity of transgender people, there is much to be argued to be a considerable diversity of behaviors and relationships, among which the thematic issue addresses; because such individuals are taken daily to rise their history of life marked by a process of unceasing quest for dignity and normality, which, for the great majority, is seen as abnormal behavior and wrong.<sup>4</sup>

In current time, the struggle for the conquest of a place in the world, a position of respect within this overwhelming society, is something valid and perfectly feasible, due to the fact that transgender people live at the mercy of so cruel physical and psychosocial violation, even there are advances which guarantee constitutional and legal protection conquered by organized groups which represent the class (LGBT).<sup>1,3</sup>

Thus, in accordance with the lack of knowledge about the content, arises the question: What are the attitudes to be taken forward gender inequalities in order to ensure equal rights? For such questioning, facing the real possibilities of security for the transgendered people, laws can be created, public policies can be implemented, work for clarification can be drawn up and an ethical approach needs to be adopted by each one, when it comes to dealing with differences, whatever they are.

What has already been achieved and also on what needs to be achieved to ensure the identity and rights to LGBT groups, it is understood that new knowledge in the academic

area must be developed in order to further information about intolerance suffered by the sexual orientation of each individual. Thus, studies which address the theme, become indispensable for the community as a whole, facing the struggles of the current classes of transgender people. From the lack for greater knowledge in respect of the struggles of the LGBT class, the project was drawn up with the aim to analyze the difficulties in search of the identity of these groups and guarantees that they are permeated by Human Rights.<sup>4</sup>

## METHOD

It is an integrative review of the literature<sup>5</sup>, held in October and November 2018 and updated in the month of April 2019, following its drawing in six stages: Formation of the research question; search in the literature; categorization of studies; assessment of studies included; interpretation of results; and synthesis of knowledge.

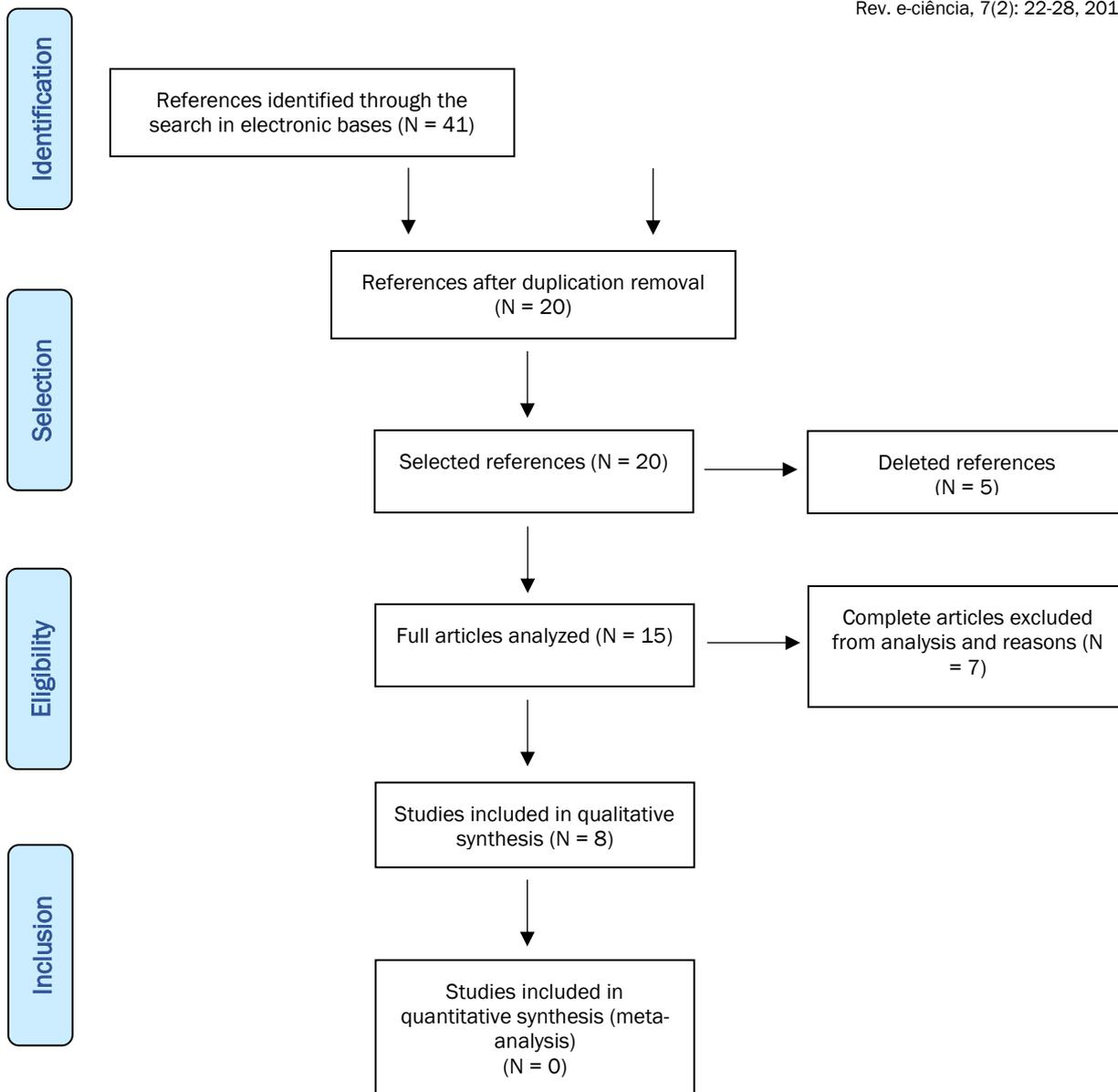
For the search of articles, we used the following databases: Scientific Electronic Library Online (SCIELO); Medical Literature Analysis and Retrieval System Online (MEDLINE) and the Latin American and Caribbean Literature in Health Sciences (LILACS), using the descriptors in DeCS - Health Sciences Descriptors - there were used sexual minorities and gender, transgender people and public policies. With the use of the Boolean operator AND; and there was used the tool Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA)<sup>6</sup>, to show more explicitly the search and selection of studies, as in the following figure.

The inclusion criteria were established at the beginning of the research, when the theme was defined to study: we chose to include studies in the period from 2013 to 2019, by presenting results more updated about the theme. In the eligibility there were included original articles, published in Portuguese, English and Spanish; and excluded studies which were repeated between the researched databases, inconclusive studies or studies those identified decontextualization in relation to the struggle for social rights and identity of transgender people.

The data were collected and organized by means of tools built for this purpose, following the methodological recommendations of this kind of research, covering the following items: identification of the original article, methodological characteristics of the study, evaluation of methodological rigor and evaluation of results found.

The results are presented in descriptive form, shown through tables and figures, aiming to capture the evidence of the difficulties coped by transgender people in their search for identity and social rights.

**Figure 1:** Study selection flowchart. Juazeiro do Norte, CE, Brazil, 2019.



## RESULTS AND DISCUSSIONS

From the selected articles, there was developed a table containing the name of the authors, year of publication, title, in

which journals were published articles and a simple abstract of articles read.

	Title	Reference	Journal	Objective	Result
1	Transexuality and Transgender: a bioethical perspective.	7	Journal of Bioethics and Law	The main objective of the article is to analyze the issues that the medical and legal class has practiced in classifying transsexuality as a disease or anomaly, thus generating the doubt of understanding what they are based on to attribute this diagnosis, in order to generate respect to gender.	This article addresses the forms of binary gender classification of man/woman, by health professionals who do not take into account more complex issues, ranging from gender to anatomy and where this individual fit into society, thus generating an identity disorder.
2	The term Gender and its Contextualization	8	Diagnosis Treatment	Nowadays, scholars of the subject question: is the term gender dissociated from biological sex? Are there two types of genders, male and female, only? Is gender associated with environmental factors or not? Is gender an individual feature? Is it part of the body? Is it essential to classify the individual in some gender? Do the experiences gained throughout our development interfere in the acquisition of gender identity?	The study asks about the importance or not of an individual adapting to some gender, also shows us the existing sexual differences which modifies the thinking about gender.
3	Transgender women and the transsexualizing process: experiences of subjection, suffering and pleasure in body adequacy	9	Nursing Journal from the State of Rio Grande do Sul	This article aimed to investigate the stages of the process of modification of the body of transgender women.	The study shows that in addition to the diagnosis of transsexuality there are a number of processes involving; hormone therapies, behavioral experience in society and finally a complicated sex change surgery, so it felt appropriate to their gender identity and the idealized female body.

10	Situations of violence against transvestites and transsexuals in a municipality in northeastern Brazil.	10	Nursing Journal from the State of Rio Grande do Sul	The main objective of this article is to show the social behavioral relationship of human interactions and organizations with cases of violence suffered by transsexuals and transvestites.	The result showed the different types of violence suffered by transvestites and transsexuals that are; verbal, psychological and physical at any time and in the most diverse environments, being their main aggressors, family members, and close people and health agents.
11	Difficulties experienced by trans people in access to the Unified Health System	11	Science & Collective Health	The objective of this study was to discuss the difficulties of trans people living in the metropolitan region of Grande Vitória/ES in accessing health services in the SUS.	The study concluded that it is necessary to change the way it diagnoses since the presence of an existing change is not mandatory for the use of the SUS. It also highlights the importance of proposals for the right to access health without discrimination.
12	Genres - non-Binary, Identities, Expressions and Education.	12	Journal reflection and action.	The main objective of this study is to present a theoretical essay on the non-binary construction of genders, in which we highlight the educational process as privileged for the socialization of adolescents, young people and adults, or for maintenance or for construction meanings that permeate identities.	We can verify that there is a lack of expressiveness with regard to gender, as well as the want of students who seek to overcome this barrier of fear that is imposed by schools influenced by society.

13	Gender dysphoria in adult transsexual individuals: clinical and epidemiological aspects	13	Diagnosis and Treatment	The Diagnostic and Statistical Manual of Mental Disorders, the 5 <sup>th</sup> edition of the American Psychiatric Association (APA), clarifies that transgender individuals are the one who does not identify with their birth sex and who seeks to adapt, or went through an adequacy for the gender with which it is identified, which, in several, but not in all cases, involves somatic transition by hormone treatment and genital surgery.	The study shows that regardless of transgender growth, scientific knowledge is still limited with no indication that the environment in which they live has an influence on gender determination, however they study the areas of the brain where there are variations hormones before birth.
14	What do trans people expect from the Unified Health System?	14	Journal Communication Health Education	The aim of this study is to seek suggestions to change the current reality within the Scope of the SUS towards trans users, which today is prejudiced, in addition to several obstacles in the time of dialogue with professionals thus hindering ways to ensure access to health.	This article shows the search for reinindications of the trans population for its similitude, where their body is its identity, in an attempt to show that the process of linguistic changes is as important as physical metamorphosis. Consequently disdain this transition can generate prejudice and distinction in access to health services the trans population.

Source: Database LILACS, MEDLINE, SCIELO, VHL, 2018.

From the articles read and exposed, the studies were divided into two categories, as follows in table 2. absence of standardized operating procedures and lack of training of personnel training.

CHART 2 – Categories of type of study, Brazil, 2018.

CATEGORIES ARTICLES	
Treatment of health professionals towards transgender people	7,11,12,14
Difficulties in gender adequacy	8,9,10,13

Source: Database LILACS, MEDLINE, SCIELO, VHL, 2018.

**CATEGORIES**

**Treatment of health professionals to the transgender**

In relation to the treatments to be offered to the transgendered people, it is essential to the understanding of issues of collective and individual to each one, where the health professionals need to have knowledge about the needs are targeted, besides that there are also those which are common to all. The ideal would be multidisciplinary teams prepared for the clinical care in several areas of difficulties faced by trans-

in order to help them cope with their anxieties and fears for an optimal adaptation to their own sexuality.<sup>15</sup>

Despite the LGBT-themed area in ascension by public policies, there is still much to review about the prejudice suffered by the movement, in the context of that attention given by professionals, who are precisely those that most discriminate when in fact they should give support and attention, as well as the method used for clinical evaluation, which should be innovative, with the potential to transform the person, being truly a treatment, which should guide him in his transition of personality, thus contributing to his formation of personality.<sup>16</sup>

**Difficulty in the gender adequacy**

For an adequacy of trans- groups to which they believe feel, many are the impasses faced by them, since the recognition of themselves as a social, cultural and biological being, even the acceptance and understanding of the society in which he is inserted. Such a society; however, does not accept, and the same needs to be prepared and supported psychologically for strenuous confrontations of rejection and exclusion.<sup>17</sup>

The fact of having to adapt to what we often see, but do not feel, can lead to personal conflicts and intimate for

transgender people, where there are few reports of mental problems arising. This demonstrates the need for a thorough monitoring and support to reach the understanding of their desires of identification when connecting to sexuality.<sup>17</sup>

According to Fuentes (2018), there is increasing demand for children by professionals pediatricians with a large index of mental health compromised because they do not understand their way of thinking which does not relate to the body that inhabits, by immaturity, they end up getting depressive disorder and end up attacking psychologically, therefore he suggests the help of a team that will act in the best possible way interceding for that child passes through the stage of puberty understanding that preexisting inadequacy will really persists in adolescence or youth, and that the problems encountered today is in the population, who are phobic (LGBT). In future studies it is likely that the more rigorous monitoring is not to be errors in a later customer service quality.<sup>18</sup>

## FINAL CONSIDERATIONS

The theme addressed gender identity refers to the experience of transgender people who have a gender identity that is different from the sex to which they have been referred to in the act of birth, these trans people can have any sexual orientation heterosexual, homosexual, bisexual and asexual, some of them do not satisfied with the appearance undergo the surgery of resignation of gender or hormone therapy, cannot fail to speak of violence, discrimination and violation of rights suffered by them, whether in health care, education, work and family.

This theme is quite evident today and it is very important to be discussed, because it is necessary to explanation about the rights of transgender people the narrowness to recognize their identity as also speak of the dark side that many times is not exposed by shame or fear. It is also necessary that there are policies that forbid discrimination based on gender identity, ensuring access to health portion and universal policies, protection of children and young trans discrimination, but also empower health care professionals about the treatment and respect the person trans.

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