



# Exploring Dilemmas in British Transgender Groups

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**Abstract.** Although the UK is acceptable for transgender groups. But the transgender community still faces many challenges. This paper's research question is to explore the dilemmas of transgender groups in the UK. Today, transgender groups still face a lot of discrimination and unfair treatment. This paper's purpose is to help people better understand transgender people, eliminate discrimination, and help transgender people be treated more fairly. In order to understand Brits' attitudes towards transgender people, and the challenges transgender people face, this paper collected 10 articles on Google Scholar. Now, the difficulties faced by transgender groups are mainly in medical treatment, employment, psychology, and marriage.

**Keywords:** Transgender people · Dilemmas · Physical problems · Employment

## 1 Introduction

For minorities, discrimination is a problem they all face. But in the UK, according to the survey, the transgender group has a good public opinion environment.

A study from Ipsos shows that 70% of Britons believe transgender people are facing discrimination like Table 1. But most people can still accept transgender people around them. From this survey icon, it can be found that people feel comfortable with trans people in most situations. People don't mind being friends with trans people 56% of people feel comfortable with trans people being their friends, even close friends. Brits are actually quite receptive to trans people in other contexts as well. Britons are also highly receptive to people who have close friends or family and trans people around them, and that trans people become presidents. Both of these things, the British have the vast majority of people are comfortable with [1].

At the same time, the British are willing to recognise the identity of the transgender community. Many people can accept transgender groups using public facilities that match their identity. The data for Table 2 is from Ipsos, and the data for the Table 3 is from Yougov. Both surveys looked at whether British support trans people using

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**Table 1.** How comfortable UK people stay with trans people

How comfortable would you be	Comfortable %	Neither %	Not comfortable %
If a close relative or friend was transgender	56	26	16
If a close relative or friend was in a romantic relationship/partnership with a transgender person	52	26	18
If your GP was transgender	51	27	22
With a future Prime Minister who was transgender	47	32	21

**Table 2.** Are you support trans people using facilities that match their gender identity?

Support for transgender people using facilities that match their gender identity	Agreee %	Neither %	Disagree %
Among all	38	37	25
Among baby bommer	26	43	31
Among Gen x	35	40	25
Among millennials	50	28	22
Among Gen Z	51	32	17

public facilities that match their identity. Overall, there are slightly more people who support transgender people, and 38% support that transgender people can use public facilities that match their identity. Next, looking at each age group separately, Genz and millennials are most receptive to this. The support rate has reached half of the total. But as the age increases, the support rate gradually declines. Gen x and baby boomers are less likely to accept this, with only 35 and 26%, respectively, willing to accept Support for transgender people using facilities that match their gender identity. Most people in both groups are still reluctant to accept this. The second set of data does not based on age but asks some more specific questions. It can be found that people support trans women using public facilities that match their identity, such as public toilets and changing rooms and so on. They have 46 and 42% of supporters, respectively. Finally, the survey asked questions about safety, asking whether trans women's access to these public facilities poses a threat to women. On this issue, people with relative views are about the same. Thirty-eight percent thought it would not pose a threat, while 32% thought it would pose a threat. The number of supporters of these two views is similar. But in general, there is support for trans women using women's public facilities [2].

Although people are willing to accept that they have transgender friends and so on. But from Table 4, it can be found that Britons do not support transgender people participating in games that correspond to their identity, as society as a whole. Transgender women in particular, in general, 55% do not support transgender women participating in

**Table 3.** Are you support the right of trans women to use female-only facilities?

Britons tend to support the right of transgender women to use female-only facilities	Allow %	Should not allow %
Trans use women's changing room	42	34
Trans use women's toilets	46	30
Trans use women's refuges for victims of rape or assault	47	26

**Table 4.** Should allow transgender men/women to participate in men/women's sporting events

Should allow transgender men/women participate in men/women's sporting events	General population agree %	General population disagree %	Men's agree %	Men's disagree %	Women agree %	Women disagree %
Trans men	31	44	26	54	37	35
Trans women	20	55	16	63	25	47

sports with their corresponding identities. 63% of men did not support it, while 47% of women opposed it. The same goes for trans men, in general, with 44% disapproving of it. 54% of the men disagreed with the matter. But among women's choice, the supporters of the two items are similar, and the supporters are slightly more, with 37% of the people supporting it. But in general, people are not supportive of transgender people participating in the sporting event of their corresponding identities [3, 4].

The research topic is the dilemmas in British transgender groups. The significance of the research is to help transgender people in the UK have a better quality of life and be treated more equitably. We searched with the keyword "difficulties encountered by deformed groups", and a total of 10 articles were included in the analysis scope of this article.

## 2 Problems and Solutions for Transgender People

With the development of the social economy, compared with the past, the living conditions of transgender have been greatly improved. Whether in medical education or daily life. However, it is undeniable that due to the limitations of the transgender themselves, they are obviously in a vulnerable group in terms of medical treatment, employment, psychology, marriage, and economy [5].

### 2.1 Transgender Groups Face Difficulties in Seeking Medical Treatment

In terms of medical surgery, a person must apply to the local public security department before performing the sex-change operation, and the gender on the ID card can be

changed only after the public security department records and agrees. In addition, this person must live openly for several years with psychological gender before an operation, have no criminal record, be over 20 years old, and cannot be in marital status. He must also have received a considerable amount of treatment and been ineffective. The person must also inform immediate family members of the plan for sex-change surgery [6].

## **2.2 Transgender Groups Face Difficulties in Employment**

Transgender people also face several common problems when it comes to finding a job. First of all, if a person works in a state-owned enterprise and changes sex during his tenure, he is very likely to lose his job. Moreover, if a trans person goes looking for a job, like that kind of state-owned enterprise. When interviewers look at their personal information, transgender people may not be their first choice. Third, if transgender people find a job, they may also be bullied and ridiculed when they enter the company, which has a great psychological impact on them [7].

## **2.3 Transgender Groups Face Psychological Problems**

The definition of homosexuality in the new diagnostic criteria is very detailed. Homosexual sexual activities are not necessarily psychological abnormalities. Therefore, homosexuality is no longer classified as morbid. Homosexuals are not mental patients, and China's judicial psychiatry does not include homosexuality. Homosexuality has always been regarded as a personality disorder. In the past, homosexuality was classified as sexual perversion. It is generally considered a psychosexual disorder now. It is social progress to stop seeing homosexuality as a pathological mentality [8].

## **2.4 Transgender People Are Influenced by Other People's Opinion**

Transgender people also greatly influence by other people's perspective. According to an article on International Journal of Transgenderism, many transgender people needed mental cartoon due to the stigma from society. Since transgender can be divided into two categories, ones have the medical survey and take in some sexual hormone and the other don't do the surgery, just spiritually think their gender different with their sex. In this way, transgender people also need physical treatment to help them.

Gender dysphoria refers to when people have difference on their born sex and social gender. These people may feel anxious about it. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) seen it's a mental disease and should have medial treatment. This may be a reason for transgender people to change their gender through surgery and mentally. Gender dysphoria people yearn to have genitals and hate their second sexual organ like breast and sound.

Gender dysphoria can lead to some other mental disorder, and influence people on many aspect in daily life. People developed ender dysphoria may have difficulties at school since they have to ware given school uniform. This can be harmful toothier relationship and lead to drop out of school.

The first common reaction of transgender people to other people's negative opinion is to hide their gender identity or their surgery experience. The national LGBT survey

found similar result, almost 67% transgender people tend to avoid being open about their gender identity due the negative comments [9]. Stigmatized is the main cause mental disease of transgender people. Comparing to other people, transgender is more likely have limited medical resources, rent inequality, working discrimination. Many people seen transgender people as deviant and a represent of broken social norm. Transgender people who end up as female relieve more stigma as a result of gender inequality.

Transgender people also receive negative impact on social and communication aspect. When transgender people develop visual feature more likely to have stigma and more serious health situation. Furthermore, sexual deviance can make offenders be more aggressive and anxious. According to 18 anti-LGBT or HIV-related homicides in 2013, 72% victims is transgender female, 67% is ethnic minority female transgenders [10]. This demonstrate that the stigma on female transgenders often consist with other factor, like race, gender and income when comes to transgender stigma.

Harassment at medical place also influence the transgenders rate on health treatment. 23% transgenders reticence sexual harassment at medical place. This may due to the lack of treatment to the medical people, which brings unsettlement and anxiety to patients. The medical treatment focus on suicide interaction and education of the fear.

### 3 Conclusion

The aim of the study is to help more minorities, not just transgender groups, so that they can get more and more equitable treatment and no longer receive discrimination. Moreover, researchers also focus on how transgender influence by other people's opinion. And the dilemma they faced at workplace and public facilities.

In the future, if anyone is willing to do research, they can start with these minority people, for example, do some interviews, and so on. Because research mainly use data searched online, some people may not really think the same as these data. The help these surveys will also be enormous for minorities.

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