CHAPTER 8
SUMMARY

The aim of the present study was to compare gays, bisexuals and heterosexuals on IHP, anxiety, self esteem, well being, sexual relations (with subcategories, viz. exchange sexual relationship and communal sexual relationship), depression, negative affect and coping strategies (with eight subcategories, viz. confrontive coping, distance coping, self controlling coping, seeking social support coping, accepting responsibility coping, escape avoidance coping, planful problem solving coping and positive reappraisal coping).

An attempt was made to study significant predictors of self esteem, well being and coping in gays, bisexuals and heterosexuals. In other words, role of IHP, anxiety, sexual relation, depression and negative affect as predictor of self esteem, well being and coping in gays, bisexuals and heterosexuals was studied.

Besides, the study also carried out correlation analysis to examine the relationships between the variables for the overall sample of gays, bisexuals and heterosexuals.

For the purpose of investigation total sample of 150 subjects (gays-50, bisexual-50, heterosexual-50) was taken from middle socio-economic status. The age range of the sample was 20-30 years. The participants were contacted personally and the scales were given individually to each of the participants. They were assured that the information they give about themselves would be kept confidential and used for research purposes only. The scales used for the study were PGI Well Being Scale, Aatam Mulyankan Prashanavali, Ways of Coping Questionare, Self Esteem Scale, Sexual Relationship Scale, Internalized Homophobia Scale, Positive Affect and Negative Affect Schedule, Self Rating Depression Scale.

Appropriate statistical analysis was applied on the raw data to test the hypothesis formulated. One way anova, correlation analysis and stepwise multiple regression analysis was applied. One of the primary objective of the study was to compare gays, bisexuals and heterosexuals on IHP, anxiety, self esteem, well being, sexual relations (with subcategories, viz. exchange sexual relationship and communal sexual relationship), depression, negative affect and coping strategies (with eight subcategories, viz. confrontive coping, distance coping, self controlling coping, seeking social support coping, accepting responsibility coping, escape
avoidance coping, planful problem solving coping and positive reappraisal coping). Correlation analysis was done to study the inter relationship of internalized homophobia, sexual relation (with subcategories, viz. exchange sexual relationship and communal sexual relationship), self esteem, well being, negative affect, depression, anxiety and coping (with eight subcategories, viz. confrontive coping, distance coping, self controlling coping, seeking social support coping, accepting responsibility coping, escape avoidance coping, planful problem solving coping and positive reappraisal coping) on the sample of gays, bisexuals and heterosexuals. Step wise multiple regression equations were applied to delineate the significant predictors of self esteem, well being and coping (with eight subcategories, viz. confrontive coping, distance coping, self controlling coping, seeking social support coping, accepting responsibility coping, escape avoidance coping, planful problem solving coping and positive reappraisal coping) in gays, bisexuals and heterosexuals, respectively.

Different analysis revealed the following results:

1. Heterosexuals were highest in IHP (internalized homophobia) and negative affect as compared to gays and bisexuals.
2. Gays reported more IHP and negative affect than bisexuals.
3. Gays and bisexuals reported low well being than heterosexuals.
4. Gays used more coping total as compared to bisexuals and heterosexuals.
5. Gays were high on confrontive coping as compared to bisexuals and heterosexuals.
6. Gays used more positive reappraisal as compared to bisexuals and heterosexuals.
7. Communal sexual relationship was positively correlated with internalized homophobia and distance coping in gays.
8. In gays self esteem was positively correlated with distance coping.
9. In bisexuals communal sexual relationship was positively correlated with planful problem solving.
10. In bisexuals internalized homophobia was positively correlated with negative affect and confrontive coping.
11. Negative affect was positively correlated with depression, confrontive coping and self controlling in bisexuals.

12. Self esteem was positively correlated with well being and negatively correlated with accepting responsibility in heterosexuals.

13. Anxiety was negatively correlated with well being in bisexuals.

14. In bisexuals self esteem was negatively correlated with self controlling.

15. In heterosexuals exchange sexual relationship was negatively correlated with depression and communal sexual relationship was negatively correlated with self esteem.

16. Internalized homophobia was negatively correlated with anxiety, depression and escape avoidance coping while it was positively correlated with self esteem and well being in heterosexuals.

17. In heterosexuals anxiety was negatively correlated with self esteem and well being; positively correlated with depression and accepting responsibility coping.

18. In heterosexuals depression was negatively correlated with confrontive coping and positive reappraisal.

19. Both sexual relationship total and communal sexual relationship emerged as significant predictor of distance coping in Gays.

20. Negative affect predicted coping total and self controlling coping (results were same when sexual relationship total and sexual relationship subscales were used) in bisexuals.

21. In bisexuals internalized homophobia predicted confrontive coping (results were same when sexual relationship total and sexual relationship subscales were used).

22. Communal sexual relationship predicted planful problem solving (prediction emerged with sexual relationship subscales only) in bisexuals.

23. Anxiety predicted well being (results were same when sexual relationship total and sexual relationship subscales were used) in bisexuals.

24. In heterosexuals depression predicted confrontive coping and positive reappraisal coping (results were same when sexual relationship total and sexual relationship subscales were used).
25. Internalized homophobia predicted escape avoidance coping and self esteem (results were same when sexual relationship total and sexual relationship subscales were used) in heterosexuals.

26. Anxiety predicted accepting responsibility coping and well being (results were same when sexual relationship total and sexual relationship subscales were used) in heterosexuals.

27. In heterosexuals sexual relationship total and communal sexual relationship predicted self esteem (prediction emerged only in case of sexual relationship total).

To conclude, it can be said that the findings of the present study, will throw light on the plight of MTH community. It has also been observed that society’s anti GLBT attitude affect their sense of self, relationships, sense of community, physical and mental wellbeing. This study may sensitize people’s attitude towards GLBT and might also motivate them to recognize their right of equality, dignity and respect. Further researches in this area will help to develop better insight about GLBT and will also help in better understanding of homosexuality.