



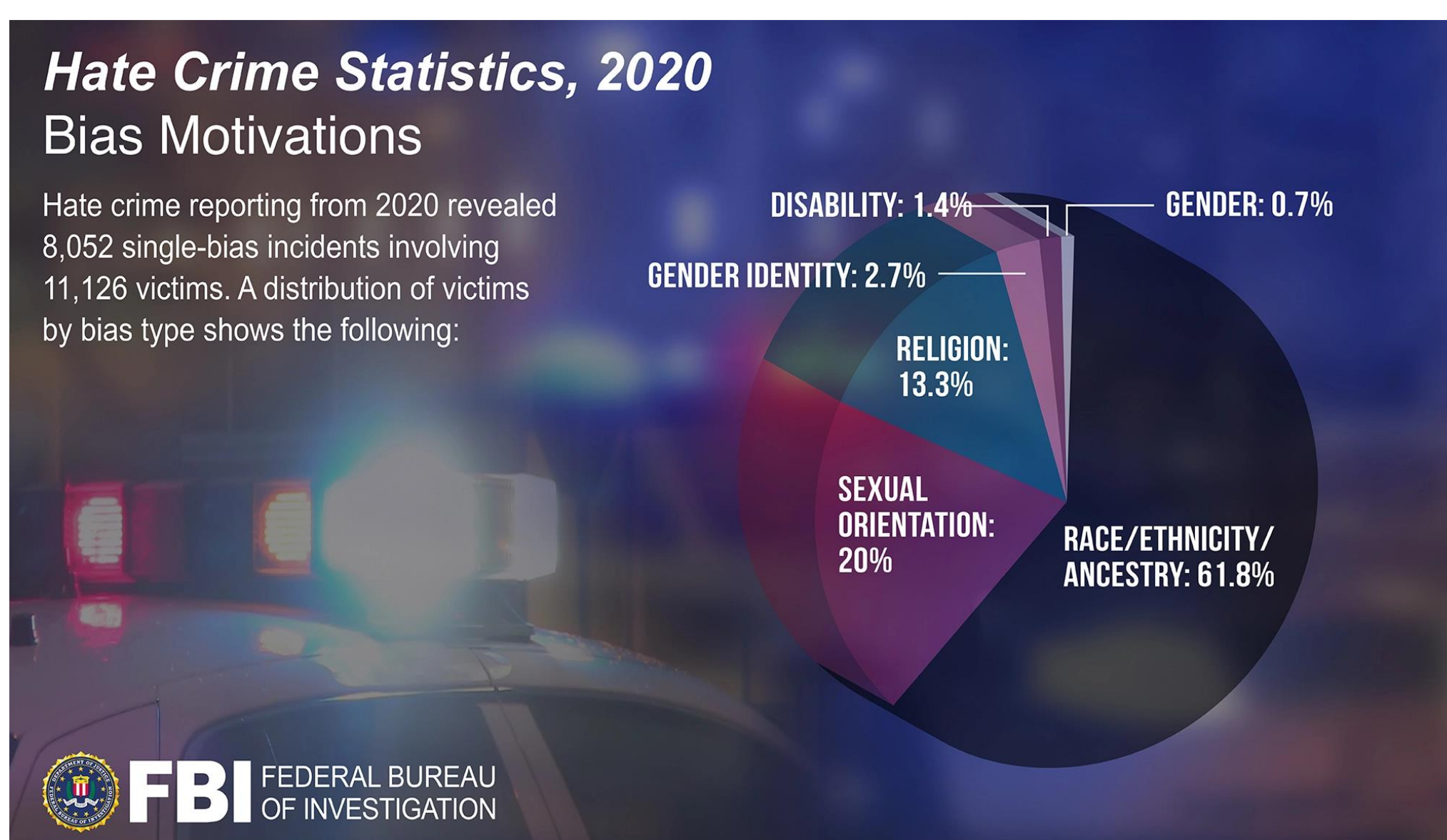
Gender Identity & Perception of Happiness

Victoria Miller* Dr. Lynn Geurin
Caudill College of Arts, Humanities, and Social Sciences
Social Work Program



Introduction

- Individuals often identify themselves in the context of gender as fluid rather than a binary view of masculine or feminine.
- Statistics show that approximately 1.2 million people in the United States identify their gender as nonbinary (Wilson & Meyer, 2021).
- Previous studies on gender and outcomes frequently focus on gender as a binary concept.
- Many gender minorities find their gender identity creates barriers to gaining support systems, e.g., successful careers, living a life free from judgement, harassment, and discrimination (Hafi & Uvais, 2020).
- More than 50% of trans and non-binary youth in the U.S. considered suicide in the past year. (Trevor Project, 2022).
- Gender minority individuals encounter distinct issues that may affect the way they live or behave, with 2.4% of hate crimes occurring because of gender identity (Federal Bureau of Investigation, 2020).



The purpose of this study was to examine the relationship between gender identity and perception of happiness. Researchers examined the topic of gender identity and overall happiness based on a fluid or nonbinary perception of gender

Methods

- This quantitative study, surveyed more than ninety people (n=94) about gender identity and happiness in SWK 451 Data Analysis for the Social Sciences.
- A Gender Self-Perception Scale (Kasabian, 2015) was used to measure information about gender identity and a Perception of Happiness Scale (Baucells & Sarin, 2012) was used to measure happiness.
- An online survey was posted to social media for a period of one week.
- Participants were provided with a statement of confidentiality and informed consent (IRB Protocol Number: 22-03-73).
- The data was analyzed using the Statistical Package for the Social Sciences.

Measurements Adapted from the Gender Perception Scale and Happiness Questionnaire

Gender Self-Perception Scale:

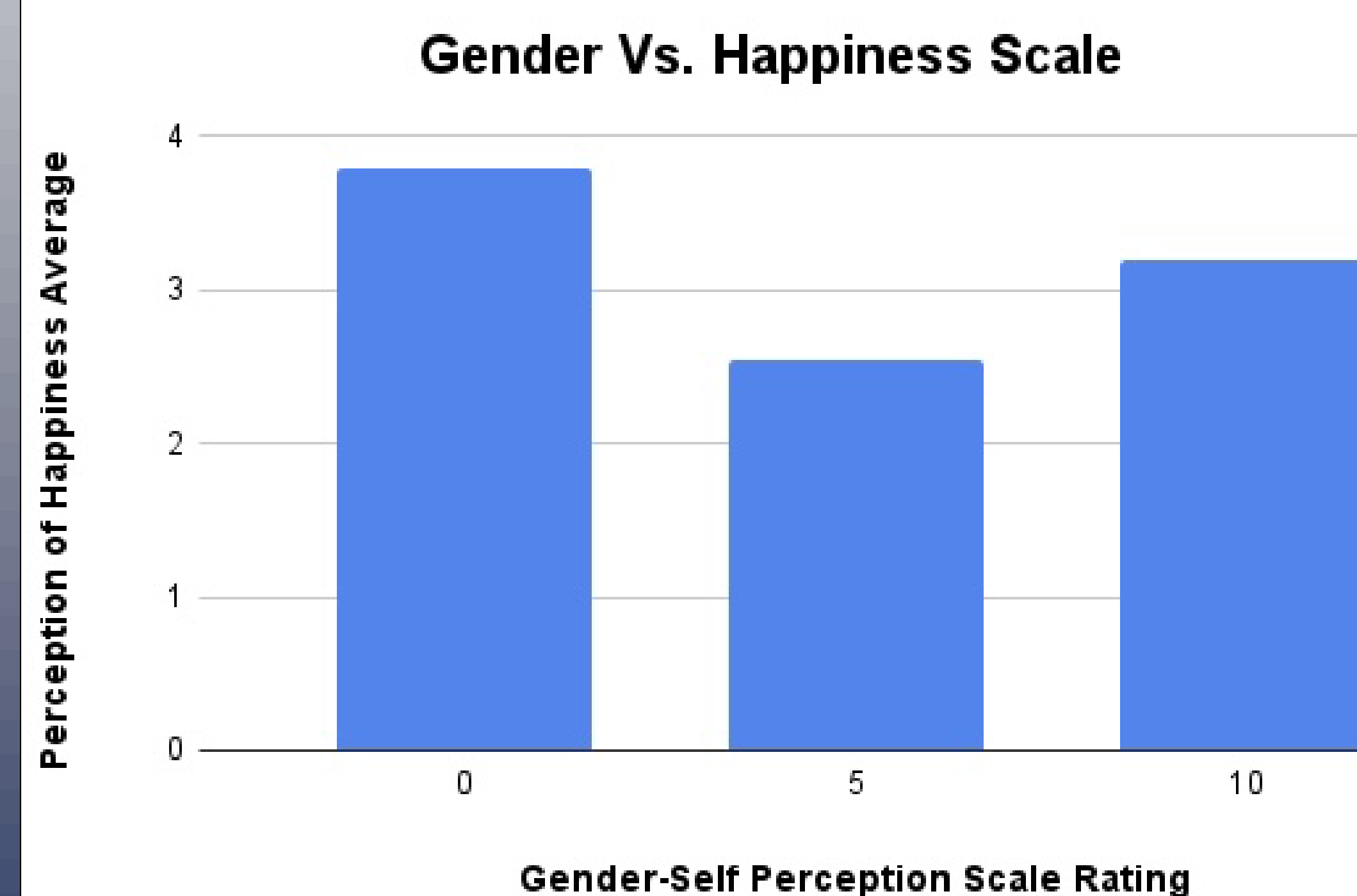
1. Where do you think you land on the scale?
2. Where do you think our societies' ideal man lands on the scale?
3. Where do you think our societies' ideal woman lands on the scale?
4. Where do you think your spouse or partner lands on the scale (if applicable)?

Happiness Questionnaire:

1. In most ways my life is close to ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far, I have gotten the important things I want in life.
5. If I could live my life over I would change almost nothing.

Results

- More than 1/3 (36%) of respondents were LGBTQ+
- The average age of respondents was 23-years-old.
- Findings suggest the closer an individual fits to either side of the gender binary scale, the higher their perception of happiness.
- When comparing where respondents feel they fit on the Gender Self-Perception Scale, the individuals at 0, or the most feminine, have the highest average (M = 3.8) on the scale for happiness.
- The individuals that placed themselves at 5 on the Gender Self-Perception Scale, or in the mid-range of the scale, had the lowest average score (M = 2.75) in relation to happiness.
- Individuals that placed themselves at 10 on the Gender Self-Perception Scale as masculine went back up in averages on perceptions of happiness (M= 3.2).
- Individuals who do not fit into a gender binary category report being less happy than their counterparts who fit into the gender binary.



Conclusions

Implications for future research:

- More research comparing men, women, and people who fit neither of these identities.
- Results encourage future research be conducted to study within the framework of gender fluidity instead of exclusively within the gender binary.
- Further research that tests significance models on mediating variables or outcomes on barriers to education and support systems.

Limitations of the study:

- The lack of prior research on gender identities. When doing research on this topic, it was difficult to find information that would inform and guide the research question.
- In sampling, lack of diversity in age and ethnicity and convenience methods used.

Implications for Practice:

- The research findings generates more dialogue about gender identity.
- Findings create more understanding for social workers and other helping professionals to effectively work with diverse groups of people and gender minority individuals.
- Providing community-level and school programs in diversity, equity, and inclusion.

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