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## Upliftment of transgender community through Maslow's hierarchy of needs theory

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### Abstract

Transgender people are the marginal group in the society. They suffer from the lack of continuity in their identity, lack of self-esteems, unwanted disturbance and struggles for basic human rights. This article focuses on relationships of Maslow's hierarchy of needs with the review of literature and empowerment of transgender community through different govt. welfare schemes for their upliftment. This article uses the secondary data, different social welfare scheme for transgender to explore the sociological perspective after the landmark judgment of Supreme Court of India in 2014.

**Keywords:** Transgender, Maslow's hierarchy of needs

### Introduction

Transgender have more than 4,000 years of history. In Indian mythology there is an interesting mention about transgender in a version of Ramayana, Mahabharat and Bhagavata Purana. In the Mughal period the transgender were in high position and they were political advisor, administrators, appointment as officers, judges, teachers, governors, and also military officers on the basis of their education, qualification and merits in empire. In the British era the transgender were benefited by the provision of land and rights of food. After the British era, they were facing so many inequalities and marginalization. From the 18th century onwards, the situation changed drastically. And in 19th century they were considered to be separate caste and tribes in different parts of the India by their administration and included them under Criminal Tribes Act, 1871, with the eligation that all the Hijras(Transgender) were involved in kidnapping and castrating children and dressed like women to dance in public places.

As a human being if we study the situation of Hijras from Indian Mythology to British era we found that the status and position of Hijras were better in mughal period because they were treated equally. In Mughal period Hijras were get basic Physiological needs for survival in the society which are the lower order needs called deficiency needs activated the higher order needs serve as source of motivation which encourages achieving the self-actualization needs (Maslow's hierarchy of needs). But gradually these basic amenities were ignored during the course of time in later period.

### Objectives of the study

1. To discuss the different motivational factors of the Maslow's Hierarchy of needs theory.
2. To collect the journey of some successful personalities of transgender community.

**Materials and methodology:** The materials and data are related to transgender is collected from secondary sources such as books, journals and net etc.

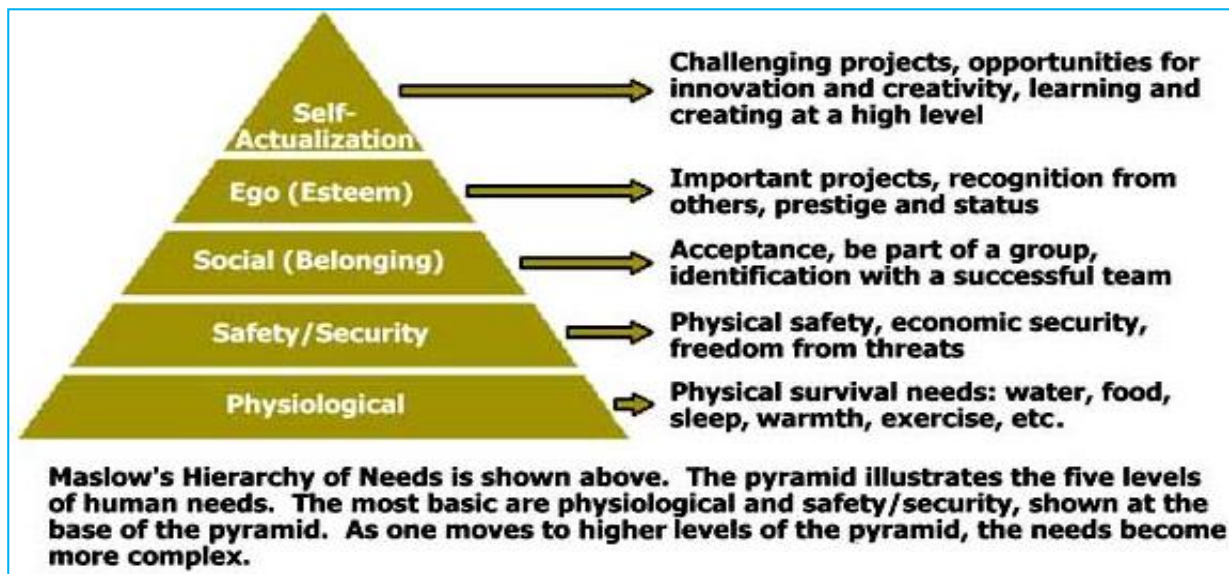
**Results and Discussion:** The theory of Maslow's hierarchy needs and some case studies are discussed here with to know the social and other problems of the transgender.

**Theory of Maslow's hierarchy of needs:** Maslow's hierarchy of needs is a description of the needs that motivate human behavior. In 1943, Abraham Maslow (psychologist) proposed five different kinds of human needs. He also stated that people are motivated to achieve certain needs and some needs take precedence over others.

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Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. Once that level is fulfilled the next level up motivates us, and so on. Every person is capable and has the desire to move up the

hierarchy toward a level of self-actualization. This theory is applicable to all human beings including transgender (Hijras).



Maslow (1943, 1954)<sup>[5, 6]</sup> stated that people are motivated to achieve certain needs and that some needs take precedence over others. The basic needs of human being must be satisfied which is fulfilled the next level up is what motivates us and so on.

Maslow indicated that the need for respect or reputation is most important for children and adolescents and precedes real self-esteem or dignity which is also a need for transgender community.

**1. Physiological needs:** These are biological requirements for human survival, e.g. air, food, drink, shelter, clothing, warmth, sex, sleep.

**5. Self-actualization needs:** Are the highest level in Maslow's hierarchy, and refer to the realization of a person's potential, self-fulfilment, seeking personal growth and peak experiences. Maslow (1943)<sup>[5]</sup> describes this level as the desire to accomplish everything that one can, to become the most that one can be.

If these needs are not satisfied the human body cannot function optimally. Maslow considered physiological needs the most important as all the other needs become secondary until these needs are met.

Individuals may perceive or focus on this need very specifically. For example, one individual may have a strong desire to become an ideal parent. In another, the desire may be expressed economically, academically or athletically. For others, it may be expressed creatively, in paintings, pictures, or inventions. (Saul McLeod, 2020)<sup>[7]</sup>

**2. Safety needs:** Once an individual's physiological needs are satisfied, the needs for security and safety become salient. People want to experience order, predictability and control in their lives. These needs can be fulfilled by the family and society (e.g. police, schools, business and medical care).

For example, emotional security, financial security (e.g. employment, social welfare), law and order, freedom from fear, social stability, property, health and wellbeing (e.g. safety against accidents and injury).

Maslow's Hierarchy of Needs	
Level	Need
Deficiency Needs- lower-level needs, which must be satisfied first	Survival
	Safety
	Belonging
	Self-Esteem
Being Needs- higher-level needs, aka growth needs	Intellectual Achievement
	Aesthetic Appreciation
	Self-Actualization

**3. Love and belongingness needs:** After physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness. The need for interpersonal relationships motivates behaviour. Examples include friendship, intimacy, trust, and acceptance, receiving and giving affection and love. Affiliating, being part of a group (family, friends, work).

Maslow grouped the five needs into two categories -Higher-order needs (B-needs) and Lower-order needs (D-needs) the physiological and the safety needs constituted the lower-order needs. These lower-order needs are mainly satisfied externally. The social, esteem, and self-actualization needs constituted the higher-order needs. These higher-order needs are generally satisfied internally within an individual.

**4. Esteem needs:** Are the fourth level in Maslow's hierarchy - which Maslow classified into two categories: (i) esteem for oneself (dignity, achievement, mastery, independence) (ii) the desire for reputation or respect from others (e.g., status, prestige).

## Applicable of Maslow's hierarchy theory in the Journey of some successful transgender people in India:



Laxmi Narayan Tripathi is a transgender rights activist, Hindi film actor and Bharatanatyam dancer in Mumbai, India

She says "Me Hijra, Me Laxmi", autobiography of transgender rights activist Laxmi Narayan Tripathi released in English. She was the first transgender person to represent Asia Pacific at the United Nations. Laxmi expresses inexplicable gratitude to her parents who accepted her with her anomalies. They never stopped me from expressing myself,"



Aishwarya Rupranat Pradhan - India's First Transgender Civil Servant

She says, "Teachers used to ridicule and humiliate me in school for being different. In college, life wasn't easy at all as once I was sexually abused by my peers in hostel during my post-graduation days in Bhubaneswar. After getting into state civil services, people used to be apprehensive about my capabilities to perform my duties. But now things have become relatively easier," added Aishwarya who shed her male garb in April 2014 and donned a sari.

"The change in my sartorial habits didn't bring any change in the way I performed my duties. After initial hiccups, all superiors, peers and sub-ordinates accepted me. My peers and seniors now call me by my new name whereas my sub-ordinates now address me as 'madam' instead of 'sir'," said Aishwarya for whom the life hasn't been this pleasant ever since her childhood.



India's first transgender police officer appointed in Tamil Nadu fighting social dogma, gender bias and many glass ceilings, K Prithika Yashini has become the first transgender to be appointed as a police officer in Tamil Nadu.

She says "I was confused and could not focus on my studies. I was even scared of telling my parents about what I was going through and it didn't help that everyone in school started teasing me. "This was precipitated by the clear demarcation of gender in school toilets, particularly for a boy who was beginning to identify himself as a woman. I feared that her conservative parents would not accept her desire to change her gender easily. Though she says her style and speech were more "feminine" They tried everything from 'medicines' to taking me to temples and astrologers.

Then I decided to move out of her parents' home during her third semester during her graduation and go 300 kilometers away to Chennai. Here, I faced harsh discrimination, especially from landlords who refused to give me a place to rent. "I still remember the first night I came to Chennai and had to spend the entire night at the Koyambedu Bus Stand," recalls Yashini, with tears in my eyes.



Joyita Mondal the woman who became the first transgender judge in India

She believes that if other transgender is given opportunities, they too can also excel in different fields. If transgender start getting govt. jobs, then their condition will become better, as due to the social discrimination, they are forced to run away from their homes and indulge in age-old hijra activities in India, like dancing in marriages or becoming sex workers," Mondal said. She Born in a traditional Hindu household in West Bengal, Joyita Mondal suffered a lot of



discrimination owing to her being a trans person. She had to drop out of school, sleep at a bus stand, and beg on the streets. It no longer bothers her though, because all of it has contributed to who she is today — India's first transgender judge.



Anjali Ameer, The First Transsexual to Play the Lead Role in An Indian Movie. Born in an orthodox Muslim family in Kerala's Kozhikode

The 21-Year-Old was born as a Man in a Muslim Family in Calicut, Kerala. She lost her Mother one year after her birth. She says 'I felt like getting stuck in the body of a Man. My Family was unable to digest this fact. Even My Relatives and Schoolmates looked at Me like a unusual creature. After 10th Class, I began loving myself and that decision changed my life completely. Within few days, I came out of my house without informing Family and joined the LGBT Community. Later, I moved to Bengaluru where I had worked as bar dancer to earn money for sex change operation. Finally, my dream was fulfilled. When I became popular as a Model, Mammooty offered Me the female lead role opposite him. That's a miracle. I always had the belief that this society would accept Me. Today, I am a complete woman'. Later my family accepted me for who I am and wanted me to come back home.



Constable Ganga Kumari, first transgender appointed in Rajasthan Police. Ganga Kumari is the first time in Rajasthan and third time in India when a transgender woman has been appointed at a government position. (14 November 2017)

She had never faced any discrimination while she was growing up or even while she was at college, despite the fact that she was the youngest of seven siblings. However, she was shocked to discover that her application to the post of

constable had been rejected even after clearing the police recruitment test in 2013 due to the results of her medical test. Her recruitment (that was to start in 2015) was indefinitely delayed because of her gender. Ganga knocked on the doors of the Rajasthan High Court. After two years struggle finally, she was appointed as a Rajasthan's First Transgender Constable.



The first transgender RJ of Karnataka

Kajal was 13 when she underwent sex reassignment surgery. She completed her Grade 10 in Mumbai and returned to her village to write her PUC exam. She scored a distinction with 85%. In an exclusive interview with Daijiworld, Kajal reveals her love for the people of coastal Karnataka and is thankful that they did not avoid her for being a transgender. she says, "I am not dying of any terrible illness. I am going to live my life as a woman and achieve everything on my own merit. I am not doing anything illegal or immoral that will bring shame to you," Kajal recalls telling her amma".

### Successful transgender view

From the above Journey of some successful transgender people in India says that they were face so many huddles in their life but, only due to strong determination they were achieve their goal. All the human being needs their basic needs and requirement such as Physical needs, Safety needs, love and belongings, self-esteem, respect from others which are the lower need or deficiency needs (D –needs). These are the basic human rights which should be fulfill. A third gender also consider as a normal human being. people should not consider them like a abnormal person. When all these deficiency needs will be provided to all the people of transgender community will become respectable person in the society and easily achieve the higher order needs or growth needs (G-needs) to get the self- actualization.

### Case studies on transgender community

According to a study by Mohammed Atheeqe and Rajathurai Nishanthi in Tamil Nadu (Marginalization of trans gender community a sociological analysis 2016) transgender population remains one of the most marginalized groups. They often face denial and violence of basic human rights such as education, employment, health, living condition, toilet facilities, family situation etc.

According to Maslow hierarchy theory these are the deficiency needs (*D-needs*) which arise due to deprivation and are said to motivate people when they are unfulfilled. These may leads to hindrance in growth or being needs (B – needs).

Popson Antony and John Johny carried out a study in Kerala (Social work intervention for the empowerment of

Transgender community in India 2017). The objective of this study was interpretation of Abraham Maslow hierarchy needs with transgender community. The findings of the study stated that only after fulfilling individual's primary needs, they can move to next hierarchy of needs. If this process is interrupted it can hinder the personal growth of the individual.

Study of M. Michelraj (Historical Evolution of Transgender Community in India 20017) stated that many policy and schemes implemented by the government to safe guard the transgender communities. Through this social economic status of the transgender community will be developed.

### **Social safeguard after landmark judgment of Supreme Court**

The Supreme Court of India, in a landmark Judgment on 15th April, 2014, has categorically recognized the transgender as the "third gender". The apex court asked the central government to treat transgender as socially and economically backward community, entitled to reservations in educational and professional fields. The apex body also directed the central and state governments to devise social welfare schemes for third gender community and run a public awareness campaign to erase social stigma.

### **Landmark Judgement of Supreme Court India**

The Supreme Court of India, in a landmark Judgment on 15th April, 2014, has categorically recognized the transgender as the "third gender". After this judgment both central and state govt. Tried to launch different social welfare programme for upliftment of transgender people by introduced social welfare related to census, documentation, issuing of the citizenship ID Cards, issuing passports, social-economic development and constitutional safeguards for the transgender people. Govt. of India also launched social defense issue such as beggary prevention of transgender. (Government of India)

**Interlink between the transgender social welfare scheme and Maslow's hierarchy of needs:** The entire social welfare scheme launched by govt. will satisfied the lower-order needs transgender which will boost them to achieve the higher-order needs. To fulfill all the lower needs (D-needs) are the big issues and challenges for government. The entire programme should must consider the Maslow's hierarchy needs

### **Conclusion**

Through, the transgender community was given high position in Mughal period and facing many problems and obstacles in & after British era. But at present to safe guard and empower transgender communities there are many policies and Schemes implemented by the government after the intervention of Supreme Court of India. After 2014 transgender community of India get a legal status and recognized as third gender. Thus, we can foresee a better future for upliftment of transgender community with the change of government policies and mind set of people through the theory of Maslow's hierarchy of needs.

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