

The perception of transgender people about the relationship between gender expression and their social interactions.

Background

Communication, verbal and nonverbal, is seen as an important aspect of human behavior and gender expression. Given that these factors are important in gender perception, their noncompliance with gender expression can generate feelings of inadequacy and may have a potential psychosocial impact on the social interactions of transgender people. This is a master's research in public health carried out in Brazil by a speech and language therapist, in the area of voice and communication. The aim was to analyze the perception of transgender people about the relationship between their gender expression and their social interactions, through voice and communication. The approach used is based on the discussion that scientific research should consider the social and cultural context of the transgender, and the work of health professionals should be culturally competent. Should reflect through the perspective of the transgender people involved and not only the professionals' prior knowledge and technique.

Methods

It is a qualitative research with the theoretical philosophical basis in dialectical hermeneutics, guided by the notion of gender performativity. In which semi-structured interviews were conducted with 05 transgender women and 14 transgender men from various regions of Brazil, aged between 18 and 64 years. The interviews were analyzed based on the discourse analysis technique.

Results

The analysis of the interviews gave rise to five analytical categories related to voice and communication in social interactions (figure 01). In which people reported different situations and ways in which they avoided communicating or experienced some type of communication barrier due to their voice or speech and gender identity.



FIGURE 01. Categories related to voice and communication in social interactions.

The categories were interpreted in an integrated way to the social and health context studied. In the social context, Brazil is still a country with a lot of gender discrimination, including high levels of violence and murder of transgender people. In the context of health, our health system has implemented a comprehensive health policy in the public health system for transgender people, but few health professionals are prepared to meet the health demands of these people.

Conclusion: Understanding the perspective of transgender people on the aspects of voice and communication that influence their gender expression enables the development of culturally competent care approaches, without normative gender norms, with understanding and respect for individualities and various ways of expressing gender. Especially for public health seeking equity and integrality in health, offering subsidies so that speech and language therapist can contribute to the self-esteem, well-being and health of transgender people.

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