

## **Psychosocial Stressors in By Birth Hermaphrodites**

**Razia Anjum\* and Tazvin Ijaz, Ph.D**

Clinical Psychology Unit, Department of Psychology,  
Government College University, Lahore, Pakistan

The present study aimed to explore the psychosocial stressors among by birth hermaphrodites. In Pakistan hermaphrodites are commonly known as *hijras*. Data was collected through semi structured interviews from 10 by birth *hijras* [5 *guru* (leader); 5 *chellas* (followers)]. The psychosocial stressors explored involved four major domains including family, work, within *hijra* community and outside *hijra* community. Method of interpretative phenomenological analysis was used for data analysis. Major and sub themes emerged in each domain. The analysis revealed that within each domain of by birth *hijras* both *gurus* and *chellas* experienced exploitation. They are subjected to abuse and neglect, their security is at risk, and their basic human rights are denied. They experience rejection not only by the family but by the community at large. The findings of the study are discussed in the light of current situation of by birth hermaphrodites and its future implications.

*Keywords:* by birth hermaphrodites, psychosocial stressors, interpretative phenomenological analysis