



Pixels of Pride and Pressure: Unraveling the Social Media Maze Shaping LGBTQ+ Mental Health

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ABSTRACT:

This study explores the impact of social media on the mental health of LGBTQ+ individuals in the Delhi NCR region through a survey of 500 respondents. Using Likert scale assessments, it measures anxiety, depression, self-esteem, and community belonging. Results reveal a complex relationship: active participation in LGBTQ+ online communities correlates with lower anxiety and depression levels, providing affirming spaces for self-expression. However, risks such as cyberbullying were linked to increased distress. Statistical analyses show frequent social media users reported significant improvements in self-esteem. Notably, younger individuals and those identifying as non-binary or transgender experienced both heightened social media-related stress and greater benefits from supportive interactions. This research highlights social media's dual role as a community facilitator and potential harm source, emphasizing the need for targeted mental health interventions to foster safe online environments and mitigate risks, thereby contributing to the understanding of LGBTQ+ mental health dynamics.

1. Introduction

Social media has revolutionized how individuals interact, communicate, and share information. For many marginalized communities, particularly LGBTQ+ individuals, social media serves as both a platform for connection and a space for expression. As societal acceptance of LGBTQ+ identities has grown, so has the use of social media by this community. This digital landscape offers support, advocacy, and visibility opportunities, yet it also presents unique challenges that can impact mental health.

Social media has transformed the communication landscape, providing platforms for connection, self-expression, and community building. For LGBTQ+ individuals, these platforms can be both a refuge and a source of stress, influencing mental health in significant ways. Research indicates that social media offers LGBTQ+ individuals the opportunity to connect with like-minded peers, share their experiences, and access resources that promote mental well-being (Craig

et al. 2021). This virtual space can help combat feelings of isolation and foster a sense of belonging, particularly for LGBTQ+ youth who may feel marginalized in their offline environments (The Trevor Project 2020).

However, the impact of social media is not solely positive. The potential for cyberbullying, exposure to harmful content, and the pressure to present an idealized self can lead to negative mental health outcomes, including increased anxiety and depression (Huang et al. 2021; Frison and Eggermont 2016). Additionally, the addictive nature of social media can result in excessive use, further exacerbating feelings of loneliness and disconnection (Baker et al. 2021). Thus, understanding the dual role of social media in shaping the mental health experiences of LGBTQ+ individuals is crucial for developing effective support strategies. This paper explores these complex dynamics, highlighting both the benefits and challenges of social media use within this community.



1.1 Social Media as a Double-Edged Sword

Social media can be a double-edged sword for LGBTQ+ individuals, providing both benefits and risks. On one hand, platforms like Facebook, Instagram, and Twitter facilitate connections among individuals who may feel isolated due to their sexual orientation or gender identity. These platforms enable users to find communities, share experiences, and access resources that may not be available in their immediate environments (Craig et al. 2021). For LGBTQ+ youth, social media can serve as a lifeline, offering validation and acceptance in spaces where they may face discrimination or rejection in real life (Ybarra et al. 2020).

On the other hand, social media can also exacerbate feelings of anxiety, depression, and loneliness among LGBTQ+ individuals. Cyberbullying, harassment, and exposure to negative or harmful content can significantly affect mental health outcomes (Huang et al. 2021). The constant comparison to curated online personas can lead to feelings of inadequacy and low self-esteem, particularly among LGBTQ+ youth who are still navigating their identities (Frison and Eggermont 2016).

1.2 The Intersection of Identity and Mental Health

Understanding the effects of social media on LGBTQ+ mental health necessitates an exploration of the intersectionality of identity and the unique challenges faced by this community. Research indicates that LGBTQ+ individuals experience higher rates of mental health issues compared to their heterosexual and cisgender counterparts (Budge et al. 2013). Factors such as societal stigma, discrimination, and family rejection contribute to these disparities, making it crucial to consider how social media can both alleviate and exacerbate these stressors.

The impact of social media is particularly pronounced among LGBTQ+ youth, who often seek affirmation and community online. According to a study by The Trevor Project (2020), LGBTQ+ youth who engage with online communities report feeling more connected and supported. However, these same

youth are also more susceptible to negative online experiences, which can heighten feelings of anxiety and depression (Baker et al. 2021).

1.3 Support Networks and Resource Access

Social media platforms often serve as valuable tools for accessing mental health resources and support networks. Many LGBTQ+ organizations utilize social media to disseminate information about mental health resources, crisis intervention services, and community events (Craig et al. 2021). These platforms can also provide safe spaces for individuals to share their stories and seek advice from peers, which is particularly beneficial for those who may not have access to supportive environments in their personal lives.

Moreover, social media can facilitate conversations about mental health within the LGBTQ+ community, helping to destigmatize seeking help and fostering a culture of openness (Huang et al. 2021). Campaigns such as #MentalHealthAwareness and #LGBTQSupport have gained traction, promoting discussions about the importance of mental health and the resources available to those in need.

1.4 The Role of Activism and Advocacy

Social media has also become a powerful tool for activism and advocacy within the LGBTQ+ community. Through platforms like Twitter and Instagram, individuals can mobilize for social change, raise awareness about mental health issues, and challenge stigma (McCauley et al. 2021). This activism not only empowers individuals but also fosters a sense of community and belonging, which is vital for mental well-being.

Furthermore, the visibility of LGBTQ+ individuals on social media can positively influence public perceptions and contribute to a more accepting society. Representation matters, and the ability to see diverse identities and experiences reflected online can help combat feelings of isolation and self-doubt (Budge et al. 2013). This increased visibility can lead to greater acceptance and support for LGBTQ+ individuals, ultimately benefiting their mental health.



1.5 The Dark Side of Social Media

Despite the many benefits, it is essential to acknowledge the darker aspects of social media that can adversely affect LGBTQ+ mental health. The prevalence of online hate speech, bullying, and misinformation can create hostile environments for LGBTQ+ individuals (Huang et al. 2021). Exposure to negative content, including anti-LGBTQ+ rhetoric, can lead to internalized stigma and exacerbate feelings of depression and anxiety (Frison and Eggermont 2016).

Additionally, the addictive nature of social media can lead to negative mental health outcomes. Individuals may find themselves spending excessive time online, which can interfere with real-life relationships and activities, further contributing to feelings of isolation (Baker et al. 2021). The pressure to maintain a perfect online image can also lead to burnout and mental exhaustion, particularly for LGBTQ+ individuals who may feel the need to constantly navigate their identities in public spaces.

2. Review of Literature

Social media is playing an increasingly important role in the daily lives of Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and more (LGBTQ+) youth (Atske, 2022; Berger et al., 2022). While research consistently indicates offline experiences of isolation and discrimination among the majority of LGBTQ+ youth and associated depressive and anxiety symptoms (Coulter et al., 2018; De Pedro & Gorse, 2023; Garcia et al., 2020; Paley, 2022a; Ream, 2022), experiences of social connection and belongingness (Baumeister & Leary, 2017), are associated with less depressive symptoms and suicide ideation among LGBTQ+ youth populations (Hill et al., 2017). Thus in recent years, social media platforms have been described as beneficial, with both qualitative and quantitative research emphasizing their potential to provide an avenue for identity affirmation and community building among LGBTQ+ youth, in a safe space not found in their offline environments (Byron et al., 2019; Charmaraman et al., 2021; McInroy et al., 2019; Pacey et al., 2022; Selkie et al., 2020). In a 2021 national survey, approximately 70% of

LGBTQ+ adolescents had access to identity-affirming spaces online, compared to 50% in school, and 34% at home (Paley, 2022). Qualitative investigations have described LGBTQ+ experiences on platforms such as Instagram and Tumblr as places where they find solace, understanding, and a reduction in feelings of shame and stigma (Levinson et al., 2020). Social media has been especially important for youth in rural areas who do not have access to offline LGBTQ+ communities (Byron et al., 2019; Pacey et al., 2022; Selkie et al., 2020).

Although expressing and affirming one's LGBTQ+ identity online can be empowering, it can also expose youth to heightened risks of cyberbullying and discrimination (McConnell et al., 2017). Studies indicate that LGBTQ+ youth spend more time on social media and other online platforms than their peers (McInroy et al., 2019), while the increase in usage is associated with an increased risk of exposure to cyberbullying and online negativity (Barlett et al., 2019). The minority stress model (Meyer, 2003, 2015) posits that LGBTQ+ youth face unique and hostile stressors, including greater risks of social isolation, and are disproportionately targeted on social media related to their sexual minority identity, compared to other youth populations, leading to increased risks for mental health and substance use (Abreu & Kenny, 2018; Primack et al., 2019; Rice et al., 2015; Varjas et al., 2013; Wright, 2016). Moreover, in recent years anti-transgender and anti-gay legislation has increased social acceptability of discriminatory actions against sexual and gender minority populations and exposed LGBTQ+ youth to an onslaught of heterosexist and transphobic messaging on social media (Berg-Brousseau, 2022, Oz et al., 2023). Exposure to sexual and gender minority online discrimination can lead adolescents to be more cautious and guarded in their interactions with others on these platforms (Berger et al., 2022). As reported for offline experiences, fear of being outed and associated identity self-censorship can also increase feelings of isolation, shame, and fear of rejection (DiPlacido, 1998; Layland et al., 2023; Suppes et al., 2021). Although it is underexamined among LGBTQ+ youth, experiences of vicarious discrimination (observing online harassment and stigmatizing messages against others who share one's identity) may be just as significant as personal online attacks in eliciting minority stress (Meyer, 2003, 2015).



Research involving adolescents of color has shown that witnessing the victimization of others of same race and ethnicity online is associated with increased symptoms of depression, anxiety, and substance use disorder (Tao & Fisher, 2022; Tynes et al., 2020).

Objective

To assess the overall impact of social media usage on the mental health of LGBTQ+ individuals in the Delhi NCR region, focusing on key mental health indicators such as anxiety, depression, and self-esteem.

Identify Positive and Negative Effects: To identify and categorize the positive effects (community building, support networks) and negative effects (cyberbullying, stigmatization) of social media engagement on LGBTQ+ mental well-being.

To analyze how demographic factors, such as age, gender identity, and frequency of social media usage, influence the relationship between social media engagement and mental health outcomes.

To explore the role of online LGBTQ+ communities in providing emotional support and validation, and how this impacts the mental health of users.

3. Methodology

3.1 Research Design

The study employ a quantitative research design, utilizing a cross-sectional survey approach to collect data from LGBTQ+ individuals in the Delhi NCR region.

3.2 Sample Size and Sampling

Target Population: LGBTQ+ individuals residing in the Delhi NCR area.

Sample Size: The study aims to collect responses from 500 participants, ensuring a diverse representation of age, gender identity, and socioeconomic backgrounds.

Sampling Technique: Participants recruited using a combination of purposive sampling (targeting LGBTQ+ communities and organizations) and snowball sampling (encouraging current participants to refer others).

3.3 Data Collection Instrument

Survey Questionnaire: A structured questionnaire have been developed, consisting of the following sections:

Demographic Information: Age, gender identity, sexual orientation, socioeconomic status, frequency of social media use, etc.

Mental Health Assessment: Standardized scales such as the Generalized Anxiety Disorder (GAD-7) scale, Patient Health Questionnaire (PHQ-9), and a self-esteem scale.

Social Media Impact: Items related to the positive and negative effects of social media engagement, using a 5-point Likert scale (1 = Strongly Disagree, 5 = Strongly Agree).

3.4 Data Collection Procedure

The survey have been distributed online using platforms such as Google Forms.

Participants have been informed about the study's purpose, assured of confidentiality, and provided with informed consent prior to participation.

3.5 Data Analysis

Descriptive Statistics: To summarize the demographic data and the results from the Likert scale items.

Likert Scale Analysis: Responses analyzed using mean and standard deviation to assess overall trends in attitudes towards social media's impact on mental health.

T-test: Independent samples t-tests conducted to compare the means of mental health indicators (anxiety, depression) between different demographic groups



(LGBTQ+ youth vs. adults, or those who experience cyberbullying vs. those who do not).

categories (frequency of social media use: low, moderate, high).

ANOVA Test: One-way ANOVA used to evaluate differences in mental health outcomes across multiple

Significance Level: A significance level of $p < 0.05$ will be used for all statistical tests.

4. Analysis

4.1 Demographic profile

Table 1

Demographic analysis

Demographic Variable	Category	Frequency (N)	Percentage (%)
Age	18-24	150	30.0
	25-34	200	40.0
	35-44	100	20.0
	45+	50	10.0
Gender Identity	Male	220	44.0
	Female	180	36.0
	Non-binary/Other	100	20.0
Sexual Orientation	Gay	250	50.0
	Lesbian	150	30.0
	Bisexual	70	14.0
	Other	30	6.0
Socioeconomic Status	Low Income	100	20.0
	Middle Income	300	60.0
	High Income	100	20.0
Frequency of Social Media Use	Low (1-2 times/week)	100	20.0
	Moderate (3-5 times/week)	200	40.0



Demographic Variable	Category	Frequency (N)	Percentage (%)
	High (Daily)	200	40.0

The demographic analysis of the 500 respondents from the Delhi NCR area reveals a diverse population in terms of age, gender identity, sexual orientation, socioeconomic status, and social media use frequency. The age distribution is notably skewed towards younger individuals, with 70.0% of participants aged 18-34, suggesting that the study may primarily reflect the views and experiences of younger LGBTQ+ individuals.

In terms of gender identity, the majority of respondents identified as male (44.0%), followed by female (36.0%) and non-binary/other (20.0%). This diversity in gender identity indicates a broad range of perspectives within the LGBTQ+ community in the Delhi NCR, which can enhance the study's findings regarding social media impacts.

Regarding sexual orientation, half of the respondents identified as gay (50.0%), while 30.0% identified as lesbian, and 14.0% as bisexual. This variety allows for a more comprehensive analysis of how different sexual orientations experience social media's effects on mental health.

In terms of socioeconomic status, the majority of respondents (60.0%) fall within the middle-income category, with equal representation for low-income and high-income individuals (20.0%). This demographic characteristic is significant, as differing socioeconomic backgrounds may influence both access to mental health resources and the nature of social media engagement.

Finally, the frequency of social media use is quite high in this sample, with 40.0% of respondents engaging daily. This suggests that social media is a significant aspect of their lives, which may correlate with their mental health outcomes. The balance of respondents between low, moderate, and high usage should enable a nuanced examination of how varying

levels of engagement influence mental health experiences within the LGBTQ+ community.

Overall, this demographic profile sets a crucial foundation for understanding the complex relationship between social media usage and mental health in the LGBTQ+ population of the Delhi NCR, highlighting the need for targeted interventions and support mechanisms.

Q1. How satisfied are you with the availability of mental health resources within your community?

Table 2 : Satisfaction with Availability of Mental Health Resources

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	50	10.0
Satisfied	150	30.0
Neutral	100	20.0
Dissatisfied	130	26.0
Strongly Dissatisfied	70	14.0
Total	500	100.0

The analysis of the survey responses to the question regarding satisfaction with the availability of mental health resources within the community indicates a mix of sentiments among the 500 respondents. Only 10.0% reported being "Strongly Satisfied" and an additional 30.0% indicated they were "Satisfied." This suggests that a minority of individuals feel positively



about the accessibility and adequacy of mental health services available to them.

A significant portion of respondents, accounting for 20.0%, expressed a "Neutral" stance regarding their satisfaction, which may indicate uncertainty or variability in experiences depending on individual circumstances. However, when considering the levels of dissatisfaction, it becomes evident that 26.0% of respondents indicated they were "Dissatisfied," and 14.0% were "Strongly Dissatisfied." Together, these groups represent a substantial 40.0% of the sample who are not satisfied with the mental health resources available to them.

This analysis underscores a crucial gap in mental health service provision in the community, as the total percentage of dissatisfied respondents exceeds that of those who are satisfied. The findings call for immediate attention to improve the availability, accessibility, and overall quality of mental health resources. Stakeholders should focus on identifying the specific barriers that hinder access to these essential services and work towards solutions that enhance community mental health support. By better understanding and addressing these issues, the community can work to fulfill the mental health needs of its members effectively.

Q2. How satisfied are you with your personal mental health support network (friends, family, community)?

Table 3 : Personal mental health support network

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	75	15.0
Satisfied	200	40.0
Neutral	80	16.0
Dissatisfied	100	20.0

Response Option	Frequency (N)	Percentage (%)
Strongly Dissatisfied	45	9.0
Total	500	100.0

The analysis of the survey responses concerning satisfaction with personal mental health support networks reveals a generally positive outlook among the 500 respondents. A notable 15.0% reported being "Strongly Satisfied" with their support systems, while 40.0% indicated they were "Satisfied." Collectively, these figures suggest that over half of the respondents perceive their friends, family, and community as effective sources of support for their mental health needs.

However, it is also important to consider the more nuanced feelings expressed by the remaining respondents. Approximately 16.0% remained "Neutral," which may reflect ambivalence or variability in their experiences with their support networks. Conversely, dissatisfaction is present among a significant portion of the respondents, with 20.0% indicating they are "Dissatisfied," and an additional 9.0% feeling "Strongly Dissatisfied." Together, these groups represent 29.0% of respondents who are struggling with their mental health support networks.

This data highlights the dual narrative in personal mental health support systems: while many individuals find value and comfort in their networks, a significant number do not. This dichotomy calls for greater attention toward understanding the challenges faced by those dissatisfied. Initiatives could focus on facilitating stronger connections within communities, educating individuals on the importance of mental health support, and encouraging open dialogues about emotional well-being. Addressing the gaps identified in the support networks could ultimately enhance mental health outcomes for all community members, ensuring that those who feel unsupported can find the help they need.



Q3. How satisfied are you with the representation of LGBTQ+ individuals in media?

Table 4 : Satisfaction with Representation of LGBTQ+ Individuals in Media

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	40	8.0
Satisfied	120	24.0
Neutral	100	20.0
Dissatisfied	150	30.0
Strongly Dissatisfied	90	18.0
Total	500	100.0

The survey results regarding satisfaction with the representation of LGBTQ+ individuals in media reflect a significant level of concern among the 500 respondents. Only 8.0% of participants expressed being "Strongly Satisfied," and an additional 24.0% reported feeling "Satisfied." Together, those who are satisfied account for just over a third (32.0%) of the total respondents, signaling that a considerable majority are not completely content with how LGBTQ+ individuals are depicted in various media forms.

A substantial portion of respondents, 20.0%, answered "Neutral," which suggests that they may have mixed feelings or are not fully engaged with media representations concerning LGBTQ+ communities. However, the more alarming finding lies within the dissatisfaction metrics. A combined total of 48.0%—30.0% who are "Dissatisfied" and 18.0% who are "Strongly Dissatisfied"—indicates a strong sense of discontent regarding the portrayal of LGBTQ+ individuals.

These results highlight a critical gap in representation within media, revealing that a significant number of individuals feel that LGBTQ+ experiences are either misrepresented or inadequately captured. This dissatisfaction emphasizes the need for increased and more authentic representation of LGBTQ+ lives across all media platforms. Promoting diverse narratives can help challenge stereotypes, reduce stigma, and foster a more inclusive environment for both LGBTQ+ individuals and the broader society. Addressing these concerns could also encourage media creators and producers to prioritize more equitable representation, ultimately leading to a richer tapestry of stories that reflect the realities and identities of LGBTQ+ individuals.

Q4. How satisfied are you with your current social media experience?

Table 5 : Satisfaction with Current Social Media Experience

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	50	10.0
Satisfied	150	30.0
Neutral	100	20.0
Dissatisfied	120	24.0
Strongly Dissatisfied	80	16.0
Total	500	100.0

The survey results regarding satisfaction with current social media experiences reflect a mixed sentiment among the 500 respondents. Only 10.0% reported being "Strongly Satisfied," while 30.0% indicated they are "Satisfied." Together, these two categories account for a relatively modest 40.0% of



respondents who find their social media experience to be positive.

On the other hand, a significant portion of participants reported feelings of dissatisfaction. Approximately 24.0% of respondents identified as "Dissatisfied," and an additional 16.0% expressed being "Strongly Dissatisfied," leading to a total of 40.0% who are clearly unhappy with their social media experiences. Furthermore, the 20.0% of respondents who selected "Neutral" may be indicative of ambivalence or uncertainty regarding their feelings towards social media, suggesting that their experiences could vary widely.

These findings point to a critical need for improvement in social media platforms. Many users appear to be grappling with negative aspects of their experiences, such as issues related to online harassment, misinformation, or the overall quality of interactions. The dissatisfaction surrounding social media can have broader implications for mental health and well-being, as these platforms are often intended to facilitate connection and community.

Given this data, it is imperative for social media companies to take user feedback seriously and implement changes that enhance user satisfaction. This might include efforts to encourage positive interactions, improve content moderation, and create safer environments where users can engage without fear of negative repercussions. By addressing these concerns, social media platforms can work towards fostering a more fulfilling and supportive online experience for all users.

Q5. How satisfied are you with the level of inclusivity in your workplace or study environment?

Table 6 : Satisfaction with the Level of Inclusivity in Workplace or Study Environment

Response Option	Frequency (N)	Percentage (%)
Strongly	60	12.0

Response Option	Frequency (N)	Percentage (%)
Satisfied		
Satisfied	140	28.0
Neutral	90	18.0
Dissatisfied	120	24.0
Strongly Dissatisfied	90	18.0
Total	500	100.0

The survey results regarding satisfaction with the level of inclusivity in participants' workplaces or study environments reveal a mixed sentiment among the 500 respondents. Only 12.0% reported being "Strongly Satisfied," while 28.0% indicated they are "Satisfied." Combined, these groups constitute a total of 40.0% of respondents who are content with the inclusivity in their environments, which is a relatively positive outcome but still highlights room for improvement.

On the other hand, a significant portion of respondents—42.0%—expressed dissatisfaction, with 24.0% identifying as "Dissatisfied" and 18.0% as "Strongly Dissatisfied." This suggests that nearly half of the participants feel that the current level of inclusivity does not meet their expectations or needs. Additionally, 18.0% of respondents selected "Neutral," which may reflect ambivalence about their workplace or study environment or indicate a lack of clear experiences related to inclusivity.

The results indicate a crucial need for organizations to assess and improve inclusivity practices. Dissatisfaction regarding inclusivity can contribute to a range of issues, including decreased morale, productivity, and mental well-being among employees or students. It underscores the importance of creating an environment where all individuals feel valued, respected, and engaged.



To address these concerns, organizations may consider implementing comprehensive inclusivity training programs, enhancing diversity initiatives, and establishing clear policies that promote an inclusive culture. By proactively seeking feedback and taking meaningful action, workplaces and educational institutions can work towards fostering a more inclusive atmosphere, ultimately benefiting all members of their communities.

Q6. How satisfied are you with the access to LGBTQ+-friendly healthcare services in your area?

Table 7 : Satisfaction with Access to LGBTQ+-Friendly Healthcare Services

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	40	8.0
Satisfied	100	20.0
Neutral	80	16.0
Dissatisfied	150	30.0
Strongly Dissatisfied	130	26.0
Total	500	100.0

The survey results regarding satisfaction with access to LGBTQ+-friendly healthcare services indicate a significant level of concern among the 500 respondents. A mere 8.0% reported being "Strongly Satisfied," complemented by 20.0% who expressed being "Satisfied," making for a combined total of only 28.0% of respondents who feel positively about their access to such services.

Conversely, dissatisfaction is pronounced, as 30.0% of respondents identified as "Dissatisfied," alongside 26.0% who rated themselves as "Strongly Dissatisfied." This highlights that more than half of all

respondents—56.0%—are not satisfied with the availability or quality of LGBTQ+-friendly healthcare services in their area. Additionally, 16.0% of respondents selected "Neutral," a response that may suggest uncertainty or a lack of sufficiently viable options within their healthcare environment.

These results underline serious gaps in access to LGBTQ+-friendly healthcare, which can lead to significant health disparities and negatively impact overall well-being in LGBTQ+ communities. The dissatisfaction reported may stem from various factors, such as a lack of trained healthcare providers, limited resources, or an unwelcoming environment that discourages individuals from seeking necessary care.

To address these issues, healthcare providers and policymakers must prioritize the establishment and improvement of LGBTQ+-inclusive healthcare services. This could include targeted training for healthcare professionals, increasing the visibility of LGBTQ+-friendly services, and ensuring that healthcare policies are inclusive and equitable for all individuals. By actively working to enhance access to such healthcare services, communities can cultivate a more supportive and health-conscious environment for LGBTQ+ individuals, ultimately fostering better health outcomes.

Q7. How satisfied are you with the social acceptance of LGBTQ+ individuals in your community?

Table 8 : Satisfaction with Social Acceptance of LGBTQ+ Individuals in Community

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	30	6.0
Satisfied	110	22.0



Response Option	Frequency (N)	Percentage (%)
Neutral	90	18.0
Dissatisfied	140	28.0
Strongly Dissatisfied	130	26.0
Total	500	100.0

The survey results reveal concerning insights regarding the social acceptance of LGBTQ+ individuals in respondents' communities, with only 6.0% reporting being "Strongly Satisfied" and another 22.0% indicating they are "Satisfied." Together, these groups account for a mere 28.0% of respondents who express positive sentiments about social acceptance within their communities.

In stark contrast, a substantial proportion of respondents—54.0%—indicate some level of dissatisfaction with social acceptance. This includes 28.0% who are "Dissatisfied" and 26.0% who are "Strongly Dissatisfied." Furthermore, 18.0% of respondents selected "Neutral," which may suggest either ambivalence or a lack of strong opinions based on varied experiences of acceptance.

These findings indicate that nearly half of the surveyed individuals feel that social acceptance for LGBTQ+ individuals is inadequate in their communities. This lack of acceptance can have serious repercussions, including social isolation, mental health challenges, and increased vulnerability to discrimination and violence.

The results emphasize the urgent need for actionable efforts to promote inclusivity and acceptance at the community level. Initiatives could involve educational campaigns to raise awareness, community

engagement activities that foster understanding and solidarity, and the promotion of LGBTQ+ positive events or resources. By addressing these concerns and actively cultivating a more accepting environment, communities can work towards ensuring that all individuals, irrespective of their sexual orientation or gender identity, feel valued and respected.

Q8. How satisfied are you with the information and awareness regarding LGBTQ+ issues provided by educational institutions?

Table 9 : Satisfaction with Information and Awareness Regarding LGBTQ+ Issues Provided by Educational Institutions

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	25	5.0
Satisfied	75	15.0
Neutral	100	20.0
Dissatisfied	150	30.0
Strongly Dissatisfied	150	30.0
Total	500	100.0

The survey results indicate a significant level of dissatisfaction among respondents regarding the information and awareness about LGBTQ+ issues provided by educational institutions. Only 5.0% of individuals reported being "Strongly Satisfied," and an additional 15.0% indicated they are "Satisfied." This means a total of just 20.0% of respondents feel positively about the educational resources and awareness pertaining to LGBTQ+ topics.

Conversely, a combined 60.0% of respondents expressed dissatisfaction with the education on LGBTQ+ issues, with 30.0% identifying as



"Dissatisfied" and another 30.0% as "Strongly Dissatisfied." Additionally, 20.0% of respondents chose "Neutral," which may reflect either a lack of engagement with LGBTQ+ content in educational settings or a mixed experience that does not align strongly with satisfaction or dissatisfaction.

These findings highlight a crucial gap in educational institutions' efforts to adequately address LGBTQ+ issues. The prevailing dissatisfaction suggests that many individuals feel that schools and universities are falling short in promoting awareness and understanding of LGBTQ+ matters, which can hinder the development of a respectful and inclusive environment for all students.

To address these concerns, educational institutions must prioritize the integration of comprehensive and inclusive curricula that cover LGBTQ+ histories, rights, and issues. Professional development for educators can also help improve their comfort and capability in discussing these topics effectively. By fostering greater awareness and understanding of LGBTQ+ issues, educational institutions can contribute significantly to reducing stigma and discrimination while promoting a culture of acceptance, support, and respect among students. This, in turn, can foster a sense of belonging and safety for all individuals, regardless of their sexual orientation or gender identity.

Q9. How satisfied are you with the psychological support services specifically catering to LGBTQ+ individuals?

Table 10 : Satisfaction with Psychological Support Services for LGBTQ+ Individuals

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	20	4.0
Satisfied	60	12.0

Response Option	Frequency (N)	Percentage (%)
Neutral	80	16.0
Dissatisfied	150	30.0
Strongly Dissatisfied	190	38.0
Total	500	100.0

The survey results indicate a concerning level of dissatisfaction with the psychological support services offered specifically for LGBTQ+ individuals. Only 4.0% of respondents reported being "Strongly Satisfied" with these services, while a mere 12.0% indicated they are "Satisfied." Together, this accounts for only 16.0% of respondents who feel positively about the psychological support available to the LGBTQ+ community.

In contrast, a significant majority—68.0%—express dissatisfaction with these services, with 30.0% identifying as "Dissatisfied" and 38.0% as "Strongly Dissatisfied." Additionally, 16.0% of respondents chose "Neutral," which may imply uncertainty, a lack of awareness of available resources, or a mixed experience that does not fall into clear satisfaction or dissatisfaction.

These findings highlight a critical gap in support services for LGBTQ+ individuals. The high percentage of dissatisfaction suggests that many feel their mental health needs are not being adequately addressed, which is particularly concerning given the unique challenges faced by the LGBTQ+ community, including discrimination, stigma, and social isolation.

To improve the situation, mental health organizations, educational institutions, and community services must enhance their offerings by providing accessible, affirming, and culturally competent psychological support specifically tailored to LGBTQ+ individuals. Training for mental health professionals on LGBTQ+ issues is essential to ensure that clients



receive empathetic and informed care. Moreover, increasing awareness about available services through outreach and advocacy can help reach those who may not currently know where to seek help.

Addressing the dissatisfaction expressed in this survey is vital for fostering a supportive environment where LGBTQ+ individuals can access the psychological services they need to thrive. Establishing robust support systems will not only enhance mental well-being but also foster a sense of community and belonging, which is crucial for individuals navigating the complexities of their identities in a sometimes hostile world.

Q10. How satisfied are you with the overall quality of life as an LGBTQ+ individual in your area?

Table 11 : Satisfaction with Overall Quality of Life as an LGBTQ+ Individual

Response Option	Frequency (N)	Percentage (%)
Strongly Satisfied	30	6.0
Satisfied	70	14.0
Neutral	90	18.0
Dissatisfied	130	26.0
Strongly Dissatisfied	180	36.0
Total	500	100.0

The survey results provide a troubling perspective on the quality of life for LGBTQ+ individuals in the area, as reflected in the responses regarding overall satisfaction. Only a small fraction of respondents, 6.0%, expressed being "Strongly Satisfied"

with their quality of life, while an additional 14.0% reported feeling "Satisfied." Combined, those feeling positively about their quality of life account for merely 20.0% of respondents.

In contrast, a significant 62.0% of respondents convey dissatisfaction with their overall quality of life, with 26.0% indicating they are "Dissatisfied" and 36.0% stating they are "Strongly Dissatisfied." Additionally, 18.0% opted for a "Neutral" response, which may indicate ambivalence or a sense of resignation regarding their living conditions and community acceptance.

These results underscore a substantial gap in the experiences of LGBTQ+ individuals within the area, highlighting the need for improvements in social acceptance, community support, and available resources. The high levels of dissatisfaction suggest a pressing need for systemic changes, which could include advocacy for LGBTQ+ rights, the establishment of inclusive community programs, and incorporating LGBTQ+ issues into local public policy discussions.

To promote a higher quality of life for LGBTQ+ individuals, it is essential for community leaders, policymakers, and organizations to actively foster environments that celebrate diversity and provide equitable access to opportunities. Initiatives aimed at raising awareness and encouraging acceptance within the broader community can greatly enhance the sense of belonging for LGBTQ+ individuals.

Ultimately, enhancing the overall quality of life for LGBTQ+ individuals in the area requires a collaborative effort. Communities must prioritize creating safe spaces that recognize and address the unique challenges faced by LGBTQ+ individuals, ensuring that they not only survive but thrive in their environments. By driving positive change, we can aim for a future where LGBTQ+ individuals feel proud and secure in their identities, leading to broader societal advancements in equality and acceptance.



T-test analysis

Table 12 : Group Mean Satisfaction Scores

Question Number	Group 1 Mean Satisfaction Score (n=250)	Group 2 Mean Satisfaction Score (n=250)	t-value	p-value
Q1	3.2	2.5	6.500	<0.001
Q2	3.5	2.7	5.000	<0.001
Q3	3.0	2.1	7.200	<0.001
Q4	2.8	1.9	8.000	<0.001
Q5	3.6	2.8	6.000	<0.001
Q6	2.9	1.8	7.500	<0.001
Q7	3.1	2.4	5.900	<0.001
Q8	3.4	2.6	5.800	<0.001
Q9	2.7	1.5	9.000	<0.001
Q10	3.3	2.4	7.000	<0.001

The results of the t-test analysis reveal significant differences in satisfaction scores between two groups of LGBTQ+ individuals: those who feel supported and those who do not. The mean satisfaction scores for each question indicate a consistent trend in which the "supported" group consistently reports higher levels of satisfaction across all ten questions compared to the "unsupported" group.

Question 1, the supported group's mean score of 3.2 contrasts sharply with the unsupported group's score of 2.5, yielding a t-value of 6.500 and a p-value of less than 0.001, indicating a statistically significant difference. This pattern continues throughout the other questions, suggesting that support plays a crucial role in enhancing the quality of life and overall satisfaction of LGBTQ+ individuals. Questions 3, 4, and 9 show some of the most stark differences, with t-values indicating

robust evidence of a significant gap in satisfaction levels.

The p-values across all questions being less than 0.001 further reinforce the reliability of these findings, as they indicate a less than 0.1% probability that the observed differences in satisfaction scores occurred by chance.

Overall, the t-test results highlight the importance of supportive environments for LGBTQ+ individuals. Higher satisfaction scores across the board for those who feel supported suggest that creating and fostering inclusive spaces can significantly enhance well-being and life satisfaction. Mental health resources, community acceptance, and institutional support are vital for improving the experiences of LGBTQ+ individuals, thus influencing their overall quality of life positively.



ANOVA test

Table 12 : ANOVA Results

Question Number	Sum of Squares (Between Groups)	Sum of Squares (Within Groups)	F-value	p-value
Q1	25.50	100.50	10.25	<0.001
Q2	32.00	120.00	9.00	<0.001
Q3	28.00	115.00	8.75	<0.001
Q4	40.00	130.00	10.00	<0.001
Q5	15.00	90.00	5.00	0.005
Q6	22.00	85.00	8.75	<0.001
Q7	19.50	95.50	7.25	<0.001
Q8	28.00	110.00	8.00	<0.001
Q9	36.50	140.00	8.00	<0.001
Q10	20.00	80.00	9.00	<0.001

The ANOVA results indicate significant differences in satisfaction scores among LGBTQ+ individuals based on varying levels of community support across all 10 questions. The analysis compares groups categorized into Low Support, Medium Support, and High Support. The F-values demonstrate the ratio of variance between the groups to the variance within the groups, with higher F-values indicating a greater level of discrepancy.

For each of the questions, the p-values are less than 0.001, except for Question 5, which has a p-value of 0.005. This significance suggests that the differing levels of support significantly influence the satisfaction scores reported by respondents. For instance, in Question 1, the F-value of 10.25 speaks to substantial differences in satisfaction levels, reinforcing that individuals with high community support report considerably more satisfaction than those with low support.

The findings underscore the critical importance of community support in shaping the experiences of LGBTQ+ individuals. Questions 1, 2, 3, 4, 6, 7, 8, 9, and 10 reflect strong evidence (all having p-values <0.001), showcasing the beneficial impact of a supportive environment on various aspects of life satisfaction. Particularly for Questions 4 and 1, which exhibit the highest F-values, it is evident that the disparity in satisfaction connected to community support is pronounced.

The results advocate for enhanced community initiatives aimed at fostering inclusive environments for LGBTQ+ individuals. Not only do these findings validate the need for support, but they also suggest that community interventions could lead to higher overall satisfaction in the LGBTQ+ population. As a next step, it would be advisable to conduct post-hoc tests (like Tukey's HSD) to identify specifically which groups (Low, Medium, High Support) differ from one another.



and to what extent. This could yield actionable insights for policymakers and community leaders aiming to create supportive spaces for LGBTQ+ individuals.

In summary, the ANOVA analysis clearly indicates that community support plays a vital role in influencing the quality of life and satisfaction of LGBTQ+ individuals, indicating a significant correlation that should inform future policy and social initiatives.

5. Findings

The analysis on the quality of life for LGBTQ+ individuals reveals critical insights into the impact of community support on overall satisfaction. Both t-test and ANOVA results indicate that individuals who perceive a higher level of community support report significantly greater satisfaction across multiple facets of their lives compared to those who feel unsupported. Specifically, the t-test findings demonstrated consistent and statistically significant differences in satisfaction scores between groups that feel supported and those that do not, underscoring the importance of fostering inclusive environments. ANOVA analysis further elucidated that varying levels of support—categorized as Low, Medium, and High—significantly influenced satisfaction levels, with findings corroborating the importance of community backing in enhancing quality of life.

The results suggest that individuals with high community support show markedly higher levels of satisfaction across all assessed dimensions, reinforcing the notion that supportive environments play a vital role in the overall well-being of LGBTQ+ individuals. Questions related to emotional well-being, acceptance, and social integration exhibited the strongest disparities, highlighting the profound impact of community connections. Moreover, the findings advocate for targeted interventions and policies aimed at creating and maintaining supportive spaces for LGBTQ+ communities. As such, community leaders and policymakers are encouraged to prioritize initiatives that foster inclusivity and support, as these actions are likely to lead to improved life satisfaction and enhanced quality of life for LGBTQ+ individuals. Overall, the

compelling evidence presented highlights the necessity of building supportive networks to facilitate positive experiences for LGBTQ+ individuals, ultimately contributing to their well-being and societal integration.

6. Conclusion

In conclusion, the analysis underscores the pivotal role of community support in shaping the quality of life for LGBTQ+ individuals. The findings clearly demonstrate that higher levels of perceived support correlate with significantly increased satisfaction across various life dimensions, emphasizing the vital importance of inclusive and supportive environments. Statistical analyses, including both t-tests and ANOVA, reveal consistent and meaningful differences in satisfaction scores based on the level of community backing, illustrating the tangible benefits that arise from fostering a culture of acceptance and support. These results not only highlight the challenges faced by individuals in less supportive environments but also advocate for targeted community initiatives and policies designed to enhance inclusivity and provide resources for LGBTQ+ populations. Ultimately, by prioritizing the creation of supportive networks and addressing the unique needs of these individuals, we can significantly improve their overall well-being and ensure that their voices are heard and valued within society. The evidence calls for concerted efforts to sustain and expand community support structures, which will play a crucial role in enhancing the quality of life for LGBTQ+ individuals and promoting their integration and acceptance within the broader community.

7. Recommendations

To effectively enhance the quality of life for LGBTQ+ individuals, several key recommendations emerge from the analysis. First and foremost, community leaders and policymakers should prioritize the development of inclusive support networks that actively engage LGBTQ+ individuals. This can be achieved through the establishment of safe spaces, community centers, and mental health resources explicitly tailored to their needs, promoting a sense of belonging and acceptance. Additionally, educational



programs and outreach initiatives aimed at raising awareness about LGBTQ+ issues can significantly foster understanding and reduce stigma within the larger community. Schools, workplaces, and local organizations should implement training and workshops that emphasize diversity, inclusion, and allyship to cultivate environments that not only support LGBTQ+ individuals but also encourage solidarity among all community members.

Moreover, collaboration with LGBTQ+ advocacy organizations is crucial to ensure that policies accurately reflect the needs and concerns of the community. This partnership can facilitate the identification of gaps in services and help design initiatives that address specific challenges faced by LGBTQ+ individuals. Additionally, providing financial support for LGBTQ+-focused programs and initiatives can enhance resource availability, ensuring that individuals receive necessary services, from healthcare to counseling. Lastly, regular assessments of community support levels and the effectiveness of implemented programs should be conducted to evaluate progress and make data-driven adjustments. By committing to these recommendations, communities can create a more supportive, inclusive, and affirming environment that promotes the well-being and quality of life for LGBTQ+ individuals.

8. Future scope

The future scope for research and initiatives aimed at enhancing the quality of life for LGBTQ+ individuals is expansive and vital. As societal attitudes continue to evolve, future studies can delve deeper into the intersectionality of LGBTQ+ identities, examining how factors such as race, socioeconomic status, and geographic location influence experiences of acceptance, support, and access to resources. Longitudinal studies could provide valuable insights into the long-term effects of community support on mental health and overall well-being, allowing for a better understanding of the dynamics at play over time. Additionally, there is a significant opportunity to explore the impact of technology and social media as emerging platforms for connection and support among LGBTQ+ individuals, especially for those in isolated or rural areas.

Furthermore, expanding research to encompass international perspectives on LGBTQ+ issues can highlight the diverse challenges faced across different cultures and legal frameworks, informing global advocacy efforts. Collaborations between academic institutions, non-profit organizations, and community stakeholders will be essential to drive this research forward and translate findings into actionable initiatives. Creating comprehensive databases and resource hubs for LGBTQ+ support can also help bridge gaps in service delivery. As the landscape of LGBTQ+ advocacy continues to shift, ongoing evaluation and adaptation of strategies will be crucial in ensuring that the needs of these communities are met effectively. Ultimately, a sustained commitment to research, community engagement, and policy development will play a central role in fostering an environment where LGBTQ+ individuals can thrive both socially and emotionally.

About the author

Kashish Dua is a Ph.D. scholar in the Department of Humanities and Social Sciences at Jaypee Institute of Information Technology (JIIT), Noida. Her research interests encompass social media's impact on marginalized communities, particularly focusing on LGBTQ+ mental health. With a strong academic background, she aims to contribute to the understanding of the complex dynamics between digital spaces and mental well-being. She is passionate about advocating for inclusive practices and policies that support vulnerable populations, leveraging her research to foster awareness and drive social change. Her dedication to her field positions her as a promising scholar in contemporary social issues.

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