

## Stigmas Of Lgbt+Q Families In Today's Society

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### ABSTRACT

The present research aimed to identify the stigmas of discrimination and social exclusion caused by prejudice and homophobia against LGBT+Q families in the district of Trujillo. A descriptive correlational study was carried out with a sample of 150 people from the district of Trujillo with a medium-high socio-economic level, aged between 18 and 54, who were questioned to find out about the stereotypes that exist in Trujillo society, and the information was processed and analyzed in tables and figures. The stigmas against people who identify with the LGBT+Q community within their own family are directly related to the traditional way of thinking of people and the rigid way of being within Trujillo society, which, added to the experience of those who suffer from stereotypes, indicates that there are still many barriers against free gender expression.

**Keywords:** Stigmas, LGBT+Q, Prejudices, Homophobia, Stereotypes, Families, Society

### INTRODUCTION

Prejudice is an element of social perception of human characteristics or behaviors, constituting a resource for cognitive economics, judging and discriminating against different social groups for reasons of race, gender, origin, political, religious or

other orientation, generating exclusionary attitudes towards them. One of the groups of people whose rights are violated, and who are also victims of social prejudice, are those with non-hegemonic sexual orientation and gender identity.

In recent years, there have been important legal advances to protect their rights, which has led to greater equality in their exercise and enjoyment. However, the topic remains controversial, especially in areas with strong Judeo-Christian roots, so this article is presented as an academic and scientific compendium aimed at explaining the sources of bias.

Prejudice, as a human characteristic, hides in everyone's daily life, flows in all social spheres and constitutes negative, rarely positive, impressions that affect the dynamics of human society. Such an impression typifies these stereotypes, and prejudice being a hostile or preventive attitude towards a person belonging to a certain group for the simple fact of belonging to that group, thus assuming that he possesses the objectionable qualities of that group. (Bolaños, 2018)

In this way, real situations lead to that, in some situations, attitudes determine behavior, and in other situations, determine attitudes, being that our internal attitudes guide us and face us before these facts.

In our country there are features of discrimination and prejudice to people of the LGBT + Q community, as collected in the second national human rights survey, in Peru 37% of Peruvians would not hire a trans person, on the other hand 30% would not be willing to hire a homosexual person. An alarming figure represented by 19% maintains the belief that homosexuality is a disease, despite the many evidences to the contrary a fraction of the Peruvian population maintains this belief. (Ombudsman's Office, 2020)

The issue of education for the correct information of the population on sexual orientation and gender identity has not been much worked on in Peru. Schools or colleges according to various studies show that LGBT+Q children have experienced acts of discrimination or violence for the first time because of their sexual orientation. On the other hand, the families themselves also carry out acts of discrimination, prejudice or violence against their relatives or sons and daughters who are part of the community, with the notorious conversion therapies. (More equality Peru, 2022)

Many of the stigmas and prejudices experienced by people in the community have negative consequences on their person, affecting

their physical and emotional health. According to the state, acts of intolerance towards these people generate suffering, stress not only to them but to their families. The real problems are transphobia and homophobia, recognized by this body as public health diseases. (United Nations, 2013)

The province of Trujillo consists of 24,112 people which are divided into 5 districts (Trujillo, La Esperanza, Florencia de Mora, El Porvenir, Víctor Larco Herrera), according to this sampling was applied for convenience, which has a population of 9,455, with a sample of 150 people from the district of Trujillo, to which a survey was conducted in order to know what difficulties they face as the acts of discrimination of the LGBT+Q around the current situation.

The study noted that internalisation builds on existing beliefs, prejudices and attitudes about sexually diverse people, significantly affecting their mental health and can constitute a barrier to LGBT+Q people's access to psychological and therapeutic support.

Prejudice does not appear only in a vacuum, it is a complex process, especially studied in social psychology, where the human being is highlighted, as a social being and who has different learning mechanisms that must be learned to function in the world. Within the framework of the dynamics of socialization in which families, institutions and various social groups are framed, relationships with other people and other situations allow people to gather a large amount of information that will be processed and used to make judgments, to affirm or deny something thought, emerging social cognition.

Designating a person as lesbian, gay, bisexual, transgender or intersex (LGBT+Q) ensures that sexual orientation or gender identity is recognized by law as an essential condition of a protected person. The notion of LGBT+Q as a specific sector allows people to visualize and acknowledge the historical discrimination people have suffered in this context, helping to tailor protections to their particular needs.

It should be noted that a person with a different sexual orientation or gender identity does not necessarily have to self-identify under an LGBT+Q denomination to be eligible for protection. It is widely documented in all regions of the world that LGBT+Q people are accused of homicides, reports of sexual and gender-based violence, immoral behavior, labeled as abnormal or unnatural, and have restrictions on the enjoyment of their rights, attacks on gatherings, expressions and profane messages.

## METHODS

### DESIGN

It was based on a descriptive correlational model applied to 150 people from the district of Trujillo who are LGBT+Q

### TECHNIQUES

The data collection technique consisted of applying a survey, with a questionnaire of 13 questions about the study variables.

### ETHICAL ASPECTS

The participants agreed to answer the questions truthfully, and the principle of confidentiality was respected for public safety.

## RESULTS

In the present research, the survey questionnaire was applied with thirteen questions addressed to 150 people who are part of the community of the district of Trujillo. The following table then presents and describes the results of each question.

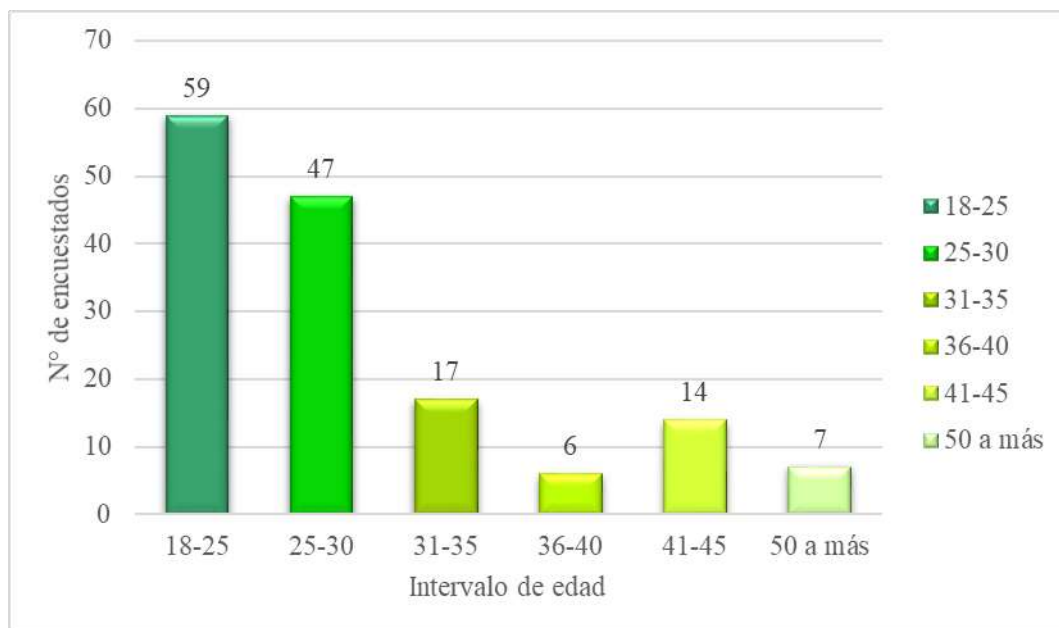
**Table 1** Age of LGBT+Q respondents, Province of Trujillo, 2023.

Age	No.
18-25	59
25-30	47
31-35	17
36-40	6
41-45	14
50 or more	7
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

### Figure 1

Age of LGBT+Q respondents, Province of Trujillo, 2023.



Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

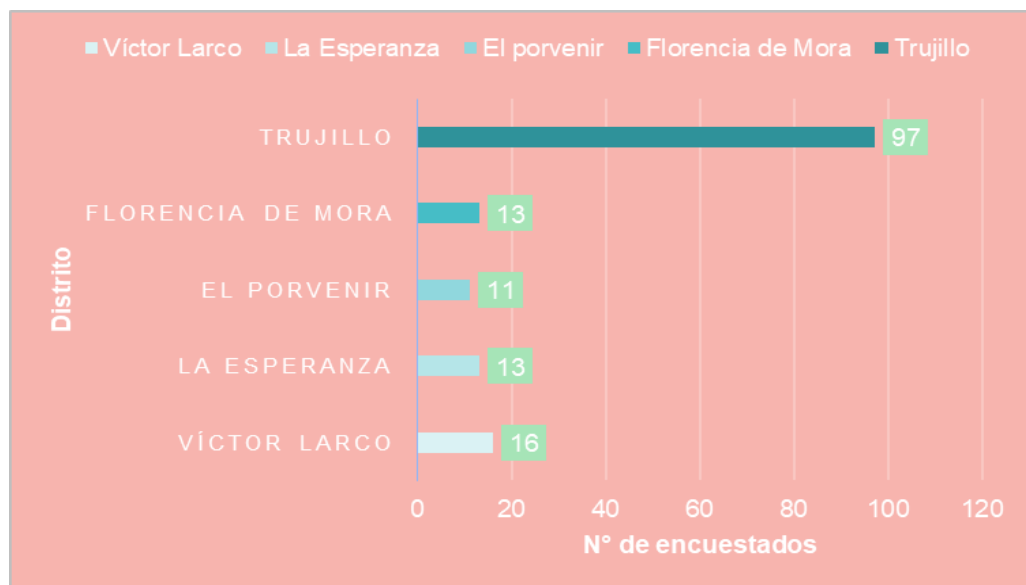
**Table 2** District to which LGBT+Q respondents belong, Province of Trujillo, 2023.

District	No.
Victor Larco	16
Hope	13
The future	11
Florence of Mora	13
Trujillo	97
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 2**

District to which LGBT+Q respondents belong, Province of Trujillo, 2023.



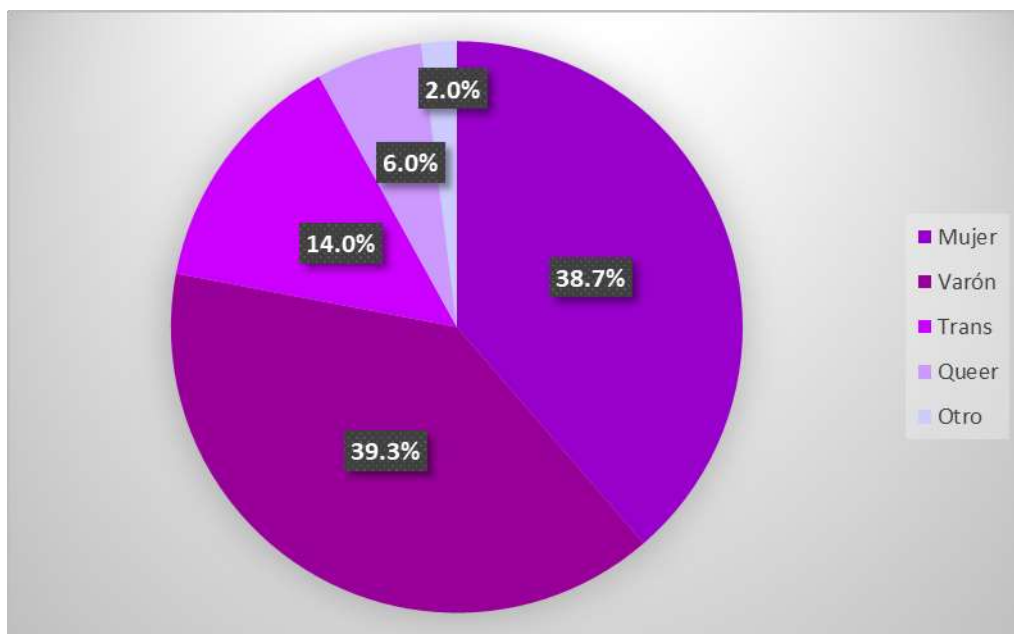
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 3** Gender identity of LGBT+Q respondents, Province of Trujillo, 2023.

Gender identity	No.
Woman	58
Man	59
Trans	21
Queer	9
Other	3
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 3** Gender identity of LGBT+Q respondents, Province of Trujillo, 2023.



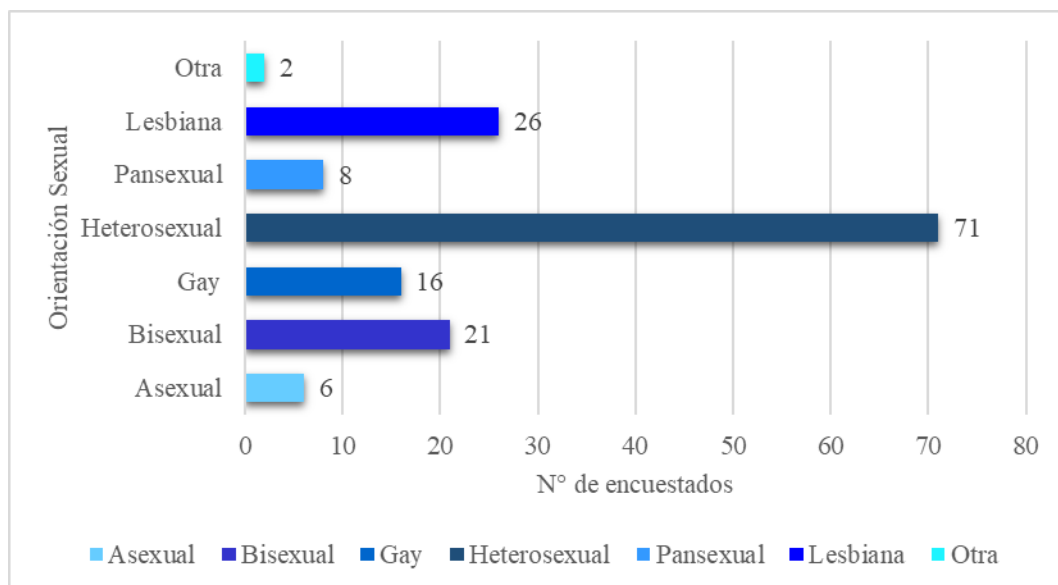
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 4** Sexual Orientation of LGBT+Q respondents, Province of Trujillo, 2023.

Sexual preference	No.
Asexual	6
Bisexual	21
Gay	16
Heterosexual	71
Pansexual	8
Lesbian	26
Other	2
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 4** Sexual Orientation of LGBT+Q respondents, Province of Trujillo, 2023.



Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

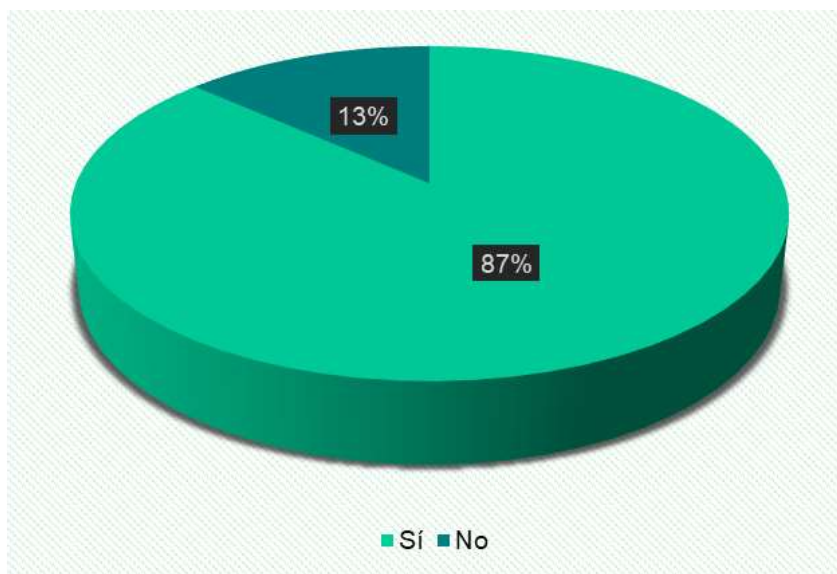
**Table 5** Knowledge of the interviewees about someone from the LGBT+Q community, Province of Trujillo, 2023

Knowledge from someone in the LGBT community	No.
Yes	130
No	20
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.



**Figure 55** Knowledge of the interviewees about someone from the LGBT+Q community, Province of Trujillo, 2023.



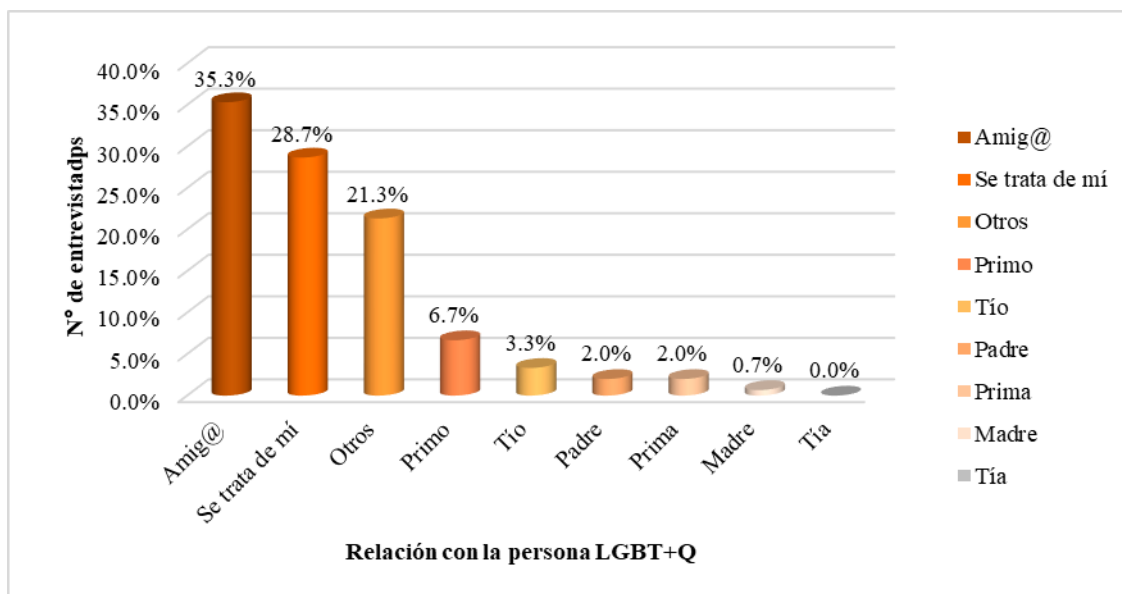
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 66** Type of relationship with the LGBT+Q person known to the interviewees, Province of Trujillo, 2023.

Type of Relationship	No.
While @	53
Father	3
Mother	1
Before	3
First	10
Uncle	5
Aunt	0
It's all about me	43
Other	32
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 6** Type of relationship with the LGBT+Q person known to the interviewees, Province of Trujillo, 2023.



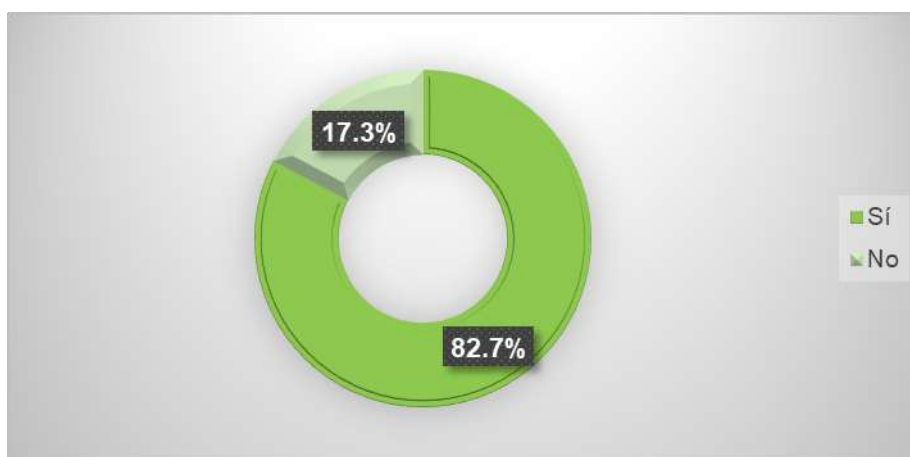
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 77** Expression of respondents about their sexual orientation towards their family, Province of Trujillo, 2023.

Expression of sexual orientation to the family	No.
Yes	124
No	26
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 77** Expression of respondents about their sexual orientation towards their family, Province of Trujillo, 2023.

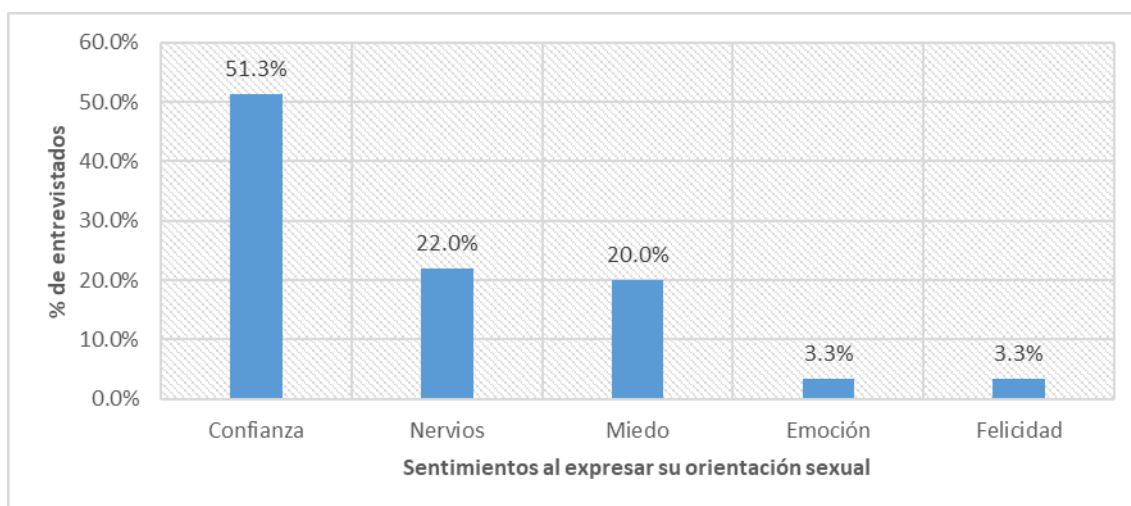


Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023

**Table 88** Sentiment of respondents when expressing their sexual orientation to their family, Province of Trujillo, 2023.

Feeling	No.
Fear	30
Confidence	77
Nerves	33
Emotion	5
Happiness	5
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 8** Sentiment of respondents when expressing their sexual orientation to their family, Province of Trujillo, 2023.

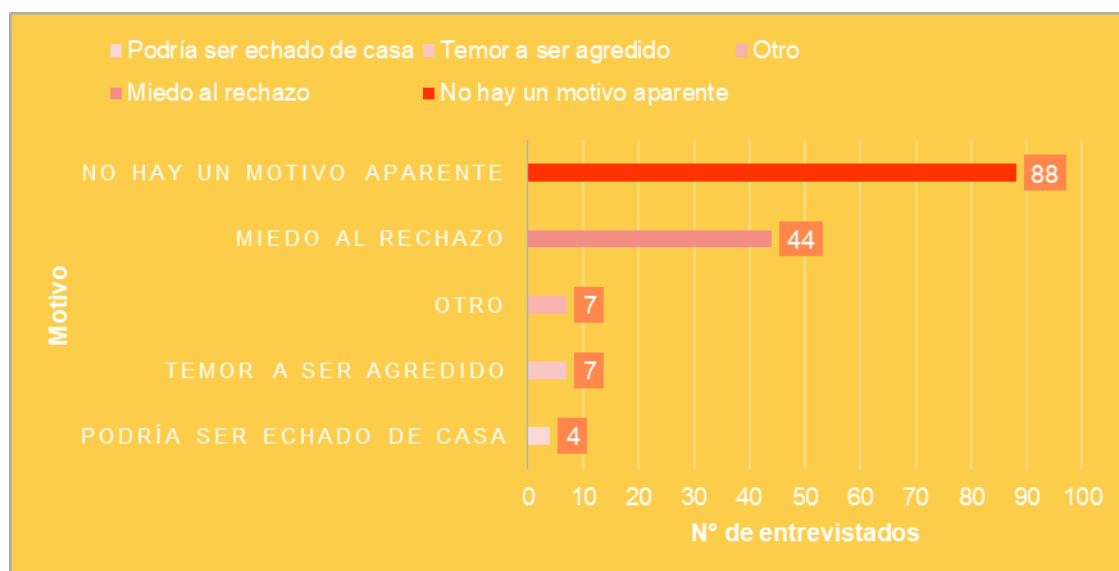
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 9** Reason why interviewees do not express their sexual orientation, Province of Trujillo, 2023.

Reason	Answers
Fear of rejection	44
Fear of being assaulted	7
Could be kicked out of the house	4
There is no apparent reason	88
Other	7
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 9** Reason why interviewees do not express their sexual orientation, Province of Trujillo, 2023.



Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

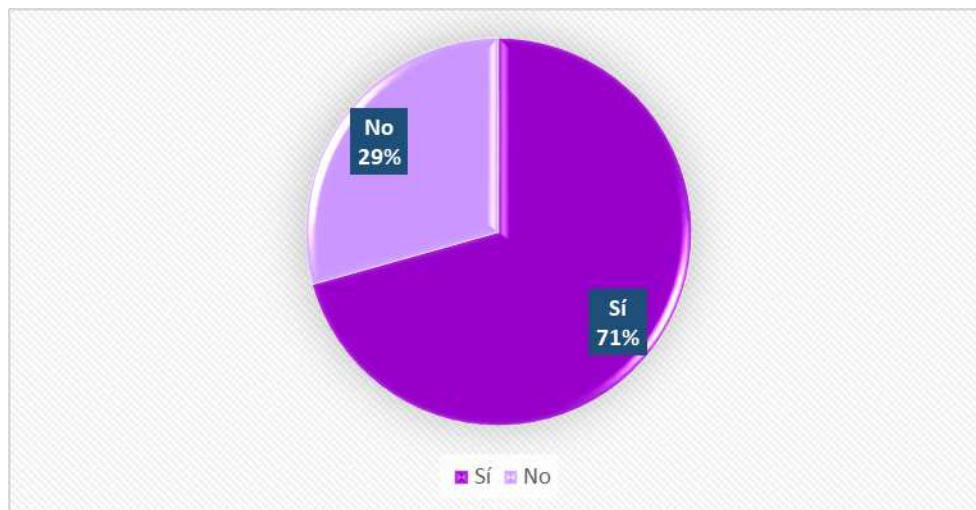
Interpretation: In the graph we can see that the highest percentage is 58.7%, that is, of the 150 respondents, the majority did not find an apparent reason for not expressing their sexual orientation / gender identity to their family; 29.3% are afraid of rejection for expressing themselves; 4.7% are afraid of being attacked for expressing themselves and 4.7% feel that there is another reason not to express themselves and 2.7% fear being kicked out of the house for expressing their sexual orientation/gender identity to their family.

**Table 10** Feeling of acceptance of the interviewees by their families, Province of Trujillo, 2023.

You felt accepted	Answers
Yes	106
No	44
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 10** Feeling of acceptance of the interviewees by their families, Province of Trujillo, 2023.



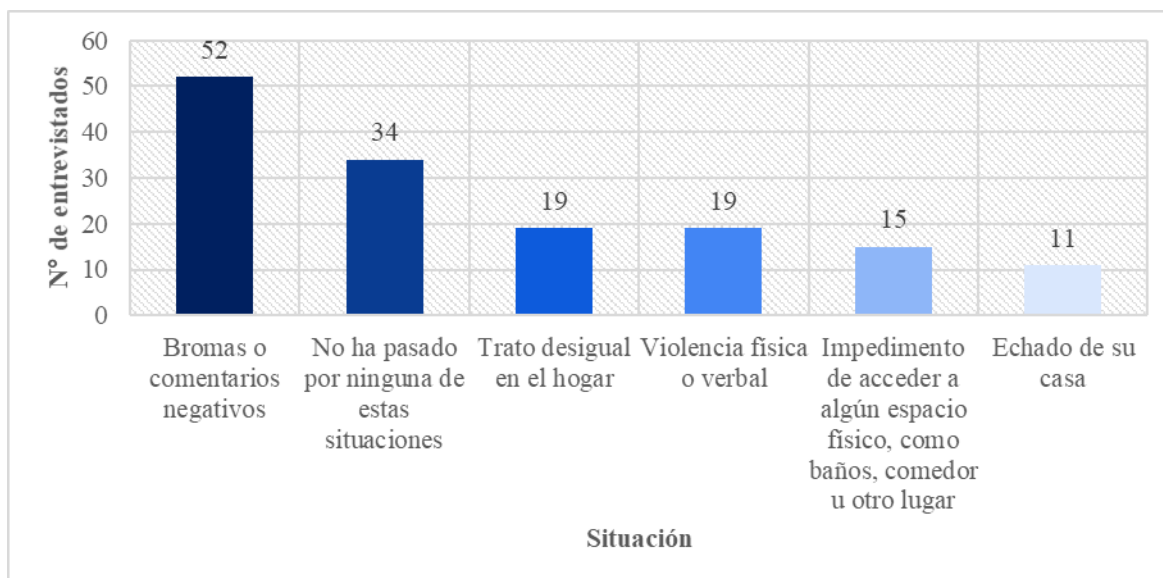
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 11** Situations that interviewees have suffered because of their sexual orientation/sexual identity, Province of Trujillo, 2023.

Situations	No.
Jokes or negative comments	52
I am able to access a physical space, such as bathrooms, dining room or other place	15
Unequal treatment at home	19
Physical or verbal violence	19
Kicked out of his house	11
You haven't been through any of these situations	34
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 11** Situations that interviewees have suffered because of their sexual orientation/sexual identity, Province of Trujillo, 2023.



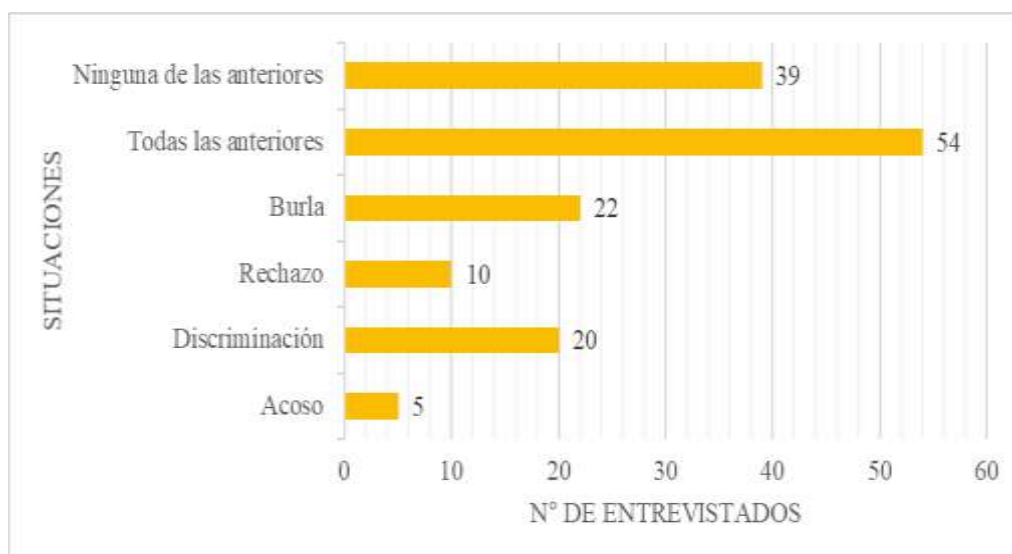
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 1212** Situations suffered by interviewees for expressing their sexual orientation, Province of Trujillo, 2023.

Situations	No.
Harassment	5
Discrimination	20
Rejection	10
Mockery	22
All of the above	54
None of the above	39
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 12** Situations suffered by interviewees for expressing their sexual orientation, Province of Trujillo, 2023.



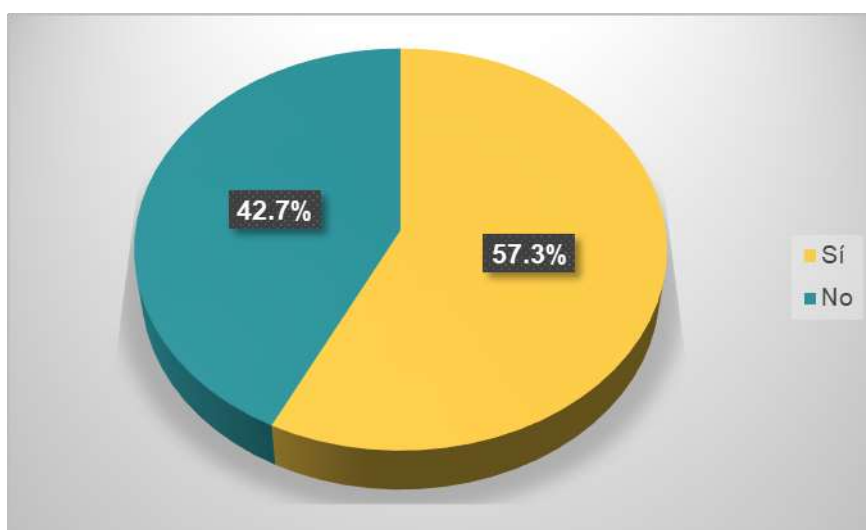
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 13** Number of interviewees who feel part of the LGBT+Q community, Province of Trujillo, 2023.

Part of the LGBT community	Results
Yes	86
No	64
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 13** Number of interviewees who feel part of the LGBT+Q community, Province of Trujillo, 2023.



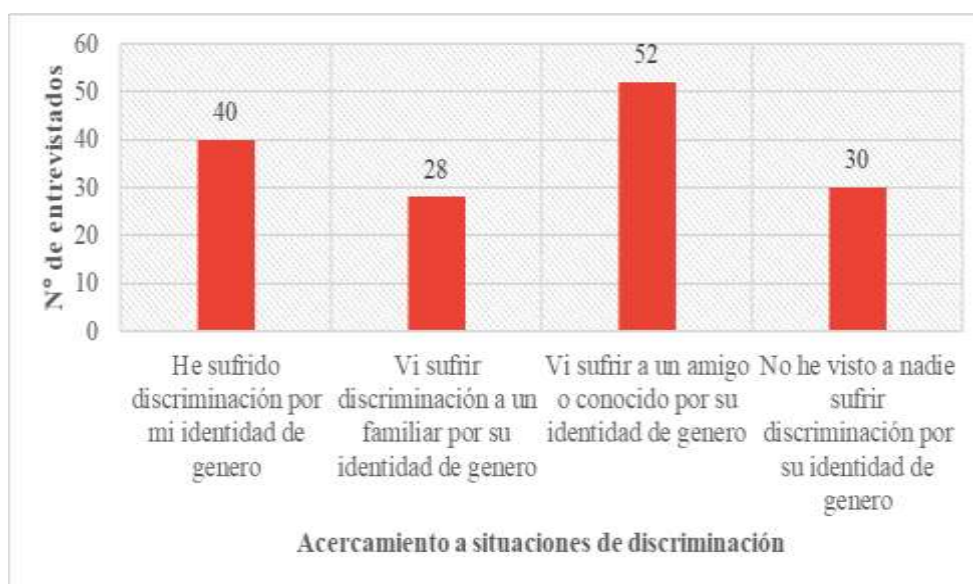
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 14** Approach of the interviewees to situations of discrimination based on gender identity, Province of Trujillo, 2023.

Discrimination	Answers
I have experienced discrimination because of my gender identity	40
I saw a family member suffer discrimination because of their gender identity	28
I saw a friend or acquaintance suffer because of their gender identity	52
I haven't seen anyone suffer discrimination because of their gender identity.	30
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 14** Approach of the interviewees to situations of discrimination based on gender identity, Province of Trujillo, 2023.



Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 1515** Frequency of denial of care in public services faced by interviewees, Province of Trujillo, 2023.

Frequency of denial	Answers
Repeatedly	28
Seldom	42



It never happened to me	58
Don't notice it	22
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 1515** Denial of care in public services faced by interviewees, Province of Trujillo, 2023.



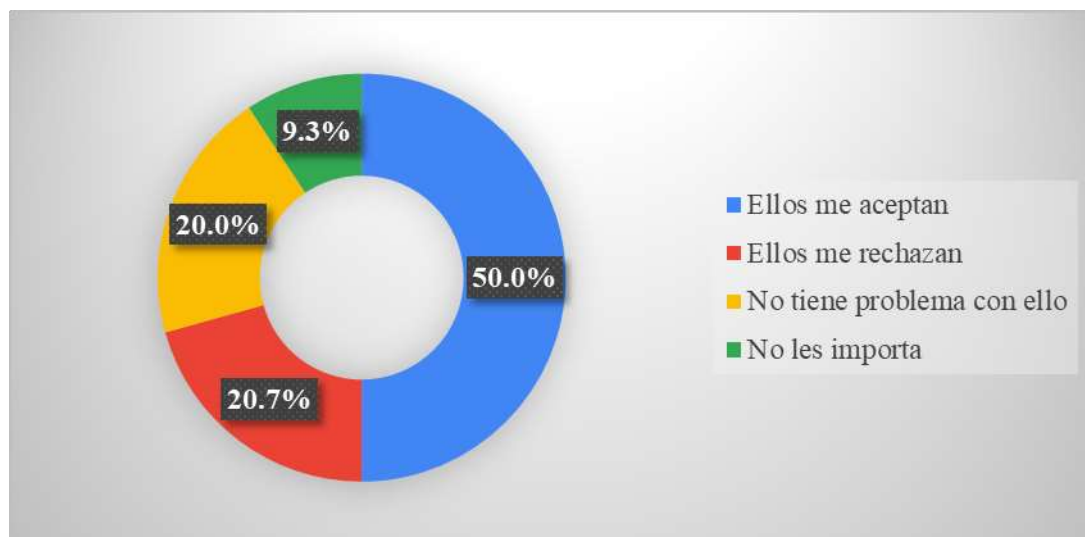
Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Table 1616** Acceptance of interviewees' families regarding their sexual orientation/sexual identity, Trujillo Province, 2023.

Acceptance of families	Answers
They accept me	75
They reject me	31
They don't care	14
You have no problem with it	30
Total	150

Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

**Figure 1616** Acceptance of interviewees' families regarding their sexual orientation/sexual identity, Trujillo Province, 2023.



Note. Data obtained from the survey on Stigmas of LGBT+Q families in today's society, Province of Trujillo, 2023.

## DISCUSSION

After the processing of the data, it was possible to obtain as a result of the survey to 150 people, the reality of the same with their environment and family. The majority of respondents are in the 18-25 age range. The majority of respondents are male, the predominant orientation was heterosexual. In the same way, more than 130 people know someone who is a member of the LGBTQ+ community is identified, of which the classification of "Amig@" was the priority with 53 points.

The act of expressing our sexual orientation to our family has repercussions. Whether these are positive or not will depend on the knowledge that those closest to us have about what a person's sexual orientation is, in addition to the level of empathy they should have. In the district of Trujillo it was evident that most people choose to express their sexual orientation. When manifesting their orientation many people have mostly felt confident, this makes more sense to be linked to our heterosexual participants, since heterosexuality is the "most accepted" for a conservative-minded society. However, it is not the same way for people with another sexual orientation, many people who are part of the LGBTQ+ community in the district of Trujillo said they were nervous, secondly, scared. Why is it different for them?

The lack of acceptance in families that consider that the appropriate family model is the traditional one is one of the reasons. In addition, the fear of freely expressing sexual orientation as an individual in our Peruvian society is very present in members of the LGBTQ+ community, because individuals and

families maintain very close conservative and ultraconservative models. A society in which the different types of sexual orientation of people are not fully recognized is a society in which intolerance and lack of education to mitigate prejudices is shown.

Little by little times are changing, there are still many changes of closed mentalities. Although this study shows that most heterosexual people are more accepted than others of different orientation, this is only the real indicator of inequality in our Trujillo community. It is not about putting heterosexual and non-heterosexual people against each other, but about showing the difficulties faced by some of the people of the LGBTQ+ community in a country where their orientations are not known, nor supported by government institutions in terms of education for the change of people's opinions. It sometimes becomes more difficult to express sexual orientation by LGBTQ+ people when their relatives have discriminatory thoughts about their sexual orientation or worse when due to their ignorance they consider any type of relationship other than that of man and woman unnatural.

Despite the great changes in our society, where there are laws that protect members of the LGBTQ+ community, acts of violence and discrimination are still present. According to the data, 53% of community members have experienced acts of mockery or jokes and even negative comments by their relatives because of their type of sexual orientation.

It has become normal to make mocking comments towards LGBTQ+ people that many people believe only falls into the category of a joke and does not seek to offend. However, they do not see the background of performing such actions, since that encourages more people not to be taken into account as they should be, with total respect for their beliefs. The study also showed how the relatives of people from the LGBTQ+ community are harassed or discriminated against. 36% responded affirmatively that their families suffered because of their choice of sexual orientation. There is a lack of control of violence in our society in which the response of people to the difference in terms of identity and sexual orientation must be changed.

So the role of the family is fundamental in the basic education of people, good principles in which the acceptance of LGBTQ+ people is forged would be ideal for learning from childhood about respect for expression, empathy and remove the closed thoughts of our ancestors on the subject of sexuality. The actions for a change would not be there, it is necessary that the state of support and security to LGBTQ+ people, teach all citizens how society is shaped

in terms of gender identity and sexual orientation of people. That evidences the total prohibition of acts of violence and discrimination against people.

There are only a few measures that have been taken so far to support LGBTQ+ people but they have not been enough to stop the violence to which they are exposed and the fear with which they live continuously.

## CONCLUSIONS

In the Trujillo community it is clearly shown how there are still acts of violence and discrimination against people from the LGBTQ+ community, that some are accepted while others are rejected for being different.

In the family environment two situations are manifested, one in which they accept the different sexual orientation by one or some of its members and the second in which there is no such acceptance and a forceful rejection arises, limiting the LGBTQ+ person to lead a family life in denial about what he is, and in a clear indifference for those who are closest. In very extreme cases, LGBTQ+ people in Trujillo still live or are at risk of violence in different ways.

Although there are several initiatives to generate a more favorable situation for LGBTI people in Peru, these have not yet expanded mostly to generate the change of mind of many people about sexual orientation, in Trujillo the gap in ideological issues is evident.

It shows how acts of discrimination and mockery only reach members of the LGBTQ+ community but also their families.

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