

Resumen:

La religiosidad se define como el grado en que un individuo tiene creencias religiosas, visiones del mundo, y las pone en práctica en su vida diaria y sirven como factor de protección para la salud mental. La comunidad LGTBIQ+ está formada por lesbianas, gais, bisexuales, transexuales, intersexuales y queer, entre otras, pero en este estudio, nos centramos únicamente en las personas lesbianas/gais y bisexuales (LGB). La investigación ha encontrado hasta el momento resultados contradictorios sobre la religiosidad en la comunidad LGTBIQ+, debido a que este colectivo puede experimentar disonancia entre sus identidades. Así, el objetivo de este estudio es analizar si existe una relación entre el malestar emocional de las personas LGB y su religiosidad, centrándose en la importancia de la religiosidad. La muestra del estudio estuvo formada por 300 participantes, 150 hombres y 150 mujeres, con una proporción semejante de heterosexuales, homosexuales y bisexuales, algunos de ellos religiosos y otros no. La muestra fue extraída del International Sex Survey liderado desde la U. de Montreal en colaboración con el equipo Salusex de la UJI de Castelló, y se utilizó el Brief Symptom Inventory (BSI-18) para medir el malestar emocional. Los resultados de esta investigación han puesto de manifiesto que entre los participantes religiosos, el grupo de bisexuales obtuvo un mayor malestar emocional que los homosexuales y heterosexuales, siendo significativa la diferencia entre los grupos de heterosexuales y bisexuales. No se encontró relación entre la religiosidad y la media del BSI-18 usando toda la muestra, y tampoco se encontraron diferencias significativas entre los homosexuales religiosos y no, y los bisexuales religiosos y no. Podemos concluir diciendo que la religiosidad es un factor que afecta, en cierta medida, al malestar emocional de los individuos del colectivo LGTBIQ+, por ello se necesitan más investigaciones para conocer en más profundidad este efecto.

Palabras clave: LGB, malestar emocional, religiosidad, orientación sexual

Abstract:

Religiosity is defined as the degree to which an individual holds religious beliefs, worldviews, and enacts them in their daily life and serves as a protective factor to mental health. LGTBIQ+ community is composed by lesbian, gay, bisexual, transgender, intersex and queer people, among others, but in this study, we are focusing only on lesbian/ gay and bisexual (LGB) people. Research has so far found contradictory results on religiosity in the LGB community, due to the fact that this community may experience dissonance between their identities. So, the aim of this study is to analyze whether there is a relationship between the emotional distress of LGB people and religiosity, focusing on the importance of religiosity. The study sample consisted of 300 participants, 150 men and 150 women, with an equal proportion of heterosexuals, homosexuals and bisexuals, some of them religious and others non-religious. The sample was extracted from the International Sex Survey led by the U. of Montreal in collaboration with Salusex team of the UJI of Castelló, and the Brief Symptom Inventory (BSI-18) was used to measure emotional distress. The results of this research have shown that among religious participants, the bisexual group obtained higher emotional distress than homosexuals and heterosexuals, with a significant difference between the heterosexual and bisexual groups. No relation was found between religiosity and BSI-18 mean using the whole sample, and no significant differences were found between religious and non-religious homosexuals and religious and non-religious bisexuals. To conclude, it can be said that religiosity is a factor that affects, to a certain extent, the emotional distress of LGTBIQ+ individuals, so more research is needed to understand this effect in more detail.

Keywords: LGB, emotional distress, religiosity, sexual orientation



Influence of the significance of religion on the emotional distress of LGB people in spanish population

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INTRODUCTION

Religiosity is defined as the degree to which an individual holds religious beliefs, worldviews, and enacts them in their daily life (Worthington et al., 2003 cited in Macbeth et al., 2022). LGTBQ+ community is formed by lesbian, gay, bisexual, transgender, and queer individuals. But in this study, we are focusing on lesbian/gay and bisexual (LGB) individuals only. Religiosity usually serve as a protective factor to mental health in general population, but this relation becomes more complicated among LGB individuals (Bourn et al., 2018) because many formal religions have traditionally condemned or criticized sexual minorities. So, many religious LGB people experience a conflict or dissonance between their religious identity and their LGB identity that affect their well-being. Nevertheless, research has found contradictory results: Religiosity in LGB community has related to suicidality (Dyer et al., 2022), depression, substance abuse (Macbeth et al., 2022), mood disorders, anxiety disorders and higher levels of internalized homophobia (Fernandes et al., 2021). But different studies have reported significant and positive correlations between religiosity and well-being (Boppa and Gross, 2019 cited in Fernandes et al., 2021). So, it is important to identify if religiosity is a factor, among others, associated with the increased risks experienced by LGBTQ+ people in order to understand this relation better (Macbeth et al., 2022).

HYPOTHESIS

- H.1** Religious individuals will experience lower emotional distress than non-religious individuals
- H.2** Religious LGB individuals will experience higher emotional distress than religious heterosexual individuals
- H.3** Religious LGB individuals will experience higher emotional distress than non religious LGB individuals

OBJECTIVE

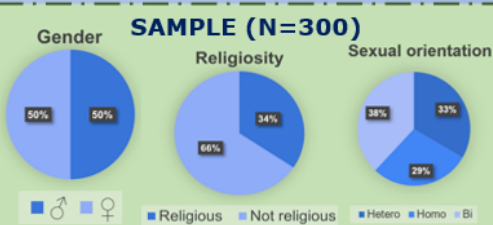
To analyze whether there is a relationship between the emotional well-being of LGB people and religiosity, focusing on the importance of religiosity for each individual.

MEASURES

International Sex Survey (ISS) (Böthe et al., 2021) an international, multi-language study using self-report survey methods. **Religiosity**, **sexual orientation** and **gender** questions were chosen. Also, the **Brief Symptom Inventory (BSI-18)** (Asner-Self et al., 2006) that test for anxiety and depression.

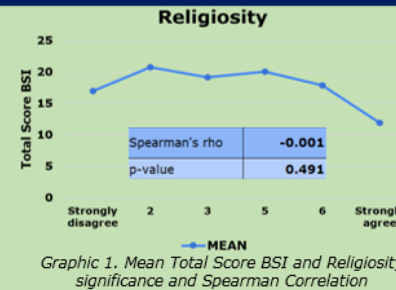
PROCEDURE

Data used in this research came from a bigger sample which is part of a larger study led by the U. of Montreal that involves 40 countries. This sample was collected through social media, launching a battery of questionnaires through Qualtrics. The study was approved by the UJI Ethics Committee.

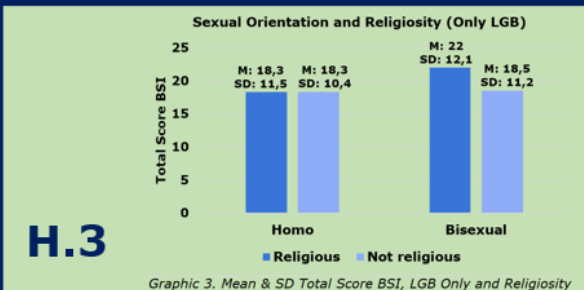


RESULTS

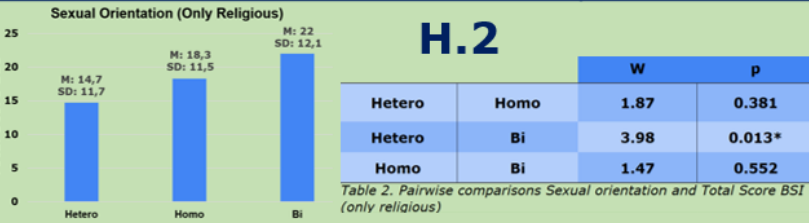
H.1



H.3



H.2



		W	p
Hetero	Homo	1.87	0.381
Hetero	Bi	3.98	0.013*
Homo	Bi	1.47	0.552

Table 2. Pairwise comparisons Sexual orientation and Total Score BSI (only religious)

	χ^2	df	p	ϵ^2	W	p
Total_Score_BSI	8.36	2	0.015*	0.0862	0.959	0.004

Table 1. Kruskal-Wallis Test Sexual Orientations and Total Score BSI (only religious)

Table 3. Normality Test (Shapiro-Wilk)

	Homo	Bi
Total_Score_BSI		
Mann-Whitney U	511	1005
Statistic	511	1005
p	0.547	0.110

Table 4. Mann-Whitney U Tests Total Score BSI and Gay/Bi religious and not

	Homo	Bi
Total_Score_BSI		
W	0.973	0.983
p	0.085	0.197

Table 5. Normality Test (Shapiro-Wilk)

ANALYSIS

SPSS version 27 was used to perform the analysis. Mann-Whitney U tests, Kruskal-Wallis test and Spearman correlations were used.

DISCUSSION

H.1 is rejected → It was found that there are no statistically significant differences between religious and non-religious individuals in terms of their experienced emotional distress.
H.2 is confirmed → (1) A statistically significant difference was found between religious heterosexuals, religious gays/lesbians and religious bisexuals in terms of their experienced emotional distress. (2) A post-hoc test proves that the difference is significant between religious heterosexuals and religious bisexuals, with higher emotional distress for religious bisexuals. (1) → Craig et al. (2021).
H.3 is rejected → It was found that there's no statistically significant difference between gays/lesbians religious and non-religious in terms of their experienced emotional distress. And the same was found for bisexuals.

LIMITATIONS

- Sexual orientation was measured in nominal scale. Better to measure in ordinal scale, e.g., with the Kinsey scale (Kinsey et al., 1948).
- For the future, ask about the existence of identity conflicts too, as it is done in the article by Fernandes et al. (2021).

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