



## Critical Evaluation of the Role of Inclusive Education in Developing Resilience, Courage and Coping Strategies in Transgender Population

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### Abstract

The marginalization and stigmatization faced by transgender individuals have resulted in their continued exclusion from mainstream society, particularly in educational settings. To address this issue, this research aims to comprehensively explore the role of inclusive education in fostering resilience, courage, and coping strategies among transgender population.

The rationale for doing this research arises from the widespread biases and discrimination encountered by transgender individuals, which impedes their ability to get education and pursue personal development. Transgender people encounter substantial obstacles in educational settings, which adversely affect their mental well-being and general growth, despite ongoing endeavors to promote inclusion. The research employed a mixed-methods methodology, including qualitative interviews and quantitative surveys, to gather data from transgender people, interviewing 6 individuals and surveying about 50 participants from the transgender community, as well as secondary data obtained from credible scholarly sources. The variables include the importance of inclusive education for transgender individuals, opportunities provided by inclusive education, development of confidence, resilience, positive mindset, courage, coping strategies, and ability to deal with stigma among transgender individuals. The data analysis has been conducted using the Z-test method to test the two hypotheses that the inclusive education is not important for transgender population (H1) and that inclusive education has no role in developing resilience, courage, and coping strategies in transgender population (H2).

The research findings highlight the crucial role of inclusive education in promoting perception, empowerment, and acceptance among transgender individuals. By facilitating contact with diverse peers and instructors, inclusive education fosters self-awareness and positive perspectives of gender diversity. Additionally, it cultivates resilience by exposing transgender individuals to various experiences within a nurturing environment.

Furthermore, the study emphasizes the importance of inclusive education in equipping transgender individuals with courage and coping strategies to navigate challenging circumstances effectively. Through supportive frameworks and compassionate assistance, transgender individuals are empowered to address problems and advocate for their rights within educational institutions.

The research underscores the significance of holistic development and social inclusion for transgender people through inclusive education. It has the potential to initiate profound shifts in attitudes towards transgender individuals, both within educational settings and beyond, by fostering inclusive environments and cultivating empathy among peers and instructors.

**Keywords:** Discrimination, empowerment, inclusive education, resilience, transgender.