

# RAISE YOUR FLAG: A PHENOMENOLOGICAL STUDY ON THE COMING OUT JOURNEY OF LGBTQI YOUNG ADULTS

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## ABSTRACT

LGBTQI is a community and an umbrella term that is composed of lesbian, gay bisexual transgender, queer, and intersex. There are a high number of populations around the world that belong to the LGBTQI community. Europe has an average of 5.9% LGBTQI with Germany having the highest with 7.4% and Hungary having 1.5% (Dalia, 2013). North America has a percentage of 11% or nearly 25.6 million Americans who considered themselves a part of the LGBTQI community (Chao, Tung, & Li, 2008). LGBTQI is also associated with the coming out process of an individual to their family or relatives. The reaction of a parent after the coming out of their child has a significant effect on the child themselves in different aspects (Valentine, Skelton, & Butler, 2003). The qualitative study examines the journey of coming out of LGBTQI members, and how they cope with their parent's initial reaction. Using a phenomenological approach in gathering data many themes have been gathered including a.) LGBTQI realized their identity at an early age, b.) they revealed their identity in different approaches, c.) initial reaction of fathers was mostly negative, d.) LGBTQI is still facing different barriers regarding their coming out process. This discussion embarks on the journey of coming out of an LGBTQI individual towards their parents. It indicated that they face dilemmas and negative responses from their parents. However, they were not very affected by their parents' initial reaction and continued doing their best. Chosen respondents are mainly gays and lesbians who realized their identity in their adolescent period. The milestone of coming out process was mostly delivered towards their moms rather than their fathers. This leads to the barriers LGBTQI are still facing regarding coming out such as peer victimization, stress-buffering, and fear. Due to these issues, some of our respondents were subjected to a face to face confrontation with their parents and not all of them receive a positive initial response. Furthermore, there are records of abuse coming from these parents. Regardless of this, our respondents still found a way to cope and adapt to the circumstances they are facing after the coming out process.

**Keywords:** LGBTQI, acceptance, and rejection of parents, coming out process, gender identity, initial reaction, coping up to parent's reaction

## INTRODUCTION

Increasing numbers of population-based surveys in the United States and across the world include questions designed to measure sexual orientation and gender identity. Children began exploring their gender before kindergarten that is why sharing their feelings of being different from others may happen at any time but high religious involvement in families was strongly associated with low acceptance of LGBTQI children.

LGBTQI lacks in sexual orientation or somewhat romantic attractions, sexual behaviors, self-identification because they didn't know what to act or to do so they have been a heterosexual or bisexual in their community. Mostly LGBTQI young adults are struggling themselves to find acceptance because when they get revealed as an LGBTQI, they are experiencing judgments that will

cause them to be mentally depressed or more likely to have suicidal thoughts and it is important for parents of these LGBTQI teens to let their child remember that each person is unique and will have their own experiences and feelings along the way. Silence, fear, negativity, or avoidance about LGBTQI people in educational settings gives them the message that they are neither welcome nor safe in this world. The lack of social recognition influences the capacity of LGBTQI people to fully access and enjoy their rights as citizens. They are more likely to experience intolerance, discrimination, harassment, and the threat of violence due to their sexual orientation than those that identify themselves as heterosexual.

This study aims to explore the struggles of the LGBTQI on their coming out process. To discover the effects of family acceptance and rejection of an LGBTQI young adult. To know

the aftermath of the coming out journey of LGBTQI to their parents' reaction towards their sexual disclosure. Uncover the experiences of the emergence period of an LGBTQI. And, find out how to provide social support for the LGBTQI Community.

The number of individuals recognizing their gender identity has been increasing significantly. Due to this, the study will contribute to those individuals who start to recognize their gender identity and needs to know how another LGBTQI has undergone coming out process. Aside from LGBTQI individuals, it will also contribute to the understanding of parents on how their child copes up with the coming out process.

## Literature Review

In a society that appears to be growing more accepting of LGBTQI people, where prominent individuals can speak more openly about their sexual orientation without fear of social acceptance. Can this principle of acceptance apply when it hits closer to home?

The disclosure of one's sexual orientation, "coming out", is held to be one of the most significant events in the establishment of non-heterosexual identity. Disclosure of non-heterosexual orientation has been said to affect family members dramatically and profoundly and frequently causes a crisis within the family. While crucial to identity formation, the actual coming out event can incite feelings of great anxiety as one considers both potential risks and benefits of disclosure (Beeler and Di Prova, 1999, as cited by Baltezone, 2006). Some researchers have described the initial parental response to their child's disclosure as traumatic in which parents attribute negative stereotypes to their child (Floyd et al, 1999). In the context of the family, D'Augelli, Hershberger, and Pilkington (1998) found that negative reactions to a child's disclosure were more common with fathers than mothers. About 51% of mothers showed acceptance to their child, a lot more than 27% of fathers reported accepting their child. This implies that families may be less accepting because of family structures, patriarchy, cultural norms, and stereotypes (Walder& Skeen, 1989). Assessing the past parental psychological abuse, reactions to childhood gender behavior, youth's openness about sexual orientation with family members, and lifetime gay-related verbal abuse can assist in the prediction of suicide attempts. The lack of parental support and negative feedback is one of the reasons many LGBTQI commits suicide (Cahill & Cianciotto, 2012; Grant et al, 2011). However, research conducted by Cohen and Wills (1985) on the potential effects of social support on stress applying the stress-buffering hypothesis showed contradictory results. Little attention has been given to examining the protective role of CC in the relationships between perceived stress, anxiety, and depression that may somehow result in a bad day or unstable mental health.

## Coming out as a development task for LGBTQI young adults

According to the study of Ali and Bardin (2015), "Coming Out" is a decision-making process regarding disclosure of identity for sexual minorities. It has layers in a coming-out process that includes factors of disclosing to family members, friends, various communities, and professional colleagues throughout their lives.

Not all dare to go out with their confidence in what they are today because others are confused and shy to go out and may not have the courage of others by standing out and acting as part of the community. In line with that, coming out for an LGBTQI person is hard because they are afraid of getting bullied or being harassed that could lead to depression and poor economic condition that may lead to physiological distress that could end up to drug addiction and may end in suicidal (Subhrajit, 2014).

Likewise, constructing a sexual identity is one of the major developmental tasks of adolescence. Their "difference" sets them apart from the adolescent norm and their very existence challenges the heterosexist constructs that misguide, render them marginal, and pose potential risks to their healthy growth and development. The "normal" steps or tasks that adolescents need to master to become healthy adults are traced within this construct. Therefore, expressing what they feel in "coming out" may be useful to lessen their risk when it comes to confidence (Bond, Hefner & Drogos). Concerning health and development, the study of Henry (2013) is about determining if LGBTQI coming out is related to self-esteem and depression. Based on the results of the study it stated that LGBTQI coming out to many people will give more self-esteem and lower depression levels than those who come out to a few people.

Some gay, lesbian, bisexual, transgender, and intersex people choose to keep their sexual orientation/identity a secret, while others choose to reveal their orientation to friends, family, and the public. Coming out and identifying as a member of the LGBTQI community is not a one-time experience, but instead, it is a lifelong journey. No two people's coming out processes are the same. Each person who is coming out should remember their experience may be unique. The act of coming out can be liberating for many individuals. It can help queer individuals take charge of their identity and to have the freedom to live their preferred lifestyle. The process of coming out can be stressful. Not knowing how people will react can cause significant worries. Family and friends may not initially understand what the queer person has been through. Coming out may be difficult for some, but it can also be a rewarding experience. Successfully coming out can help an individual who identifies as LGBTQI live a more open and honest life (Sexinfo, 2017).

The life of an individual like lesbian or gay, the experiences of who identify as they were explored to have a complex understanding of what life they were living. To fulfill that they must share their general experiences according to what kind of LGBTQI they have been living off. The findings showed that the life of a kind of LGBTQI has a complicated definition (Creswell, 2013).

Another potential point for elevated risk of emotional distress among adolescents with minority sexual orientation or transgendered identity, LGBTQI, is that youth must deal with stressors related to having a stigmatized identity (Rosario, Schrimshaw, Hunter, & Gwadz, 2002). To specify challenges faced by LGBTQI individuals, statistics and data were collected to support such a notion.

## The Subjective Aftermath of Coming Out

Family rejection can be a huge factor in why LGBTQI young adults commit or think about committing suicide. According to the study of Klein and Golub (2016) about the rejection of the family being a predictor of suicide attempts and substance misuse by an LGBTQI, statistics showed that 42.3% of the reported suicide attempts cope with LGBTQI related discrimination. Family rejection was associated with increased odds of this behavior. Inclined to that, family acceptance predicts greater self-esteem, social support, and general health status; it also protects an LGBTQI young adult against depression, substance abuse, and suicidal ideation and behaviors (Roe, 2016).

Improving relationships between LGBTQI youth and their parents is important for the health and well-being of LGBTQI youth (Blum, McNeely, & Nonnemaker, 2002), but very little is known about how to improve that relationship. The buffering hypothesis, detailed above, describes two ways in which stress is mediated by social support including the main effect and the buffering models (Cohen & Wills, 1985). There is a lot of power in claiming your identity, and it positively affects our emotional health. Accepting and loving one's identity is not easy, but it is worth it.

Discrimination and victimization standpoints among LGBTQI pride was approximately reported almost 60% of the respondents experienced insults or threats based on the study of Jimena (2010) as cited to the study of Ryan, Russel, Huebner, Diaz & Sanchez (2010) about family acceptance in the health of LGBTQI young adults. Moreover, men reported experiencing anti-gay verbal harassment and discrimination in the previous 6 months. Findings suggest that absent policies preventing anti-gay mistreatment, empowerment and community-building programs are needed for young gay/bisexual men to both create safe social settings and help them cope with the psychological effects of these events (Huebner, 2004).

LGBTQI youth with low family support who have a strong network of support from their peers and their significant others not only showed lower levels of distress but also experience increased support from their family throughout adolescence. Families may become more accepting when they see their LGBTQI child supported by their peers and partner. Those who lack support show adverse mental health effects, such as the increased risk for suicide, depression, and the use of illicit substances. Since coming out is an event that is happening increasingly earlier in life, before youth can live independently, family support matters more than ever. Parents and families of children can educate themselves and each other about sexual and gender identity. All this means parents, family, and loved ones should learn about these issues very early on in the lives of children (Gaiba, 2017).

On the other hand, LGBTQI people with negative family reactions equivalent to high risk in both mental and health issues. Inclined with that family rejection during disclosure were significantly associated with poorer health outcomes, the results showed in the study of Renna (2009) about negative health outcomes after the rejection of parents to their LGBTQI adolescent child, that 8.4 times attended suicide, 5.9 suffers from depression, and 3.4 likely engage themselves in drug usage. Parents' acceptance and rejection can also be affected by their ethnic and class backgrounds including traditions. As stated by

Baiocco and Fontanesi (2014), parents' negative reactions are affected by strong religious beliefs and a strong belief in traditional values. Renna (2010) also presents the idea that high religious involvement in families was strongly associated with low acceptance of LGBTQI children. Parent's rejection may also be influenced by the idea of homophobia. The LGBTQI community is at greater risk like in mental health, and in part due to victimization. Youth in the low and non-family support clusters reported greater distress across all time points relative to youth in the high support cluster; however, they also showed a sharper decline in distress. Family acceptance plays an important role that could trigger an LGBTQI young adult to be depressed because family rejection and family abuse make an LGBTQI young adult feel helpless or hopeless because our families should support us no matter what because whatever happens "family is family". Youth who lack family support, but who have other forms of support, report a decrease in psychological distress and an increase in family support across adolescence. Youth who are low in all forms of support continue to exhibit high distress (McConnell, and Mustanski, 2016).

## Overall well-being

The response of the parents on the coming out of their child creates a huge impact on the health of the young adult whether it is acknowledged or not; it can be mentally and associated with physical well-being. Also, social support is a must if as a community; want to help the LGBTQI people in the coming out process of their true identity. Family acceptance is a great influence on the positive well-being of LGBTQI adolescents. It indicates greater self-esteem, social support, and general health status. Moreover, family acceptance protects LGBTQI against depressions, abuse, and suicidal behavior (Ryan, Russel, Huebner, Diaz & Sanchez, 2010). Inclined to that, LGBTQI people who have supportive families developed positive coping skills and even learn how to deal with ridicule and discrimination. Gender variant people who are supported by their families have a lower risk for health and mental problems. They have greater well-being and are better adjusted in their gender expression (Ryan, 2009). Social support is the most important factor to be considered for LGBTQI youths when they are coming out. According to Gaiba (2017) having a supportive family decreases the chance of having depression and committing suicide. Family Support will help the LGBTQI youth to have more confidence in themselves and will give them the strength to be positive always. Based on the study of McConnell and Mustanski (2016) youth who lack family support, but who have other forms of support, report a decrease in psychological distress and an increase in family support across adolescence. Every kind of support is important to LGBTQI youth because it will reduce the stress, they build up for coming out. Ryan (2009) said in his study that support parents and families can help build self-esteem and a positive sense of self in gender-nonconforming children and teens. They can help them learn positive coping skills and how to deal with ridicule and discrimination from others. Gender variant youth who are supported by their families are at lower risk for health and mental health problems as young adults. They have greater well-being and are better adjusted than those whose parents do not support or try to change their gender expression.

## METHODS

### Research Design

The purpose of this qualitative research is to explore LGBTQI young adult manner after disclosure to their parents. Furthermore, to provide different viewpoints of their experiences and how they were able to cope with their parent's initial reaction. This study will use phenomenological research design, since it focuses on the commonality of a lived experience within a group, to know the insights of LGBTQI that underwent the coming out process to their parents.

### Subjects

The target interviewees are part of the LGBTQI community. Nine LGBTQI people were interviewed to gather convincing results for the study. The chosen participants for this study were LGBTQI young adults, ages 22-25. This was limited to LGBTQI young adults living in Manila. The researcher chose this population range as participants, as they have more experience to provide us information within this field. Moreover, they were sure about their gender identity.

**Table 1. Respondents' Profile**

Interviewee	Age	Sex	Gender	Status	Educational Background
"Kerth"	23	Male	Gay	Single	College
"Benedict"	22	Male	Gay	Single	College
"Mark I"	22	Male	Gay	Single	College
"Mark II"	22	Male	Gay	Single	College
"Christian"	25	Male	Gay	Single	College
"Marita"	24	Female	Lesbian	Single	College
"John"	23	Male	Gay	Single	College
"Robinjoie"	25	Male	Gay	Single	High School
"Cus"	22	Male	Gay	Single	College

### Data Collection Procedures and Ethical Consideration

Researchers contacted LGBTQI persons by email or their mobile numbers either from relatives or recommended acquaintances. The letter that was given was composed of the confidentiality of the data and the letter of approval. The interviewee was interviewed by the recommended place by themselves if they felt comfortable. The researcher used the interview as a tool for gathering data. Nine LGBTQI people ages 22-25 living in Metro Manila were interviewed and were asked questions based on the guide questions provided by the researchers. Participants were informed by the voluntary nature of the study and their right to withdraw from the study at any time. There was a screening of questions before interviewing an LGBTQI participant. Then, the interview was then recorded clearly to accurately gather the answers. It used Focus Group Discussion (FGD) afterward to have a further and deep analysis

of the data that have been gathered. The flow of the interview was casual so that the interviewees were more comfortable while sharing their experience. The guide questions were not done according to the numbering but rather, after they have answered they were asked questions that were related to their last statements so that it will be more conversational.

### Data Analysis

As the interview was recorded throughout the study, the researchers used content analysis to analyze the data gathered from our respondents. Also, after analyzing the data, the content analysis provides a framework for the context of communication and verifies it through an empirical approach.

## RESULTS

### Recognizing their Gender Identity

Most of the respondents stated that they identified their true gender identity since they were a child. The only thing that varies between the interviewee is the age or grade school level. This implies that Gender Identity is not a result of socialization, it can also start from the early stage of their life in which families, especially parents should be aware of.

"I realized it when... I mean I felt it when I was in grade 5 but regarding LGBTQI I realized I belong there when I was in grade 7 because of the news spreading about LGBTQI." "Mark II"

"I realized I am special since I was still a kid, I was around 7 or 8 years old then if I remember it correctly." "Christian"

"Since I was a child, I knew to myself that I a lesbian, because I hang around with boys all the time. My playmates are always the boys." "Marita"

"I realized it when I was in Grade 5, I know to myself that I belong to that community. I know that I should be proud of who I am." "Mark I"

### Ways on how LGBTQI Express their Gender Identity

Respondents have different ways regarding how they will come out to their parents. Some does not have coming out, but others said that without doing the coming out, their parent already identified them as LGBTQI member. In our interviews, most of them come out to their mother first regarding their identity. True to the related studies, there is a low percentage of LGBTQI members who come out with their fathers first and most of them still received negative feedback from their fathers.

### Dress Codes

One way in which LGBTQI expresses their identity is through their dress codes. Although it is a little feature, it can also play a vital role in the coming out process of an LGBTQI member.

"Wearing Female Outfits and wearing makeups" "John"

"I started wearing skirts and blouses" "Robinjoie"

“My mother would make me wear dresses and skirts, but if I don’t wear those kinds of things, I will immediately remove it.”  
“Marita”

### **Confrontation**

#### **Direct**

Most of our respondents personally admitted to their parents about their current identity. Some of them are admitted through face to face talk and some are due to their actions at home.

“First I told them it was just a joke but after that, I told them I am serious, thank God they accepted me.” “Mark II”

“I admitted in front of my family who I truly am” “John”

#### **Indirect Confrontation**

One of our respondents said that he admitted his identity through chat. Although only one of our respondents said this is still needed to be considered since social media is a way of expressing oneself.

“Uhm... I think I said it through chat because you know if you cannot say it in front of them.

### **Movement and Gestures**

Movements and Gestures are indeed conveying a strong message.

“It was obvious through the way I moved like I swayed my hips whenever I walked.” “Mark II”

“Whenever I see my brother, topless, I will imitate him, I will also remove my top. And my playmates were mostly boys. We go basketball together as a playtime.” “Marita”

### **Fear**

#### **Fear from Father**

One of our respondents had a very rough journey on coming out process since he is the eldest and sole son of a police officer. Fear in his father led him to hide his true identity. He is afraid of what the reaction of his father will become once he revealed that he is a part of the LGBTQI community.

“I also did not want to disappoint my father and my family who have big dreams.” “Christian”

“I don’t want my father to know my identity because I’m scared.” “John”

#### **Fear from Judgement**

Most of our respondents revealed that they fear the judgment they will face after they come out as an LGBTQI.

“Because I was afraid of what others would say” “Benedict”

“I think I hid my true identity because I was scared, I was scared for what other people would say to me, I was scared for their judgment, that initial reaction if they find out that I belong to the LGBTQI community.” “Mark I”

### **Fear from Family**

Fear of family response, most of our respondents chose to hide their true identity because they are afraid of how their family would react. One of our respondents, “Marita,” came to a point where she hid her identity out of fear and shame from her family.

“I was afraid of how my family or relatives will accept”  
“Christian”

### **Experiences After Coming Out**

#### **Violent Reaction**

One of the respondents stated that he had a really bad experience after his parents knew his true gender identity. Since he was the eldest and the only male in his family and his father is a police officer, it had never been a good experience for him. He was dragged by his father outside their house after wearing a blouse and a female skirt. He was also pushed by his father in their stairs causing him to have bruises. Luckily, he has a grandmother who would stop his father from hurting him. It continued up until he was in high school. “John” stated that his father also did violent actions after they knew it. He was put into shame outside their house and in the community. Before he went to high school, his parents stopped already and had nothing to do but accept their child. “Marita,” said that her parents get angry whenever she does not like to wear appropriate clothing for women like skirts and dresses. Eventually, all these respondents were accepted by their parents due to how long they have come out and because they are still a member of their own family.

“My father who is a police officer dragged me outside of our house; luckily, my grandma was there to stop him. My father also pushed me on the stairs causing me to have bruises.”  
“Robinjouie”

“It was hard; sometimes my parents get mad when I don’t wear appropriate clothes like dresses or skirts.” “Marita”

“My father was not happy about my identity, where it even came to a point where he raised his hand against me”

#### **Calm Reaction**

“Benedict” had a different experience after his coming out process. He said that his parents easily accepted him and did nothing bad towards him.

“It’s okay. It is okay for them because they understood me. They are happy upon discovering my identity.” “Benedict”

## **DISCUSSION**

This study allowed us to identify the coming out process of an LGBTQI to their parents and all the respondents have similarities and differences regarding their coming out process like the positive and the negative.

It is said that the coming out process for sexual minorities is a process of sharing information, which is often a gradual process

that can unfold through the years. We found out that most of our respondents are lesbians and gay. We have a total of 9 respondents, only one of them is lesbian, and the rest of our respondents are gays. This can be supported because Lesbian and Gays are more likely to have told about their sexual orientation with a percentage of 96% gays, and 94% lesbian compared to 79% of other sexual minorities (Taylor, 2013). Furthermore, LGBTQI can already identify their gender identity at the age of 3. Pew Research Center considered the majority of the LGBTQI members were already sure about their sexual orientation during their youth and adolescent age. Only 8% of LGBTQI members were left unsure of their gender identity until they became at age 30 (Gaiba, 2017).

Before the coming out process, each respondent shared their thoughts on what they felt after knowing that they are a part of the LGBTQI community. The emotions they felt correspond in both positive and negative aspects. In an instance, most of our respondents felt happy and proud after knowing that they are a part of LGBTQI, and some of them felt anxious, scared, and undecided.

Probably the most important milestone in the lives of the LGBTQI community is the coming out process towards their mom and dad. Approximately 56% of LGBTQI members around the world have stated that they tell their mothers about their sexual identity. However, a big difference of 39% for those LGBTQI has told their fathers about it. While some of them did not come out to their parents at all because of the reason of being afraid that they may not be accepted by his/her father or mother. 22% of them have not come out to their mother because of the same reason while 20% of them have not come out to their father for the same reason as others. In our interviews, most of them come out to their mother first regarding their identity. True to the related studies, there is a low percentage of LGBTQI members who come out with their fathers first and most of them still received negative feedback from their fathers (Taylor, 2013).

Fear is also a known factor why LGBTQI members hide their true identity from their family. Related studies found out that there is a high negative reaction to LGBTQI child disclosure. Likely, LGBTQI children will not expose their true identity to protect themselves from verbal and physical abuse. Surely, it is a defense mechanism of an LGBTQI child to cope up with the fear of negative feedback from the father, family, and society (Marrow, Secreted, % Protect, 2014).

Dress codes may be a little detail in the coming out process, but it can also be a factor of "coming out" stress problems. Clothing is a way of expressing someone's identity and without proper dressing, LGBTQI members experience anxiety-inducing daily conflict. This hints that LGBTQI clothing can be a code to disclose their identity; at the same time, if LGBTQI identity should match their gender expression to maintain emotional stability (Cowan, 2015).

The coming out process is a crucial part of being an LGBTQI member, each one has different ways of revealing their gender identity to their parents. Others may choose the natural and traditional way of confrontation with their parents, but others may choose to reveal it through social media. Social Media is our new way people negotiate in their daily lives, and many LGBTQI young adults manage to expose their identity through this way. LGBTQI young adults "out" through this process especially if

they felt they have low family acceptance or absence of family support. This is a great help for their psychological health especially if they are put in distress of a face to face confrontation (Birkett et al., 2018).

The negative initial response from parents still prevails in our society. Although it cannot be prevented, it may cause further harm to an LGBTQI individual. This context can be correlated to the theory of victimization which is a collective term to all negative behavior directed to the participant including verbal, physical, and sexual harassment. Peer victimization can be subjected to the main cause of psychological problems such as depression, anxiety, and the most critical is the internalized homophobia. Internalized homophobia is the result of oppressions that held back LGBTQI from expressing their gender identity. Meaning, it is the root of denial, secrecy, and the inability of LGBTQI individuals to come out even if they want to (Revel & Riot, 2015). On the other hand, not all parents will have a negative response. For some parents, their initial reaction is to be happy and accept their child's gender identity. Inclined to this, recent researches and literature propose that LGBTQI who have disclosed their gender identity experiences great comfort, especially in the parental environment of openness and connections (Marrow et al., 2014).

After the coming out process, many LGBTQI members faced the aftermath of their parents' reactions. This is how they adapt to their current situation after coming out. The majority would choose to give their parents a period and space. This is because some parents who did not accept them at first eventually accepted them after a series of time. Meanwhile, some would continue to do their best to make their parents proud without having to affect their life and change anything. Associated with that, other literature specified that the initial reaction from parents we are not typically positive. Parents' reactions ranged from disappointment to anger, to choose to ignore disclosure. Most LGBTQI reported that they got used to harmful comments made by their parents and learned to ignore it and got used to it (Roe, 2016).

## CONCLUSION

LGBTQI young adults who came out are free individuals who were able to "get-out-of-the-shell" and be unbound from restricting themselves from their parents. They are proud individuals who were able to show and act as they want, resolving things through declaration. They are risk-takers for they dare to reveal themselves despite being unsure of the consequences that they might be given from coming out. They are just also humans who seek and crave for acceptance in the society, especially in their own family, for them to attain peace within themselves and live freely. In the coming out process of LGBTQI young adults, the first thing that they must do is to accept and embrace who they truly are. From there, forms different ways on how to disclose their true gender identity to their parents. (1) Direct confrontation, (2) Indirect confrontation, (3) Movement, and gestures. Along with the coming out process, varying reactions from parents create a distinctive impact on the LGBTQI young adult-like doubt and fear, especially from prejudice and negative

responses. Family acceptance boosts their confidence and feels genuine happiness. On the other hand, rejection from the family leads to physical violence and mental disturbance. In addition to that, LGBTQI young adults do not have any control over the matter because they still respect their parents and just let time heal the conflict of coming out, despite the disagreement with their true identity as a person and as part of the LGBTQI community.

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