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## Homosexuals; What are the Contributing Factors’?

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### Abstract

As evidenced by the numerous gay instances that have been reported in various print and electronic media, homosexuals continue to emerge in a variety of spheres of life. By understanding the causes influencing the existence of homosexuals, researchers paid particular attention to this condition in order to intervene in gay difficulties. The purpose of this study is to outline the variables that contribute to homosexual conduct in Padang. Data on 32 homosexuals in the city of Padang were collected for this quantitative descriptive study. Utilizing the FRC Homosexuality Inventory (FHI), data were gathered. Descriptive analysis was used to examine the data. The results showed that the dominant factors cause homosexual behavior, namely spiritual values in life (9.38 percent), social engagement in the gay community (87.5 percent), and the tragic experience of being the victim of sexual assault or harassment (18.75 percent). There are some preventive actions that may be performed to stop someone from developing gay tendencies.

Keywords: Homosexual, Contributing, Factor

### Introduction

The distortion of sexual orientation is undoubtedly a significant concern for society (Stedman, J. M., et. al., 1971; Melkman, 2015). This multifaceted issue brings to

light the intricate balance between individual identity and the expectations set by societal norms. It raises poignant questions about the notions of acceptance, understanding, and the far-reaching consequences of prevailing attitudes. Given that sexual orientation is deeply woven into an individual's core identity, any form of distortion or misalignment carries implications not only for those directly affected but also for the wider community.

Homosexuality serves as an example of how societal norms and individual identity intersect (Ardi et al., 2016; Ardi et al., 2017; Pentaris, 2019; Delfita et al., 2019; Afdal et al., 2019; Ridha & Suhaeb, 2020). This sexual orientation, defined by an erotic interest in and the cultivation of romantic relationships with individuals of the same gender (Nevid, J. S., Rathus, S. A., & Greene, 2003; Karangora, 2012), transcends the physical realm and delves into the profound emotional and intellectual connections that underpin human relationships. At its core, homosexuality is rooted in a deep-seated erotic interest that beckons individuals to forge romantic bonds and intimate connections with those who share their gender identity.

In essence, homosexuality embodies the behavior of those who identify with a same-sex attraction (Kiperman, 2018; Rhodebeck, 2018; Yeo, 2018; Herbstrith & Busse, 2020). By acknowledging and respecting the intricate nature of sexual orientation, we contribute to a culture of inclusivity and empathy. This culture allows individuals to authentically express themselves without the fear of judgment or discrimination. This, in turn, fosters a society that values every individual's inherent worth and upholds their right to experience and reciprocate love in alignment with their genuine identity.

Numerous studies have delved into various aspects of homosexuality from social and psychological perspectives. These studies provide insights into the challenges faced by individuals navigating their sexual orientation within societal contexts. They also shed light on the psychological impact of acceptance and discrimination on mental health and well-being.

In summary, the distortion of sexual orientation is a complex concern that highlights the intricate balance between individual identity and societal norms. Recognizing and respecting the diversity of sexual orientations promotes an inclusive and empathetic society where everyone can express their true selves without fear. This

understanding ultimately contributes to a world where every individual's right to love and be loved is upheld, regardless of their sexual orientation.

Research conducted by the LGBT community organization "Gaya Nusantara" has shed light on the demographics of sexual orientation in Indonesia. According to their findings, homosexuals constitute approximately 1 percent of the country's total population, and this proportion is believed to be experiencing an annual increase (Azmi, 2020). This statistical insight reflects the growing visibility of the LGBTQ+ community within Indonesia and underscores the significance of understanding and addressing the diverse experiences of sexual orientation.

However, the prevailing attitudes towards homosexuality within the Indonesian context remain complex and multifaceted. A study conducted in Padang unveiled a sobering reality: a substantial 83.96 percent of pupils held negative views about the phenomena of being gay (Ardi et al., 2016). This finding offers a stark reminder of the diversity of opinions that exists within the society, highlighting the existing disparities in awareness and acceptance of homosexuality.

The coexistence of these contrasting perspectives is emblematic of a broader societal landscape characterized by ongoing dialogue and shifting norms. While a percentage of the population holds negative attitudes towards homosexuality, it is equally important to acknowledge the individuals and organizations working towards fostering a more inclusive and empathetic society (Anteby & Anderson, 2014; Phuong, 2022).

The variance in attitudes toward homosexuality underscores the pressing need for comprehensive education, open dialogue, and increased awareness campaigns (Holzhacker, 2012; Bidell, 2014; Banerjee et al., 2018). Promoting accurate information, dispelling misconceptions, and engaging in constructive conversations can help bridge the gap between differing viewpoints. It is through these efforts that society can hope to create an environment where diverse sexual orientations are respected and accepted, and where every individual is afforded the same rights, regardless of their sexual orientation.

In conclusion, the research findings from "Gaya Nusantara" reflect a growing awareness of homosexuality's presence in Indonesia. Simultaneously, the study conducted in Padang highlights the challenges posed by prevailing negative perceptions.

This duality underscores the importance of continued efforts to promote understanding, empathy, and acceptance, ultimately working towards a more inclusive society that upholds the rights and dignity of all individuals, regardless of their sexual orientation.

The state of homosexual inclinations is a complex outcome shaped by a multitude of interwoven circumstances. These factors encompass elements such as socialization, the presence or absence of spiritual guidance within the household, one's social interactions, and the proximity to peers who may already exhibit gay tendencies. Moreover, a crucial aspect that comes into play is the profound connection that homosexuals often share with the concept of concealment, a consequence of the historical and contemporary stigmatization they endure (Siregar, 2013; Sumadi, N., & Wahyu, 2013). When individuals diverge from societal norms in terms of their sexual orientation, they invariably trigger conflicts, face insults, bear the weight of stigmas, and become ensnared in unfavorable stereotypes, all of which can emanate from both their immediate families and the wider society at large (Sumarto, 2019).

The harsh discrimination that these minority groups encounter within the broader social framework significantly influences the spectrum of their actions and behaviors (M. G. F. Worthen, 2012; Ardi et al., 2017; M. G. Worthen, 2020). It becomes evident that the prevailing societal attitudes, perceptions, and biases wield substantial power in sculpting the behaviors and lived experiences of individuals identifying as homosexual. This intricate interplay between the individual and the society they are part of underscores the pervasive impact of external factors on one's identity and actions, illustrating how an individual's journey is deeply entwined with the broader sociocultural context. In this way, it becomes clear that the social environment and the prevailing societal outlook significantly influence and shape the trajectory of the lives of homosexual individuals, underscoring the need for empathy, acceptance, and understanding in fostering a more inclusive society.

The perplexing and often contradictory public response to homosexuality exerts a notable influence on the circumstances faced by individuals identifying as homosexuals. Paradoxically, this response tends to drive them towards maintaining their intimate relationships clandestinely (Satrio, 2013; Wahyuni, 2018; Hamzah, A., & Maharani, 2021) whether through covert interactions or by establishing isolated communities where they can find solace and understanding. These enclaves thrive

within the confines of secrecy, fostering a sense of unity and support for those navigating the complexities of their sexual orientation (Lestari, 2012; Agustia, 2014; Hidayat, T., Bakar, A., & Bustamam, 2017; Safitri, 2018). The sustained and exclusive nature of these hidden networks bolsters the individuals within them, albeit in unconventional ways. These networks offer an avenue for companionship and shared experiences, allowing homosexual individuals to connect with others who comprehend their challenges intimately. This sense of community becomes a vital pillar of support in an environment often marred by societal biases and misconceptions. The intricate interplay between the urge for connection and the imperative for secrecy underscores the complexity of the homosexual experience.

However, the formidable barriers to addressing homosexual activities and providing essential support stem from the prevailing atmosphere of taboo and ignorance (Prasetyo, 2015; Ardi et al., 2016; Burlian, 2022). However, the formidable barriers to addressing homosexual activities and providing essential support stem from the prevailing atmosphere of taboo and ignorance

Addressing the prevention and treatment of homosexuality among clients is distinctly categorized as a unique demographic requirement (Allan, B. A., Tebbe, E. A., Duffy, R. D., & Autin, 2015; Velez, B. L., Adames, C. N., Lei, N., & Kerman, 2021). This classification arises from the understanding that not everyone identifies with this sexual orientation, and certain factors may contribute to the development of a divergent sexual preference. It becomes imperative to establish foundational insights into the underlying causes that contribute to homosexual behavior when formulating plans and programs aimed at addressing sexual deviations (Lesmana, 2021; Nurmala, M. D., Rosadi, P. A., & Khairun, 2022). These insights into causative factors serve as a cornerstone upon which effective intervention strategies can be built.

Furthermore, the creation of a comprehensive summary of counseling services intended to support individuals identifying as homosexual, while concurrently addressing the context of preventing such disorders, emerges as an outcome of data gathered from the field. This amalgamation of information not only facilitates the provision of relevant and tailored counseling services but also aids in proactively averting potential challenges associated with sexual deviance. The synthesis of these

insights, drawn from real-world experiences, shapes a pragmatic framework that recognizes the distinct needs and concerns of homosexual individuals.

Predicated upon these foundational premises, the need for research to meticulously delineate the multifaceted causes underlying homosexual behavior becomes evident. A comprehensive understanding of these contributing factors is paramount in developing effective preventive and supportive strategies. Such research endeavors contribute to shedding light on the intricate interplay of biological, psychological, and societal elements that contribute to an individual's sexual orientation. Ultimately, this pursuit of knowledge holds the potential to reshape approaches to addressing sexual diversity, emphasizing empathy, informed intervention, and a nuanced comprehension of the complexity inherent to human sexuality.

### *Method*

The present study employs a descriptive quantitative research method (Singh, K., Allen, K. R., Scheckler, R., & Darlington, 2007; Rasnika, W., & Quroatun'Uyun, 2022; Supratiknya, 2022) with the overarching objective of capturing a comprehensive snapshot of the causative factors contributing to homosexual behavior within a broader context. In essence, the study seeks to elucidate the intricate web of factors that influence the development of homosexual tendencies.

The research focuses on a cohort of 32 gay individuals, ranging in age from 18 to 35 years, who have been identified as offenders within the city of Padang. This group forms the basis for data collection and analysis. By selecting participants from this specific demographic, the study aims to gain insights into the experiences and influences that have contributed to their homosexual behaviors, as follows.

Table 1. Research Respondents

No	Name (Initial)	No	Name (Initial)
1	ABD	17	EW
2	AC	18	EZ
3	ADR	19	HRRY
4	ADT	20	JO
5	AFN	21	KRI
6	AL	22	MK
7	AMR	23	MTH

8	ANT	24	MTR
9	ARHM	25	NLV
10	BHR	26	NRH
11	BT	27	OM
12	CA	28	RSD
13	DHL	29	SFY
14	EDJ	30	TM
15	ENO	31	YH
16	EPYA	32	ZKH

The research employed the Homosexuality Inventory (FHI), a structured questionnaire designed to assess a range of variables contributing to homosexuality. Data collection was facilitated through the expertise of professionals well-versed in the subject matter. This methodological approach ensured a systematic and comprehensive exploration of the factors influencing homosexual behavior. Upon gathering data through the FHI questionnaire, the information obtained from the field was subjected to rigorous analysis using descriptive statistical techniques. These analytical tools enabled the researchers to summarize and comprehend the dataset, unveiling patterns, trends, and relationships among the various variables explored.

The overarching goal of this research endeavor extended beyond the confines of data analysis. A broader study was conducted to cast light on the overarching causes of homosexuality. By extrapolating insights from the collected data and situating them within the broader context of existing knowledge, the study aimed to contribute to the evolving understanding of the complexities surrounding sexual orientation. The integration of the FHI questionnaire, expert judgment, and meticulous data analysis facilitated the creation of a comprehensive narrative that delved into the multifaceted aspects of homosexuality. By utilizing both quantitative and qualitative approaches, the research aimed to offer a holistic perspective that acknowledged the interplay of psychological, sociocultural, and biological factors.

In summation, the study stands as an example of a methodical investigation into homosexuality, where the utilization of a specialized questionnaire, expert input, and statistical analysis converged to provide a deepened understanding of the variables contributing to homosexual behavior. Through this process, the research sought not only to expand the knowledge base but also to contribute valuable insights that could potentially inform both academic discourse and practical interventions.

## Discussion

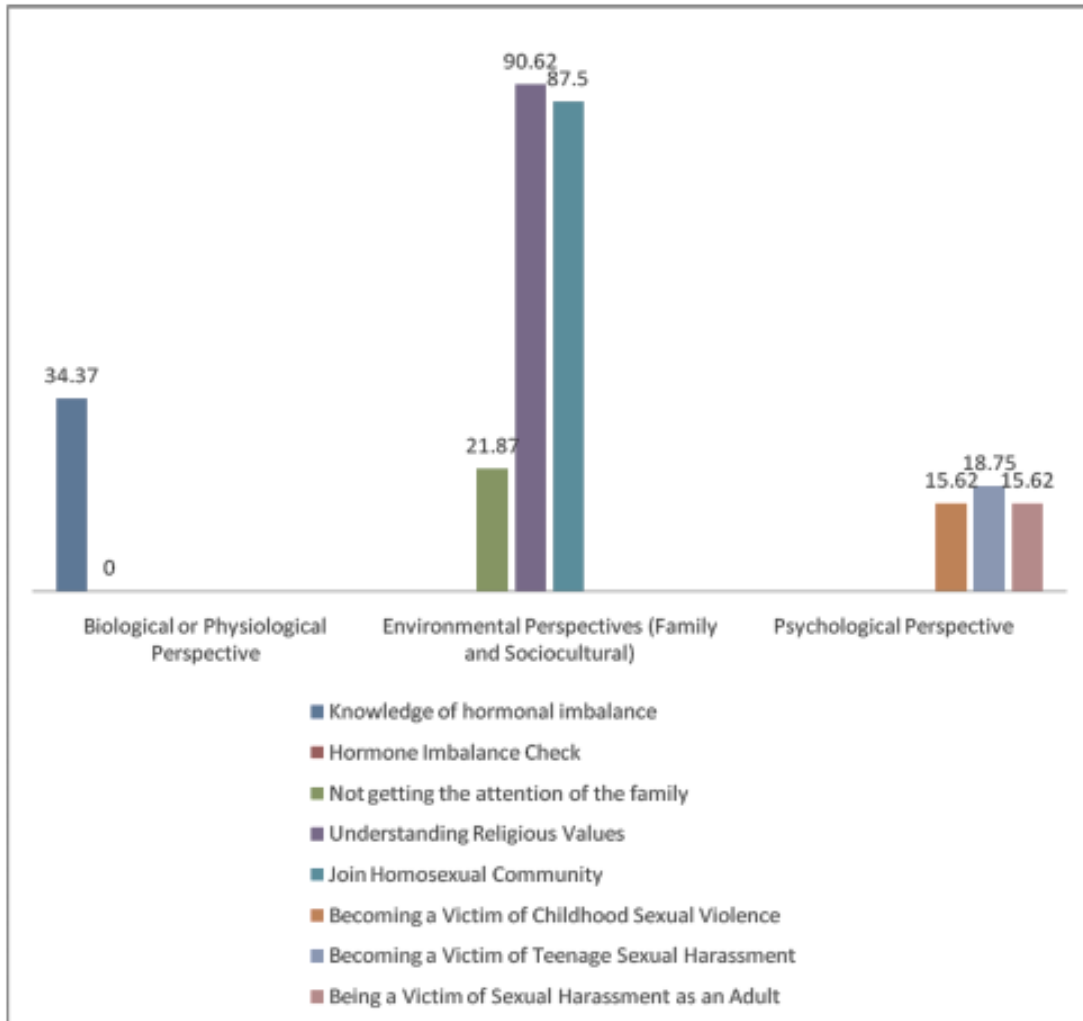
Numerous social factors, encompassing both intrinsic characteristics of the individual and external influences within their environment, play a role in the development of deviations from societal norms. Early indications of cross-gender behavior in children, like choosing clothing associated with the opposite sex and preferring activities typically associated with that sex, can be indicative of gender identity disorders (Davison et al., 2004; Nawangsih, 2017; Gunawan, 2022). These behaviors may contribute to a sense of incongruence between an individual's gender identity and their biological sex.

Furthermore, the way parents treat their children based on their gender can significantly impact the formation of the child's gender identity. Parental behaviors that emphasize the child's physical appearance, often linked to societal ideals of beauty, can shape their understanding of gender roles and expectations (Davison et al., 2004; Asrina, 2020). Consequently, when an individual encounters others who do not conform to their established gender identity physically, it can become a contributing factor to their self-identification as gay.

In essence, these intricate social dynamics highlight the multifaceted nature of gender identity and sexual orientation. The interplay between early childhood behaviors, parental influences, societal beauty norms, and an individual's perceptions of others all contribute to the complex mosaic of factors that influence one's sexual orientation. Recognizing these elements is crucial for fostering a more comprehensive understanding of the diverse paths individuals take in shaping their identities and experiences.



The study's findings led to the collection of the following information.



From a biological and physiological perspective, homosexuality appears to be influenced by a complex interplay of genetic, hormonal, and chromosomal factors. These elements collectively contribute to an individual's sexual orientation, and an imbalance in hormone levels during prenatal development is one such avenue through which this influence manifests (S. Afdal, 2019; Fitria, 2020; Akbar, H., et al, 2021; Wahyuni, 2022). Research suggests that these biological aspects play a significant role in shaping an individual's sexual orientation.

The research findings indicate that all respondents, 100 percent, had not undergone testing for sexual hormone imbalances, specifically in terms of testosterone

and estrogen imbalances. This lack of testing could be attributed to the fact that a considerable 65.63 percent of the respondents were unaware of the potential link between abnormalities in human sexual hormones and an inclination towards homosexuality. This knowledge gap underscores the need for education and awareness regarding the intricate interplay of biological factors and sexual orientation.

Tourney and Gartell's study on hormone measures underscores the idea that both genetic predisposition and hormonal influences during mental development might contribute to an individual's sexual orientation (Lestari, 2012; Ocktaviani, L. P., Arifianto, A., & Mariyati, 2020). Many experts in the field contend that various forms of sex-related hormone imbalances could potentially serve as primary contributors to the emergence of homosexuality.

In essence, the intricate relationship between genetics, hormones, and chromosomal factors forms the biological foundation for an individual's sexual orientation. The lack of awareness regarding the potential role of hormonal imbalances in influencing sexual orientation emphasizes the importance of public education and scientific research to foster a more informed and empathetic understanding of human diversity. By acknowledging these complex biological underpinnings, society can take steps towards creating a more inclusive environment that respects and embraces the diverse spectrum of human identities.

All secondary sex traits that people develop, such as voice alterations and other traits, are determined by the hormone testosterone (Pieter, H. Z., Psi, S., Janiwarti, B., Psi, S., & Saragih, 2011; Benita, N. R., Dewantiningrum, J., & Maharani, 2012). In the meanwhile, estrogen plays a significant role in how a woman develops physically. These specialists' numerous findings and research projects support the idea that biological factors play a role in the development of homosexuality.

Adopting a sociocultural and environmental lens, it becomes evident that the context within which individuals are situated holds substantial sway over the development of gay behavior. Certain environments characterized by prolonged periods of isolation, such as prisons and boarding schools, have been identified as settings where such behaviors may surface (Marsinun & Erwinda, 2020; Prayoga, 2021; Rasnika, W., & Quroatun'Uyun, 2022). The confinement and limited interaction in these environments can potentially influence the exploration and expression of sexual preferences.

The process of recognizing one's homosexual identity is also significantly influenced by the surrounding environment, which includes both familial and societal variables (Astuti, 2017). The interplay between these factors can shape an individual's understanding of their own sexuality. Remarkably, the research findings underscore the pivotal role of family dynamics, particularly parental attention. An overwhelming 85.7 percent of respondents expressed experiencing a lack of familial attention, which could potentially impact their sense of identity and belonging.

Additionally, religious beliefs also factor into the equation, with 7.1 percent of respondents indicating awareness of religious opposition to homosexuality. The intersection of one's sexual orientation and religious beliefs can contribute to a complex internal struggle. Moreover, the study's results indicate that 20 percent of respondents reported refraining from engaging in homosexual activities, either online or offline.

In essence, the sociocultural and environmental context within which individuals exist exerts a profound influence on the manifestation, understanding, and expression of gay behavior. The nuances of familial dynamics, religious beliefs, and the presence or absence of supportive communities collectively shape the journey of individuals navigating their sexual orientation. Acknowledging the intricate interplay between these factors is vital for fostering greater acceptance, empathy, and understanding in society, ultimately contributing to a more inclusive environment for individuals of diverse sexual orientations.

Psychology offers a widely explored framework for understanding the factors that contribute to homosexuality. The study's findings reveal significant insights in this regard. Notably, 14.3 percent of the gay individuals surveyed reported having experienced sexual abuse during their childhood, while 21.4 percent had encountered sexual harassment from their peers during their high school or college years. These experiences underscore the importance of considering psychological dimensions when investigating the origins of homosexuality. Within the realm of psychological theories, early sexual development emerges as a significant factor to consider. Freud's psychoanalysis, a foundational theory in psychology, posits that homosexuality can develop from the early psychosexual development of children (Ilyas, A., Afdal, A., & Alizamar, 2018; Freud, S., Low, B., & Gabler, 2021; Abbas, 2022; M. Afdal, 2022). According to this perspective, homosexual inclinations are influenced by the

interactions and experiences children have during their formative years, particularly within the context of parent-child relationships.

The interplay between these early interactions and subsequent psychological development can contribute to the formation of sexual orientation. This dynamic emphasizes the influence of the psychological landscape on an individual's self-discovery and sexual identity. The prevalence of experiences such as sexual abuse and harassment also suggests the potential role of trauma and environmental factors in shaping one's sexual orientation.

In essence, psychology provides a valuable lens through which to examine the complex factors contributing to homosexuality. By delving into the early stages of psychosexual development and the dynamics of parent-child relationships, researchers can gain deeper insights into the intricate web of influences that play a role in an individual's sexual orientation. Understanding these psychological dimensions is crucial for fostering greater compassion, empathy, and support for individuals navigating their sexual identities in a complex world.

The complexity of attraction to the same sex is widely acknowledged among specialists, who contend that a multitude of factors interplay to varying degrees in shaping this aspect of human sexuality. The importance of each factor can differ from person to person, contributing to the unique nature of each individual's experience. The allure of individuals to the same sex is the outcome of an intricate interplay involving genetic, hormonal, cognitive, and environmental variables (Strickland, 1995; Morrow, D. F., & Messinger, 2006; Sullivan, 2013). Genetic predispositions set the foundation for one's sexual orientation, with biological factors playing a substantial role. Hormones further contribute, influencing the physiological and psychological aspects of attraction. Cognitive processes, including personal thoughts, perceptions, and emotional responses, play a part in shaping sexual attraction, while environmental factors, such as upbringing and societal influences, also exert their impact.

Acknowledging the complexity of these factors underscores the nuanced nature of human sexuality and the diversity of individual experiences. Given this complexity, it's essential to recognize that approaches to understanding and addressing homosexuality must account for this wide spectrum of influences. Specialists' insights

highlight that a comprehensive approach that considers all these facets is crucial for a more holistic comprehension of sexual orientation.

Beyond prevention, there is also a need to provide support for individuals who already identify with a non-normative sexual orientation. The concept of alleviation in this context implies providing individuals with resources, understanding, and therapeutic approaches to navigate their sexual orientation in a way that feels authentic and comfortable to them. This underscores the importance of fostering an inclusive society that embraces diverse identities and offers pathways for individuals to lead fulfilling lives regardless of their sexual orientation.

To sum up, counseling designed to support individuals in addressing a range of challenges, including the cultivation of self-acceptance regarding their sexual orientation, holds substantial importance and carries the promise of meaningful benefits (Matsuno, E., & Israel, 2018; Pitt et al., 2023). It is crucial to approach such counseling with a clear understanding that sexual orientation, such as homosexuality, should not be seen as something requiring correction or alteration (Ashley, 2020).

Counseling that is sensitive, affirming, and respectful of an individual's sexual orientation can play a pivotal role in helping them navigate the complexities of self-discovery and societal interactions. The challenges that individuals may encounter while grappling with their sexual identity necessitate a supportive space where they can explore their feelings, thoughts, and experiences without fear of judgment. Research has shown that individuals who receive counseling that is congruent with their sexual orientation experience greater psychological well-being and enhanced self-esteem.

Importantly, the principles of affirmative therapy highlight the importance of respecting an individual's autonomy and identity. This approach aims to create a safe and validating environment that fosters self-acceptance and personal growth. By recognizing and celebrating the diverse spectrum of sexual orientations, counselors can empower individuals to embrace their authentic selves, leading to improved mental health outcomes and a stronger sense of identity.

In conclusion, counseling that guides individuals towards self-acceptance in terms of their sexual orientation is a vital resource. It provides a platform for addressing challenges and promoting psychological well-being. Emphasizing that sexual orientation does not require correction but rather understanding and acceptance aligns with the

evolving perspectives on human diversity and rights. By offering affirmative and empathetic support, counselors can contribute to a more inclusive and compassionate society where everyone is free to express their true selves.

Effective and ethically responsible counseling takes a comprehensive approach that encompasses multiple dimensions, ultimately aiming to guide individuals towards self-acceptance (Kibtyah et al., 2022). This approach facilitates individuals in embracing their identity without harboring feelings of judgment or guilt related to their sexual orientation (Sugianto, 2013). It also serves as a crucial pillar of support for maintaining mental well-being, especially in the face of potential stigma or discrimination within the LGBT community (Hidayanti & Syukur, 2018).

One important aspect of counseling is fostering healthy relationship development through effective communication (Nida, 2013). Helping individuals navigate relationships while understanding their own needs and those of their partners contributes to building fulfilling and respectful connections. Additionally, counseling offers valuable information on safe sexual practices and overall well-being (Haryuni, 2013), equipping individuals with the knowledge to make informed decisions about their sexual health while promoting their overall physical and emotional well-being.

An accurate understanding of sexual orientation, distinct from gender identity, is another key aspect of effective counseling (Agustiani Maslahah, 2013). Clear explanations and insights into these concepts can alleviate confusion and help individuals grasp the nuances of their identity. Moreover, counseling empowers individuals to cultivate self-confidence, leverage their personal strengths, and develop resilience to face challenges (Farida, 2016; Chettiar, 2022). This support fosters an environment where individuals can confidently embrace their identity and face adversity with strength and determination.

By combining these various components, effective counseling creates a holistic framework for individuals to navigate their journey towards self-acceptance and well-being. It respects individual agency, acknowledges the challenges that may arise from societal attitudes, and equips individuals with the tools they need to navigate relationships, their own identities, and the broader world. Ultimately, this approach contributes to a more inclusive and empathetic society, where individuals are empowered to live authentically and confidently.

When engaging in counseling related to sexual orientation, counselors must possess accurate understanding, knowledge, and ethical principles concerning LGBT issues. At the core of such counseling is an unwavering focus on embracing, respecting, and supporting each individual's unique identity and experiences.

## Conclusion

There are several reasons why people are drawn to the same sex, and the importance of each component varies from person to person. Counseling for individuals who identify as gay is extremely essential and must be tailored to the underlying cause. These gay suffering, many of whom exhibit signs of melancholy, low self-esteem, skipping class, and low productivity, feel secure and at ease in the society. The status of the wound requires counseling as a number of studies have shown that the presence of mental wounds suffered by gay sufferers is one of the causes of a person's propensity for deviant sexual orientation. In general, homosexuals have false self-perceptions. People who identify as homosexual are assisted in being aware of their situation and taught how to act in accordance with their real gender identity.

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