



SAMPLE LITERATURE REVIEW MLA

OPENING UP ON HOMOSEXUALITY TO OTHERS (THE PROCESS OF "COMING OUT") 1

Homosexuality as a phenomenon has a very long history, but it does not seem sufficiently explored in relation to it. Summarizing research published in the American Psychological Association, a focus on the social issues of this topic is evident. The topics most commonly come up are research into various forms of discrimination, issues of reducing the social distance to the gay group, the effects of social distance on the mental health of homosexuals, and so on. The research requires ethnic, demographic and other differences that may have a special impact on individuals belonging to this minority group. There is also a question of certain guidelines in the therapeutic work with clients of LGB (Lesbian, Gay and Bisexual) population. The decision on what is homosexuality, the scientific theory about it, its acceptance or rejection by scientific circles, and hence the social community, affects not only the millions of people who are homosexuals, but also the millions of people who make up their family members, friends, acquaintances, employers, as well as people who deal with their mental health. The population of homosexuals is not negligible, whether it ranges from 5% to 15%, as argued in different studies. For professionals in the field of mental health, the mental health of such a large number of people is definitely important. Investigating the impact of the "coming out process" as well as examining the impact of the social environment on the mental health of homosexuals is significant for several reasons: Insufficient research on this topic in relation to the size of the homosexual population; Increased awareness of public opinion on this topic in order to reduce ignorance, prejudice and stigmatization; Increasing knowledge in this area that can be of help to mental health workers working with homosexual clients; Increasing knowledge in this area is important for homosexuals in a crisis, as a method; self-help or breakup of resistance to contact professionals for help; Increasing knowledge in this area is important for people who are in close contact with homosexuals and are not sure how to deal with it (family, friends).

Homosexuality as a theme, despite its attractiveness, has remained to a greater extent unknown areas, both in the world and in our country. Despite the very significant work of Alfred Kinsey, which has contributed to a more comprehensive understanding of homosexuality, many psychiatrists, psychologists and other relevant experts continue to look at sexual orientation black and white, homosexual versus heterosexual, and refuse to understand the complexity of biological, behavioral and psychosocial development. Nevertheless, in Western countries, more attention is paid to this topic. A number of studies are underway, discrimination is being taken into account, the integration of homosexual groups into social milieu, the promotion of the attitude of democracy and tolerance towards diversity, the provision of equal rights and the prevention of the abuse of homosexuals as a minority group. It is a great progress, it can be said, and the consequences of such propaganda can be seen in the relaxation of the Germans, Americans, Englishmen, Swedes and other nations towards homosexual couples who publicly express their views, as well as the number of appearances of homosexuals as indispensable characters in movies, series and other mass media products.

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Homosexuality was first used as a term in the second half of the 19th century to indicate an erotic desire for people of the same sex. Later, heterosexuality was also derived, and Sigmund Freud first used the term bisexuality as the third form of sexual orientation. Homosexuality can be defined as a sexual orientation that involves the choice of a sex partner of the same sex. Some definitions emphasize sexual intercourse, while others emphasize sexual attraction to a person of the same sex. A slightly wider definition formulates homosexuality as a sexual orientation characterized by aesthetic appeal, romantic love and sexual desire exclusively towards people of the same sex. According to Buunk and Van Driel, a homosexual person is a person who prefers sexual interaction, intimacy and interpersonal relationships with people of the same sex.

The important terms to distinguish between each other are sex, sexuality and sexual orientation. Terms such as gender identity and sexual roles often confused the notion of sexual orientation in early homosexual work. Sexual orientation refers to the tendency of the erotic response of a particular person. It can be homosexual, bisexual, or heterosexual. It can be viewed in relation to indicators such as the proportion of fantasies and dreams directed at a certain sex, then half of the sexual partner, and reaction to erotic stimuli associated with a particular sex. Sexual orientation is made up of three components - desire, behavior and identity. These three components can, but do not have to be mutually congruent. For example, a woman can engage in homosexual behavior, show typical female sexual characteristics, be married to a man, and feel her identity as heterosexual or a man can have homosexual desires, have sex only with women, and show full uniformity. In this way, a distinction is made between persons who identify themselves as homosexual and persons who have had homosexual experiences. Of course all the combinations are in the game - people who are homosexual by their nature do not have to accept their homosexual identity and their behavior can be heterosexual, as heterosexuals can have homosexual behavior in their history. Sexual orientation is one of the components of a person's identity, and it relates to emotional and sexual attraction to another person. In most people, sexual orientation is formed in a very early age, and there is no need for any sexual experience to form it. Sexual orientation is part of a person's sexual identity and relates to inner feelings, experience and self-concept. Sexual orientation can be viewed through sexual behavior, which creates a continuum where one end is heterosexual and the other end is homosexual behavior on the Kinsey scale. This means that people throughout the life may feel attracted to a different degree (fantasy or other psychological reactions) towards people of the same / opposite or both which may or may not lead to sexual contact - homosexual, heterosexual, and / or bisexual behavior.

Research shows that most people who define themselves as a homosexual person have experienced themselves from the earliest years of their lives, no matter how long they struggled to accept themselves in that light. The terms sexual orientation and sexual preference differ in that under sexual preference, the conscious desire and decision of the individual with whom sex wants to interact sexually expires. It is a subtle difference between desire and choice. Sexual identity is a development process that happens in time.

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There are models of homosexual or bisexual development, in the sense of linear passage through certain stages, such as "coming out", and ending with the acceptance of one's own identity by engaging in an accepting community, by establishing a relationship with a person of the appropriate sex, etc. Of course, homosexual identity will not be realized by all those who have experienced homosexual attraction. Full identity refers to the continuous and lasting feeling of being as a member of a particular gender and relates to the biological attributes of a given person. It is an inner sense of belonging to a male or female gender, and the behavior of a person can be in greater or lesser accordance with the full role of an individual, in which the behavior of a person can be defined as masculine or feminine. Most people, regardless of their sexual orientation, have a full identity in line with their biological identity.

Looking at the recent history, which is much more transparent, homosexuality is rarely tolerated, and was usually considered deviation, sin, or disease. Today, some countries they foresee criminal measures against persons who engage in homosexual relations. The strong influence of the Christian church, which has always represented extremely homophobic attitudes, certainly contributed to the condemnation and persecution of homosexuality by society. No other religion was naturally benevolent towards homosexuality, but the attitude towards it differed from religion to religion. Islam understands the concept of sin of Christianity differently and does not deal with so much sanctioning homosexuality. Today's pronounced homophobic laws in some Islamic countries are primarily the result of opposition to Western culture rather than the reflection of religious texts. Judaism, based on the Old Testament which deals with sodomy and sin, views homosexuality as a completely unacceptable identity. A Buddhist view of the world does not speak of the concept of sin, but distances itself from homosexuality, if homosexual relations contain lust in themselves, as an obstacle to enlightenment. By the end of the 19th century, medicine and psychiatry had been in close competition with religion about jurisdiction in the field of sexuality. Consequently, homosexuality ceased to be a sin and became a pathology. This historical craft is, however, regarded as a progressive one because it is a sick person (Chauncey; D'Emilio and Freedman; Duberman, Vicinus and Chauncey). Nevertheless, in medicine and psychiatry, the view of homosexuality was not universal.

There is no doubt that homosexuals are growing in a dominant society heterosexual. Unfortunately, frequent occurrences in such a society are hidden or open aggression and hostility toward homosexuals. The consequences of this cultural influence on homosexuals growing up in such a culture are dramatic for their development and psychological well-being. One of the biggest challenges for homosexuals is dealing with homophobia. The term homophobia was first used by George Weinberg in 1972 to indicate fear and lust for homosexuals. Heterosexism is a close term that is defined as an "ideological system that denies and condemns any non-heterosexual form of behavior, identity, relationship or community. Heterosexism is close to other ideological oppressions such as racism, sexism, etc. Anti - homosexual attitudes of individuals can be expressed through verbal aggression, ban and physical violence against the members of the contested group. Institutions maintain these attitudes through their discriminating policies and practices.

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Anti-homosexual attitudes serve to strengthen and maintain the "compulsive heterosexuality" of a society. Homophobia can be institutionalized and internalized. Institutionalized homophobia refers to the way in which society practices discrimination and harms prejudice towards its homosexual subpopulation. Heterosexuality is taken as a norm, and this attitude is deeply rooted in the institutions related to education, employment, sports, recreation, army, church, government, press, media and the family as the basic instinct of society. Homophobia as a social phenomenon leads to hatred, stigmatization, discrimination and violence against homosexuals. If we also put aside the emotional consequences of such a social state, the minority group is initially endangered socially, materially and physically.

Internalized homophobia is a consequence of growing up in a homophobic heterosexual society. Internalized homophobia is defined as a set of negative attitudes and feelings towards homosexuality of other people and according to one's own homosexuality. Many authors believe that almost every homosexual person adopts negative attitudes about homosexuality during his development and growing up. The consequences of such internal pressure can range from lack of self-esteem, stress, feelings of guilt, shame, fear, to depression and suicide. It is not difficult to imagine how the basic feeling of the self, no matter how reliable it may be, can be disturbed and distorted when an individual realizes that she is not a member of a majority, heterosexual culture, that she is not in the framework of common norms, that she is excommunicated from an environment that has long been a part of herself, through growing up. At the moment when the self-concept is weak, and the identification process is still not completed, internalized conflicts and negative perception can endanger the healthy personality development. It is of course important for therapists working with young homosexuals to be aware of their own homophobes, in order to relieve already confusing clients and free them from the additional burden of their own projections. It is completely clear that a therapist who is himself a victim of homophobia cannot help his, e.g. adolescent client in the struggle with a feeling of lower value and building own identity.

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