

ABSTRACT

Title of the Research: **THE IMPLICATION OF THE COMING-OUT PROCESS TO THE PSYCHOLOGICAL WELL-BEING OF HOMOSEXUALS**

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A case study on gays and lesbians were conducted to explore the experiences of homosexuals during the coming-out process. Researcher identified the positive and negative implications accompanied on each stage of the coming-out process to the four (4) aspects of psychological well-being identified, namely: emotional, social, sexual or romantic, and spiritual. This was done with the narrations given by the homosexual respondents and collaborated with the reports of their significant others. Using a conceptual framework supported by the coming-out process model of Eli Coleman, together with local and foreign literatures gathered to support the initial assumption of the study, the researcher conducted a descriptive design of research via interview to 3 gays, 3 lesbians, and 1 significant other for each homosexual respondent. The homosexual respondents were chosen based on

their age, their completion of the coming-out process (as presented by Eli Coleman), and their willingness to participate in the study. Significant others were chosen based on the referrals of the homosexual respondent and their rich knowledge about the experiences of homosexual respondents during the coming-out process.

Findings of the study showed that the stages of the coming-out process vary from one person to another. This does not always follow any model, specifically Eli Coleman's model of coming-out process. For most respondents of this study, they entered the coming-out stage after engaging into same sex relationship. Hence, the first relationship took place first and for other respondents, happened simultaneously together with the Exploration and Coming-out stages. Furthermore, both negative and positive implications were present in the stages of the coming-out process. For each stage of the process, there is/are aspect/s of well-being that is/are dominantly and evidently implicated. Nevertheless, implications are results of the responses given by people around the homosexual respondent, specifically their significant others and the coping means they chose to adjust or adapt in a certain experience. Hence, significant others play crucial roles in experiencing more positive implications during the coming-out process and this is through their acceptance, support, and guidance. Moreover, coping means on each stage help homosexuals to fully function in their society where they are belonged.

This study recommends that homosexuals should have full acceptance of who they really are. This will lessen the negative implications they will feel as they undergo the coming-out process. Moreover, the support of significant others, if possible by family members, are being recommended to be present during the coming-out process because this will definitely lead homosexuals who have decided to live a homosexual life to a healthy and well functioning human beings.

