

**MINORITY STRESS AMONG LGBTQ IN INDONESIAN ADULTS AGED 19-30
YEARS: A PRISMA- GUIDED SYSTEMATIC REVIEW**

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ABSTRACT

Sexual and gender minority adults in Indonesia often face social pressure related to stigma, discrimination, rejection, identity concealment, and limited psychological support. This study aimed to systematically examine minority stress among lesbian, gay, bisexual, transgender, and queer Indonesian adults aged 19–30 years, with attention to mental health, psychological well-being, self-disclosure, and social support. This study used a systematic literature review guided by Preferred Reporting Items for Systematic Reviews and Meta-Analyses. Twenty-two sources, including national journal articles, international journal articles, e-books, and institutional reports, were analyzed descriptively, thematically, and bibliometrically. The findings show that minority stress appears through discrimination, family rejection, expectation of rejection, internalized stigma, and identity concealment. These stressors are associated with anxiety, depression, psychological distress, and reduced well-being, while self-acceptance, social support, and supportive communities serve as protective factors. Understanding minority stress is essential for developing inclusive mental health support in Indonesia.

Keywords: *minority stress, LGBTQ, young adults, mental health, Indonesia*

ABSTRAK

Dewasa minoritas seksual dan gender di Indonesia sering menghadapi tekanan sosial yang berkaitan dengan stigma, diskriminasi, penolakan, penyembunyian identitas, dan keterbatasan dukungan psikologis. Penelitian ini bertujuan menelaah secara sistematis tekanan minoritas pada dewasa lesbian, gay, biseksual, transgender, dan queer Indonesia usia 19–30 tahun, terutama dalam kaitannya dengan kesehatan mental, kesejahteraan psikologis, pengungkapan diri, dan dukungan sosial. Penelitian ini menggunakan tinjauan pustaka sistematis yang dipandu oleh Preferred Reporting Items for Systematic Reviews and Meta-Analyses. Sebanyak 22 sumber, meliputi artikel jurnal nasional, artikel jurnal internasional, e-book, dan laporan institusional, dianalisis secara deskriptif, tematik, dan bibliometrik. Hasil menunjukkan bahwa tekanan minoritas muncul melalui diskriminasi, penolakan keluarga, ekspektasi penolakan, stigma terinternalisasi, dan penyembunyian identitas. Tekanan tersebut berkaitan dengan kecemasan, depresi, tekanan psikologis, dan penurunan kesejahteraan, sedangkan penerimaan diri, dukungan sosial, dan komunitas suportif berperan sebagai faktor pelindung.

Kata Kunci: tekanan minoritas, LGBTQ, dewasa muda, kesehatan mental, Indonesia

A. Introductions

Lesbian, gay, bisexual, transgender, queer, and other sexual/gender minority (LGBTQ+) groups are part of the young adult population that often face greater social pressure than heterosexual and cisgender groups. In the age range of 19–30 years, individuals are generally in an important transition phase, such as building self-identity, entering higher education or the world of work, forming intimate relationships, and seeking social acceptance (Amirah & Widayat, 2024). For LGBTQ+ individuals, the developmental process can be more complex because their sexual and/or gender identity often confronts social, religious, cultural, and family norms that have not fully embraced diversity of sexual orientation and gender identity (Nicholas & Bresin, 2024)

Concept Minor stress explains that psychological pressure on sexual and gender minority groups does not only come from personal problems, but also from social structures that stigmatize their identities. Meyer

explained that minority stress includes experiences of discrimination or violence, expectations of rejection, concealment of identity, and internalized stigma or negative self-acceptance due to social stigma (Frost & Meyer, 2023). In the LGBTQ+ context, this pressure can arise in the form of bullying, family rejection, restrictions on self-expression, derogatory comments, threats of violence, and obstacles in accessing safe and affirmative mental health services (Wurm et al., 2025)

In Indonesia, LGBTQ+ issues are still a sensitive and often debated topic. Several national studies show that people's attitudes towards LGBTQ+ fall somewhere between rejection and acceptance, mainly due to the influence of religious norms, cultural values, moral understanding, and social constructions regarding sexuality (Amirah & Widayat, 2024). This condition makes LGBTQ+ individuals in Indonesia potentially experience typical social pressures, such as fear of being identified, anxiety about family rejection, limited social support, and difficulty seeking

professional help. In young adults, such stress can have an impact on self-confidence, psychological well-being, social relationships, and the decision to reveal or hide one's identity (Nicholas & Bresin, 2024).

Various international studies have shown that minority stress is closely related to the mental health of the LGBTQ+ group. Research (Shrader et al., 2024) states that lesbian, gay, bisexual, and transgender groups experience typical health inequities, including a higher risk of anxiety, depression, psychological distress, and barriers to accessing health services. Research (Meyer, 2023) It also affirms that this model is still relevant to explain how structural stigma, interpersonal discrimination, as well as internal psychological processes can affect the well-being of sexual and gender minority groups. Thus, minority stress is important to understand not as an individual problem, but as the result of an interaction between personal identity and an unequal social environment.

Although international research on minority stress in the LGBTQ+

population has grown, scientific evidence specifically addressing the LGBTQ+ experience in Indonesia is still relatively limited and scattered across various forms of studies. Research (Setiawati, 2017) social perceptions of LGBTQ+, life experiences, stigma, or interventions related to education and mental health, but not many have systematically synthesized how minority stress is experienced by young LGBTQ+ adults in Indonesia. This gap is important because Indonesia's context has a different socio-cultural character from Western countries, so international findings cannot always be applied directly without considering local norms, family relationships, religion, and access to psychological services in Indonesia.

Based on this background, the formulation of the problem in this study is: What is the form of minority stress experienced by Indonesian adult LGBTQ+ individuals aged 19–30 years based on the findings of published research? More specifically, this study aims to identify the forms of minority stress, the social factors that influence it, its impact on mental

health or psychological well-being, as well as coping strategies or seeking help reported in the literature. Because this research is in the form of systematic literature review (SLR), the PRISMA guidelines are used to assist in the process of identifying, screening, selecting, and reporting articles in a transparent and structured manner (Page et al., 2021)

This systematic study is important because it can provide a more complete picture of the position of minority stress research in the LGBTQ+ population of young adults in Indonesia. The results of the review are expected to help researchers, academics, counselors, psychologists, educators, and policymakers understand that the pressures experienced by LGBTQ+ individuals cannot be separated from the context of stigma and the social relations around them. In addition, this synthesis can also serve as a basis for the development of more inclusive, safe, and evidence-based mental health services for sexual and gender minority groups in Indonesia.

B. Method

The population in this study is a scientific publication that discusses

minority stress, stigma, discrimination, mental health, psychological well-being, *self-disclosure*, and social support for LGBTQ individuals, especially Indonesian adults aged 19–30 years. The literature used in this study includes national journal articles, international journal articles, e-books, and institutional reports relevant to the topic of *minority stress* in LGBTQ groups in Indonesia. This study uses the Systematic Literature Review (SLR) approach with the guidance of PRISMA (*Preferred Reporting Items for Systematic Reviews and Meta-Analyses*) to ensure that the process of searching, selecting, filtering, and synthesizing literature is carried out in a systematic, transparent, and accountable manner.

Literature searches are carried out through several academic databases, such as Google Scholar, Garuda, SINTA, university repositories, PubMed, ScienceDirect, SpringerLink, SAGE Journals, Scopus, and Web of Science. Google Scholar is used because several national articles and studies on LGBTQ in Indonesia are more commonly found through local repositories and national journals. Keywords used in the search process included: "minority stress", "LGBTQ Indonesia", "LGBT Indonesia", "gay and lesbian young adults Indonesia", "psychological well-being LGBT",

"discrimination LGBT Indonesia", "LGBTQ stigma", "LGBTQ self-disclosure", "internalized stigma", "LGBTQ mental health", "sexual minority stress", and "young adult LGBTQ mental health". The literature search is limited to publications in the last 100 years, from 1925 to 2025, so that the study can include the historical development of the concept of sexual minorities, social stigma, LGBTQ mental health, and the development of *modern minority stress* theory .

The research instrument used is the Systematic Literature Review protocol which contains the stages of identification, screening, feasibility, and determination of the final article. The protocol also includes inclusion criteria, exclusion criteria, search strategies, data extraction categories, and thematic analysis guidelines. The inclusion criteria in this study are: 1) articles, e-books, or institutional reports that address LGBTQ, sexual minorities, or gender minorities; 2) sources that discuss *minority stress* or related concepts, such as stigma, discrimination, social rejection, identity concealment, *internalized stigma*, mental health, and psychological well-being; 3) sources that are relevant to the Indonesian context or can be used as the basis for international theory; 4) resources that address young adult groups or are relevant to individuals aged 19–30 years;

5) sources published in Indonesian or English; and 6) sources that are available in full-text form or have sufficient methodological information to be analyzed.

The exclusion criteria in this study were: 1) articles that did not discuss LGBTQ or sexual and gender minorities; 2) articles that only discuss LGBTQ from the point of view of personal, moral, political, or religious opinion without scientific basis; 3) sources that do not have a clear publication identity, such as the author's name, year of publication, or publishing institution; 4) articles that are not related to *minority stress*, stigma, discrimination, mental health, or psychological well-being; 5) sources that are not available in Indonesian or English; 6) popular articles, news, blogs, or social media posts that are not research-based; and 7) duplicate sources that appear more than once in search results. Articles that only mention the term LGBTQ without addressing the psychological, social, or minority forms of oppression were also excluded from the analysis.

The research process is carried out through several stages. The first stage is to formulate the main research question, namely: "How is *minority stress* experienced by Indonesian LGBTQ adults aged 19–30 years, and how does it relate to their mental health, psychological well-

being, and social functioning?" The second stage is to determine keywords, databases, and inclusion and exclusion criteria. The third stage is to search the literature on national and international databases. The fourth stage is to filter the article based on title, abstract, keywords, and content suitability. The fifth stage is to read the article in full to determine the eligibility. The sixth stage is to extract data, such as the author's name, year of publication, country or context of the study, research objectives, methods, population, key variables, and important findings. The last stage is to synthesize the findings descriptively, thematically, and bibliometrically.

Articles and documents that passed the selection were analyzed using descriptive and thematic analysis. Descriptive analysis is used to describe the number of publications, year of publication, type of source, focus of study, and characteristics of the population discussed. Thematic analysis was carried out by grouping findings into main themes based on *minority stress* theory, namely: 1) experiences of stigma and discrimination; 2) expectations of rejection; 3) concealment of sexual orientation or gender identity; 4) *internalized stigma* or *internalized homonegativity*; 5) family, peer, and community support; and 6) psychological impacts such as anxiety, depression, low

self-esteem, decreased psychological well-being, and withdrawal from the social environment. These themes are used to understand how social pressure on LGBTQ can affect the psychological and social life of young adults in Indonesia.

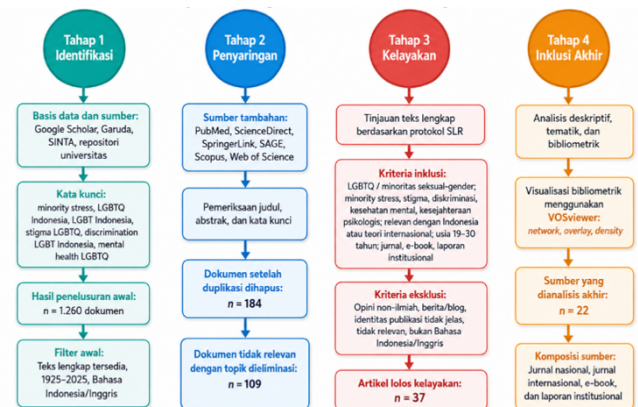


Figure 1. Literature Search Flowchart Using PRISMA-Guided SLR

In addition to descriptive and thematic analysis, this study also uses VOSviewer to assist with bibliometric analysis. VOSviewer is used to map the relationships between keywords, publication trends, linkages between authors, and inter-topic relationships in the literature that address *minority stress*, LGBTQ, stigma, discrimination, and mental health. The bibliometric data obtained from the selected articles were processed in the form of network *visualization*, *density visualization*, and *overlay visualization*. Through VOSviewer, researchers can see the most

frequently cited keywords, dominant themes, and research gaps that are still rarely discussed, especially regarding *minority stress* in young adult LGBTQ individuals in the Indonesian context.

The validity of the research is strengthened by the use of PRISMA guidelines in the process of identification, screening, feasibility assessment, and determination of final source. PRISMA is used so that the article selection process can be explained sequentially, starting from the number of articles found, articles deleted due to duplication, articles that do not meet the criteria, to articles that are finally analyzed. The reliability of the research is strengthened through a re-examination of keywords, titles, abstracts, and article content. Additionally, the use of clear inclusion and exclusion criteria helps reduce bias in sourcing selection. Thus, the articles analyzed were not only articles that mentioned LGBTQ, but actually had a relationship with *minority stress*, stigma, discrimination, mental health, and psychological well-being.

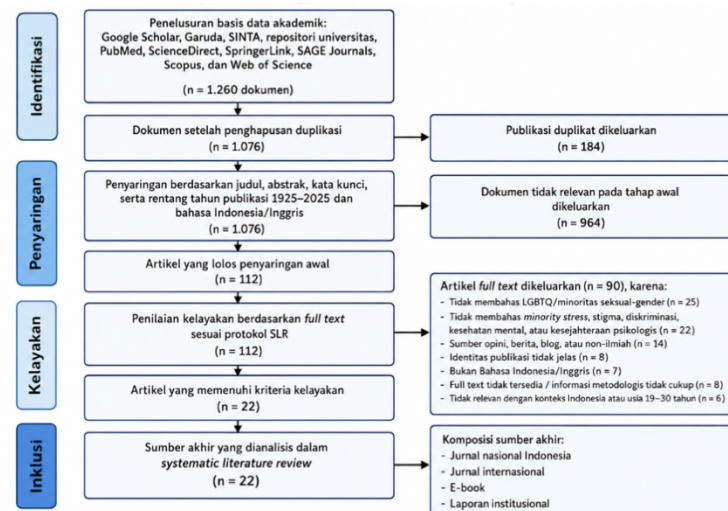


Figure 2. Literature Selection
Flow Chart Based on PRISMA

From the initial search results, a large number of articles and documents related to LGBTQ, stigma, discrimination, and mental health were found. After duplication elimination, screening by title and abstract, and feasibility assessment based on complete content, 22 primary sources were obtained that were in accordance with the focus of the research. These sources consist of articles from Indonesian national journals, e-books or institutional reports, and international journal articles. All of these sources are considered relevant because they contain discussions about *minority stress*, stigma, discrimination, identity

concealment, mental health, psychological well-being, social support, and the social context of LGBTQ life in Indonesia.

The scope of this study is limited to the literature that discusses the LGBTQ experience in relation to *minority stress* and its psychological impact. The main focus of the study was directed at Indonesian adult LGBTQ individuals aged 19–30 years. Although the search range of literature covers the last 100 years, the sources analyzed are still selected based on relevance to the research topic. The limitation of this study is that not all articles about LGBTQ Indonesia are available in international databases such as Scopus and the Web of Science. Therefore, national journals, university repositories, e-books, and institutional reports remain used as supporting sources as long as they meet academic criteria and are relevant to the research objectives.

C.Result and Discussions

This study aims to systematically review the literature that discusses *minority stress* in Indonesian adult LGBTQ individuals aged 19–30 years, especially related

to stigma, discrimination, mental health, psychological well-being, *self-disclosure*, and social support. The sources of knowledge analyzed came from publications in the last 10 years, namely 2016–2026. In this study, the researcher used VOSviewer to analyze bibliometric data and relationships between terms in the collected literature. The analysis was carried out through two main forms of visualization, namely co-authorship analysis to see the connection between authors and keyword co-occurrence analysis to see the relevance of keywords in the research topic.

VOSviewer is a software used to build and visualize bibliometric networks. These networks can include relationships between authors, articles, journals, keywords, citations, *co-citations*, *bibliographic couplings*, and *co-authorship*. In this study, VOSviewer was used to help show patterns of inter-author relationships and dominant themes in the study of *LGBTQ minority stress*. The results of this visualization helped researchers see the extent to which topics such as LGBTQ, *minority stress*, stigma, mental health, gender identity, and

subjective well-being are interconnected in the literature analyzed.

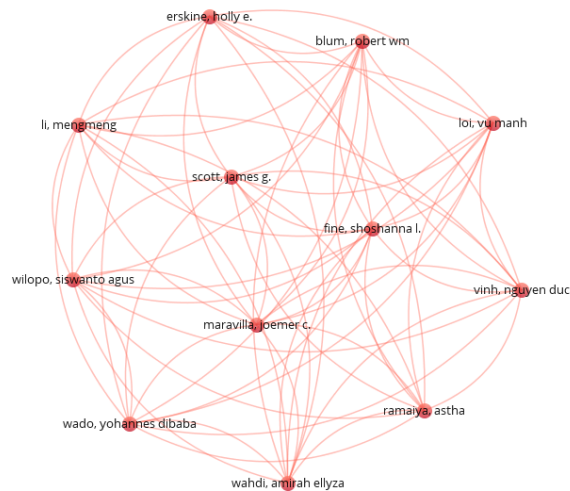


Figure 3. Visualization of Authorship of Authors in the LGBTQ Minority Stress Study

Figure 3 shows the results of the co-authorship analysis using VOSviewer. This visualization shows the relationships between authors that appear in the literature related to LGBTQ, *minority stress*, stigma, and mental health. Based on the mapping results, there are 12 items, 1 cluster, and 66 links. This shows that the authors in the network have a fairly strong collaborative relationship or bibliographic linkage. Names like *Erskine Holly E.*, *Blum Robert WM.*, *Li Mengmeng*, *Scott James G.*, *Fine Shoshanna L.*, *Maravilla Joemer C.*,

Vinh Nguyen Duc, *Ramaiya Astha*, *Wado Yohannes Dibaba*, *Wahdi Amirah Ellyza*, *Wilopo Siswanto Agus*, and *Loi Vunnah* appear in a network that is interconnected.

The existence of one main cluster shows that LGBTQ and mental health-related publications are still within a fairly centralized research network. The dense interconnectedness between the authors indicates the continuity of studies on mental health, the experiences of sexual and gender minority groups, and social factors that affect the well-being of LGBTQ individuals. In the context of this study, the results of the co-authorship show that the study of LGBTQ does not stand alone, but develops through the contributions of various researchers who discuss mental health issues, stigma, discrimination, and the social experiences of sexual and gender minority groups.

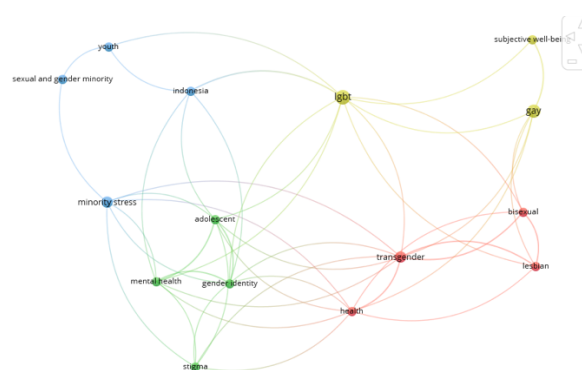


Figure 4. Visualization of Co-occurrence Keyword in the LGBTQ Minority Stress Study

Figure 4 shows the results of keyword co-occurrence analysis using VOSviewer. This analysis shows the relationships between keywords that often appear in the literature studied. Based on the visualization results, there are 15 items, 4 clusters, 47 links, and a total link strength of 56. The keywords that appear in this map include *LGBT, gay, lesbian, bisexual, transgender, minority stress, mental health, stigma, gender identity, sexual and gender minority, youth, adolescent, health, Indonesia, and subjective well-being*. The interconnectedness between these keywords shows that research on LGBTQ and *minority stress* is closely related to issues of identity, mental health, social stigma, and individual well-being.

In the visualization, the keyword *LGBT* appears to be one of the terms that has an important position because it is connected to several other terms, such as *gay, subjective well-being, transgender,*

health, and Indonesian. This shows that the discussion of *LGBT* in the literature is not only related to sexual identity or gender, but also related to certain aspects of health, well-being, and social contexts. Meanwhile, the term *minority stress* is connected to *mental health, stigma, sexual and gender minorities, youth, and Indonesia*. This relationship shows that *minority stress* in LGBTQ studies is widely discussed as a form of social pressure that has an impact on psychological and mental health conditions.

The blue cluster depicts the relationship between *minority stress, sexual and gender minorities, youth, and Indonesia*. This cluster shows that the stress experiences of minorities are widely studied in relation to sexual and gender minority groups, especially at a young age or young adult in the Indonesian context. The green cluster displays the relationship between *mental health, stigma, gender identity, and adolescents*. This cluster confirms that *stigma and gender identity* are closely related to the mental health of LGBTQ individuals. The red cluster shows the linkages between *transgender,*

bisexual, lesbian, and health, suggesting that certain identity groups within LGBTQ are also often studied in relation to health and social experiences. Meanwhile, the yellow cluster links *LGBT, gay, and subjective well-being*, which shows that subjective well-being is one of the important themes in LGBT studies.

The results of the VOSviewer analysis show that the study on *minority stress* in LGBTQ has a strong relationship with issues of stigma, mental health, gender identity, psychological well-being, and the Indonesian social context. The keyword co-occurrence map shows that the topic of *minority stress* is inseparable from the experience of discrimination, social pressure, and self-acceptance in LGBTQ individuals. In addition, the emergence of keywords such as *Indonesia, youth, and adolescent* strengthens the relevance of this study with a focus on young Indonesian adults aged 19–30 years.

This study analyzed 22 sources consisting of national journal articles, international journal articles, e-books, and institutional reports published in

the range of 1925–2025. The focus of the study was directed at the discussion of *minority stress* in LGBTQ individuals, especially Indonesian adults aged 19–30 years, as well as its relationship with stigma, discrimination, mental health, psychological well-being, *self-disclosure*, and social support. The analysis was carried out with the help of Publish or Perish and VOSviewer to search, manage, and map the bibliometric relationships of literature obtained through Google Scholar, Garuda, SINTA, university repositories, PubMed, ScienceDirect, SpringerLink, SAGE Journals, Scopus, and Web of Science. The keywords used included *minority stress, LGBTQ Indonesia, LGBT Indonesia, gay and lesbian young adults Indonesia, psychological well-being LGBT, discrimination LGBTQ Indonesia, LGBTQ stigma, LGBTQ self-disclosure, internalized stigma, mental health LGBTQ, sexual minority stress, and young adult LGBTQ mental health*. The selected literature was then reviewed and synthesized to identify patterns of findings, forms of minority pressures, risk and protective factors, and the impact of stigma and discrimination on the mental health

and psychological well-being of LGBTQ individuals. A summary of the sources analysed is presented in Table 1.

Table 1. Review of Previous Research on LGBTQ, Minority Stress, Stigma, and Psychological Well-Being

No	Author	Title	Year	Method	Research Results
1	(Setyawan & Muhiddin, 2023)	<i>Between Rejection and Acceptance: An Exploration of Young People's Attitudes and Perceptions of LGBTQ+ in Indonesia</i>	2023	Descriptive qualitative with open-ended questionnaires and thematic analysis	This study found four main themes, namely the perception of LGBTQ+ as sexual orientation or sexual behavior, the perception of homosexuality as something natural or considered wrong, public acceptance of LGBTQ+ influenced by social space and generation, and the way LGBTQ+ individuals present themselves in society. This study shows that acceptance of LGBTQ+ in Indonesia is still between rejection and acceptance, so social context is very important in understanding the LGBTQ+ experience as a minority group.
2	(Amirah & Widayat, 2024)	<i>Literature Review: Psychological Well-being in LGBTQ+ Individuals Who Self-Disclose on Social Media</i>	Not clearly listed in the data provided	Literature review / article review	The results of the study show that heteronormativity, cisgender binary, and family ideology norms in Indonesian culture are obstacles for LGBTQ+ individuals to express themselves. These conditions can increase the risk of anxiety, depression, and internalized homonegativity. Social media serves as a safe space for LGBTQ+ individuals to explore their identities, build connections, seek information, and reduce the pressure of social stigma.

3	(Prahastami et al., 2023)	<i>Psychological Well-being of LGBT Survivors of HIV Who Receive Discriminatory Attitudes</i>	2023	Qualitative with case study design, observation, interviews, and purposive sampling	This study found that LGBT HIV survivors who experience discrimination can still have positive psychological well-being. Factors such as self-acceptance, personal development, life goals, positive relationships with others, mastery of the environment, and independence contribute to the psychological well-being of participants. Discrimination remains a social pressure, but positive internal factors help participants survive and live their lives.
4	(Rahmasari & Rejeki, 2023)	<i>Subjective Well-being in Gay / Kesejahteraan Subjektif pada Gay</i>	2023	Qualitative with phenomenological approaches, in-depth interviews, and snowball sampling techniques	The results of the study show that subjective well-being in gay people is influenced by self-esteem, life satisfaction, romantic relationships with partners, life experiences, religion, and family. Although gays experience discrimination in Indonesia, the four subjects in this study showed a high level of subjective well-being. These findings suggest that social support and self-acceptance play an important role in the well-being of gay individuals.
5	(Prahastami & Winta, 2022)	<i>Psychological Well-Being in Gay People in the Special Region of Yogyakarta</i>	2022	Qualitative with phenomenological approaches, in-depth interviews, and participatory observation	This study found that gay respondents in Yogyakarta experienced intolerance from non-gay groups. This intolerant attitude has an impact on the psychological condition of each respondent. These findings confirm that social rejection, stigma, and intolerance can be a source of psychological distress for gay individuals, especially in social settings that have not yet fully embraced diversity of sexual orientation.
6	(Fahlefi et al., 2025).	<i>An Exploration of Gay Adolescents</i>	2025	Quantitative non-experimental	This study shows that there is a relationship

		'Self-Concept in Terms of Subjective Well-Being and Social Support / Eksplorasi Konsep Diri Remaja Gay Ditinjau dari Subjective Well-Being dan Dukungan Sosial			between self-concept and subjective well-being in gay adolescents. Social support also affects subjective well-being. These findings suggest that positive self-concept and good social support can help improve the psychological well-being of gay individuals, as well as can be the basis for the development of more targeted counseling interventions.	9	(Badgett et al., 2017)	<i>LGBT Exclusion in Indonesia and Its Economic Effects</i>	2017	E-book	The report shows that the exclusion of LGBT people in Indonesia has an impact on the well-being of individuals and can reduce their ability to contribute socially and economically. The study explains that Indonesia's national laws do not explicitly criminalize LGBT, but some local laws can criminalize or limit the existence of LGBT. Public opinion of LGBT people also tends to be low, and media coverage is often negative. This report supports the understanding that social exclusion is a form of minority pressure that affects LGBT life in Indonesia.
7	(Susmayani et al., 2024)	<i>Literature Review of the Stigma Phenomenon against Homosexuals in Indonesia</i>	2024	Literature review	The results of the study show that homosexuals are still often seen as a different sexual identity from heterosexuals which is considered the norm of the majority. Stigma and discrimination arise in social interactions, including through social media. This study also explains that LGBT individuals use social media as a space for expression, including to talk about sexual orientation, relationships, coming out processes, and personal experiences, even though they still face negative responses from society.	10	(Munadi, 2017)	<i>LGBT Legal Discourse in Indonesia</i>	2017	Literature review / normative legal study with a comparative approach. This book discusses the discourse of LGBT law in Indonesia by comparing the views of the Indonesian Ulama Council (MUI) and the Liberal Islamic Network (JIL), then analyzed using the perspective of <i>maqāṣid al-syar'ah</i> .	This book explains that LGBT is an issue that has caused widespread debate in Indonesia, especially between the rejection and the receiving group. The MUI views LGBT as a behavior that is contrary to Islamic law and establishes its haram through Fatwa Number 57 of 2014, while JIL emphasizes a more humanist approach and protection of individual rights. The results of the study show that these differences in views are influenced by the legal basis, interpretation model, and methodology used by each party. This book is relevant as an e-book source because it shows that the acceptance, rejection, and legal discourse of LGBT in Indonesia are part of social pressure that can be related to the experience of minority stress in LGBTQ individuals.
8	(APCOM, 2024)	<i>Research Brief: Mental Health of LGBTIQ+ Communities in Indonesia</i>	2024	Ebook	This report sheds light on the mental health challenges faced by the LGBTIQ+ community in Indonesia. The study was conducted from November 2023 to January 2024 and highlighted mental health gaps and barriers to access to mental health services for LGBTIQ+ individuals. These findings are relevant because they show that stigma, discrimination, and limited access to services are important factors that affect the psychological condition of the LGBTIQ+ community in Indonesia.	11	(Nicholas & Bresin, 2024)	<i>Everyday Sexual and Gender Minority Stress and Health: A</i>	2024	Systematic review of 53 experience sampling studies	The results of the study showed that sexual and gender minority stress

		<i>Systematic Review of Experience Sampling Studies</i>		published in 2007–2022	was related to negative impacts on mental and physical health. Minority stress that occurs in daily life is associated with changes in emotions, thoughts, behaviors, social relationships, and physical symptoms. These findings show that <i>minority stress</i> is a dynamic process, can change over time, and has a direct impact on the mental and physical health of LGBTQ+ individuals.
1 2	(Wurm et al., 2025)	<i>Minority Stress, General Stress, and Family Support: Association With Mental Health and Quality of Life in LGBTQ+ Young Adults During the Covid-19 Pandemic</i>	2025	Quantitative empirical study with linear regression analysis on 245 young adult LGBTQ+ individuals in Sweden	The study found that transgender and nonbinary individuals experienced higher levels of mental distress. <i>Minority stress</i> still has an effect on the mental health of young LGBTQ+ adults, even when compared to general stress due to the Covid-19 pandemic. Family support is an important protective factor related to reducing depression, anxiety, and improving quality of life.
1 3	(Shrader et al., 2024)	<i>Mental Health Impact of Multiple Sexually Minoritized and Gender Expansive Stressors Among LGBTQ+ Young Adults: A Latent Class Analysis</i>	2024	A cross-sectional quantitative study with an online survey of 482 LGBTQ+ young adults, analyzed using <i>latent class analysis</i>	The results of the study found five classes of <i>minority stress experiences</i> , namely <i>low minority stress</i> , <i>LGBTQ+ identity concealment</i> , <i>family rejection</i> , <i>moderate minority stress</i> , and <i>high minority stress</i> . Participants with moderate and high levels of <i>minority stress</i> were more at risk of experiencing moderate to severe psychological distress. These findings suggest that family rejection, heterosexism, identity concealment, and internalization of stigma contribute to the mental health burden of young adults.
1 4	(Misevic-Kallenbach et al., 2026)	<i>Measurement Instruments for Sexual Identity Minority</i>	2026	<i>Scoping review</i> with PRISMA guidelines; searches were conducted on	This study found 105 instruments with 152 references used to
		<i>Stress in Adults: A Scoping Review</i>			measure <i>sexual identity minority stress</i> in the LGBTQ population. The instruments found measured stigma, discrimination, victimization, <i>internalized homophobia</i> , expectations of rejection, and identity concealment. The results of the review show that there are still inconsistencies in terms and definitions of constructs, as well as a lack of inclusive instruments for lesbian, bisexual, non-monosexual, and diverse cultural contexts.
1 5	(Singh et al., 2023)	<i>Minority Stress in Emotion Suppression and Mental Distress Among Sexual and Gender Minorities: A Systematic Review</i>	2023	Systematic review using PRISMA guidelines	This study shows that <i>minority stress</i> plays a role in the process of emotion regulation and emotional suppression in sexual and gender minority groups. Repeated experiences of discrimination and violence can lead to difficulties with emotion regulation, emotion suppression, anxiety, stress, depression, suicidal ideation, as well as risky behaviors such as alcohol consumption and substance abuse. These findings reinforce that <i>minority stress</i> is an important factor in the emergence of mental stress in the LGBTQ+ group.
1 6	(Satalar Tomi & Hidayati Titik, 2021)	<i>Lesbian, Gay, Bisexual, and Transgender Issues: Literature Review</i>	2021	Literature review by searching articles on PubMed, SAGE Journal, and Neliti databases; article analyzed using the Joanna Briggs Institute (JBI)	The initial search results found 193 articles, then selected into 7 eligible articles. This study shows that LGBT-related problems are related to family and environmental support factors. Many LGBT individuals choose to present themselves as heterosexual in order to blend in and feel comfortable in social life. These findings are relevant to the concept of <i>minority stress</i> because they show social

					pressure, the need to hide identity, and the importance of family and environmental support for LGBT groups.	1 9	(Graham, 2021)	<i>The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding</i>	2021	Scientific reports/e-books based on literature reviews, committee meetings, expert presentations, supporting papers, and consultations. This study uses several conceptual frameworks, namely <i>the life-course framework</i> , <i>minority stress model</i> , <i>intersectionality</i> , and <i>social ecology perspective</i> .	The report shows that LGBT individuals experience distinctive health disparities due to stigma, discrimination, violence, barriers to access to health services, and a lack of adequate research data. This study confirms that <i>minority stress</i> arises due to the position of LGBT as a sexual and gender minority group that experiences stigmatization. The impact can be seen on mental health, such as increased risk of depression, anxiety, suicidal ideation, substance use, and barriers to accessing health services that are sensitive to LGBT needs. The report also emphasizes the importance of further research, data collection of sexual orientation and gender identity data, as well as health approaches that consider age, race/ethnicity, socioeconomic status, social environment, and experiences of discrimination across life spans.
1 7	(Yea, 2021)	<i>Mental Health: Understanding, Prevention, and Treatment</i>	2024	Ebook	This book explains that mental health is an important part of human well-being which is influenced by biological, psychological, social, environmental, stress, trauma, social support, and lifestyle factors. The book also emphasizes the importance of prevention, emotional management, mental resilience, positive social relationships, stigma reduction, and access to mental health services. In the context of <i>minority stress research</i> on LGBTQ, this book is relevant as a general foundation because it explains that stigma, lack of social support, stress, trauma, and barriers to accessing services can affect an individual's mental health condition.						
1 8	(Ardiansyah, 2022)	<i>Mental Health</i>	2023	Ebook.	This book explains that mental health is a condition of individual well-being related to the ability to realize one's potential, overcome life pressures, work productively, and contribute to the community. The book also emphasizes that mental health is influenced by social, economic, biological, environmental, stress, stigma, social support, and access to mental health services. In the context of <i>minority stress research</i> on LGBTQ, this book is relevant because it discusses that mental disorders can arise due to social pressure, discrimination, conflicts with social norms, lack of support, and barriers to accessing mental health services.	2 0	(Meyer, 2023)	<i>Prejudice, Social Stress, and Mental Health in Lesbian, Gay, and Bisexual Populations: Conceptual Issues and Research Evidence</i>	2023	Conceptual review and empirical evidence review, including meta-analysis of research on the prevalence of mental disorders in lesbian, gay, and bisexual	This article explains that lesbians, gays, and bisexuals have a higher prevalence of mental disorders than heterosexual groups. Meyer explains these differences through the concept of <i>minority stress</i> , which is chronic social pressure that arises due to stigma, prejudice, and discrimination. The forms of <i>minority stress</i> discussed include the experience of discriminatory events, expectations of rejection, concealment of identity, and <i>internalized homophobia</i> . This article is the basis for the main theory in

					research on <i>minority stress</i> because it explains that mental health problems in the LGB group do not come from sexual identity itself, but from a stressful and unaccepting social environment.
2 1	(Frost & Meyer, 2023)	<i>Minority Stress Theory: Application, Critique, and Continued Relevance</i>	2023	A conceptual review article that discusses the development, application, criticism, and relevance of <i>minority stress</i> theory in the last two decades	This article shows that <i>minority stress</i> theory remains relevant to explain mental health and well-being inequalities in sexual and gender minority groups. Frost and Meyer assert that this theory has been widely used in psychology, public health, sociology, and the social sciences. This article also discusses criticisms of <i>minority stress theory</i> , including the need to pay attention to structural factors, socio-political contexts, and the diversity of experiences of LGBTQ groups. This resource is important to strengthen the theoretical foundation because it explains that <i>minority stress</i> is not only an individual experience, but also related to social stigma, policies, cultural norms, and structural inequalities.
2 2	(Fine et al., 2025)	<i>Mental Health Among Sexually and Gender Diverse Adolescents in Indonesia and Vietnam: Results from the National Adolescent Mental Health Surveys</i>	2025	The quantitative research used data from the <i>National Adolescent Mental Health Surveys</i> in Indonesia and Vietnam. The analysis was carried out with weighted logistic regression to see the relationship between gender identity, sexual orientation, depressive symptoms, anxiety symptoms, and suicidal ideation	The study found that sexually and gender-diverse adolescents in Indonesia and Vietnam had a higher risk of mental health problems than their cisgender and heterosexual peers. In Indonesia, adolescents with diverse gender identities have a higher chance of experiencing symptoms of depression, anxiety, and suicidal ideation. Adolescents with diverse sexual orientations also showed an increased risk of depression, anxiety, and suicidal ideation. These findings are relevant to <i>minority stress</i>

					research because they show that sexual and gender minority groups in Indonesia face greater mental health vulnerability, likely related to stigma, social pressure, rejection, and lack of environmental support.
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Based on the results of the analysis of the sources analyzed, it was found that the form of minority stress experienced by young adult LGBTQ+ individuals mainly arises through experiences of stigma, discrimination, social prejudice, family rejection, pressure to conform to heterosexual norms, and the need to hide sexual and gender identities. These findings are in line with the concept of minority stress put forward by Meyer, who explains that lesbian, gay, and bisexual individuals face chronic social pressure due to their position as a minority group that is often stigmatized in society (Meyer, 2023). These forms of pressure are not only external, such as discrimination and unfair treatment, but also internal in the form of fear of rejection, internalized homophobia, and identity conflicts that develop due to a less accepting social environment (Frost & Meyer, 2023). In the Indonesian context, this condition is strengthened by the still strong

heteronormative norms, religious values, and social views that view diversity of sexual orientation as something that deviates from the norm of the majority (Munadi, 2017; Setyawan & Muhiddin, 2023; Susmayani et al., 2024).

The results of the study also show that social factors are the main components that influence the emergence of minority stress in LGBTQ+ individuals aged 19–30 years. The family, community, educational institution, workplace, mass media, and social media play a role in shaping the experience of acceptance and rejection. Several studies show that LGBTQ+ individuals often face pressure from families who expect them to live according to prevailing heterosexual norms, thus encouraging them to hide their identities or present themselves as heterosexual in order to be socially accepted (Satarar Tomi & Hidayati Titik, 2021; Amirah & Widayat, 2024; Larasati, 2024). In addition, media coverage that tends to be negative, social exclusion, and low public acceptance of LGBT people in Indonesia also reinforce the social pressure they experience (Badgett et

al., 2017). The findings of Setyawan and Muhiddin (2023) also show that Indonesian attitudes towards LGBT people are still on the spectrum between acceptance and rejection, so LGBTQ+ individuals often have to adjust their behavior based on the social context they face.

The most common forms of minority stress found in the literature are experiences of direct discrimination, social rejection, and stigma that persist repeatedly. Prahastami and Winta (2022) found that gay respondents in the Special Region of Yogyakarta experienced intolerant treatment from non-gay groups which had an impact on their psychological condition. Similar findings were also reported by Prahastami et al. (2023) in LGBT groups of HIV survivors who experienced double discrimination, both because of their sexual identity and health status. In a systematic study conducted by Nicholas and Bresin (2024), daily minority stress has been shown to affect emotions, thoughts, behaviors, interpersonal relationships, and physical conditions of LGBTQ+ individuals. Meanwhile, Singh et al. (2023) show that repeated

experiences of discrimination can give rise to difficulties in emotion regulation, emotional suppression, and various forms of psychological distress. Thus, minority stress is not just a single event, but an accumulation of negative experiences that take place continuously in daily life.

In terms of mental health and psychological well-being, the majority of studies show a consistent relationship between minority stress and an increased risk of psychological disorders. Research by Fine et al. (2025) found that adolescents with diverse sexual and gender identities in Indonesia have a higher risk of experiencing depression, anxiety, and suicidal ideation than heterosexual and cisgender groups. These findings are in line with the APCOM report (2024) which shows that the LGBTIQ+ community in Indonesia faces significant mental health challenges due to stigma, discrimination, and barriers to accessing mental health services. Graham's (2021) study also confirms that LGBT individuals are more prone to depression, anxiety, substance use, and suicidal ideation due to the social pressures they face

throughout life. In fact, Shrader et al. (2024) found that groups with moderate to high levels of minority stress had a much greater risk of psychological distress than groups with low levels of minority stress. These results show that minority stress is an important risk factor in explaining mental health disparities in the LGBTQ+ population.

However, some studies show that minority stress does not always end in a bad psychological state if the individual has adequate protective factors. Rahmasari and Rejeki (2023) found that gay individuals who were study participants still showed a high level of subjective well-being despite having experienced discrimination. Similar conditions were also found by Prahastami et al. (2023) who showed that self-acceptance, life goals, positive relationships with others, independence, and mastery of the environment can help LGBT individuals maintain psychological well-being. In addition, Fahlefi et al. (2025) found that positive self-concept and social support contribute to increased subjective well-being in gay adolescents. The findings suggest that the impact of minority stress can be

moderated by the internal psychological resources that individuals have, so that not all experiences of discrimination produce the same psychological consequences.

Coping and help-seeking strategies reported in the literature show a mixed pattern. One of the most common strategies is to seek social support from peer communities, couples, supportive families, and online spaces. Studies by Amirah and Widayat (2024) and Susmayani et al. (2024) show that social media is often used as a safe space to explore identities, share experiences, obtain information, and build social support networks. On the other hand, some individuals choose the strategy of concealment or concealment of identity as an effort to avoid discrimination and social conflicts (Satalar Tomi & Hidayati Titik, 2021). Although this strategy can reduce the risk of rejection in the short term, the minority stress theory explains that persistent identity concealment can also be a source of psychological stress in itself because individuals must continue to manage the fear of their identity being revealed (Meyer,

2023; Frost & Meyer, 2023). Therefore, the effectiveness of a coping strategy is highly dependent on the social context and the level of support available.

The results of this systematic literature review show that minority stress in Indonesian adult LGBTQ+ individuals aged 19–30 years is a multidimensional phenomenon that involves the interaction between individual, interpersonal, and structural factors. The most dominant forms of minority stress include stigma, discrimination, family rejection, expectations of rejection, internalization of stigma, and concealment of identity. Social factors such as heteronormative norms, cultural and religious values, low public acceptance, and limited access to mental health services reinforce this experience. The impact can be seen in the increased risk of depression, anxiety, psychological distress, and decreased psychological well-being. However, social support, self-acceptance, positive self-concept, and the existence of a supportive community can play a protective role in helping LGBTQ+ individuals cope with minority pressure. The use of the

PRISMA approach in this study allows for the identification and synthesis of evidence systematically, thus providing a more comprehensive picture of the experience of minority stress in the young adult LGBTQ+ population in Indonesia and the various factors that affect it (Nicholas & Bresin, 2024; Frost & Meyer, 2023; Misevic-Kallenbach et al., 2026).

D. Conclusions

Based on the results of the systematic literature review conducted, it can be concluded that Indonesian adult LGBTQ+ individuals aged 19–30 years face various forms of *minority stress* that originate from stigma, discrimination, social rejection, family rejection, pressure to conform to heteronormative norms, and the need to hide sexual and gender identities. These pressures do not only appear in the form of external experiences, but also develop into internal pressures in the form of fear of rejection, identity conflicts, and internalization of stigma. These findings show that the experience of sexual and gender minorities in Indonesia is still strongly influenced by social, cultural, religious, and

environmental conditions that have not fully accepted the diversity of sexual and gender identities.

The study also confirms that *minority stress* is associated with various consequences on mental health and psychological well-being, such as increased susceptibility to anxiety, depression, psychological distress, and decreased quality of life. However, these impacts are not uniform because they are influenced by the presence of protective factors, such as family support, social support, self-acceptance, positive self-concept, and the existence of a supportive community. Various forms of coping found in the literature, including seeking support through communities and social media, suggest that LGBTQ+ individuals are actively developing strategies to deal with the pressures they experience in their daily lives.

The findings of this study are significant because they show that mental health problems in LGBTQ+ individuals cannot be understood solely as individual problems, but are closely related to the social environment that shapes experiences

of stigma and discrimination. Therefore, efforts to improve the psychological well-being of the LGBTQ+ group need to consider the social factors behind the emergence of *minority stress*. However, there are still limitations in the available literature, especially related to research that specifically focuses on LGBTQ+ young adults in Indonesia as well as the variation in experiences based on different sexual and gender identities. This condition shows the need for more in-depth and contextual follow-up research so that the understanding of *minority stress* in Indonesia's LGBTQ+ population can be more comprehensive and become the basis for policy development, mental health services, and more inclusive interventions.

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