



RESEARCH ARTICLE

The Psychology of a Filipino Gay: Its Influence into Arts and Sports Development

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ARTICLE INFO	ABSTRACT
Received: Sep 21, 2025	This study does not attempt to justify homosexuality, nor pass any normal judgement although, the writer is much aware of the fact that the bible is very much explicit on its stand regarding (homosexuality) the psychology of the Filipino gay its influence into arts and sports development, the moral questions is rather beyond the scope of the study. The judgment is relegated by the researcher to God who is the ultimate judge of all. This statement is made in recognition of the fact that as human beings it easier to condemn something, or somebody whose nature is known very little rather than make an attempt to understand it. The researcher used descriptive method of research is a fact find to answering study with adequate and accurate interpretation of the findings. The researcher provided open ended questions for the respondents among the member of the LGBTQ Quirino province to gather data needed. The researcher constructed questionnaire to determine the personal characteristic of the Filipino gays. Another aims of this study is to find the depth psychological aspect of Filipino gays in line with sports and arts. Filipino gays search for self-worth, affirmation, pleasure, gratification and love. Lastly this study aimed to discuss implication of the current socio- psychological issues confronting gays. This research serving as a tool by which gay express their sentiments, will cite concrete situations of gays bushing as an eye opener for so called "straight" men and women to rectify existing hostility and homosexuality
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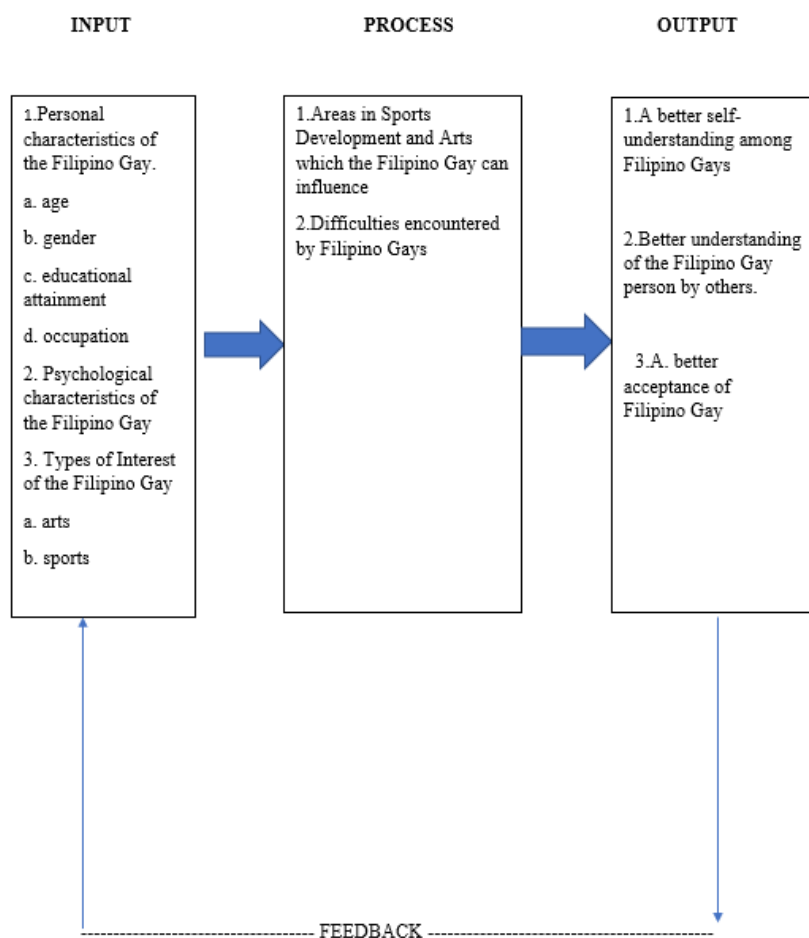
1.INTRODUCTION

This psychology is sometimes popularly regarded as a field that concentrates on the secret inner lives of individual persons. This research focused on the secret inner lives of the gays and it is influence on arts and sport development. Displaced gender. Fractured identities. Excess of difference. All of these speak oftenly of gay identities whom societies see as an inequitable global social reality we have." BAKLA" is a gender identity characterized by the adaptation of feminine gender expression by men. Bakla are usually homosexual men, but on rare occasions, they can also be heterosexual or bisexual men. Because the term Bakla specifically denotes effeminacy, it is traditionally not applied to masculine gay men Bediones, Gray (2018). Such popular, yet derogatory beliefs, according to Martin Manalansan, speaks of "nature" under constant negotiation, genders that are two, or even multiple or shifting. While "Bakla" Conflates the categories of effeminacy, transvestism, and homosexuality, and can mean one or all of these in different contexts, we are struggling to generate national self-understanding on the Filipino Gay identity, rather than stand against their struggles. In ways so various, the Filipino Gay have spoken to and about their tasks because while others say they are different, they contain what Jonathan Dollimore calls "an excess of difference" "That affirms their "humanity". Despite the skills exhibited by homosexuals, it is undeniable that they are still down the brink of oppression and injustice caused by homophobic sects in society whose hatred to homosexual are incurable. This is the problem that homosexuals are presently solving as a sister "hood". This is the struggle they are presently coping with to live life to the fullest. Gay movements from various parts of the world have sprouted like mushrooms to eradicate the common thought about homosexuals. Situations in the Philippines today may have

given the vital emergence that made the Filipino Gay grapple with their state to the mainstream Filipino arts and sports culture determined by some extent of influence they have played up in both fields. This study will present common grounds of the Filipino Gay in their influential capacity to the arts and sports cultures basic components coinciding the dominant image they portray in Filipino society, that of stereotyped image of the male homosexual, specifically the Filipino Gay or the “Bakla”, as a male with a woman’s heart. Given that our doctors and health professionals have negative perceptions on homosexuality, we can imagine the uphill battle that must be waged by the local Filipino Gay community. Here, we focus on the range of gender, specific to the Gay in the country, particularly in the province of Quirino. It is vital that a distinction be made of the issue. That we are dealing with not just the psychological aspect on homosexuality itself but also on nonsexual homosexual activities of Filipino Gay, particularly their relations towards the arts and in the development of sports culture in Quirino. Certainly, the field of sport, in general, is in fact extremely, “macho”. In such situations, Filipino Gay engaged in such activities may claim about their “value” in the field. On the other hand, certain homosexual qualities or tendencies and perhaps ironically, the negative qualities of machismo, becomes the “reinforcing value” that exemplifies the Filipino Gay influence towards the arts. Time have changed and that the Filipino society is now open about homosexuality and homosexuals. There are others who even argue that homosexuals have always been “tolerated” in the Philippines society, yet even enlightened or “liberal” views toward the Filipino Gay leaves much more knowledge to be desired. Therefore, this study may further express an assumption that the Filipino Gay has possible influences over the arts culture and sports culture development and thus, these research findings be deemed sufficient to deserve positive and meritable hallmarks for the Filipino Gay.

Conceptual Framework of the Study

The psychological nature of the Filipino gay may have an influence in the field of arts and the development of sports. These psychological tools may have helped them produce the influential factors that internalized in such fields of human pursuits. The researcher’s point of view therefore is that the Filipino gay has influence on arts and development of sports.



Paradigm of the Study

The paradigm explains how we can better understand the psychology of Filipino Gays particularly, Gays in Qurino Province. In the first box personal characteristic of Filipino gays like age gender, educational attainment, occupation, psychological, characteristic like self-acceptance, disclosure, fear of rejection, ridicule, pleasure, gratification, dynamism, acceptance etc.; and in their interest in arts and sports. These inputs will be used to determined and analyze how the influence the psychological set- up of the Filipino Gay, so that we could better understand what Filipino gays is. Filipino Gays are born to be talented and acknowledgeable in different areas particularly in sport when they are inclined as part of their lives. These talents make them feel more important and influence them to join and show their talent and skills as portrayed to be somebody in terms of our uniqueness. Furthermore, they can best display versatility, in the field of arts and sports which influence us into many ways and do live our life into fullest. White, Magrath, & Thomas (2018) Due to gay rights, which LGBTQ considered as one of their major milestones, their community has seen a glimpse of hope for the better. Because of that, Gay peoples' experiences are now centered more on acceptance and positive views and outlook from the school as well to the community. Lastly, the box that exude the query in questioning how we can better understand gays and live happily as normal as we are. We should better understand of the Filipino Gay person by others specially those who criticize especially gay one. A principle that quotes us with the golden rule" Do not do unto others what others do not want to do unto you" which make every person realize the obligation to accept especially Filipino Gays.

Statement of the Problem

This research is undertaken to determine the personal and psychological characteristic of Filipino Gay in arts in sports.

Specifically, it intends to answer the following questions:

1. What is the profile of the Filipino Gay in terms of?
 - Age
 - Gender
 - Educational Attainment
 - Occupation
 - Civil Status
2. What are the psychological aspects of the Filipino Gay that influence towards arts and sports culture?
3. What are the psychological difficulties encountered by the Filipino Gay in the prevailing society?
4. What recommendation does the researcher make with which to address these psychological difficulties.

2. RESEARCH METHODOLOGY

Research Design. The researchers used descriptive method of research. Descriptive method of research is a fact-finding study with adequate and accurate interpretation of the findings. It describes what is. It describes with emphasis what exists such as current conditions, practices, situations, or phenomena. This is to be used to analyze the psychological structures of the Filipino gay who are involved into arts and sports development.

Research Instrument. The instrument used in collecting the needed data was the questionnaire, the researcher provided open ended questions for the respondent to answer. After gathering data through questionnaire, the researcher informally interviewed the respondents and asked follow up questions regarding their answers. These were gathered data to be more practical in dealing this instrument to get the data faster than any other method used. Besides all the respondents are professional.

Part I. Th respondents were required to answer the needed information by checking the appropriate blanks provided. The personal background is needed in the study. Enumerate the personal information about the respondents as to age, gender, educational attainment, degree finished,

present job, and number of the children in the family. This part is required the respondents to answer the information about their family background.

Part II. Determining the psychological characteristic of the Filipino gay like self-acceptance, disclosure, fear of rejection, ridicule, pleasure, dynamism. The two basic strategies for living in the dark because of their attitude of the community toward stigmatization, harassment, and discrimination.

Data Gathering Procedure. The researcher constructed a Questionnaire (Appendix A and B) to determine the personal characteristics and the psychological characteristic of the Filipino gay. To find out in the depth psychological aspect of the Filipino gays in line with sports and arts. Filipino gay's search for self-worth, affirmation, pleasure, gratification, and love. Lastly, this study aimed to discuss implication of the current socio psychological issues confronting Filipino gays. Basic data were acquired through the process pertaining the psychology of the Filipino gays. To further enrich this study and to support the claims of this research, informal interview was also conducted to questionnaire and to establish the data gathered from the "Sisterhood" with other gays.

The Respondents. The subject of this study are the Filipino gays who are Bonafede resident of Quirino province and were employed at various public and private agencies and companies.

Statistical tool to be used. Percentage and mean distribution were used in analyzing the profile of the respondents psychologically in line with sports. The advent of the computer age, statistically speaking has played a vital role in the study.

3. RESULT AND DISCUSSION

This section presents general profile of the psychology of the Filipino gay. It influences Arts and sports Development in terms of Age, Gender, Educational Attainment, Degree finished and present Job Status.

Table 1. Age of respondents

Age	Frequency	Percent
20	1	2.5
21	3	7.5
23	4	10
24	3	7.5
25	3	7.5
26	5	12.5
27	3	7.5
28	6	15.0
29	3	7.5
30	1	2.5
31	3	7.5
32	2	5.0
42	2	5.0
50	1	2.5
Total	40	100%

Table 1 presents the age of respondents. There is only 1 or 2.5% of the total respondents age 20. Three of the respondents who are 21 years old or 7.5% of the respondent who answered the question needed in this research with different ideas about gay life. Four or 10% of the respondents belong to age 23, Twenty-four, twenty-five, twenty-seven, twenty-nine and thirty-one have the same frequency of three or 7.5%. It shows that age 24 to 29 there was a better understanding of the lives of gay culture among the respondents, since they give the same ideas and concepts about the needed data. Age 26 was shown second in the table who answers the data briefly. More of them joined and participated in the gay culture. There were 6 respondents who belong to age bracket 28. This comprises the biggest group of the respondents who answered the data with their experience and passed a gay living in the society. Age 30 and 32 has 1 frequency or 2.5 %. Two of these respondents of the Gay culture also helped the researcher gather the need data. Thirty – two and forty- two has the same percent of 5.0. Age 50 or 2.5% represents the oldest respondents in the gay profile.

Table 2. Sex of respondents

	Frequency	Percent
Valid Male	40	100%

Obviously, you can see in the table that they are all male or what we call the third sex or the homosexual. Forty respondents with 100% for obvious reason we are speaking here “gays” hence referring the males speaking of sex.

Table 3. Educational level

	Frequency	Percent
Valid College Graduate	40	100%

One hundred percent a total of 40 projected as college graduate who sacrifice that respondents are very knowledgeable in their own field of expertise

Table 4: Highest educational attainment of respondents

	Frequency	Percent
Valid AB Courses	4	10%
BS Courses	36	90%
Total	40	

Nine of 36% of the respondents Finished BS Degree courses while only 10% or 4 of the reports posted to have attained AB degree courses.

Table 5. Nature of employment

	Frequency	Percent
Valid Freelance /Business Owner	2	5.0
Government	5	12.5
Professional Practitioner	12	30
Teaching	13	32.5
Nurse	2	5.0
Others	6	15.0
Total	40	100%

The above data indicate that most of the respondents are in the teaching profession 32.5% 13 and it follows 30 percent of the professional practitioner. Some of the respondents have their working status of 15% or 6 percent with the same job followed by 5 or 12.5% were in the government employees. Nurses and free-lance with business owner with a tie of 2 or 5%.

Table 6. Civil Status of the respondents

	Frequency	Percent
Valid Single	40	100%

Forty or 100% are single. They are not committed to individual partners; hence they have more time to help others.

Table 7. Number of siblings of the respondents

	Frequency	Percent
Valid 1	6	15.
3	8	20.0
4	5	12.5
5	4	10.0
6	6	15.0
7	6	15.0
8	3	7.5
10	1	2.5
11	1	2.5
Total	40	100%

Table 7 the above data show that among the 40 respondents, the bigger number of group of respondents is 8 or 20% followed by a triple tie with 18% or 6. The third in the rank is number 4 or 10%, the fourth is 3 or 7.5 % and last with 1 or 2.5 %.

Table 8: Position in the family as the number of births

	Frequency	Percent
Valid Eldest	22	55.0
Middle Child	9	22.5
Youngest	7	17.5
Others	2	8.0
Total	40	100

22 or 55% among the respondents are eldest in the family; 9 or 22.5% are middle children 7 or 17.5 % are the youngest

Table 9. Marital status of parents of respondents

	Frequency	Percent
Valid Single	40	100%

It is registered I the marital status of parents of the respondents that 100% and forty of each frequency was leaving together with their family.

Table 10: Team sports expertise of respondents

	Frequency	Percent
Valid Volleyball	40	100%

The team sports of respondents are volleyball with 40 playing the game or 100%

Table 11. Dual sports

	Frequency	Percent
Valid Badminton	27	67.5
Lawn Tennis	5	12.5
Table Tennis	7	17.5
Both	1	2.5
Total	40	100%

The Dual sports preferred by the respondents shows that 27 or 67.5% of the respondents prefer Badminton. 7 or 17.5% of the respondents in table tennis, 3 or 12.5% of the respondents, lawn tennis while 1 or 2.5 % of the respondents prefer both table and lawn tennis. From the results, it can be interfered that the respondents vary in preference of dual sports.

Table 12: Individual sports

	Frequency	Percent
Valid Athletics	2	5.0
Bowling	17	42.5
Chess	2	5.0
Gymnastics	5	12.5
Swimming	14	35.0
Total	40	100%

The above table shows the respondents preferences of individual sports. Based on the data, 17 or 42.5 % of the respondents prefer bowling. 14 or 35 % prefer swimming and 5 or 12.5% prefer gymnastics. The table also shows that 2 or 5% of the respondents prefer athletic and chess as their individual sports.

Table 13. Membership in dance club

	Frequency	Percent
Valid Dance Sports	35	87.5
Folk Dance	4	10.0
Modern Dance	1	2.5
Total	40	

The membership to dance club of the respondents signifies that Dance sports take the highest rank with a frequency of 35 or 87.5%, this may because dance sports is much easier to learn. The preference is followed by Folkdance with a frequency of 4 or 10% higher than the number of those who prefer modern dances which is the last in the rank with 1 frequency or 2.5% only.

Table 14: Psychological issues confronting the homosexuals

Issues	Frequency	Rank	Percentage
Self- acceptance	17	1	42.5
Self- Disclosure	2	7	5
Fear of Rejection	3	3	7.5
Fear of Ridicule	1	11.5	2.5
Fear of Prejudice	2	7	5
Need for Love	3	3	7.5
Need for Belonging	3	3	7.5
Need for Acceptance	2	7	5
Need for Affirmation	1	11.5	2.5
Need for Self-worth	2	7	5
Pleasure	2	7	5
Gratification	1	11.5	2.5
Dynamism	1	11.5	2.5
Total	40		100%

Table 14 reflects the psychological issues confronting the homosexuals, for the psychological issues and difficulties, the 40 respondents were given thirteen choices respectively, why they usually participate in sports and dances. They were told to ranked them accordingly to their preference. Based from their preference for psychological issues, self- acceptance ranked 1st with 17 or 42.5%. according Camp and Vitortou (2020) Due to exposure to societal stigma, self-acceptance of sexuality can be challenging process for individuals who identify the LGBTQ. Quantitative research this area is limited and there is a lack of appropriately validate self-report to assess self- acceptance of sexuality. According to Hodges (2013) discusses why self-acceptance and self- disclosure among gays always difficulty. Those Homosexuals by learning lessons in coping with their situations in a more positive lights, thus, they can accept and love themselves as they are and even develop their person hood. Self- acceptance is the initial steps a homosexual makes before he can accept by others. Fear of rejection need for love, and need for belonging in psychological issues ranked third with 7.5%. According to Byrne and Larking (2016) explain that fear of rejection and ridicule put a barrier in the open acknowledgement of homosexuals' feelings. Therefore, the person resolves the conflict using a certain defense mechanism such as denial, repression, or sublimation (the channeling of conflictual feelings into socially acceptable behavior). Growing up in a homophobic culture can be very similar to growing up in a dysfunctional family..... Because of secretiveness, shame, and self- blame associated with homosexuality. Rick Insensee stated that "some gay internalizes the negativity that surrounds them and get caught of them and get caught in a trap of self- destructive behavior" Some gay also develop a false self as a defense against attacks on self -esteem. With the weight of both personal insight and professional experience, Insensee gently shows them how to safely get out of that trap. Clearly compassionately written, "Reclaiming your Life" will encourage many men to abandon self- destructive behavior in order t move toward creating their lives with self- acceptance, love and trust in supportive community. Using remarkably Jargon -free language, Insensee presents a systematic process of recovery for gay men-helping them to identify internalized oppressions so that they can reclaim their lives. Self-disclosure, fear of prejudice, needs for acceptance, need for self -worth and pleasure with a frequently of 2 or 5% and ranked seventh; these on the Filipino gays need for love, belonging and acceptance, his dynamism and his multi-fascinated representations reverberate the Filipino gay's aspiration for self- worth as proven by the answers of the respondents they think that they are a source of pestilence. These the general notion of society is that gays are sinful and sexually starved. Lastly, in ranked are gays need affirmation, gratification, and dynamism with 11.5% out of 40 respondents. These respondents believed that the social injustice that they felt hinder them from recognizing their self-worth. However, still the Filipino gays in real life are open to change. He exhibits his dynamic quality, insights on proving his worth not just as a gay but as an individual by exuding responsibility and excelling in academic activities. The professional

respondents on the other hand, proves their dynamism by claiming that their individual experiences strengthened them to become somebody and responsible.

Table 15: Psychological difficulties

	Frequency	Rank	Percentage
Discrimination	13	1	32.5
Lack of understanding	2	6	5
Rejection of Family and fiends	11	2	27.5
Instability to accept	3	5	7.5
Instability to relate	4	4	10
Emotional instability	7	3	17.5
Total	40		100%

For psychological difficulties, then respondents ranked discrimination as first, with a frequency of 13 or 32.5%. This reveals that the respondents or gay experience discrimination from the people around them. Based from their experiences, they are often underestimated in terms of capacities and the ability to contribute for the nations progress. From the researcher's analysis of the themes and interviews with gays, he discovered that the Filipino gay in society is laudable and he refuses to remain stagnant in his chosen vocation because he wants to prove to the world that he is capable of psychological metamorphosis meaning a change for a better. In terms of affirmation, the Filipino gay has trouble because he feels that there is still no cure for the oppression and discrimination they received from society. For the gay to gain affirmation, he concentrates on his main goals to master his forte and prove that he is truly worthy individual. On the other hand, the themes make the non-homosexuals realize the worth of homosexuals as a person, people of feeling and proving themselves as worthy individuals. Based from table 15 psychological difficulties, ranked 2nd was rejection of family and friends with a frequency of 11 or 27.5%. This implies that gays are sometimes is not often rejected by their own family members and friends as well as by the community. According to Long Chen Pa, there are techniques that can remove some of the sing from fear of rejection. Simply "scooping the situations out", proceeding in small steps rather than taking the grand plunge all at once. Is a prudent method of risk management, asking since everything in life is but an experience perfect in being what it is, having nothing to do with good or bad, acceptance or rejection, one may well burst out laughter. Ranked number 3 is emotional stability with a frequency of 7 or 17.5%. The emotions are unstable at times since people are still unaware of their sexuality and they still deny oppressions, of loneliness through emotional instability. Instability to relate towards the same sex has a frequency of 4 or 10%. It ranked number 4. This means that gays find it difficult to mingle or relate to the same sex because of their sexuality wherein they feel they are women in men's bodies. This study was conceptualized not seeing the Filipino gays are epitomes of sick individuals that need to be healed from their imperfections. Instead, recognizing their as first, the individual who possess the ability to touch another person's 'life because of his talents and expertise and wisdom worth sharing, secondly an individual who rightly belongs to his society because he, too, just like any other persons, is governed by existing truths in life. Ranked number five with the frequency of 3 or 7.5% is instability to accept misbehavior. It means that respondents are unstable to accept misbehavior. They are hard-up in accepting real facts because of pressures from the environment they are living. The Filipino gay is designed to determine another wide-reaching forward movement in the direction of arts and sports development. We expect this vision from them, as they continue to chase the care of acceptance and assimilation. From this new breed of professionals belong to the Filipino gay status, we see the gay liberation something truly revolutionary, not only on their devised acceptance in society but generally in nation- building and proved their value in the society where they exist. Sixth on the rank with a frequency of two or 5% is lack of understanding. This means that gays lack understanding and proper respect. They should be given acceptance despite of their personality.

4.CONCLUSION AND FUTURE WORKS

From the foregoing highlights of the study, the following conclusion were attained:

For the psychological difficulties, most often these homosexuals were discriminated due to their sexes but one should recognize their abilities and talents in accepting them because they are also a masterpiece of God.

Presently, the contribution of the Filipino Gay in the society is laudable, the researcher refuses to remain stagnant in his chosen vocation because he wants to prove to the world that he is capable of metamorphosis.

The recurrent theme on the Filipino gay's expressions of their need for love, belonging and acceptance serve as the basis for the homosexual to understand himself better resulting to self-disclosure and self-acceptance. This way his perspective about himself and those around him become healthier and more positive, treated.

The psychology of the Filipino gay's need for love, belonging and acceptance, his dynamism and his multifaceted representation reflects the Filipino gay's aspiration to achieve self-worth as manifested by responses of the gay respondents. They believe that proving themselves to the best of their abilities satisfying the people around them and maintaining distance from the common and negative image of gays, generate a feeling of self-worth. Moreover, they reflect the aspirations of the Filipino gay as to affirmation, as manifested by their responses that they find ways and means by which they and societal groups will enable them to accept them with proper care and understanding. The Filipino gay's need for love, belonging and acceptance and the Filipino gay's satisfaction of sexual needs reflect the Filipino gay in real life aspiration as to pleasure and gratification as manifested by the response of the respondents regarding their love life, sex life, and their careers. Finally, the psychology of the Filipino gay's aspiration for love as manifested by their responses that no matter how they aspire to experience true and devoted love, they still hold on to the reality that love and acceptance, no matter how selfless is still fleeting.

The psychology of Filipino gays needs for love acceptance and understanding connotes a positive view in all aspect resulting to more mature process of self-acceptance and self-disclosure. On the other hand, it will also serve as an eye-opener for a homophobic society to learn to understand the nature of homosexuals and their feelings. This way, they can be a significant help to homosexuals fighting for social acceptance and belongingness.

Recommendations

1. It is highly recommended other people must respect gays as they respect themselves. Self-respect starts with self- acceptance
2. Gays must be taught to accept who they. They must be made to realize that they too are God's children
3. Parents should equally be re-educated. Should they happen to have gay children, parent must be the first to totally, fully, unconditionally accept their children so that their children will develop a strong self-esteem and self- worth at an early age.
4. Other members of the society must also be educated to accept gays and treat them with the same human dignity and respect with which they treat other people.
5. More studies on Homosexuality are recommended specially for those in psychology to have more professional and in-depth on the psychology of the Filipino gay and the encompassing socio psychological issues confronting them.
6. Teacher must educate their students to make the students learn insights about Filipino gay from the homosexuals themselves and for students to understand better the homosexual around them.
7. Non-homosexual especially parents, friends, teachers, supervisors, contemporaries of gays must learn to recognize the sufferings homosexuals endure. The non-homosexuals must realize that homosexuals are human beings too who have skills, wisdom, and love and that they too ready to share, their persons with others. It is just that they should be given a chance to prove all these by accepting for who they are and by loving them for what they are. Homosexual must prove themselves to be worthy of acceptance and belongingness by gradually erasing the negative image of homosexual. They can do this by being open to criticism and pieces of advice, by being positive and friendly in their ways rather than being defensive in their style.

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