

## Homosexuals and psychic suffering - homophobia in an intrafamilial context

### Homossexuais e sofrimento psíquico - homofobia em contexto intrafamiliar

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**RESUMO** | A homossexualidade conceitua-se como uma condição ou característica de sujeitos que sentem atração física, emocional e/ou sexual por pessoas do mesmo sexo ou gênero. Nesta condição, encontra-se lésbicas, gays, bissexuais, transexuais, travestis, transgêneros e demais sujeitos que não se inserem ou não performam os modelos sociais normativos de gênero e sexualidade. Por sua vez, entende-se homofobia como um processo de tentativa de regulação de sexualidades, o qual atua desde ações de invisibilização e exclusão social, até violências físicas e/ou psicológicas. Essa tentativa reguladora de sexualidade acaba por oprimir os sujeitos dissidentes das concepções hegemônicas de sexualidade, sendo evidenciadas, em muitos casos, manifestações também nos contextos familiares, em que os sujeitos sofrem esses diferentes modos de violência, verificando-se desdobramentos nos aspectos psicossociais, como violência física, abusos psicológicos, chegando até a expulsão das suas casas. **MÉTODO:** Trata-se de uma revisão integrativa da literatura científica nacional, com objetivo de descrever as repercussões psicológicas das experiências de homofobia em contexto familiar. Utilizou-se de descritores correspondentes ao tema de interesse encontrados no DeCS para realizar pesquisas, combinando-os, nas bases de dados SciElo, MEDLINE, Pepsic e LiLACS. Em seguida foram realizadas leituras dos títulos e resumos, sendo selecionados artigos que trataram da relação entre homofobia em contexto familiar e sofrimento psíquico de homossexuais. **RESULTADOS:** O ambiente familiar o qual o homossexual está inserido organiza-se a partir das concepções de gênero, sexo e sexualidade, seguindo uma perspectiva heteronormativa e binária, que se legitima através de práticas discriminatórias de violência física e psicológica. Tais práticas violentas têm como consequência impactos na saúde mental dos indivíduos como a depressão, ideação e tentativa de suicídio, diminuição no desempenho escolar, assim como prejuízo na autoestima e no comportamento social dos homossexuais. **CONSIDERAÇÕES FINAIS:** Verifica-se a necessidade da ampliação de estudos que voltem sua atenção à homofobia relacionada ao contexto familiar, em decorrência dos prejuízos psicossociais, a curto e longo prazo, que a vivência da discriminação nesses espaços gera nos indivíduos homossexuais, em função do vínculo emocional e de referência construído por eles e seu grupo familiar.

**PALAVRAS-CHAVE:** Família. Relação familiar. Homossexualidade. Homofobia. Sofrimento psíquico.

**ABSTRACT** | Homosexuality is conceptualized as a condition or characteristic of subjects who are physically, emotionally and / or sexually attracted to people of the same sex or gender. In this condition, there are lesbians, gays, bisexuals, transsexuals, transvestites, transgender people and other subjects who do not fit or perform the normative social models of gender and sexuality. In turn, homophobia is understood as a process of attempting to regulate sexualities, which acts from actions of invisibility and social exclusion, to physical and / or psychological violence. This attempt to regulate sexuality ends up oppressing dissenting subjects of hegemonic conceptions of sexuality, being evidenced, in many cases, manifestations also in family contexts, in which the subjects suffer these different modes of violence, and there are developments in psychosocial aspects, such as physical violence, psychological abuse and even expulsion from their homes. **METHOD:** This is an integrative review of the national scientific literature, aiming to describe the psychological repercussions of homophobia experiences in a family context. Descriptors corresponding to the topic of interest found in DeCS were used to conduct research combining them in the SciElo, MEDLINE, Pepsic and LiLACS databases. Then, titles and abstracts were read, and articles that dealt with the relationship between homophobia in the family context and psychosexual suffering of homosexuals were selected. **RESULTS:** The family environment in which the homosexual is inserted is organized from the conceptions of gender, sex and sexuality, following a heteronormative and binary perspective, which is legitimized through discriminatory practices of physical and psychological violence. Such violent practices have impacts on the mental health of individuals such as depression, ideation and suicide attempt, decreased school performance, as well as impaired self-esteem and social behavior of homosexuals. **CONCLUSION:** There is a need to expand studies that focus on homophobia related to the family context, due to the short- and long-term painful effects that the experience of discrimination in these spaces generates in homosexual individuals, due to the emotional bond and built by them and their family group.

**KEYWORDS:** Family. Family relationship. Homosexuality. Homophobia. Psychic suffering.

## Introduction

Homosexuality is understood as physical, emotional and / or sexual attraction by people of the same sex or gender, being evidenced since the dawn of humanity. (Ceccarelli, 2008). Anthropological evidence register that homosexual practices were well tolerated in Greece, Persia, Rome, and China, as well as in African societies.

In Brazil opinions were divided about homosexual relations, some accepted as a condition of human nature, while others opted for the absolute rejection of these practices (Ceccarelli, 2008).

On the other hand, according to Sarti (2004), family is a group of subjects linked by blood ties and bonds of affection, as well as common interests that are shared.

Besides that, according to the author, family implies authority, since there is the function of socializing minors, so the classification would be like "... a world of reciprocal, complementary and asymmetrical relations." (Sarti, 2004, p.18).

The revelation of homosexuality in the family can cause a conflicting relationship due to the frustration of non-acceptance of parents who often act violently or oppressively, obrigando os filhos a manter sua orientação sexual em segredo para a sociedade e cobrando uma linearidade entre sexo e performance de gênero com a intenção de manter a lógica heteronormativa visando uma reintegração desse indivíduo as normas da sociedade (Braga; et. al., 2018).

It is found that homosexual subjects who do not respond to the normative pattern in the social context end up suffering psychologically, due to the strong social repressions experienced in family contexts (Perucchi, Brandão and Vieira, 2014; Braga, et al., 2018).

The difficulty in accept the homoaffective relationships come from a social construction based on beliefs and taboos, based on a heteronormative and patriarchal pattern that values a continuity of those patterns that do not threaten the so-called social majorities. Those who do not comply with these norms end up facing

difficulties of acceptance by society, being exposed to numerous types of violence, such as moral, psychological or even physical violence, bullying, and the difficulty in accessing basic rights such as health.

According to Louro (2004), society still reproduces discriminatory behaviors towards homoaffective relationships, behaviors that are understood as homophobic. These attitudes have then the goal of regulating sexuality and social performance with discourses of invisibility, subtle or explicit violence and domination. Thus, these attitudes suffer people who do not fit the pattern of social heteronormativity, that is, gay, lesbian, bisexual, transvestite, transgender, etc.

The moment of revelation of sexual orientation, also known as "coming out of the closet", is understood as the awareness and need to socialize your sexual desires and preferences. At this moment Family support is critical as it is part of the identity building of the individual. Once they do not find this support, the subject can trigger a process of social isolation, self-esteem and depression problems.

However, , many families when come across with the homosexuality of one of its members, they react by rejecting the homosexual individual, following subtle violence ranging from pretending not to know sexual orientation and forcing them to maintain heterosexual order, to serious verbal and physical aggression. Besides that, Oftentimes the homosexual subject is expelled from home, creating yet another psychological stress.

Stress or psychological distress is understood by psychoanalysis as symptoms, distress, disorders, etc., which are presented by each individual in a subjective and individual way. In the case of suffering caused by homophobia in family settings, some of the most common symptoms of suffering are social isolation, self-esteem problems, depressive symptoms, anxiety attacks.

The family, then, that should be the welcoming environment and promoter of increased resilience, becomes a hostile and suffering environment, causing the subject you have to look for new support

networks, especially when you are kicked out of your home, which are often made up of friends and people who have been through the same situations, and who are creating bonds and increasing support and care networks together.

This study had The objective is to describe the psychological repercussions of family homophobia experiences, understanding how these relationships act in the production of psychological distress, taking into account the lack of studies on this subject, this hinders the process of understanding and strategies of reception and care for this population. Then the need for research on the subject arises for a greater understanding and improvement in care.

## Method

Its about uma revisão integrativa acerca do sofrimento psíquico relacionado à homofobia no contexto familiar. Segundo Mendes (et. Al. 2008), a revisão integrativa é um método que busca agrupar e sintetizar resultados de pesquisas acerca de um tema ou questão possibilitando uma investigação aprofundada do assunto, além de mostrar lacunas que precisam ser preenchidas. Esse método de pesquisa possibilita um entendimento profundo sobre um determinado assunto, a partir de estudos já realizados. (Mendes et al., 2008).

For the development of an integrative review one must first determine the object to be studied, formulating a problem or hypotheses. From this, the search begins to identify the largest number of researches on the subject, taking into account the established inclusion and exclusion criteria. The researcher then reviews the studies found to determine if they are valid, and at that time there is a reduction in the number of studies. At the end, the data of the studies are collected, analyzing and interpreting to create the conclusions from the data.

For this study, a survey of descriptors corresponding to the topic of interest was performed in the DeCS (Descriptors in Science and Health) database,

which allowed the following descriptors to be found: "family", "family relationships" "psychological stress", "Mental health", "sexual and gender minorities", "male homosexuality", "female homosexuality", "homosexuality", "bisexuality", "sexual behavior", "homophobia", "social discrimination" and "prejudice".

After this step, the descriptors found were used to search the databases making combinations between them, the combinations made were "homosexuality and family", "homosexuality and family", "female homosexuality and family", "bisexuality and family", "sexual and gender minorities and family", "sexual and gender minorities and family relations", "homosexuality and family relations", "female homosexuality and family relations", "male homosexuality and family relations", "bisexuality and relations homophobia and family, homophobia and family relations.

The databases adopted for this research were SciELO, MEDLINE, Pepsic and LILACS. During database searches repeated articles or articles that were not valid according to the eligibility criteria of this study were found.

The identification and choice of articles followed the following inclusion criteria: articles published in Portuguese and with any publication date that were in the selected databases. Exclusion criteria were: articles published in foreign languages, texts that were within the descriptors that spoke about transsexuality, and transvestites, theses, monographs and books. After the initial research, the article abstracts were read to make sure they were in accordance with the study objectives and valid for the research.

Finally, a complete reading of the remaining articles was made after the filtering. From this, a table was created explaining the factors that related the psychological distress of the homosexual population with homophobia within the intrafamily context. After that the data analysis was done to finally propose the considerations about the study.

## Results

Through the descriptors in the selected databases, the search process for scientific literature, within the established inclusion criteria, reached as a result eight articles that answered the guiding question of this review, which is about the understanding of psychosocial processes in young homosexuals, resulting from homophobic experiences within the family context. These articles were published in different journals focused on psychology themes, only one of them being published in a nursing journal. All articles found had their publications inserted between 2013 and 2018, which shows the interest of this issue in productions as something recent.

The chart below shows the relationship between the number of articles identified in each database by searching using the chosen descriptors, the number of isolated articles according to the exclusion criteria, and finally, after reading the materials, the number of articles selected for this search.

**Chart 1.** Selected articles in database

Data base	Retrieved Articles	Excluded Articles After exclusion criteria	Selected Articles
Scielo	44	40	4
MEDLINE	4	3	1
PepsiC	25	22	3
LiLACS	29	29	0
Total	102	94	8

Source: authors, 2019.

It is noted from the research that studies focused on the processes of disclosure of sexuality of homosexual people remain very scarce, since, with regard to the themes involving homosexuality, sexual orientation or homophobia, most of the National publications focus on issues related to HIV, sexually transmitted infections, public health, adoption, homosexual parenting, Queer Theory and suicide. In national publications, studies are devoted to studies that focus attention on understanding the relationships of young homosexuals with their domestic environment, as well as family violence resulting from homophobia in these spaces.

The chart below shows the relationship between the articles found and their databases.

Chart 2. Distribution of articles by author and indexers

Authors	Indexer	Authors	Indexer
Braga, I. F., Oliveira, W. A. D., Silva, J. L. D., Mello, F. C. M. D., & Silva, M. A. I. (2018). Family violence against gay and lesbian adolescents and young people: a qualitative study. <i>Brazilian Journal of Nursing-REBEn</i> , 71, 1295-1303.	SciELO	Perucchi, J., Brandão, B. C., & dos Santos Vieira, H. I. (2014). Psychosocial aspects of intrafamilial homophobia and health of young lesbian and gay men. <i>Psychology Studies</i> , 19(1), 67-76.	SciELO
de Lima Silva, M. M., Frutuoso, J. F. F., Feijó, M. R., Valerio, N. I., & Chaves, U. H. (2015). Família e orientação sexual: dificuldades na aceitação da homossexualidade masculina. <i>Temas em Psicologia</i> , 23(3), 677-692.	PepsiC	Soliva, T. B., & da Silva Junior, J. B. (2014). Between revealing and hiding: parents and children in the face of the discovery of homosexuality. <i>Sexuality, Health and Society-Latin American Magazine</i> , (17), 124-148.	SciELO
Nascimento, G. C. M., & Scorsolini-Comin, F. (2018) The revelation of homosexuality in the family: integrative review of the scientific literature. <i>Themes in Psychology</i> , 26(3), 1527-1541.	PepsiC	Toledo, L. G., & Teixeira Filho, F. S. (2013). Family homophobia: opening the cabinet 'between four walls'. <i>Brazilian Archives of Psychology</i> , 65(3), 376-391.	PepsiC
Oliveira, L. D. (2019). "Shame" as an "offense": female homosexuality, family, and micropolitics of emotion. <i>Anthropological Horizons</i> , (54), 141-171.	SciELO	Zanatta, E. A., Ferraz, L., Klein, M. L., Marques, L. C., & Ferraz, L. (2018). Discover, accept and assume homosexuality: situations of vulnerability among young people /Discovering, accepting and assuming homoaffectivity: situations of vulnerability among young people. <i>Research Magazine: Care is Fundamental Online</i> , 10(2), 391-398.	MEDLINE

Source: Authors, 2019.

Such research had in their interviews and discussions as central axis the search to access and understand, based on the report of young men and women, homosexual aspects of their life histories that are crossed by the family's fear of discovery of homosexuality. as well as hostile family reaction to this discovery or the coming-out process.

The selected studies deal with the "out of the closet" process of young gay and lesbian people and the aspects that surround them within the family locus, understanding the conflicts that may arise between family members as a result of this revelation or discovery, as well as the sickening factors that they constitute these conflicts, which are determined by the homophobia inserted in this environment.

After reading and analyzing the articles, one perceives the different ways in which homophobia manifests in family relationships. Psychological, symbolic and physical violence are present and their consequences on the mental health of individuals, in some cases, are not even perceived, since there is a relativization of these practices due to the way in which they act - through jokes. ", Invisibility, exclusion, silencing, etc. - and the intra-family context in which it is inserted.

## Discussion

Although the family is covered in the popular imagination by a perspective that places it as a nucleus of security, support and welcome for the individuals that compose it, the studies carried out show that most family contexts are based on certain determinations. and requirements that are previously based on heteronormative social norms.

In this sense, the family, or, more precisely, the family space as an environment of aggregation to its individuals, takes as its prior necessity its functioning based on conceptions of gender, sex and sexuality that fit the hegemonic models of a society organized by a binary perspective. heteronormative of these aspects. Therefore, There are charges in family relationships for its members to act following socially expected behaviors.

The authors Perucchi, Brandão and Vieira (2014) and Braga, et. Al (2018) bring in their studies that the subject who, in some way, distorts these rules that configure family life, suffers repression through violent mechanisms in an attempt to be fixed again in the norm. In this sense, the family escapes this ideal in which it was placed, no longer promoting the health and dignity of the subject, and presents itself as a tool to reinforce the imperative of heteronormativity, through violence and inferiority of subjectivities that deny this heteronorma.

Still in this perspective, The authors bring as a consequence of hostility in family relationships, the search for individuals for support networks that include people / friends outside the family dynamics. Therefore, Due to the situations of suffering arising from homophobia, these people tend to form bonds that, although they are not based on blood and are not normally identified as family, are taken by the subject for this meaning, since, although fragile, they are in these friendship networks that they find some kind of listening and support to deal with family violence (Perucchi, Brandão & Vieira, 2014).

According to reports from the study by Teixeira and Toledo (2013), the interviewees considered homophobia at home as the worst type of discrimination experienced. In this study, participants reported "coming out of the closet" to parents as a turbulent process, circumscribed by mechanisms of "control, surveillance, stalking, invasion of privacy, prohibitions, threats, blackmail, and even assaults" (p. 384). Among the ways to exercise this kind of control over the experiences of young people is the prohibition imposed on children to be included in social cycles involving non-heterosexual people or the inability to receive their friends - especially gay ones - in their attempt to make this young man return to the determined way of life (Soliva & Silva, 2014). In this sense, it is clear that even the protection and self-care strategies that these young homosexuals tend to seek, such as forming bonds with other people who welcome and understand them, are threatened or even suppressed, making it difficult to relieve them. suffering continually lived.

The study by Braga et al. (2018) reaffirms this insertion of violence in daily life, showing that, from the moment of revelation "the family presents itself as a scenario of conflicts and violence, both physical and psychological" (p. 1300), which are presented subtly or explicitly, leading young people to identify this environment as permeated by, in addition to the abovementioned violence, moral and religious judgments by parents and family members. As evidenced in the research by Zanatta et al. (2018), parents' difficulty in accepting their deviant child from heterosexuality is often a reflection of religious beliefs, and homoaffectiveness is often seen as a disease or sin, and this young person needs cure.

Thus, this violence is introduced into this relationship as part of everyday life itself. One of the findings of the study by Perucchi, Brandão and Vieira (2014) was the fact that it is not expulsion from home that configures the extreme suffering caused by intrafamily homophobia, but the different forms of violation that are inserted in the daily lives of individuals in a systematic way, marking their subjectivities through constant modes of humiliation and exclusion that are submitted when belonging to this heteronormative context that tends to have these practices justified by the authority that is usually guaranteed to the family institution. From that, such authority, usually asserted by culture, can represent an aggravating factor, since the family context is supposed to be a private environment which does not fit the interference of others directly in order to intervene and, in a way, annul the established power relations, even if that they derive marks of violence, which in turn tends to legitimize family structures that promote suffering.

In this sense, thinking the consequences of this conformity of violent practices to mental health, the authors Perucchi, Brandão and Vieira (2014) point out the negation or minimization of the psychosocial effects of homophobia in the subjects, who do not recognize a priori this homophobia and therefore, they do not recognize its implication in their health and subjectivation processes.

Within this context of discrimination established in daily life, it is important to highlight the weight of symbolic violence established by parents to homosexual children, using different forms of

silencing and inferiorization as ways to prevent the subject from experiencing their sexuality openly, repressing and making their modes of expression and being in the world invisible.

It is, in some cases, through this symbolic violence that certain naturalizations of homophobia are possible, as shown in interviews in the research by Perucchi, Brandão and Vieira (2014), where the authors report cases of young people who have experienced homophobic practices. Intrafamilial, through "jokes", debauchery and different treatment, but despite being aware of this discrimination, they did not recognize these attitudes as such.

This naturalization, besides having as a criterion the occurrence of homophobia in the midst of daily life, has as its essential factor the relationship of affection in which this discrimination is involved. Since, the fact that aggressors - whether physical, material, symbolic or psychological aggression - are people with whom the subject maintains an affective bond, is a determining point for the individual not even recognize this attitude as aggression, which consequently also makes it difficult to perceive the effects of this on their own mental health (Perucchi, Brandão & Vieira, 2014).

Intrafamilial homophobia carries with it a further burden due to the fact that discrimination occurs in family ties, given that in homophobic practices outside the home context, instead of the aggressors being unknown people and not inserted in the individual's conviviality, which promote such practices within the home, are social and affective references of their victims. In this sense, Soliva and Silva Junior (2014) state that this "violence has the ability to reach its aggressors in two ways: the pain of being attacked and the fact that the aggressor is someone with whom he has a close relationship." (P 132)

It is then noted that this violence goes through the experience and family dynamics, placing itself as something that configures it and that is present with the intentionality of making the subject return to the ideal that was placed by the expectations of others. These expectations are structured by the binary and heteronormative model of being in the world and which determine how coexistence is established in family relationships.

Breaking with such expectations cultivated throughout the family structure and admitting the existence of a member that deviates from the expected model for sexual and affective practices, also implies breaking with symbolic ties that keep the family context organized, since its functioning is through maintaining the correspondence of its members with the predominant referential of sexuality. This disruption and the possibility of losing a referential model also brings a loss of the feeling of being a family (Teixeira & Toledo, 2013). In this sense, from their studies, the authors state that families do not accept the idea of sexual dissidents as belonging to this family context, seeking to deny in any way possible any member - sons, daughters, spouses or any relative - of any kind. express itself outside the framework of heteronormativity, considering it a transgressor.

In family contexts involving the relationship of heterosexual fathers and mothers and homosexual children, this breach of expectation also relates to a disruption of plans and projects previously nurtured by countries about their children's lives, such as dreams of having grandchildren and a continuation. not necessarily impossible, but from the rooted thinking of the constitution and perpetuation of families based only on heterosexual couples, these parents appear to be threatened (Soliva & Silvia, 2014; Teixeira E Toledo, 2013).

Regarding homosexual men, the research by Silva et al. (2015) brings that this expectation also involves the field of professional practice, being present the parents' desire that this child remain discreet about his sexual identity, not exposing himself with certain behaviors to achieve satisfactory positions in his career.

The authors Soliva e Silva (2014) point out in their research the feeling of fear that arises in the parents due to this rupture of the projects as one of the phenomena that generate repression practices, which aim to use physical and / or psychological violence. as a way to recover these supposedly lost projects. As a consequence, homosexual subjects are caused by psychic distress due to "emotional damage that will drag on for a lifetime, deeply marking their subjectivity" (p. 138), as well as their ways of interacting and socially inserting themselves.

Beyond the feeling of fear, the research by Soliva e Silva (2014) brings as persistent in the statements of their interviewees the feeling of guilt that parents feel for the revelation of homosexuality of their children, taking for themselves a responsibility about the sexual experience. concomitantly with the idea that it would be up to them to have somehow prevented their children from evading the heterosexual rule.

Teixeira and Toledo (2013) corroborate such perspective by bringing in their study the suffering and feeling of disappointment that often accompanies parents' knowledge about their children's sexual dissent, given the loss of expectation placed on these subjects and their sexual orientations. In some cases, parents feel responsible for failing to "educate" their children, using this as a way of justifying something they cannot fully cope with and causing them to suffer; They need a process of mourning the lost expectations and project that need to be reworked (Teixeira & Toledo, 2013). Another factor of influence in the context of intrafamily homophobia, concerns the financial issue as one of the determinants for the maintenance of this violence and tool used for the subordination of homosexual children.

In many cases, children are financially dependent on their parents as a result of long schooling processes and / or difficulty in working and establishing themselves in the labor market, which is an obstacle in the process of gaining autonomy. and freedom on the part of these individuals to fully experience their sexuality. (Teixeira & Toledo, 2013; Soliva e Silva, 2014).

Thus, this child's inability to support himself, ensure his financial autonomy and assert his independence is used by parents with a control mechanism, whereby they threaten the withdrawal of this indispensable material support - both for the maintenance of studies, as for basic living expenses - in order to reaffirm the economic need that children have for them, thereby obliging them to be subject to the will.

From this perspective, the authors Teixeira and Toledo (2013) bring another determinant that acts in this process: gender. According to the authors, this financial dependence, which generates the control and the obligation of children to submit to their parents' wishes, reflects more severely among



women due to the chauvinistic conceptions that prevail in society and results in a difficulty even greater for women to gain access to the professional market and achieve their freedom both in economic terms and in expressing sexual identity.

Other modes of violence to which these people are subjected to disqualification are both their identity and their ability to speak for themselves about their homoerotic desires. There is, as a reaction of family members to the discovery of homosexuality, derogatory talk about homosexuality that puts it in a position of madness, indecency or "lack of what to do" (Braga et al., 2018). In this sense, the subjects themselves have the autonomy over their identities withdrawn and are infantilized and considered unable to affirm their sexuality in a conscious and safe way. Thus, not only are these people excluded from social moments in different environments - including the family - but they are also excluded from the right to communicate openly about themselves, their identities, or to defend themselves against violations experienced (Teixeira & Toledo, 2013).

On the other hand, not talking about this homosexuality of a family member is also an important homophobic practice to be identified. Just as the silencing imposed on homosexual subjects is characterized as violence that disqualifies both the individual and his homoerotic desire, parents' attitudes "pretending not to see" their child's homosexuality also show a denial of this identity and an attempt to avoid homosexual practices by making the theme invisible, contained and repressed (Perucchi, Brandão & Vieira, 2014; Braga, et al., 2018).

All these different modalities of violation of rights - silencing, invisibility, threats, disqualification, control, surveillance, blackmail, prohibitions, physical aggression and so on. - are inherent characteristics of conflicts that mark the negative processes of revelation or discovery of children that diverge from the heterosexual norm, as a way of reproducing a normative character through humiliations and constraints (Soliva & Silva, 2014) and with consequences, in the short or long term. long-term, direct changes in the mental health of.

A study mentioned by Braga et al. (2018) clarifies the impacts of this psychological distress arising from family rejection by citing some perceived phenomena in subjects experiencing intrafamily homophobia, such as: ideation and attempted suicide, social

isolation, low academic performance, decreased self-esteem and depression. In addition, other research, comparing the experiences of subjects who, when revealing their homosexuality, had positive reactions and young people whose family responded in a punitive manner, showed that this rejection generated "eight times more likely to attempt suicide, six times more likely to have depression, three times more likely to use illegal drugs, and three times more likely to have unprotected sex" (p. 1296).

Still on the possible ways of manifesting this psychic suffering of these young victims of violence, Zanatta et al. (2018) points out in their research, in addition to the previously mentioned phenomena, the practices of self-mutilation and negative changes in self-image and self-concept, which makes evident the need for welcoming, care and psychological support so that these people can try to overcome trauma. experienced and resignify the ways of perceiving, expressing and being in the world.

## Final considerations

The process of revealing homosexuality by young people in their family contexts is usually marked by homophobia that motivates turbulent conflicts, given the direct influence that discourses based on hegemonic models exert on the organization and functioning of family dynamics, which should be oriented by binaryism and heteronormativity compulsorily reaffirmed as the only modes of existence. In this sense, the family ceases to present itself as a promoter of well-being and care, acting as an instrument of reinforcement and enforcement of this social rule, denying identities that deviate from the norm. To this end, using mechanisms of violence that manifest themselves in varying degrees, ranging from ignoring the existence of homosexuality and silencing them to segregation of the family member and practices of violation of rights that prevent the expression of freedom and of the subjects' autonomy over their sexual desires.

It is noted in the selected articles attention to the question about the ways in which these violence are presented. The authors, in addition to reporting the presence of threats, surveillance, offenses, control and aggression, highlight the fact that

these regulatory behaviors are often naturalized and expressed daily in the lives of young sexual dissidents, having effects on their mental health and ways of behaving. relate in different social media.

The present research was able to answer its central question about which psychosocial processes resulting from homophobia in the intrafamily context, understanding these processes as effects of psychic suffering generated by a continuous and daily experience in an environment of verbal, psychological, symbolic and physical violence.

It can be seen from the studies that subjects who experience such conflicts tend to exhibit self-harming or high-risk behaviors, as well as thoughts and worldviews and of themselves that may be distorted due to exclusion, humiliations and constraints to which they are subjected.

As limitations of this study, the delimitation of the language to Portuguese stands out, a condition that restricted the possibility of entry of international articles that could make the study more robust, as it was proposed in this study a careful standard of data extraction, being limited to eligibility criteria adopted, a condition that made other descriptor combinations unfeasible, which could broaden the discussion of the object of study.

As a proposal, the importance of turning attention to this context of family relationships is raised, questioning the legitimacy given to the family institution to exercise this oppressive power that produces suffering; as well as addressing the fundamental importance of spaces, host networks and policies to care for the population victims of this discrimination, thinking of ways to make this process less painful and safer for these individuals.

### Author contributions

Cruz, H. A. B. and Oliveira, L. C. conducted the integrative research, extracted and discussed data, as well as the writing of the article. Araújo, R. L. M. S. critically reviewed the article and contributed to the writing of the article.

### Competing interests

No financial, legal or political competing interests with third parties (government, commercial, private foundation, etc.) were disclosed for any aspect of the submitted work (including but not limited to grants, data monitoring board, study design, manuscript preparation, statistical analysis, etc.).

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