

# Research on the Influencing Factors of Homosexuality

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## Abstract:

This study is committed to comprehensively exploring the diversity of the influencing factors of homosexuality, and tries to conduct a comprehensive analysis from multiple dimensions of biology, psychology and social culture. Through combing the relevant literature and empirical research, it is found that the formation of homosexuality is not caused by a single factor, but the result of the interaction of multiple factors. In terms of biological factors, genetic genes, brain structure and functional differences may affect the sexual tendency of individuals. In terms of psychological factors, the childhood family environment, parenting style, and gender role identity also play a key role in the formation of homosexuality. In addition, social and cultural factors cannot be ignored, including the social acceptance of homosexuality, cultural background, religious belief and so on. This study contributes to an increased understanding of homosexuality and provides theoretical support for future relevant studies. At the same time, it also calls on all sectors of society to be more tolerant and understanding when dealing with gay issues, and to create a harmonious and friendly social environment for gay people.

**Keywords:** gay, influencing factors, biology, psychology, social culture

## 1. Introduction

With the progress of society and the opening up of people's minds, homosexuality, as a group that has long been neglected or misunderstood, has gradually entered the public view. However, the research on the factors influencing homosexuality is still relatively scarce, which partly hinders the deep understanding and inclusion of this group. Therefore, multiple exploration of the influencing factors of homosexuality can not only contribute to a more comprehensive understanding of homosexuality, but also provide a scientific basis for eliminating social prejudice and promoting gender equality.

It is of great theoretical and practical significance to explore the influencing factors of homosexuality multiple. A thorough study of the interaction and influence mechanisms of these factors can understand the nature and causes of homosexuality. At the same time, it also helps to eliminate prejudice and discrimination against homosexuals, and promote social tolerance and progress.

This study aims to deeply explore the diversity of factors affecting homosexuality and try to construct a theoretical framework from multiple dimensions including biology, psychology and social culture. Through empirical research methods, people analyze how each factor interacts to influence the development of individual sexual tendency together. The research question focused on the weight

of each contributing factor, the mechanism of action, and how adverse effects can be mitigated or eliminated through intervention strategies.

In order to reveal the influencing factors more specifically, this study will analyze the shortcomings and controversial points of the existing research results by combining with the relevant literature review at home and abroad. Combined with case studies, a deep understanding of the development of individual sexual tendencies in a specific socio-cultural context.

This study will aim to reveal the internal mechanism of gay tendency development in order to provide a more comprehensive and scientific understanding of the general public. Through in-depth research, it is expected to provide more support and care for gay people and their families, and promote the social understanding and tolerance of gay issues.

## 2. Influencing Factor

### 2.1 Biological Factors

#### 2.1.1 Genetic factors

Genetic factors play an important role in the formation of homosexuality. In recent years, with the development of genetic research, more and more evidence indicates that genetic factors have a significant effect on homosexuality.

A twin-based study finding much higher homosexual comorbidity in same-sex twins than opposite-sex twins suggests a role for genetic factors. Furthermore, variations in certain genes are also associated with homosexual tendencies, such as certain gene regions on the X chromosome. Geneticists have gradually revealed the genetic basis of homosexual tendencies through family research and genetic association analysis. For example, a genetic study of thousands of gay and non-gay people found that multiple genetic regions were associated with homosexual tendencies, with genes involved in multiple aspects of brain development, nerve conduction, and sex hormones. These findings provide important clues to understanding the genetic factors of homosexuality [1].

However, genetic factors are not the only determinant, they interact with other factors such as environment, society and culture, and jointly influence the formation of homosexual tendencies. As the famous psychologist David Freud said: "Human sexual orientation is not determined by a single factor, but is the result of the interaction of many factors." Therefore, when exploring the influencing factors of homosexuality, it is necessary to consider the role of various factors to understand this phenomenon more comprehensively and deeply.

In conclusion, genetic factors play an important role in the formation of homosexual tendencies. Deep investigation of the relationship between genetic factors and homosexual tendencies can provide a better understanding of the nature of this phenomenon and provide a useful reference for future research and interventions.

### **2.1.2 Physiological factors**

Physiological factors play an important role in the factors influencing homosexuality. In recent years, with the development of neurobiology and endocrinology, more and more research has begun to focus on the relationship between physiological factors and homosexual tendencies.

In neurobiology, some studies have found differences in the brain structure of homosexuals and heterosexuals. For example, certain brain areas of connectivity, gray matter volume, etc. These differences may be related to aspects of individual gender identity, sexual orientation, etc [2].

Physiological factors in endocrinology play a role in homosexual tendencies. Exposure to higher levels of testosterone (male hormone) may increase the risk of becoming gay. Moreover, some studies have found that homosexuals also have different hormone levels during puberty.

However, it should be noted that physiological factors are not the only ones determining homosexuality. Gay tendency is a complex phenomenon that is influenced by many factors, including genetic, environment, culture and many other aspects. Therefore, when exploring the influencing

factors of homosexuality, the role of various factors need to be considered comprehensively, rather than just focusing on physiological factors.

In conclusion, physiological factors play an important role in the influencing factors of homosexuality, but they are not the only determinants. Future studies need to further explore the interactions between various factors to better understand the formation and development of homosexual tendencies.

## **2.2 Psychological Factors**

### **2.2.1 Psychological factors**

Sexual psychological development is a link that cannot be ignored in exploring the influencing factors of homosexuality. Sexual development goes through multiple stages, including oral, anal, sexual bud, latent and reproductive periods. During the sexual bud period, children begin to develop an emotional attachment to their heterosexual parents and may form homosexual tendencies. However, this tendency may change in the subsequent developmental stages influenced by the social, cultural and family environment.

In addition, socio-cultural factors also play an important role in the process of psychosexual development. For example, sexual orientation is influenced by multiple factors such as family environment, educational background and public opinion. These factors may affect the sexual and psychological development of individuals by affecting their self-identity, emotional expression and social behavior [3].

In conclusion, psychosexual development is a key link in exploring the influencing factors of homosexuality. By combining multidisciplinary theories and methods such as biology, psychology and social culture, a more comprehensive understanding of the psychosexual development process of homosexuality and its influencing factors. This not only helps to deepen the understanding of the gay phenomenon, but also provides a scientific basis for developing effective intervention strategies.

### **2.2.2 Personality traits**

Personality traits play an important role in the influencing factors of homosexuality. There was significant correlation between certain personality traits and homosexual tendencies. For example, traits such as openness, neuroticism, and agreeableness are more prevalent among homosexuals. These traits may be related to aspects of individual sexual orientation, gender identity, and social behaviors.

Openness trait refers to the individual's acceptance of new experiences, new ideas and new things. Research suggests that homosexuals generally have higher openness traits and are more likely to try different social circles, cultural

activities and gender roles, increasing the likelihood of developing intimate relationships with the same sex. This open trait may partly contribute to the formation of homosexual tendencies.

Neurotic traits are related to individual emotional stability and anxiety levels. Studies have found that the incidence of neurotic traits was higher among homosexuals. This may be related to the psychological stress experienced by homosexuals in the face of social stress, discrimination, and prejudice. Neurotic traits may cause homosexuals to be more emotionally sensitive and vulnerable, increasing their need to establish emotional connections with the same sex.

Pleasant traits involve individual cooperation, compassion, and social skills. Studies suggest that homosexuals generally have higher agreeableness traits and they are more likely to show friendly, cooperative and compassionate behaviors. This pleasant trait may help homosexuals build closer interpersonal relationships in social environments, including intimacy with the same sex.

In addition to the above traits, there are several other personality traits associated with homosexual tendencies. For example, traits such as self-esteem, self-control, and risk-taking are also thought to be associated with homosexual tendencies. These traits may influence the development of sexual orientation by influencing individuals' self-perception, behavioral choices, and social preferences.

In conclusion, personality traits play an important role in the influencing factors of homosexuality. Intensive investigation of the relationship between these traits and homosexual tendencies allows for a better understanding of the nature of the homosexual phenomenon and the psychological mechanisms behind it. At the same time, it also helps to provide more effective psychological support and intervention strategies for gay people to promote their mental health and social integration.

## 2.3 Social and Cultural Factors

### 2.3.1 Family environment

As one of the important factors affecting gay tendency, the influence mechanism of family environment is complex and far-reaching. Research shows that the parent-child relationship in the family environment, parents' education style, family atmosphere and other factors are closely related to the individual sexual orientation. For example, there are widespread problems such as parental discord and lack of communication in the family environment, which may lead to confusion in individual cognition of gender roles in the process of growth, and then affect the formation of sexual orientation [4].

Moreover, parental role models in the family environment also have effects on individuals' sexual orientation. As an important role model in children's growth, parents' behaviors, attitudes and values will have a profound impact on children. If one or both parents have the stereotype of gender roles, such as that men should be strong and women should be weak, then this stereotype may affect children's cognition of gender roles, and then affect the formation of sexual orientation [5].

To further explore the impact of the family environment on homosexual tendencies, a combination of quantitative and qualitative research can be used. Quantitative research can explore the correlation between various factors and sexual orientation in the family environment through questionnaires and statistical analysis; qualitative research can reveal the specific process and mechanism of the formation of individual sexual orientation through in-depth interviews and case analysis.

In conclusion, the influence of the family environment on homosexual tendencies cannot be ignored. In order to promote the healthy growth of individuals and the diversification of sexual orientation, attention should be paid to the optimization and improvement of the family environment, create a harmonious, inclusive and open family atmosphere, respect for the choice of gender roles and sexual orientation of individuals, and avoid the influence of excessive intervention and stereotypes.

### 2.3.2 Educational Background

In the educational background, the multiple exploration of the influencing factors of homosexuality is particularly important. Education is not only the transmission of knowledge, but also the process of cultivating values, world outlook and outlook on life. In this process, students' understanding and acceptance of sexual orientation, gender identity and other issues directly reflect the comprehensiveness and inclusiveness of education.

Taking psychological factors as an example, the educational environment has a profound impact on the development of individual sexual psychology. A study of adolescent mental health showed that adolescents who grew up in a supportive, inclusive educational environment had healthier psychosexual development and greater acceptance of homosexuality. This fully demonstrates the important role of education in shaping individual cognition of homosexuality [6].

Looking at the social and cultural factors, education, as an important carrier of cultural inheritance, has a direct role in shaping the social cognition of homosexuality. For example, in some Nordic countries, gay social acceptance is generally higher in these countries due to the multicultural emphasis and inclusion in the education system. This

proves the key role of educational background in shaping the social cognition of homosexuality.

In conclusion, the educational background plays a pivotal role in the multiple exploration of the influencing factors of homosexuality. By optimizing the educational environment, improving the professional quality of educators, and strengthening empirical research in related fields, it can contribute to the construction of a more inclusive and equal social environment.

### 2.3.3 Public opinion

The influence of public opinion on homosexuality cannot be ignored. In modern society, with the rapid development of information communication technology, the influence of public opinion is increasing. The public's attitudes and opinions towards homosexuality are often influenced by media reports, social networks, public figures and other factors. For example, there is a positive correlation between the number of media reports of homosexuality and public acceptance of homosexuality. When the media frequently reports gay issues, the public acceptance of homosexuality will be accordingly.

However, the influence of public opinion on homosexuality is not entirely positive. In some cases, negative public opinion may lead to discrimination, exclusion and even violence. For example, some survey data show that gay people tend to face more unfair treatment in employment, education, medical care, and more. This unfair treatment not only affects the quality of life of gay people, but may also have a negative impact on their mental health [7].

In order to better understand the influence of public opinion on homosexuality, the "attitude-behavior model" in social psychology can be used for reference. The model suggests that an individual's attitude is influenced by various factors such as social environment, and personal experience, and in turn influence the individual's behavior. On the issue of homosexuality, public opinion, as an important social environment factor, affects the public's attitude towards gay people by affecting their behavior and attitude towards homosexuals.

In addition, the views and remarks of some famous people also shape the public opinion to some extent. For example, some public figures have promoted social acceptance and understanding of homosexuality through open support for gay rights. On the contrary, some public figures with negative attitudes towards homosexuality may aggravate the social discrimination and exclusion of homosexuality. To sum up, the influence of public opinion on homosexuality is multifaceted, both positive and negative side. In order to create a more inclusive and equal society, it is necessary to pay attention to and guide public opinion, and promote the public's correct understanding and under-

standing of homosexuality.

## 3. Suggestions

### 3.1 Preventive Intervention

Preventive interventions play a crucial role in the study of influencing factors of homosexuality. Preventive interventions aim to protect individuals from potential risks through a range of measures that reduce or eliminate disadvantages that may contribute to the development of homosexuality. This intervention strategy emphasizes early prevention, raising public awareness and understanding of gay issues through education and advocacy, and reducing discrimination and prejudice.

Preventive interventions include providing gender equality education, enhancing self-esteem and self-confidence, and promoting the development of social skills. These measures help to reduce psychological distress and confusion among adolescents during the development of their sexual orientation, thereby reducing their likelihood of becoming gay. For example, a study of US middle school students found that students educated on gender equality showed higher levels of gender role identity and self-esteem, while also being more likely to develop a healthy sexual orientation.

In addition, the preventive intervention also includes the improvement of the home environment. The family environment has an important influence on the development of individual sexual orientation. A family environment that supports, understands, and accepts helps individuals to form a healthy sexual orientation. Therefore, preventive interventions should focus on family education, encourage parents to form positive communication relationships with their children, and provide emotional support and understanding to reduce the adverse effects of family factors on the development of homosexuality.

However, the implementation of preventive interventions also faces some challenges and limitations. First, acceptance and response to preventive interventions may vary among individuals. Some people may be skeptical or resistant to the intervention, which may influence the intervention effectiveness. Second, preventive interventions require long-term, sustained effort and input to achieve significant results. Therefore, long-term, stable intervention mechanisms are needed to ensure that interventions can work continuously. In conclusion, preventive interventions are important in reducing influencing factors affecting homosexuality. Through education and publicity, and improving the family environment, we can create a healthier, more supportive environment for individuals and reduce their likelihood of becoming homosexuals. However, the implementation of a preventive intervention

requires a comprehensive consideration of various factors, including individual differences, intervention acceptance, and long-term input. Only in this way, can we better understand and cope with the factors affecting homosexuality, and provide effective support and help for individuals.

### 3.2 Therapeutic Intervention

Therapeutic interventions play an important role in the study of factors influencing homosexuality. It aims to help those who already show homosexual tendencies or behavior to alleviate their distress and enhance their self-identification and social adaptability through a range of psychotherapy and social support. Various methods of therapeutic intervention, including psychological counseling, cognitive behavioral therapy, family therapy, etc.

Take counseling, for example, by building trust with homosexual people, listening to their inner feelings, to helping them realize that their sexuality is not a disease or error, but a natural physical and mental phenomenon. Psychological counselors will use professional knowledge and skills to guide gay people to view their sexual orientation correctly, enhance self-identity, and reduce inner contradictions and anxiety.

Cognitive behavioral therapy is a method to reduce psychological distress by changing individual thinking patterns and behavior habits. It helps homosexuals to identify and correct those irrational beliefs that cause self-denial and social barriers, establishing healthy mental states through positive thinking and behavioral training.

Family therapy emphasizes the impact of the family environment on gay people, and reduces the psychological pressure on gay people by improving family relationships and enhancing family support. Studies have shown that the support and understanding of the family environment have important effects on the mental health and social adaptation of homosexuals.

Effectiveness assessment of therapeutic interventions is usually based on indicators such as individual self-report, psychometric measures, and assessment of social functioning. Studies show that appropriate therapeutic interventions can significantly reduce homosexual psychological distress and improve their quality of life and social adaptability. However, therapeutic interventions also face many challenges, such as social acceptance, resource limitations, and individual differences.

In conclusion, therapeutic intervention has important implications in the study of factors influencing homosexuality. It helps homosexuals reduce distress and enhance self-identification and social adaptability through professional psychotherapy and social support. Future studies should further explore the effective methods and influ-

encing factors of therapeutic intervention to provide more support and help to homosexuals.

### 3.3 Social Support and Policy Advocacy

Social support and policy advocacy play a crucial role in homosexual influencing factors. Social support not only provides emotional support and identity for homosexual people, but also helps to reduce their psychological stress and sense of discrimination. Policy advocacy creates a more just and equal social environment for gay people through the formulation and implementation of relevant laws and policies.

Take the United States as an example, in recent years, with the increasing attention and cognition of homosexuality, more and more states and cities began to pass legislation to protect the rights and interests of gay people. For example, California passed the Anti-Discrimination Act in 2005, which explicitly prohibited discrimination against gay people in workplaces, schools, and public places. The implementation of this policy not only provides legal protection for homosexuals, but also promotes the inclusion and equality of the society.

However, the implementation of social support and policy advocacy is not plain sailing. In some countries and regions, homosexual people still face serious discrimination and exclusion. This not only affects the mental health and quality of life of gay people, but also hinders the progress and development of society. Therefore, social education and publicity need to be further strengthened and improve public awareness and understanding of homosexual issues to promote a more inclusive and equal society.

In addition, a better support system needs to be established to provide more help and support to gay people. This includes providing counseling and counseling, building communities of gay people, and promoting research and treatment. Through these measures, it can create a more friendly and supportive environment for gay people, helping them to better integrate into society and realize their self-worth.

In conclusion, social support and policy advocacy play an important role in the influencing factors of homosexuality. It is necessary to create a more just, equal and supportive social environment for gay people by strengthening social education and publicity, improving the support system and promoting relevant legislation.

## 4. Conclusion

This study deeply analyzed multiple levels of factors influencing homosexuality, including biological, psychological and sociocultural factors. The results show that the formation of homosexuality is a complex process, in which various factors interweave and influence each oth-

er. Biological factors such as genetic and physiological factors play a role in the formation of homosexuality, but they are not decisive factors. Psychological factors such as psychosexual development and personality traits also have important influences on the formation of homosexuality. At the same time, social and cultural factors such as family environment, educational background and social public opinion also play an important role in the formation of homosexuality.

It is worth noting that this study also found that homosexuality is not an isolated phenomenon but is strongly related to the socio-cultural environment. There are significant differences in gay identity and acceptance in different socio-cultural backgrounds. Therefore, for gay intervention strategies, we need to comprehensively consider the influence of socio-cultural factors and adopt a diversified approach.

In terms of preventive interventions, we need to strengthen sex education for teenagers to help them establish correct sexual concepts and values and reduce the psychological stress caused by misunderstanding and discrimination. In terms of therapeutic interventions, we need to provide psychological support and professional treatment for gay people to help them solve psychological distress and adapt to social problems. At the same time, we also need to advocate social support and policy safeguards to create a more inclusive and equal social environment for homosexpeople.

For the special group of homosexuals, we should understand them more openly and inclusively, and respect their choices and rights. Through in-depth research and scientific intervention, people can provide more support and help for gay people, and promote social harmony and progress.

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