

Social Media Affects the Attitudes of FPT Students From the LGBT Community Towards Coming Out to Their Parents

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This study aims to determine the factors from social media and crowd psychology among individuals, a group, or communities on social networks that affect the attitudes of Lesbian, Gay, Bisexual, and Transgender (LGBT) students at FPT University in Ho Chi Minh City toward coming out to their parents. The research desires to determine whether there is any difference in terms of year of admission, major, and the frequency of social media use. The research method is quantitative research (survey - using questionnaire). The sample size of the survey is 154 LGBT students; All respondents are studying at FPT University Ho Chi Minh City. The results showed that searching for information and digital coming out are the two factors that have the most substantial impact on the attitudes of LGBT students at FPT University in Ho Chi Minh City (HCMC) towards disclosing their sexual orientation to their parents.

Keywords: social media influences, attitude, coming out, LGBT students, parents, FPT University Ho Chi Minh

INTRODUCTION

Since 2018, Vietnam has taken several positive steps to promote LGBT rights, including repealing the law banning same-sex weddings. Consulting on amendments to the Civil Code allows transgender people to transition legally and providing space for civil society, including non-government organisations (NGOs), LGBT groups and media is important to discuss issues related to LGBT rights, raise public awareness, as well as advocate for policy and legal reforms. During the 13th term (2011-2016), the 2015 Civil Code (amended) legalized gender modification calculate and re-issue identity papers for transgender people. This is also the first time LGBT issues have been discussed in the National Assembly with the active participation of several government agencies, including the Ministry of Justice, the Ministry of Health, the Ministry of Labor, Invalids, and Social Affairs of Law Drafting and Public Consultation. (Hanh & Nhat , 2021).

In that context, movements for LGBT people are organized more and more. There was a watershed moment for the LGBT community in Vietnam in 2012 when the press reported more and took a more positive attitude towards LGBT people. Many new initiatives and organizations for LGBT people have been established and operated in many provinces and cities in many fields that help to raise society's awareness about LGBT. Many activities as well as organization and community building, took place during this period (Hanh & Nhat, 2021). LGBT activities take place in multiplying ways, including online and offline, but these activities are spread mainly through social networks. LGBT on mainstream and popular channels such as television and online newspapers; on social media, it mainly reaches the LGBT community itself, their allies, and those who care (Tra et al., 2018). The emergence of numerous social media forms is crucial to gender identity formation among young people (Craig & McInroy, 2013). According to recent studies (Hillier & Harrison, 2007; Pascoe, 2011), youth may utilize media to explore identities, behaviors, and lifestyles that may not be available offline. Moreover, Hillier & Harrison's 2007 research also found that LGBT youth find it difficult to offline present as heterosexual outside and limit their sexual ideals in some way. However, through online interaction, LGBT youth can easily identify and nurture their true gender identity.

The LGBT movement takes place on social networks, mostly disseminating information that gives confidence to the LGBT community and encourages them to come out. This confidence can dispel the pressure they suffer when living in a society with many prejudices against the LGBT community in Vietnam, including students studying at FPT University. After discussing with some FPT students about coming out, the research team found that LGBT activities on social networks in support of gender disclosure can partly affect the lives of young students, especially those who are still financially dependent on their parents. Since then, the research team has raised the question that LGBT activities on social networks that support coming out can make LGBT young people confidently reveal their gender to their parents without any preparation. It is clear about the risks that can lead to conflicts in the family, which has a heavy psychological impact on young people.

In a technology-intensive school such as FPT University, most students use social networks for various purposes. For FPT students belonging to the LGBT community, the influence of social media on coming out of gender can affect their lives. It is essential to study the impact of social media on the attitudes of FPT students from the LGBT community towards coming out to their parents to determine the factors that affect students' attitudes towards coming out, then make appropriate recommendations.

In a research paper by Albert and Bittez in 2012, the role of social media in the coming out process of LGBT people has both positive and negative sides. The majority of participants' opinions revealed three roles social media plays in the coming out process including accessing the right information source to raise awareness of the LGBT community and having a right self-identified of own sexual orientation, seeking sympathy and acceptance from the community like them, feel comfortable and safe sharing their gender identity online, reducing the risks of coming out in person. In addition, in the research paper "You Can Form a Part of Yourself Online: The Influence of New Media on Identity Development and Coming Out for LGBTQ Youth," the resulting analysis of the factors of social media affecting attitudes of LGBT youth toward coming out is quite similar and specific to the points in the above study (Craig & McInroy, 2013). After the survey, these researchers found five factors (Resource, Explore Identity, Find Likeness, Coming Out Digitally, Expand Identity Online to Offline) from social media, which the answer (LGBT youth) identified as affecting their attitude towards coming out. Based on Craig and McInroy's (2013) study, in this study, the researchers will verify these mentioned factors above in a quantitative method within reach of more respondents in a different research context (FPT University students, campus Ho Chi Minh City), from which to examine the relationship between five factors and the attitude of students towards coming out to their parents.

LITERATURE REVIEW

LGBT

A research paper conducted in 2021, “An Analysis of LGBTQIA+ University Students’ Perceptions about Sexual and Gender Diversity” shows the definitions in the letters of the acronym for LGBT, LGBTQ, and LGBTQIA. Lesbian refers to women who tend to be attracted to women. Gay individuals who favor the same sex and frequently used to describe males who are attracted to men. Bisexual individuals who could be attracted to others of multiple genders. Transgender identify with the sex that is the opposite of that which they engaged in porn. It has nothing to do with sexual preferences. People identify as queer whose sexuality differs from heteronormativity and social norms. Intersex is an individual born with both male and female genitalia, which is a genetic condition, and a sexual is any form of sexual interaction that makes them uneasy. They are not attracted to having a physical desire for their partner (Sánchez et al., 2021). Besides, people who self-identify as lesbian, gay, bisexual, transgender, or possessing any other minority sexual orientation or gender identity, or as intersex, are referred to as LGBT (Government Equalities Office, 2018). LGBTQ stands for Lesbian, Gay, Bisexual, Transgender, and Queer. Some people also use the letter “Q” to denote “Questioning,” which refers to those who are determining their sexual orientation or gender identity. LGBTQIA may also present stands for sexual/ aromantic/ gender, while “I” is “Intersex” (Dastagir, 2018).

Although LGBT does not generally include all persons abbreviating to individuals within the smaller community, the term is generally accepted to include persons unidentified specifically in the abbreviation of four letters. Overall, the inclusion of disadvantaged people in the larger community has greatly benefited from being introduced as the term LGBT over time (Shankle & Michael, 2006; Alexander et al., 2004).

Coming Out

According to research done by Cass 1979 and Legate et al. 2012, it has been shown that “Coming out” is the process of sharing one’s sexual orientation with others. This is an essential transition in developing lesbian and gay identities (Chow & Cheng, 2010). Disclosure to others helps individuals feel promoted for self-inclusion and personal empowerment and is a sign of self and social acceptance (Corrigan & Matthews, 2003). Acceptance from family and solid social support are prerequisites for Coming out to thrive.

Coming Out Process

Studies have shown that the parental or social acceptance of the Coming out process has positively impacted relationships with others (e.g., improving the authenticity of a family relationship), self-identity building, and mental health (Baiocco et al. 2012; Shilo & Savaya 2011; Vaughan & Waehler 2010). In a previous research paper in 1995, Hershberger and D’augelli emphasized the family relationship in LGBT people’s lives. Similarly, (Alderson, 2003; Elizur & Mintzer, 2001) highlighted that family support is crucial in helping LGBT people accept and disclose their sexual orientation to others. Furthermore, family acceptance of LGBT people’s gender identity plays a crucial role in their sexual orientation consolidation, self-identity building, and mental health (Elizur & Ziv, 2001). According to other research (Hershberger & D’Augelli, 1995) considered societal acceptance protects LGBT children from the harmful consequences of verbal abuse.

According to a survey of sexual literature from Pubmed Central in the article LGBT Youth and Family Acceptance, one-third of young people who came out got parental support, one-third were rejected, and the remaining third are not precisely defining their sexual orientation in adolescence (Sabra, Rosario & Tsappis, 2016). According to George Washington University research, even two years after coming out, most parents have not been able to adapt and have not embraced their children, particularly when confronted with much news on the subject. Parents not accepting and having negative behaviors will affect the health problems of LGBT individuals. In “Family Acceptance Project,” headed by Caitlin Ryan, Ph.D., of San Francisco State University (Ryan et al., 2009) stated LGBT adults with parental rejection had a greater risk rate of depression (5.9 times), drug misuse (3.4 times), disordered eating, 3.4% more likely to have engaged in unguarded sex, and are prone to suicide attempts (8.4 times) than heterosexual peers who had no or low

rejection from their parents. Furthermore, they tend to experience homelessness and bullying as a result of high school absences and dropouts (Roberts et al., 2012). The above statistics showed that the current situation of coming out has not yet achieved high efficiency.

In particular, parents still do not fully accept the truth about their child's sexual orientation. According to (Huebner et al., 2019), parents struggle with worrying that their children will have a more challenging life regarding bullying or harassment. Moreover, some people need more time to acclimatize since they've always pictured their child growing up in a typical heterosexual world. In a previous research paper in 2014, Sabat, Trump, and King suggested that contextual factors (family and workplace) are one of the factors that affect coming out or not. In other studies, researchers discuss that coming out from the perspective of Western culture is only a personal decision. However, it is not appropriate to put it in countries with age-old Confucian culture (Southeast Asia, Middle East) where the importance of selfish relationships and family obligations and responsibilities come first (Tan, 2011; Wang, Bih, & Brennan, 2009; Wong & Tang, 2004). Supporting this opinion (Ben-Ari, 2002; Horton & Rydstrom, 2011; Hu & Wang, 2013) argued why parents have difficulty accepting their child's true gender involves the relevance of Confucian / Collectivistic values in parents' disapproval of knowing their children belong to the LGBT community in Southeast Asia and the Middle East.

According to research by Feng et al. (2012), homosexuality was seen negatively in Vietnam because of the high support level for traditional family values, religion, and gender norms. Similar views by Nguyen et al. in a study in 2014 conducted in Vietnam, discovered that sexual conservatism predicted unsuitable attitudes and intolerance against homosexuality. Vuong and colleagues (2018) showed that religion plays a crucial role in the ideology and conception in Vietnamese society (including three dominant ideologies: Confucianism, Buddhism, and Daoism). In Confucianism, the evaluation of morality or filial piety is shameful or not, based on a person's way of life. Shameful or ethical violations are "not doing right" according to the previous prescriptive background, which is also a guideline for living and practicing Buddhism" (Vuong et al., 2018). According to (Giang, 2021), Vietnamese people feel ashamed or wrong when they have a non-standard vision. Another aspect of Vietnam society, there are still constraints and limitations when avoiding mentioning the aspect of sexual orientation before others listed as an ethical norm of the ideology. Confucian ideals when building the foundation of life values in each person (Vuong et al., 2018). In general, according to the concept of Confucianism and Buddhism, being LGBT typically entails impiety, disappointing parents, upsetting family traditional values, and inflicting disgrace on one's family.

On the other hand, the unsuccessful Coming out will be the source of undesirable consequences. Research paper on "Problems Faced by LGBT People in the Mainstream Society: Some Recommendations" by the Department of Sociology (The University of Burdwan) and Teacher (Sociology) have shown that eight times more nearly six times as likely to have attempted suicide, experience depression, use of drugs and illicit substances three times higher and three times more likely to get HIV and STDs (Subhrajit, 2014).

Social Media

Referring to the nascent definition of social media, which originated in the specialist field of communication, information science and mass communication, and public relations. Social media notions mostly pertain to digital technology, with an emphasis on user-generated content or interactions (e.g. Kaplan & Haenlein, 2010; Terry, 2009). According to Kent (2010), social media is highlighting the qualities, clearly outlining the direction of the message that you want to transmit through Facebook or Twitter to boost the amount and manner of connection (Howard & Parks, 2012). Social media, according to Russo, Watkins, Kelly, and Chan (2008), is "media that supports online communication, networking and/or collaboration." According to Hayes's Philosophy (Ph.D)'s (2014) essay, social media are Internet-based platforms that allow individuals to communicate opportunistically and selectively exhibit themselves in real-time or asynchronously, with both large and restricted audiences that appreciate user-generated material and are conscious of their interactions with others.

Many researchers have researched the purpose of using social media and its impact on the coming out process. In a study by Gomillion and Giuliano on the impact of social media platforms on LGBT identity,

conclusions were drawn from 2 studies (including qualitative and quantitative). The results obtained by quantitative methods from Study 1 showed that media, regardless of gender, through different ways make users recognize and shape their LGBT identity, especially media, also plays a vital role in attitude towards the process of coming out to other people. In addition, through the qualitative research of Study 2, researchers once again emphasized the role of media models in shaping, expressing, and developing LGBT identity (Gomillion & Giuliano, 2011).

Continuing these pointviews, in 2012, Albert and Bittez presented six positive and negative effects of social media on the lives of people belonging to LGBT community. The obtained results from the semi-structured interview and an open-ended question survey. In this research paper, the researchers expressed some points about the prominent role that social media plays in the life of LGBT users as follows. Social media helps LGBT individuals find empathy, likeness, and communities that accept them. In addition, social media as a platform provides information to help increase awareness about the LGBT community. In particular, in the conclusion of this research paper, researchers have emphasized that social media can reduce the risk LGBT individuals face when coming out offline (Albert & Bettez, 2012).

In addition, to reinforce and support the views of the previous two studies, in 2013, the study used a qualitative research method through in-depth interviews on 19 respondents who all identified as members belonging to the LGBT community. Dr. Craig and McInroy drew five common factors (including Access Resource, Explore Identity, Find Likeness, Coming out Digitally, and Expand Identity from Online to Offline) that media influences LGBT identity and their coming-out process. The above study (Craig & McInroy, 2013) pointed out the role of social media in the integration between online and offline life for LGBT individuals, thereby supporting them to discover the development of their gender identity.

In general, the research articles revolved around the purposes of using social networks of young people in the LGBT community: Access Resource, Explore Identity, Find Likeness, Coming-out Digitally, and Expand Identity from Online to Offline, researched by Dr. Shelley L Craig & Lauren McInroy (Craig & McInroy, 2013). The research has shown that five factors when using social networks have an impact on the attitudes of LGBT people towards coming out, namely (1) accessing many sources related to LGBT topics to get more information and increase awareness - Access Resource; (2) through access to information can discover, recognize, shape, and develop their gender identity - Explore Identity; (3) from which LGBT individuals find empathy, and reduce isolation when they see the acceptance and concern from individuals, groups, or communities with similar experiences and stories - Find Likeness; (4) after self-identifying their own identity, LGBT individuals will freely share and express their gender identity online because they feel social media is a safe place, feel sympathy, have people look like, understand and accept them - "Coming Out Digitally"; (5) After the experiences gained on social networks, the ultimate goal is to enable LGBT individuals to live true to their gender identity in offline life, thereby helping them tend to come out in real life - Expand Identity from Online to Offline.

Access Resources

Accessing various resources on social media platforms gives young people valuable opportunities to explore, label, and practice exposing their forming LGBTQ+ identities, regulate, practice social interactions, and obtain identity through specific resources since LGBTQ+ identities continue to be highly stigmatized (Craig & McInroy, 2013; DeHaan et al., 2013; Downing, 2013; Duguay, 2016). If expressing one's true gender identity in real life is too difficult, media platforms have become a more reliable place to learn and develop the sexual orientation of the LGBT community. This view is confirmed through a research paper by Hillier and Harrison conducted in 2017 through the Participant Recruitment method. The survey revealed that social media, websites, and TV on the web are a place to share and contain much helpful information for young people to discover sexual orientation, to monitor and adequately recognize their behavior and lifestyle (Hillier & Harrison, 2007; Pascoe, 2011). A previous study report proved, similarly to the preceding argument, that Social Networks provide a diversified supply of identities for users to explore and learn (McInroy et al., 2019a). Due to various barriers in offline life, LGBT people sometimes have to hide their actual sexual orientation, while online platforms allow them to learn and nurture their

ideal sexual orientation. Not only that, but the use of media on the Internet also enables LGBT people to explore cultural and political identity issues. (Hillier & Harrison, 2007).

Explore Identity

LGBT persons began learning and exploring themselves and their minority community after accessing helpful LGBT information through social networks (Cass, 1979). Shelley L. Craig et al.'s survey on the influence of social media on the development of sexual orientation and coming out in the LGBT community yielded a wealth of helpful information. The findings reveal that online and social media have considerably aided people in exploring, developing, and practicing their actual sexual orientation (Craig & McInroy, 2013). Social networks are safe since users may block and control who sees the material they publish, mainly using the anonymous control mode. Because of this protection, it soon becomes a space where LGBT people can express themselves and establish their own identities (Craig et al., 2020; Downing, 2013). Social media platforms make it simpler to find and cultivate LGBT identity than it does offline (McInroy & Craig, 2015). According to Fox and Ralston (2016), social media may indirectly provide LGBT individuals with an educational environment through the process of exploring and developing their gender identities.

Find Likeness

Cass's (1979) survey on LGBT people's ability to distinguish between private and public identities indicated this "A theoretical model of the genesis of homosexual identity *Homosexuality Journal*. "According to surveys, participation in minority communities such as yours improved pride and related reputation for gender identification. What attracts LGBT persons to join and identify with the LGBT community is how they are perceived in this group, not how heterosexual people perceive them (Cass, 1979). Another research discovered that viewing and following blogs and videos published by other LGBT persons on social media makes LGBT people feel more comfortable, motivated, and accepting of who they are (Craig et al., 2013).

Coming Out Digitally

According to a previous research report, the LGBT community's participation in online platforms provides the foundation for creating and presenting their gender identity (Marwick, Diaz, & Palfrey, 2010). Because of the relatively low amount of danger, the Internet has become a great platform to explore, begin becoming an LGBT, and effectively come out. However, because the internet platform is reasonably anonymous, coming out online before going offline is also an excellent method to get identified through the poll (Alexander & Losh, 2010). In a research paper in 2012, Albert and colleagues emphasized that social media can help LGBT people reduce the danger of involving face-to-face interactions throughout the coming out process. These researchers concluded that it is possible to build on the obtained research results (social media reduces the risk in the coming out offline process) to develop and design features on social platforms to help LGBT individuals effortlessly find a safe community and keep their identities secured (Albert et al., 2012).

Expand Identities From Online to Offline

For more confidence in coming out offline, experimenting with social media helps them test patterns, and for that reason, young people often expand coming out after their online journey (Alexander & Losh, 2010; Bond, Hefner, & Drogos, 2009). A study by Craig and McInroy also proves that by coming out online to develop a new sexual orientation, LGBT individuals are eager to expand and apply it with good preparation offline (Craig & McInroy, 2013).

Attitude Towards Coming Out

A survey by Roberto Baiocco et al. in 2020 of 427 bisexual and lesbian women who have ultimately come out to their families shows that they tend to reveal their gender as a mother (69%) more than a father (52%). Previous surveys have shown that receiving positive parental responses helps promote children's

health during the coming out process and leads to healthy development (Ryan et al., 2010) and vice versa. In response to adverse reactions, parents' avoidance or implication on the topic will lead children to go harmful, such as depression, to turn to stimulants (Legate et al., 2012; Baiocco et al., 2015) and even lead to suicide (Ryan et al., 2010). Parents' attitudes toward their children's coming out will be positive and negative. In cases where parents have a stressful attitude when their children come out, the parents become highly stressed, for example, divorce or severe illness, etc. (Willoughby et al., 2008).

Regarding feelings and attitudes toward coming out, a lesbian says they feel stressed when they have to come out with someone; they are willing to tell those who come into their lives about them - belonging to the LGBT community. Coming out is extremely difficult for another LGBT individual from a Christian background because their family will not accept it. A Bisexual man keeps an optimistic attitude that those who are close, care, and love him will understand him the most, so do not hesitate to come out (Chapter 3: The Coming Out Experience, 2019). According to a study article, while there was still a shortage of activities and information on this issue on social media, older LGBT adults appeared to have become invisible and dared not to declare their sexual orientation (Gross, 1994; Gross, 2001; Hart, 2000; Russo, 1987). As a result, it can be observed that LGBT-related information and events might make it simpler for individuals to come out.

Social Media Use and Attitude

Previous studies show that the use and access to massive information on social media partially impact the user's attitude and behavior intention by frequently informing people about new standards/ norms on social media, which partly convinces users to adopt them (Bandura & Albert, 1986; DellaVigna et al., 2010). Wang and colleagues (2021) have concluded in a former research paper that when accessing too much information and storming public opinion on social networks, users will not directly change their attitudes towards information; they may protest, may express their agreement, but ultimately fully accept (Wang et al., 2021). According to Arias (2019), the primary mechanism of media impact includes two components: direct impact on individuals and indirect impact on society. The study results show that exposure to a large amount of information on social networks can primarily affect users' attitude and behavior. Besides, the researcher explained the above effect as two main mechanisms: a persuasion-based unique mechanism and a higher-order belief- and coordination-based societal mechanism (Arias, 2019).

METHODOLOGY

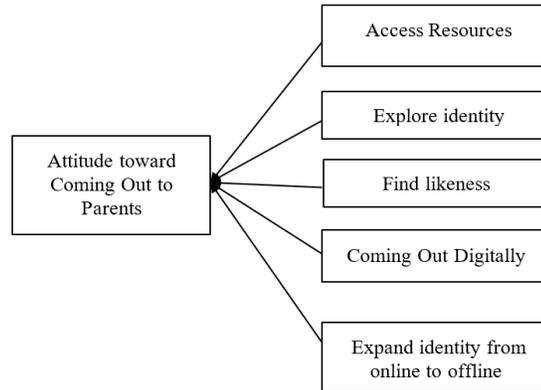
Research Objectives

There are four main objectives which include:

- Examine factors affecting the attitude toward coming out to parents, a case of FPT University Ho Chi Minh City.
- Analyze the relationships between the factors affecting the attitude toward coming out to parents and determine what factors should be emphasized to optimize LGBT students' coming out process.
- Identify whether there is any difference in the attitude toward coming out to parents based on year of admission, major, and the frequency of social media use.
- Suggest implications to improve the attitude toward coming out to parents of FPT University (FPTU)'s students through communication campaigns.

Proposed Research Model and Hypothesis Development

FIGURE 1
PROPOSED RESEARCH MODEL



Hypothesis

H1: *There is a relationship between Access Resources (AR) and the Attitude toward coming out of the LGBT students of FPT HCM.*

H2: *There is a relationship between Explore Identity (EOI) and the Attitude toward coming out of the LGBT students of FPT HCM.*

H3: *There is a relationship between Find Likeness (FL) and the Attitude towards coming out of the LGBT students of FPT HCM.*

H4: *There is a relationship between Coming-out Digitally (COD) and the Attitude towards coming out of the LGBT students of FPT HCM.*

H5: *There is a relationship between Expand Identity from online to offline (EAI) and the Attitude toward coming out of the LGBT students of FPT HCM.*

H6: *The frequency of social media use affects the attitude towards coming out (ATT) of the LGBT students of FPT HCM.*

Methodology and Data Overview

Researchers utilized a quantitative research strategy by spreading a survey in google form to FPT University HCM students online. The data was collected from a questionnaire with two parts: screening questions included three questions about the respondents' background, and the main questions included 25 questions about social media influences and the attitude toward coming out. The researchers conducted and modified the questionnaires from previous research on this topic. In the first three background questions, there will be a question about whether the respondent belongs to the LGBT community or not to determine the LGBT ratio at FPT University in HCM City. They will answer the main question if they are from the LGBT community; otherwise, they will end the survey form.

The survey received 657 respondents, and after cleaning the data, researchers kept 638 appropriate forms out of 638 forms from respondents, 101 respondents are LGBT, accounting for 15.8%; the rest of the respondents are not LGBT or are confused with the rate of 74% and 10.18%, respectively. According to

Hair et al. (2014), the minimum sample size to use EFA is 50, preferably 100 or more. To increase the number of respondents to the questionnaire specifically for LGBT respondents, the researchers sent it directly to LGBT students at FPT University in HCM City. Separating the survey form will help the team get enough respondents to run the data but still not affect the original purposes of the research team. After collecting more data, the research team received 154 forms belonging to the LGBT community after cleaning the error data. Finally, 154 forms were accepted. The research team can continue with the data analysis steps with this number of respondents.

DATA ANALYSIS

Reliability Test

Table 1 presents Cronbach's Alpha for five independent variables and a dependent variable. According to Hoang and Chu (2005), the scale's reliability is estimated by using Cronbach's Alpha coefficient, and the acceptable one ranges from 0.6 to smaller than 1. Cronbach's alpha reliability index does not show which observation variable to discard and which observation should be retained, it only indicates whether the measurements are linked or not. Therefore, as Hoang and Chu (2008) claimed, the calculation helped exclude variables that do not contribute much to the description of the concept under investigation.

TABLE 1
CRONBACH'S ALPHA

Variable	Code	Questionnaire	Cronbach's Alpha
Access Resource	AR1	I believe using social media is the best way to get real information about LGBT	0.769
	AR2	When I came out, the only thing I had was social media, and I feel like the online community gave me all the support I needed.	
	AR3	Social media has enabled me to connect with others who share my interests. Not necessarily meeting them, but knowing they exist is a significant benefit.	
	AR4	Social media is a huge support system...because not all but the majority of the LGBT community has been through difficult times and can all identify and relate to one another.	
Explore Identity	EOI1	Social media is defined as a virtual playground. It's where we come together to share, and you can assume any identity you want.	0.825
	EOI2	Anonymity is the most valuable asset on social media. Nobody really knows who you are. In real life,' there are serious consequences to telling people who you are.	

	EOI3	Social media has helped me realize that my sexual orientation is fine and that there is nothing wrong with it.	
	EOI4	When I'm looking for information because I'm discovering about myself. I didn't know anything at the time, but then I found information online and realized, 'OK, this is possible, and this is good.'	
Find Likeness	FL1	Searching and looking through other people's web pages to gather as much information as I can about their experiences, opinions, and thoughts in order to hopefully stabilize and form myself as an accepted member of an online and offline community.	0.734
	FL2	When I come out, I plan to watch a lot of videos on how to come out. I believe this will make me feel more optimistic.	
	FL3	When someone says something hurtful that gets on social media, I go to this LGBT group and just read about other people's experiences and feedback so that I can build a wall against the hurtful comments I see.	
	FL4	I've been open about my sexuality on the internet because I thought it was a good idea. It's mostly a positive environment, and people who insult you for your sexuality don't seem as threatening.	
Coming Out Digitally	COD1	I believe that the internet is one of the most useful tools available today for young people who are coming out or who are already out and are looking for help or to make new friends. Because it is less risky here, the Internet is a good place to start the process of re-coming out as an LGBT person.	0.748
	COD2	I feel it's easier to come out when I don't meet in person, but only communicate via text messages.	
	COD3	I believe that the current strength of coming out is changing on social media who I'm interested in (You're interested in: Man/woman) or who I'm in a relationship with (In a relationship with)	
	COD4	I read a lot about coming out and how other people deal with it before I came out to figure out how to break the news to my parents.	
Expand Identity	EAI1	I believe that new media (online social networking platforms, online forums, etc.) serves as a kind of testing ground for what I can bring to my outside life.	0.816

Online to Offline	EAI2	My participation in online activities has prepared me for my outside life.	
	EAI3	I feel like social media appears to have the potential to assist people in becoming more comfortable with their sexuality. Starting online and talking to strangers who are comforting to me would help me gradually transition into the public world.	
	EAI4	I believe that LGBT+ young people have virtually unlimited access to social media because it is fast and widely available.	
Attitude Toward Coming Out	ATT1	I feel that coming out to my parents will be a way for me to contribute to supporting the LGBT community	0.744
	ATT2	I feel confident coming out to my parents because I believe my family will always support me in the end.	
	ATT3	I am confident that parents will easily accept it because they see campaigns to support and protect LGBT people come out.	
	ATT4	I feel that coming out to my parents will break my relationship with them	
	ATT5	I feel like coming out would be normal for my parents when the news about LGBT is so widespread	

Cronbach's alpha test results for coefficients >0.5 , this means that all variables are accepted and the next steps of analysis are carried out in this study.

Exploratory Factor Analysis (EFA)

Exploratory Factor Analysis (EFA) is a technique to reduce a set of observational variables to a smaller number of factors. However, these still demonstrate most of the information content and statistical significance of the initial set of variables (Hair et al., 1998). Each observation variable will be weighted as a factor called Factor Loading (shown in Rotated Component Matrix Table), which tells the researchers which factor each variable will belong to. To analyze The Rotated Component Matrix Table, the researchers must ensure criteria such as KMO and Bartlett Sig. Kaiser Meyer Olkin (KMO) measures the sampling adequacy, determining if the responses given with the sample are adequate. Kaiser (1974) recommends 0.5 (value for KMO) as a minimum (barely accepted), values between 0.7 and 0.8 are acceptable, and values above 0.9 are superb.

TABLE 2
KMO AND BARTLETT'S TEST

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.828
Bartlett's Test of Sphericity	Approx. Chi-Square	1117.234
	df	190
	Sig.	.000

With the result from Table 2, KMO is 0.828, which is higher than 0.5, so factor analysis is appropriate. Besides, Bartlett with sig. equal 0.000 is lower than 0.05, so observed variables are correlated overall. The selected observational variable is the factor whose Factor Loading is greater than or equal to 0.5. Table 3 illustrates the Rotated Component Matrix, every factor is higher than 0.5, so these factors can ensure meaning and not eliminate anyone.

TABLE 3
ROTATED COMPONENT MATRIX

		Rotated Component Matrix ^a				
		Component				
		1	2	3	4	5
Expand Identity Online to Offline (EAI)	EAI3	.819				
	EAI4	.782				
	EAI2	.768				
	EAI1	.747				
Explore Identity (EOI)	EOI1		.809			
	EOI2		.770			
	EOI4		.763			
	EOI3		.758			
Access Resource (AR)	AR1			.780		
	AR3			.766		
	AR4			.713		
	AR2			.603		

Find Likeness (FL)	FL4				.700	
	FL2				.695	
	FL3				.658	
	FL1				.617	
Coming Out Digitally (COD)	COD3					.825
	COD2					.724
	COD1					.692
	COD4					.563

Extraction Method: Principal Component Analysis.
 Rotation Method: Varimax with Kaiser Normalization.
 a. Rotation converged in 5 iterations.

Multiple Linear Regression Analysis

A simple linear regression analysis was conducted separately for each of the five hypotheses to test the relationships between the dependent and independent variables. Simple linear regression is the simplest form of regression analysis considering only one independent variable. As a result, the expected relationship is depicted as a straight-line relationship that can be either positive, negative, or neutral. The beta value (b) represents the slope of the regression line (Anderson et al., 2013).

Table 4 shows that Adjusted R Square is 0.686. It means that 68.6% dependent variable's variation (ATT) can be represented by five independent variables (AR, EOI, FL, COD, EAI).

TABLE 4
MODEL SUMMARY^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.834 ^a	.696	.686	.28248	1.799

a. Predictors: (Constant), EAI, EOI, COD, AR, FL

b. Dependent Variable: ATT

The R Square is greater than 50% which proves this research is statistically significant and the data is fitted to the regression line. Besides that, Durbin – Watson (d) = 1.799, so this value is in the range from $1 < d < 3$. Therefore, it can be claimed that no autocorrelation happened (according to Field, A.P, 2009).

TABLE 5
ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	27.081	5	5.416	67.878	.000 ^b
	Residual	11.809	148	.080		
	Total	38.890	153			

a. Dependent Variable: ATT

b. Predictors: (Constant), EAI, EOI, COD, AR, FL

In table 5, the researchers found the sig value of the F test used to test the fit of the regression model. If sig is less than 0.05, we conclude that the multiple linear regression model fits the data set and can be used Sig.=000b < 0.05. This means that the multiple linear regression model is accepted and used.

TABLE 6
COEFFICIENTS^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	.025	.190		.133	.894		
	AR	.235	.039	.333	6.056	.000	.680	1.471
	EOI	.124	.039	.166	3.196	.002	.757	1.321
	FL	.160	.056	.170	2.879	.005	.587	1.704
	COD	.176	.042	.219	4.177	.000	.748	1.337
	EAI	.215	.036	.298	6.020	.000	.836	1.196

a. Dependent Variable: ATT

In order to identify independent variables that influence the dependent variable or not, the value of Sig. must be smaller than 0.05 (Table 6). For all five independent variables here, Access Resource (AR), Explore Identity (EOI), Find Likeness (FL), Coming Out Digitally (COD), Expand Identity Online to Offline (EAI) have the value of Sig. less than 0.05, which expresses that the independent variables (AI, EOI, FL, COD, EAI) influence the dependent variable - Attitude toward Coming Out (ATT). Besides, the author must consider VIF. Collinearity may occur if the Variance inflation factor (VIF) is higher than 10. In this research, all five factors' VIF is lower than 10 (range from 1.028 to 1.216), so that situation will be rejected. After these conditions are fulfilled, the researchers use Standardized Coefficients Beta to write the regression equation and then identify which variable influences the most to invest in the most compared to others:

$$ATT = 0.333*AR + 0.298*EAI + 0.219*COD + 0.170*FL + 0.166*EOI + \epsilon$$

Among the beta values, the value beta of Access Resources (AR=0.333) is the most. Therefore, compared to other factors, this factor significantly impacts the attitude of LGBT students at FPT University HCM toward coming out.

Other Analysis

Descriptive statistics describe the basic characteristics of data collected from experimental studies in different ways. Descriptive statistics provide simple summaries of samples and measures. Together with simple graphical analysis, they form the basis of any quantitative data analysis (Sternstein & Martin, 1996).

Researchers in this research use the 5-level Likert scale, and when used in descriptive statistics, it will be expressed through the Coefficient of Mean Deviation (Table 4). A score of 3 is intermediate. If it is inclined to 3-5, it means that the respondents agree with the point of view of the given variable. Conversely, if biased 1-3, respondents disagree with the view of the variable. Through table 7, it can be seen clearly that all the variables got the Mean from 3 to 5, which means the respondents agreed with the researchers' statements.

**TABLE 7
DESCRIPTIVE STATISTICS**

		N	Minimum	Maximum	Mean	Std. Deviation
Access Resource (AR)	AR1	154	1	5	3.44	.878
	AR2	154	1	5	3.51	.931
	AR3	154	1	5	3.57	.996
	AR4	154	1	5	3.58	.905
Explore Identity (EOI)	EOI1	154	1	5	3.99	.844
	EOI2	154	1	5	3.66	.888
	EOI3	154	1	5	3.58	.774
	EOI4	154	1	5	3.66	.835
Find Likeness (FL)	FL1	154	2	5	4.03	.676
	FL2	154	1	5	3.70	.810
	FL3	154	2	5	3.53	.678
	FL4	154	2	5	3.68	.704
Coming Out Digitally (COD)	COD1	154	1	5	3.62	.817
	COD2	154	1	5	3.72	.820
	COD3	154	1	5	3.64	.830

	COD4	154	1	5	3.71	.863
Expand Identity Online to Offline (EAI)	EAI1	154	1	5	3.65	.837
	EAI2	154	2	5	3.66	.858
	EAI3	154	1	5	3.71	.975
	EAI4	154	2	5	3.53	.802
Attitude toward Coming Out (ATT)	ATT1	154	1	5	3.38	.833
	ATT2	154	1	5	3.40	.651
	ATT3	154	1	5	3.27	.657
	ATT4	154	1	5	3.32	.729
	ATT5	154	2	5	3.34	.699
	Valid N (listwise)	154				

FINDINGS

After collecting, processing, and analyzing data, the researchers have analyzed the influencing factors of social media that have an impact on the attitudes of LGBT students at FPT University in Ho Chi Minh City towards coming out to parents.

Finding 1: Following this research, several key factors that influence the attitude of LGBT students at FPT HCM University towards the coming-out to their parents have been identified. These factors include Access Resources (AR), Explore Identity (EOI), Find Likeness (FL), Coming-out digitally (COD), and Expand Identity from online to offline (EAI).

According to the data analysis results of the research, almost all of the factors have a positive relationship with the dependent variable – Attitude toward Coming Out (ATT) (Sig.>0.05 and Standardized Coefficients Beta >0).

Finding 2: Among the beta values, the value beta of Access resources (AR) (0.333) is the most. Therefore, in comparison to other factors, this factor has the greatest impact on the Attitude towards Coming out of FPT University students at HCM. The next factors are Coming-out from Online to Offline (EAI), Coming out Digitally (CO), Finding likeness (FL), and Explore Identity (EOI).

DISCUSSION

Research results have provided helpful information to clarify the influence of social networks on the coming-out attitude of LGBT students at FPT University in Ho Chi Minh City, showing that identity disclosure has the most significant impact and look-alikes account for the lowest percentage of influencing students coming out.

FL: Find Likeness

Among the surveyed factors, the variable “Find Likeness” (FL) accounted for the highest proportion of the total variables. FL1 (m=4.03) refers to joining social networks to help them have more information; people can share and express their feelings and easily find similarities. The variable FL2 (m=3.7) is associated with the idea that they feel more positive when receiving more videos mentioning gender

disclosure and following, FL3 (m=3.53) and FL4 (m=3.68) refer to looking for sympathy in the LGBT community when they get stuck in the problems. Compared with previous studies, the results of this finding are similar to the view that social media helps the LGBT community easily find similarities to help them increase their pride and confidence in their identity. (Cass, V., 1979). The above results are consistent with the previously proven view that LGBT individuals are exceptionally inspired by watching videos and blogs on social media platforms (Shelley L Craig et al., 2013). Because it is the positive content that is widely shared will make them see more people like them, gain support, and confidently accept themselves more easily.

AR: Access Resources

The measure concerning Access Resources is one of the survey variables with a moderate level of agreement (AR). Most people believe that accessing social media is the best method to get factual information on LGBT problems connected with the variable AR1 (m=3.44). Following that is AR2, which has a more considerable consensus (m=3.51) that the only thing helping LGBT individuals come out is social media, which has all the support they need. The remaining variables have positive results respectively, AR3 (m=3.57) and AR4 (m=3.58). These findings support the notion that social networks are a credible source of information for LGBT persons (Hillier & Harrison, 2017; Hillier & Harrison, 2007; Pascoe, 2011). Moreover, this finding has made it clear that most LGBT youth at FPT University believe that Social Networking plays an important role and is all they need for their coming out journey.

COD: Coming Out Digitally

In the survey variable Coming Out Digitally (COD), COD1 mentions that the Internet is great for starting the coming out process with m=3.62. Besides, COD2 with m=3.72 only in that communicating by text message will be simpler than meeting in person. The last variable in COD3 with m=3.64 refers to the digital coming-out perspective manifested in changing interests or upgrading relationship status on Facebook. The last variable COD4 with m=3.71 refers to the preparation for coming out motivated by others sharing stories from the LGBT community. Compared to earlier research studies on Coming Out Digitally, this conclusion is consistent with the belief that the Internet is the best location to begin the process of LGBT coming out (Alexander & Losh, 2010). This helpful survey also explored the view that previous surveys rarely mentioned, that students today tend to come out through texting because it is easier than speaking directly outside. Another discovery from this finding is that adjusting the relationship status on social networks is also a way of coming out of the LGBT community.

EAI: Expand Identities From Online to Offline

Concerning the offline variable, EAI1 (m=3.65) alludes to the fact that the social networking platform allows users to experiment with applying items that may be taken outside their actual life. At the same time, EAI2 (m=3.66) discusses how online helps to intersect with life outside. EAI3 (m=3.71) and EAI4 (m=3.53) refer to starting to come out online to help them gradually transition into the public world. This poll supports prior researchers' beliefs about using social media to gain confidence before confronting it in person (Alexander & Losh, 2010; Bond, Hefner, & Drogos, 2009). It also aligns with Shelley L Craig et al's research, which said that social media is viewed as a stepping stone to experience to prepare effectively for the offline coming-out.

ATT: Attitude Toward Coming Out

Research results have shown that the variable "Attitude" refers to the effects of social media on coming outfalls in the medium range. The highest consensus opinion is ATT2 (m=3.4), believing that one of the ways to support the LGBT community is to come out to one's parents. The second level of agreement is the variable ATT1 (m=3.38) which suggests that coming out to parents is expected when they are LGBT. ATT3 (m=3.27) talks about how coming out with your parents will be easier when you get a lot of support from the community. The variable ATT4 ranks near the bottom with m=3.32 showing confidence in coming out because a family has always supported me anyway. And finally, the lowest variable is ATT5 (m=3.34)

because few students agree that parents will readily accept it. After all, they see campaigns to support and protect LGBT people. The above results coincided with the views of an LGBT individual who comes from Christian in a previous study when he expressed that coming out is extremely difficult and can cause rifts in family relationships (Chapter 3: The Coming Out Experience, 2019). The results coincide with the above study with the view of a Bisexual man that coming out is the right thing to do, and he is willing to do it because he believes that the people who love him will support him (Chapter 3: The Coming Out Experience, 2019). The above finding also coincides with previous researchers' opinion that LGBT activities appearing a lot on social media will support LGBT individuals and coming out with their families (Gross, 1994; Gross, 2001; Hart, 2000; Russo, 1987). In addition to matching previous surveys, this survey also found new information, such as coming out with family as a way to support the LGBT community. Moreover, with the popularity of social networks and related information, coming out has become common for their parents.

CONCLUSION

The purpose of the study is to determine the factors affecting the attitudes of LGBT students at FPT University in Ho Chi Minh City regarding their coming out to parents. Based on the research results, FPT University HCMC students belonging to the LGBT community have the most significant influence on their attitude towards coming out when they are active in finding information on social networks about the LGBT community, and they can come out digitally. However, the above will help them have a more positive attitude towards coming out with their parents. The research results will provide data to carry out communication campaigns, social media activities such as providing information, and activities to help people in the LGBT community become more confident in the world, which is trying to promote human rights as proposed by the United Nations. LGBT is also one of the topics being paid attention to by generations, as well as the efforts in the rule of law to strengthen their rights like others, and such data will contribute a lot to the promotion of equal rights for LGBT people worldwide in general and Vietnam in particular.

Although this study achieved its stated objectives, its limitations should also be acknowledged. Acknowledging these drawbacks is essential to provide suggestions for future research. This study investigated the attitudes of LGBT students at FPT University in Ho Chi Minh City toward coming out with their parents. Although the researchers have found the main factors selected by FPT University students in Ho Chi Minh City, researchers can still omit other target variables for which the current research method is not the best one. It is possible that in subsequent studies, researchers should use qualitative and quantitative methods to produce a complete result. Furthermore, the sample size is still small, the secondary data and research are limited, and a lack of academic writing skills in English would be the leading cause of this result. Therefore, the researchers can explore it in future studies.

To do that, the questionnaire should be straightforward, easy to understand, and go deeper into the differences between each item. In addition, to improve the reliability index, in the future, the researchers hope to expand the scope of the study to a broader range and see the purpose of using social networks in universities, different or not. In conclusion, the researchers believe the follow-up study will be better and of higher quality.

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APPENDIX

Questionnaire Table

Measurable Scales			Source
Independent Variables (5)			
Access Resources			
1	AR1	I believe using social media is the best way to get real information about LGBT	Hillier & Harrison, 2007; Pascoe, 2011
2	AR2	When I came out, the only thing I had was social media, and I feel like the online community gave me all the support I needed.	
3	AR3	Social media has enabled me to connect with others who share my interests. Not necessarily meeting them, but knowing they exist is a significant benefit.	
4	AR4	Social media is a huge support system...because not all, but the majority of the LGBT community has been through difficult times and can all identify and relate to one another.	
Explore Identity			
1	EOI1	Social media is defined as a virtual playground. It’s where we come together to share, and you can assume any identity you want.	Cass, 1979
2	EOI2	Anonymity is the most valuable asset on social media. Nobody really knows who you are. In real life, there are serious consequences to telling people who you are.	
3	EOI3	Social media has helped me realize that my sexual orientation is fine and that there is nothing wrong with it.	
4	EOI4	When I’m looking for information because I’m discovering about myself. I didn’t know anything at the time, but then I found information online and realized, ‘OK, this is possible and this is good.’	

Find Likeness			
1	FL1	When I come out, I plan to watch a lot of videos on how to come out. I believe this will make me feel more optimistic.	César G. Escobar-Viera, et. 2022 Cass, 1979
2	FL2	Searching and looking through other people's web pages to gather as much information as I can about their experiences, opinions, and thoughts in order to hopefully stabilize and form myself as an accepted member of an online and offline community.	
3	FL3	When someone says something hurtful that gets on social media, I go to this LGBT group and just read about other people's experiences and feedback so that I can build a wall against the hurtful comments I see.	
4	FL4	I've been open about my sexuality on the internet because I thought it was a good idea. It's mostly a positive environment, and people who insult you for your sexuality don't seem as threatening.	
Coming Out Digitally			
1	COD1	I believe that the internet is one of the most useful tools available today for young people who are coming out or who are already out and are looking for help or to make new friends. Because it is less risky here, the Internet is a good place to start the process of re-coming out as an LGBT person.	Alexander & Losh, 2010; Bond, Hefner, & Drogos, 2009; Pascoe, 2011
2	COD2	I feel it's easier to come out when I don't meet in person, but only communicate via text messages.	
3	COD3	I believe that the current strength of coming out is changing on social media who I'm interested in (You're interested in: Man/woman) or who I'm in a relationship with (In a relationship with)	
4	COD4	I read a lot about coming out and how other people deal with it before I came out to figure out how to break the news to my parents.	
Expand Identities from Online to Offline			
1	EAI1	I believe that new media (online social networking platforms, online forums, etc.) serves as a kind of testing ground for what I can bring to my outside life.	Lucassen et al (2018)
2	EAI2	My participation in online activities has prepared me for my outside life.	
3	EAI3	I feel like social media appears to have the potential to assist people in becoming more comfortable with their sexuality. Starting online and talking to strangers who are comforting to me would help me gradually transition into the public world.	
4	EAI4	I believe that LGBT+ young people have virtually unlimited access to social media because it is fast and widely available.	

Dependent Variable			
Attitude			
1	ATT1	I feel that coming out to my parents will be a way for me to contribute to supporting the LGBT community	The Coming Out Experience, 2019
2	ATT2	I feel confident coming out to my parents because I believe my family will always support me in the end.	
3	ATT3	I am confident that parents will easily accept it because they see campaigns to support and protect LGBT people come out.	
4	ATT4	I feel that coming out to my parents will break my relationship with them	
5	ATT5	I feel like coming out would be normal for my parents when the news about LGBT is so widespread	