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Cohousing vs.vecindarios tradicionales en tiempos del COVID-19:variables psicológicas y estrategias de afrontamiento de estrés en un estudio de diferencia de grupos.

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COHOUSING VS. VECINDARIOS TRADICIONALES EN TIEMPOS DEL COVID-19: VARIABLES PSICOLÓGICAS Y ESTRATEGIAS DE AFRONTAMIENTO DE ESTRÉS EN UN ESTUDIO DE DIFERENCIA DE GRUPOS

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RESUMEN

Durante el aislamiento social que se implantó debido a la pandemia del COVID-19, se realizó en Alemania un estudio de diferencia de grupos entre una muestra de residentes en comunidades de cohousing (n = 180) y habitantes en vecindarios tradicionales (n = 104). Con el fin de llevar a cabo una evaluación psicológica, se tuvieron en cuenta los rasgos de la personalidad, síntomas psicológicos, el bienestar psicológico, la inteligencia emocional como rasgo y las estrategias de afrontamiento del estrés. Se encontraron diferencias significativas que respaldan, por un lado, que los residentes en comunidades de cohousing disponen de unos niveles más bajos con respecto al desapego y psicoticismo, a los síntomas depresivos, ansiosos, compulsivos y alimenticios y, por otro lado, el menor uso de estrategias de afrontamiento que están basadas en la ocultación emocional, la evitación del problema y la retirada social. Además, sus habitantes mostraron mayores niveles en el bienestar y la estrategia de afrontamiento centrada en el apoyo social. Se concluye que la convivencia en una comunidad de cohousing favorece, con respecto a los habitantes en vecindarios tradicionales, la salud mental de sus habitantes.

Palabras clave

Comunidades de cohousing - Síntomas - Estrategias de coping - COVID-19

ABSTRACT

COHOUSING VS. TRADITIONAL NEIGHBORHOODS DURING THE COVID-19 PANDEMIC PERIOD: PSYCHOLOGICAL VARIABLES AND COPING STRATEGIES IN A GROUP DIFFERENCE STUDY
During the social isolation that was implanted due to the COVID-19 pandemic, a study of group differences was carried out in Germany between a sample of residents in cohousing communities (n = 180) and inhabitants in traditional neighborhoods (n = 104). In order to carry out a psychological evaluation, personality traits, psychological symptoms, psychological well-being, emotional intelligence as a trait, and stress coping

strategies were taken into account. Significant differences were found that support, on the one hand, that residents in cohousing communities have lower levels with respect to detachment and psychoticism, depressive, anxious, compulsive and eating symptoms and, on the other hand, less use of coping strategies that are based on emotional concealment, problem avoidance, and social withdrawal. In addition, its inhabitants showed higher levels of well-being and coping strategies focused on social support. It is concluded that living in a cohousing community favors, with respect to the inhabitants in traditional neighborhoods, the mental health of its inhabitants.

Keywords

Cohousing communities - Symptoms - Coping Strategies - COVID-19

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