

XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires, 2024.

# **Toma de decisiones, autocontrol e impulsividad en adultos de áreas urbanas de Buenos Aires.**

Fernández Da Lama, Rocío Giselle y Seivane,  
Mariana Soledad.

Cita:

Fernández Da Lama, Rocío Giselle y Seivane, Mariana Soledad (2024). *Toma de decisiones, autocontrol e impulsividad en adultos de áreas urbanas de Buenos Aires. XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires.*

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# TOMA DE DECISIONES, AUTOCONTROL E IMPULSIVIDAD EN ADULTOS DE ÁREAS URBANAS DE BUENOS AIRES

Fernández Da Lama, Rocío Giselle; Seivane, Mariana Soledad

CONICET - Pontificia Universidad Católica Argentina. Centro de Investigaciones en Psicología y Psicopedagogía. Buenos Aires, Argentina.

## RESUMEN

El objetivo del presente trabajo fue ahondar en la relación entre estilos de toma de decisión, impulsividad y autocontrol en población adulta de Buenos Aires. Se llevó a cabo un estudio cuantitativo no experimental y transversal, y de alcance descriptivo y correlacional. La muestra estuvo compuesta por 209 adultos de entre 19 y 64 años ( $M = 32.84$ ;  $DE = 8.73$ ), residentes de Buenos Aires (77% mujeres), quienes respondieron cuestionarios on-line autoadministrables que evalúan características sociodemográficas, estilos de toma de decisiones, impulsividad, y autocontrol. El estilo decisional vigilante, el cual se caracteriza por ser más racional y cauteloso, se asoció de manera estadísticamente significativa y positiva con el autocontrol ( $r = 0.15$ ;  $p < 0.05$ ) y de manera negativa con la impulsividad por imprevisión ( $r = -0.45$ ;  $p < 0.001$ ). Por su parte, la urgencia compulsiva se asoció de manera positiva con los estilos decisionales desadaptativos, a saber, hipervigilancia ( $r = 0.30$ ;  $p < 0.001$ ), transferencia de responsabilidad ( $r = 0.16$ ;  $p < 0.05$ ), y procrastinación decisional ( $r = 0.25$ ;  $p < 0.001$ ). Los resultados revelan el papel fundamental de los procesos autorregulatorios y de control de los impulsos en favorecer la toma de decisiones más reflexiva y racional.

## Palabras clave

Toma de decisiones - Autocontrol - Impulsividad - Diferencias individuales

## ABSTRACT

DECISION-MAKING, SELF-CONTROL, AND IMPULSIVITY IN ADULTS OF URBAN AREAS OF BUENOS AIRES

The aim of this study was to delve into the relationship between decision-making styles, impulsivity, and self-control in the adult population of Buenos Aires. An empirical study was conducted with a non-experimental, cross-sectional, descriptive, and correlational research design. The sample consisted of 209 adults aged 19 to 64, residents of Buenos Aires (77% women), who self-administered online questionnaires assessing sociodemographic characteristics, decision-making styles, impulsivity, and self-control. The vigilant decision-making style, characterized by being more rational and cautious, was significantly and positively associated with self-control ( $r = 0.15$ ;  $p < 0.05$ ) and negatively associated with impulsivity by improvidence ( $r = -0.45$ ;  $p < 0.001$ ).

Conversely, compulsive urgency was positively associated with maladaptive decision-making styles, namely hypervigilance ( $r = 0.30$ ;  $p < 0.001$ ), responsibility transfer ( $r = 0.16$ ;  $p < 0.05$ ), and decisional procrastination ( $r = 0.25$ ;  $p < 0.001$ ). The results reveal the fundamental role of self-regulatory processes and impulse control in promoting more reflective and rational decision-making.

## Keywords

Decision-making - Self-control - Impulsivity - Individual differences

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