



Acontecimientos vitales estresantes en mujeres trabajadoras de un mercado del estado de Veracruz, México [

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text (article)

Analítica

Introduction: Stressful life events (AVE), are considered as discrete events that arise in an exact moment of life and that affect the physical and mental health of who lives. **Objective:** To identify the level of stress, get to know the bird that more predominate, and determine the relationship between sociodemographic variables and labor and the AVE. **Methods:** This is a study with quantitative approach, type of descriptive, cross-sectional and correlational study with a sample of 60 women workers of a market. Non-probabilistic sampling for convenience, for the analysis of the data, it was used descriptive (frequencies and percentages) and inferential statistics (Spearman's Rho). A questionnaire was applied on an ad hoc basis for sociodemographic variables and labor and the scale of stress or Social Readjustment of Holmes and Rahe. **Results:** The presence of stress in severe, moderate and mild, and the bird that prevailed more are of type labor, health and household/fami **Conclusions:** The predominant AEGs are of work type, health and home/family

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