



Diferencias sociodemográficas en el bienestar psicológico de adultos puertorriqueños: Un estudio preliminar [

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text (article)

Analítica

Objective: Analyze the differences in psychological well-being of Puerto Rican adults according to the age, gender, social economic level, civil status, religion and academic preparation. Method: González-Rivera et al. (2016) adaptation of Ryff's Psychological Well-Being Scales (PWB) was administered to a sample of 328 participants (200 women and 128 men). Results: The findings indicate that no significant differences exist in the levels of psychological wellbeing according to age, gender, social economic level, civil status and religion. Nevertheless, significant differences were found according to the academic preparation. Conclusion: The only sociodemographic variable that seems to have a significant effect in the psychological well-being of Puerto Ricans, is the academic preparation. However, larger investigations are required, to meticulously auscultate the relation between the sociodemographic characteristics and psychological well-being in Puerto Rico

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Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es