

## **Comparative study on quality of life and psychological well-being in two human settlements in a district of Peru**

### **Abstract**

The objective of this research was to determine to what extent and in what way the quality of life affects the psychological well-being of the inhabitants of the human settlements in the district of La Esperanza, in the province of Trujillo in the year 2022. The research was applied, with a quantitative approach, non-experimental design, cross-section, correlational, descriptive, causal, comparative level. The variables considered were quality of life and psychological well-being. The population was made up of 3245 inhabitants of both sexes of the Human Settlements s Indoamérica and Las Palmeras, La Esperanza, 2022. The sample was made up of 350 residents. The technique used was the survey. They used two questionnaires, with Likert scale and 5 response options (never, almost never, sometimes, almost always, always). The questionnaire on quality of life consisted of 4 dimensions: physical health, degree of independence, social relationships and environment. The questionnaire on psychological well-being was made up of 5 dimensions: self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth. The results showed the relationship between quality of life and psychological well-being in the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza. Most Perc settlers had a high quality of life. Physical health, psychological health and the environment were placed at a good level. In the psychological environment, self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth were at a good level. It was possible to demonstrate the existence of a correlation between physical health, independence, social relations and the environment with psychological well-being in the inhabitants of both human settlements.

**Keywords:** Standard of living, physical and psychological health, environment, social relations, human settlements.

### **INTRODUCTION**

At the global level, quality of life has been of interest, according to the BBVA Foundation's European Values Study (2019), five European countries, such as; Germany, the United Kingdom, France, Italy and Spain showed that Spain is one of the European countries with the highest satisfaction with life with a percentage of 59%, consecutively the United Kingdom with 57%, Germany with 53%, France with 50% and Italy with 42% satisfaction with life. Meanwhile, Latin America maintains low positions in satisfaction with the quality of life globally among the lowest are Venezuela with a position 202, Cuba position 192, and Honduras position 189. On the other hand, among these Latin American cities, Uruguay stands out in position 78, Argentina in position 91 and Chile in position 93 (Mercer, 2019). Meanwhile, in Peru there is an impact on the quality of life of people, demonstrated in the high rate of cases of malnutrition, many of these cases occur in children under 3 years, alarming figures that

reveal the high level of malnutrition suffered by infants in the first stage of their development that affects their quality of life in the future. On the other hand, it is in human settlements where there is the greatest rise in temperatures because they are more vulnerable areas, where the largest number of inhabitants live and where many of these human settlements lack basic needs, and further expose their health, this being another cause of poor quality of life (District Action Plan for Citizen Security, 2021).

Therefore, the quality of life in the human settlements of Peru is not alien to what happens in other places, because here the dissatisfaction of the inhabitants about the quality of life is 87%, being located at a low level and 13% at the average level. Demonstrating that the majority is dissatisfied with the quality of life they lead (Grandez, 2018) because it is difficult to achieve a quality of life when you do not have a good economic income in addition to precarious conditions, lack of basic services and housing that does not meet the requirements to be one. Human settlements demand basic services, because they are located in remote areas they are usually the focus of evils for psychological well-being with criminal acts such as robbery, rape and murder, causing the quality of life to only decline, generating that the inhabitants live a struggle not only of material poverty, but also, for the security of their psychological well-being (Jiménez, 2020).

This situation also occurs in the district of La Esperanza, it is not alien to the problems facing our country. La Esperanza is currently expanding through the marginal urban areas of the slopes of the hill "Las Cabras". Composed of 2 urbanizations; 16 Human Settlements, one of them being the Nuevo Indoamérica Human Settlement and Las Palmeras. La Esperanza a thriving, enterprising and at the same time vulnerable district considering that in most of its extension it is composed of human settlements that coexist in geographically rugged territories where many lack basic services, added to the increase in criminal actions, lack of resources, corruption, lack of job opportunities, discrimination, antisocial behavior, family coexistence, among other factors that influence the existence of a quality of life and psychological well-being (District Municipality of La Esperanza, 2022).

For years there has been a trend towards the development of a more positive, calm and happy life, so the issues of quality of life and psychological well-being are recognized in the world because they are important concepts to achieve a mental balance at the psychological level and to be able to have a better quality of life (Castro, 2020). The quality of life considered as the individual perception of the physical, social and psychological conditions that guide an adequate lifestyle, influenced by the satisfaction of the needs to achieve a full and healthy life (Acaro, 2021). Likewise, psychological well-being is the state in which each person is according to their life condition (Castro, 2020), which is built through the psychological development of the person, and the ability to relate positively and integrated with life experiences, identifying itself as an intrinsic motivation factor for the person (Tello, 2018). The present research is focused on the inhabitants of the Indoamerica Human Settlement and the Palmeras de La Esperanza, where it is not indifferent to what was mentioned above, where there is a

large number of inhabitants who feel dissatisfied with the quality of life and do not have psychological well-being, due to not having material and economic goods; citizen insecurity, not generating adequate income to support their family or not having a house of their own, having married young, or the very fact of not having finished their studies, and in some inhabitants not having higher education. Likewise, it is known that human settlements are the most vulnerable areas to a natural disaster, since most homes are not suitable material for construction, they represent a risk to the physical integrity of those who live in homes (Aponte and Guillen, 2021).

Therefore, quality of life and psychological well-being are basic problems in the human settlements in the district of La Esperanza; Because there are currently several factors that hinder achieving or obtaining the quality of life and psychological well-being of both the social and individual levels of the inhabitants, among them we find vulnerability, poverty and not having basic services. In this context, the following general problem is formulated: To what extent and in what way does the quality of life affect the psychological well-being of the inhabitants of the human settlements in the district of La Esperanza, in the province of Trujillo in the year 2022? That is why, the objective of this research was to determine to what extent and in what way the quality of life affects the psychological well-being of the inhabitants of the human settlements in the district of La Esperanza, in the province of Trujillo in the year 2022.

## **METHODOLOGY**

### **Type and design of research**

The research was applied, with a quantitative approach, non-experimental design, cross-section, correlational, descriptive, causal, comparative level.

### **Variable and operationalization of variables**

Variable 1: Quality of life

Conceptual definition

According to the WHO, quality of life is the perception that an individual has of his place in existence, in the context of the culture and value system in which he lives and in relation to his objectives, his expectations, his norms, his concerns. It is a very broad concept that is influenced in a complex way by the physical health of the subject, his psychological state, his level of independence, his social relationships, as well as his relationship with the essential elements of his environment (Morales 2021).

Operational definition

The variable quality of life has been operationalized through its 4 dimensions: being the first physical health, degree of independence, social relationships and environment. The

purpose of operationalizing this variable is to determine the relationship between quality of life and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022. For this purpose, a questionnaire consisting of 20 questions with Likert-type scale answers will be applied.

#### Variable 2: Psychological well-being

##### Conceptual definition

It is the power of the subject to be able to face new situations that are presented to him, that is, how he solves his problems in different social contexts or new situations, something that has to be taken into account that within early adolescence various changes are manifested in knowing how to know each other, understand each other, therefore, this stage requires greater emotional attention by its reinforcers in this case the parents (Meza and Márquez, 2022).

##### Operational definition

The variable psychological well-being has been operationalized through five dimensions: self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth. In order to determine the relationship between quality of life and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022. For this purpose, a questionnaire consisting of 25 questions with Likert-type scale answers will be applied.

#### **Population, sample, sampling, unit of analysis**

The population was made up of the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza, 2022. Table 1 shows the distribution of the same.

**Table 11.** Distribution of inhabitants of the Indoamérica Human Settlement, La Esperanza and Las Palmeras, 2022.

CONDITION	Gender		TOTAL
	Men	Women	
Working population Indo-America	778	842	1,620
Working population Las Palmeras	750	875	1625
<b>TOTAL</b>	<b>1,528</b>	<b>1,717</b>	<b>3,245</b>

Fuente. Municipalidad Provincial de Trujillo (2022)

#### **Selection criteria**

Inclusion criteria: in this criterion, residents ranging in age from 18 to 60 years have been selected for their availability in the participation of the survey.

Exclusion criteria: Residents under the age of 17 and over 61 have been excluded for not approving consent to participate in the survey.

### **Sample**

The sample consisted of 175 residents of the Indoamerica Human Settlement and Las Palmeras, La Esperanza period 2022; as shown in table 2.

**Table 22.** Distribution of the sample of inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022.

CONDITION	Gender		CONDITION
	Men	Women	
Working population Indo-America	70	105	175
Working population Las Palmeras	80	95	175
TOTAL	150	200	350

The sample was delimited using simple random probability sampling for finite populations.

### **Unit of analysis**

Resident of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022.

### **Data collection techniques and instruments**

The technique used was the survey, with which it was possible to collect information on the study variables. The instrument used was the questionnaire. In this research, two questionnaires composed of closed questions were developed, for their assessment the Likert scale was used with 5 answer options (never, almost never, sometimes, almost always, always).

### **Quality of life questionnaires**

It is made up of 4 dimensions: physical health, degree of independence, social relationships and environment. The purpose was to determine the relationship between

quality of life and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022. The questionnaire consisted of 20 questions with Likert-type scale answers.

#### Questionnaires on psychological well-being

It is made up of 5 dimensions: self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth. In order to determine the relationship between quality of life and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, 2022. The questionnaire consisted of 20 questions with Likert-type scale answers.

### **Validity and reliability of instruments**

#### Instrument validity

In the present research, the validity was carried out through opinions of 3 specialists in Public Management. For the validation by content, the V. de Aiken test (1985) was used, it is the coefficient that is considered as the ratio of a data extracted about the maximum addition of the difference of the probable values.

#### Construct validity

Bartlett's test was used for construct validity. For the instrument belonging to the variable quality of life, a value of 0.000 was obtained in the Bartlett test, which indicates that the items are positively and significantly correlated  $p = 0.000 < 0.01$ .

For the instrument of the psychological well-being variable, a value of 0.000 was obtained in the Bartlett test, which indicates that the items are positively and significantly correlated  $p = 0.000 < 0.01$ .

#### **Instrument reliability**

In this study, for the reliability of the instruments, a pilot test was carried out with 20 inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza, 2022, and determined using Cronbach's Alpha Coefficient. In the questionnaire to measure quality of life, a Cronbach's alpha of ( $\alpha=0.917$ ) and ( $\alpha=0.944$ ) values corresponding to an excellent level of reliability of both human settlements respectively were obtained.

In the questionnaire to measure psychological well-being, a Cronbach's Alpha of ( $\alpha=0.927$ ) and ( $\alpha=0.904$ ) value corresponding to an excellent level of reliability of both human settlements respectively was obtained.

### Data analysis method

Descriptive statistics: tables were used for the distribution of percentages and frequencies. Inferential statistics: the statistical program SPSS V26, for the Kolmogorov-Smirnov test, was used in order to corroborate the normality of the sample, while the Spearman correlation coefficient was used to test the hypotheses.

## RESULTS

In Table 3, of the 175 inhabitants of the Indo-American Human Settlement who were part of the study, 5.1% of inhabitants perceived a low quality of life, 2.3% were at the deficient level and 2.9% were fair in psychological well-being; in addition, 32.6% of inhabitants perceive an average quality of life; where 21.7% focused on regular and 10.9% good on psychological well-being. Finally, 62.3% of inhabitants perceived a high quality of life, of which 7.4% perceived a regular level and 54.9% had a psychological well-being.

**Table 33.** Cross table of the quality of life and psychological well-being in the inhabitants of the Human Settlement "Indoamerica".

		NHV: Psychological Well-being			Total	
		Deficient	Regular	Good		
NIV: Quality of life	Low	f	4	5	0	9
		%	2,3%	2,9%	0,0%	5,1%
	Medium	f	0	38	19	57
		%	0,0%	21,7%	10,9%	32,6%
	High	f	0	13	96	109
		%	0,0%	7,4%	54,9%	62,3%
Total	f	4	56	115	175	
	%	2,3%	32,0%	65,7%	100,0%	

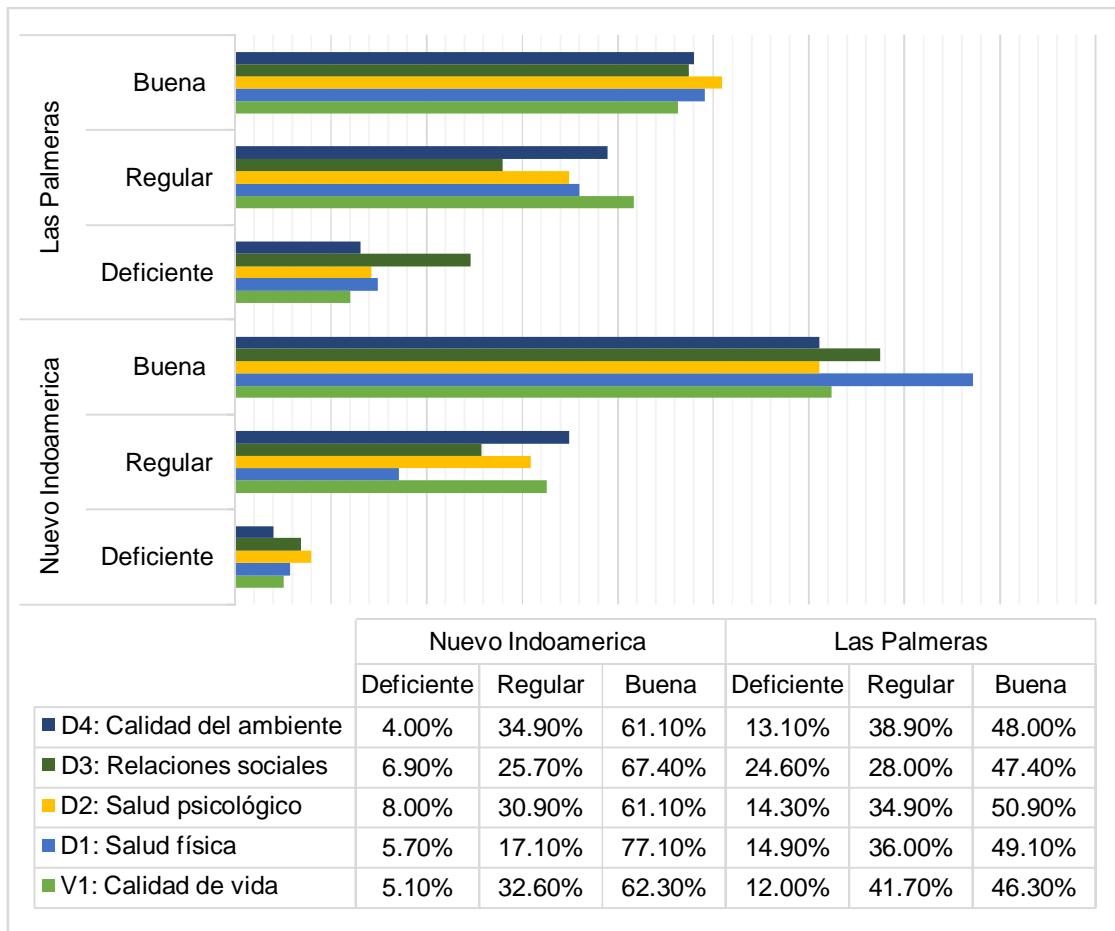
In Table 4, of the 175 inhabitants of the Las Palmeras Human Settlement who were part of the study, 12% of residents perceived a low quality of life, 3.4% were at the deficient level and 8.6% were regular in psychological well-being; In addition, 41.7% of residents perceive an average quality of life; Where 39.4% focused on regular and 2.3%

good on psychological well-being, finally, 46.3% of inhabitants perceived a high quality of life, of which 1.1% perceived a regular level and 45.1% attributed a psychological well-being.

**Table 4. 4** Cross table of the quality of life and psychological well-being in the inhabitants of the Human Settlement "Las Palmeras".

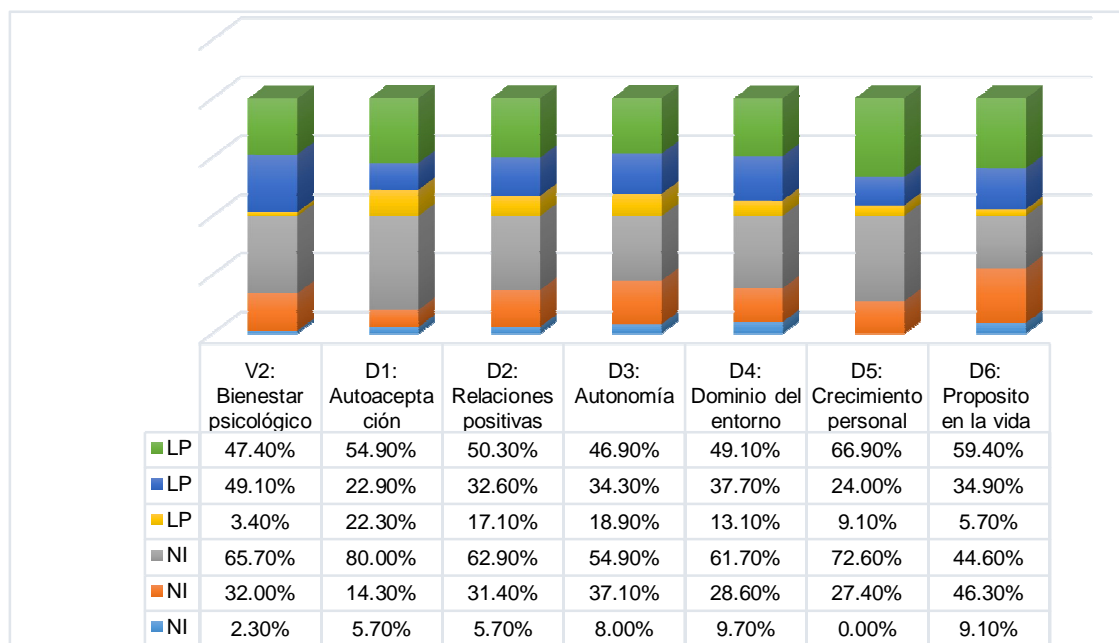
		PV2: Psychological Well-being			Total	
		Deficient	Regular	Good		
Quality of life	Low	f	6	15	0	21
		%	3,4%	8,6%	0,0%	12,0%
	Medium	f	0	69	4	73
		%	0,0%	39,4%	2,3%	41,7%
	High	f	0	2	79	81
		%	0,0%	1,1%	45,1%	46,3%
Total	f	6	86	83	175	
	%	3,4%	49,1%	47,4%	100,0%	

In Figure 1, regarding the variable quality of life in the Indoamérica and Las Palmeras settlements, with greater relevance it was located at a good level with 62.30% and 46.30% respectively, the physical health dimension with implication focused on good level with 77.10% and 49.10%; similarly, psychological health in Indo-America and Las Palmeras was at a good level with 61.10% and 50.90% respectively; Similarly, the social relations with greater relevance in the first human settlement was located at a good level of 67.40% and in the second 47.40%, finally in the quality of the environment with greater relevance was located in the good with 61.10% and 48% for both settlements respectively.



**Figure 1. 1** Level of quality of life in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".

In figure 2, with respect to psychological well-being with greater relevance, it was located at the regular level with 49.10% for the Indo-American human settlement and 65.70% good in Las Palmeras, in terms of self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth was located for both settlements with greater relevance at a good level, (54.90% and 80%); (50.30% and 62.90%); (46.90% and 54.90%); (49.10% and 61.70%) and (66.90% and 72.60) respectively, finally for purpose in life, was located for the first human settlement of Indo-America of 59.40% good and for Las Palmeras of 46.30% regular.



**Figure 2. 2** Level of psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".

In Table 5, of the 175 inhabitants of the Indo-American Human Settlement who were part of the study, 5.7% of inhabitants perceived low physical health, 2.3% were at the deficient level and 3.4% were regular in psychological well-being; In addition, 17.1% of residents perceive an average physical health; Where 14.3% focused on regular and 2.9% good on psychological well-being, finally, 77.10% of inhabitants perceived high physical health, of which 14.30% perceived a regular level and 62.90% high attribute psychological well-being.

**Table 5. 5** Cross table of physical health and psychological well-being in the inhabitants of the Human Settlement "Indoamérica".

		NIV: Psychological Well-being			Total	
		Deficient	Regular	Good		
NID1: Physical health	Low	f	4	6	0	10
		%	2,3%	3,4%	0,0%	5,7%
	Medium	f	0	25	5	30
		%	0,0%	14,3%	2,9%	17,1%
	High	f	0	25	110	135
		%	0,0%	14,3%	62,9%	77,1%
Total		f	4	56	115	175

% 2,3%                      32,0%                      65,7%                      100,0%

In Table 6, of the 175 inhabitants of the Las Palmeras Human Settlement who were part of the study, 14.9% of residents perceived low physical health, 3.4% were at the deficient level, 10.90% fair and 0.6% good in psychological well-being; In addition, 36% of residents perceive an average physical health; Where 34.3% focused on regular and 1.7% good on psychological well-being, finally, 49.10% of residents perceived high physical health, of which 4% perceived a regular level and 45.10% high attribute psychological well-being.

**Table 6. 6** Cross table of physical health and psychological well-being in the inhabitants of the Human Settlement "La Palmeras".

		PV2: Psychological Well-being			Total	
		Deficient	Regular	Good		
PD1: Physical health	Low	f	6	19	1	26
		%	3,4%	10,9%	0,6%	14,9%
	Medium	f	0	60	3	63
		%	0,0%	34,3%	1,7%	36,0%
	High	f	0	7	79	86
		%	0,0%	4,0%	45,1%	49,1%
Total		f	6	86	83	175
		%	3,4%	49,1%	47,4%	100,0%

In Table 7, of the 175 inhabitants of the Indo-American Human Settlement who were part of the study, 8% of the inhabitants perceived low psychological health, 2.3% were at the deficient level and 5.7% were good in psychological well-being; In addition, 30.90% of residents perceive an average psychological health; Where 18.90% focused on regular and 12% good on psychological well-being, finally, 61.10% of inhabitants perceived high psychological health, of which 7.4% perceived a regular level and 53.70% high attribute psychological well-being.

**Table 7. 7** Cross table of psychological health and psychological well-being in the inhabitants of the Human Settlement "Indoamérica".

		NIV: Psychological Well-being			Total	
		Deficient	Regular	Good		
NID2: Psychological health	Low	f	4	10	0	14
		%	2,3%	5,7%	0,0%	8,0%
	Medium	f	0	33	21	54
		%	0,0%	18,9%	12,0%	30,9%
	Alto	f	0	13	94	107
		%	0,0%	7,4%	53,7%	61,1%
Total	f	4	56	115	175	
	%	2,3%	32,0%	65,7%	100,0%	

In Table 8, of the 175 inhabitants of the Indo-American Human Settlement who were part of the study, 14.30% of inhabitants perceived low psychological health, 2.3% were at the deficient level and 12% good in psychological well-being; In addition, 34.90% of residents perceive an average psychological health; Where 1.1% focused on a deficient level, 30.3% on regular and 3.4% good on psychological well-being, finally, 50.90% of inhabitants perceived a high psychological health, of which 6.9% perceived a regular level and 44% high attribute a psychological well-being.

**Table 8.** Cross table of psychological health and psychological well-being in the inhabitants of the Human Settlement "Las Palmeras".

		PV2: Psychological Well-being			Total	
		Deficient	Regular	Good		
PD2: Psychological health	Low	f	4	21	0	25
		%	2,3%	12,0%	0,0%	14,3%
	Medium	f	2	53	6	61
		%	1,1%	30,3%	3,4%	34,9%
	High	f	0	12	77	89
		%	0,0%	6,9%	44,0%	50,9%
Total	f	6	86	83	175	
	%	3,4%	49,1%	47,4%	100,0%	

In Table 9, of the 175 inhabitants of the New Indoamerica Human Settlement who were part of the study, 6.9% of inhabitants perceive social relations at a low level, 2.3% were at the deficient level and 4.6% were regular in psychological well-being; In addition, 25.70% of residents perceive average social relations; Where 13.7% focused on a regular level and 12% good on psychological well-being, finally, 67.40% of inhabitants

perceived high social relationships, of which 13.70% perceived a regular level and 53.70% high attribute psychological well-being.

**Table 9. 8** Cross table of social relations and psychological well-being in the inhabitants of the Human Settlement "Indoamérica".

		NIV: Psychological Well-being			Total	
		Deficiente	Regular	Buena		
NID3: Social relationships	Low	f	4	8	0	12
		%	2,3%	4,6%	0,0%	6,9%
	Medium	f	0	24	21	45
		%	0,0%	13,7%	12,0%	25,7%
	High	f	0	24	94	118
		%	0,0%	13,7%	53,7%	67,4%
Total	f	4	56	115	175	
	%	2,3%	32,0%	65,7%	100,0%	

In Table 10, of the 175 inhabitants of the Las Palmeras Human Settlement who were part of the study, 24.9% of inhabitants perceive social relationships at a low level, where 3.5% were located at the deficient level, 20.8% fair and 0.6% good in psychological well-being; In addition, 28.30% of inhabitants perceive average social relations; Where 22% focused on a regular level and 6.4% good on psychological well-being, finally, 46.80% of inhabitants perceived high social relationships, of which 5.8% perceived a regular level and 41% high attribute psychological well-being.

**Table 10. 9** Cross table of social relations and psychological well-being in the inhabitants of the Human Settlement "Las Palmeras".

		PV2: Psychological Well-being			Total	
		Deficient	Regular	Good		
PD3: Social relationships	Low	f	6	36	1	43
		%	3,5%	20,8%	0,6%	24,9%
	Medium	f	0	38	11	49
		%	0,0%	22,0%	6,4%	28,3%
	High	f	0	10	71	81
		%	0,0%	5,8%	41,0%	46,8%
Total	f	6	84	83	173	
	%	3,5%	48,6%	48,0%	100,0%	

In Table 11, of the 175 inhabitants of the Indo-American Human Settlement who were part of the study, 4% of inhabitants perceive quality of the environment at a low level,

where 1.7% were located at the deficient level and 2.3% good in psychological well-being; Similarly, 34.90% of residents perceive average environmental quality; Where 14.30% focused on a regular level and 20% good on psychological well-being, finally, 61.10% of inhabitants perceived the quality of the environment high, of which 15.40% perceived a regular level and 45.70% high attribute psychological well-being.

**Table 11. 10** Cross table of the quality of the environment and psychological well-being in the inhabitants of the Human Settlement "Indoamérica".

		NIV: Psychological Well-being			Total	
		Deficient	Regular	Good		
NID4: Quality of the environment	Low	f	3	4	0	7
		%	1,7%	2,3%	0,0%	4,0%
	Medium	f	1	25	35	61
		%	0,6%	14,3%	20,0%	34,9%
	High	f	0	27	80	107
		%	0,0%	15,4%	45,7%	61,1%
Total	f	4	56	115	175	
	%	2,3%	32,0%	65,7%	100,0%	

In Table 12, of the 175 inhabitants of the Las Palmeras Human Settlement who were part of the study, 13.10% of inhabitants perceive quality of the environment at a low level, where 3.4% were located at the deficient level and 9.7% were regular in psychological well-being; Similarly, 38.90% of residents perceive average environmental quality; Where 35.40% focused on a regular level and 3.4% good on psychological well-being, finally, 48% of inhabitants perceived the quality of the environment high, of which 4% perceived a regular level and 44% high attribute a psychological well-being.

**Table 12. 11** Cross table of the quality of the environment and psychological well-being in the inhabitants of the Human Settlement "Las Palmeras".

			PV2: Psychological Well-being			Total
			Deficient	Regular	Good	
PD4: Quality of the environment	Low	f	6	17	0	23
		%	3,4%	9,7%	0,0%	13,1%
	Medium	f	0	62	6	68
		%	0,0%	35,4%	3,4%	38,9%
	High	f	0	7	77	84
		%	0,0%	4,0%	44,0%	48,0%
Total	f	6	86	83	175	
	%	3,4%	49,1%	47,4%	100,0%	

Table 13 shows the existence of a significant ( $p \leq 0.05$ ) and positive ( $\rho = 0.751^{**}$ ) and ( $\rho = 0.862^{**}$ ) correlation between quality of life and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras" settlement.

**Table 13. 12** Correlation of quality of life and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".

			NH: Psychological well-being	LP: Psychological well-being
Spearman's	NI/LP	Correlation coefficient	,751**	,862**
Rho	Quality of Life	Sig. (bilateral) N	,000 175	,000 175

\*\* . The correlation is significant at level 0.01 (bilateral).

Table 14 shows the existence of a significant ( $p \leq 0.05$ ) and positive ( $\rho = 0.706^{**}$ ) and ( $\rho = 0.823^{**}$ ) correlation between physical health and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras" settlement.

**Table 14. 13** Correlation of physical health and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".

			NH: Psychological well-being	LP: Psychological well-being
Spearman's	NI/LP	Correlation coefficient	,706**	,823**
Rho	Quality of Life	Sig. (bilateral) N	,000 175	,000 175

\*\* . The correlation is significant at level 0.01 (bilateral).

Table 15 shows the existence of a significant ( $p \leq 0.05$ ) and positive ( $\rho = 0.706^{**}$ ) and ( $\rho = 0.841^{**}$ ) correlation between psychological health and psychological well-being in the inhabitants of the Hu mano "Indoamérica" and "Palmeras" settlement.

**Table 15. Correlation of psychological 14 health and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".**

			NH: Psychological well-being	LP: Psychological well-being
Spearman's	NI/LP	Correlation coefficient	,706**	,841**
Rho	Psychological	Sig. (bilateral)	,000	,000
	Health	N	175	175

\*\* . The correlation is significant at level 0.01 (bilateral).

Table 16 shows the existence of a significant ( $p \leq 0.05$ ) and positive ( $\rho = 0.601^{**}$ ) and ( $\rho = 0.760^{**}$ ) correlation between social relationships and psychological well-being in the inhabitants of the Hu hand settlement "Indoamérica" and "Palmeras".

**Table 16. 15 Correlation of social relations and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".**

			NH: Psychological well-being	LP: Psychological well-being
Spearman's	NI/LP	Correlation coefficient	,601**	,760**
Rho	Social	Sig. (bilateral)	,000	,000
	relations	N	175	175

\*\* . The correlation is significant at level 0.01 (bilateral).

Table 17 shows the existence of a significant ( $p \leq 0.05$ ) and positive ( $\rho = 0.469^{**}$ ) and ( $\rho = 0.849^{**}$ ) correlation between environmental quality and psychological well-being in the inhabitants of the Hu mano "Indoamérica" and "Palmeras" settlement.

**Table 17. Correlation of the 16**quality of the environment and psychological well-being in the inhabitants of the Human Settlement "Indoamérica" and "Palmeras".

			NH:	LP:
			Psychological well-being	Psychological well-being
Spearman's	NI/LP	Correlation coefficient	,469**	,849**
Rho	Quality of the environment	Sig. (bilateral) N	,000 175	,000 175

\*\* . The correlation is significant at level 0.01 (bilateral).

## DISCUSSION

Regarding the evidence found of the relationship between quality of life and psychological well-being in the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza, and in relation to the fact that in the Indo-American Human Settlement, 62.3% of inhabitants perceived a high quality of life, of which 7.4% perceived a regular level and 54.9% had a psychological well-being, and what was found in the Las Palmeras Human Settlement, where 46.3% of residents perceived a high quality of life, of which 1.1% perceived a regular level and 45.1% attribute psychological well-being. These results coincide with that of Arias (2022) who in his research indicated that the CRM and awareness variables significantly impact the quality of life of rural Pachacamac population centers, in 65%, specifying that this aspect is important for the quality of life. On the other hand, our results are contrary to that of Linares (2022) since 54% said they were satisfied with the care provided by the entity, assessing the dimensions of the variable quality of life. It was found that a quarter of the districts only spent 72% of what they had budgeted, of which citizens do not perceive that there is a link with their quality of life in the Lima metropolis. Since the quality of life there is no significant relationship.

All this is based on the definition of the authors Rivas, Acevedo and Castillo, 2020, who consider that psychological well-being is a fundamental pillar of the state, the well-being of the population in a logical way and that this must be accompanied by social policy. In the same way, it is supported by that of Maslow who considers the existence of a hierarchy of human needs and being satisfied efficiently (García 2015). In addition, the quality of life that implies the consideration of well-being in an objective and subjective way that allows the well-being of the individual finds its sustainability (Morales 2021). The concept of psychological well-being finds its support with Álvarez and Salazar (2018) who considers that the human being has the ability to see things optimistically in complex situations, that is, the perception that is had when internalizing the risk factors and being able to face them.

Regarding the level of quality of life in the inhabitants of the Indoaméric Human Settlement and Las Palmeras, La Esperanza, with greater survey, was at a good level with 62.30% and 46.30% respectively, the physical health dimension with implication focused on a

good level with 77.10% and 49.10%; similarly, psychological health in Indoamerica and Las Palmeras was at a good level with 61.10% and 50.90% respectively; of equal Thus, the social relations with greater relevance in the first human settlement was located at a good level of 67.40% and in the second 47.40%, finally in the quality of the environment with greater relevance was located in the good with 61.10% and 48% for both settlements respectively. These results agree with that of Ramírez, Malo, Martínez, Montánchez, Torracchi and González (2020) that quality of life was equivalent to the concept of "Well-being", since it reflects the emotions of life, happiness, stress, affections, personal competencies and anxiety, which people have of their own ways and conditions of life. On the other hand, in his study Valdivia, Peña and Huaco (2020) managed to improve a territorial ordering in terms of the Marginal Urban Neighborhoods immersed in the urban explosion, in the process of sustainable urban development, which facilitates the progress of citizenship. The quality of life finds its support with that of Rojas (2020) who considers that the grouping of facts and acts imply decision-making to achieve the objectives and find an integral stability. In this way, Tejada (2020), is also the consideration of the economic, social, political and environmental conditions, up to the physical health, the psychological state and the harmony of their personal relationships and with the community.

Regarding the level of psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, the psychological well-being with greater relevance was located at a regular level with 49.10% for the Indo-American human settlement and 65.70% good in Las Palmeras, in terms of self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth was located for both settlements with greater relevance at a good level, (54.90% and 80%); (50.30% and 62.90%); (46.90% and 54.90%); (49.10% and 61.70%) and (66.90% and 72.60) respectively, finally for purpose in life, was located for the first human settlement of Indo-America of 59.40% good and for Las Palmeras of 46.30% regular. It is similar with the results, Calzoncin, García and Correa (2021) where it specifies that psychological well-being considers the implication of self-acceptance and purpose in life, for anomic behaviors, as well as the accentuation for the emergence of behaviors related to social problems, which allow stability. On the other hand, Soto, Iris, Véliz and Andrade (2019) consider a high level of psychological well-being (59.3%) since immigrants behave differently in terms of the declaration of their welfare state. The issue of well-being is important since being linked to quality of life influences several aspects of behavioral expression. These results are supported by the fact that psychological well-being allows the development and improvement of each of them will be of great help to increase our levels of satisfaction and motivation (Castro, 2022). And Tulcanaza (2019) considers the identification of self-approval, over physical, psychological, and taste aspects. That they allow positive relationships, love and intimacy with others and understand the giving and receiving that relationships imply (Flores 2018). Similarly, autonomy is focused on the ability of people to tolerate social pressures, criticism and act based on internalized values and standards (Ganoza 2021). In the same way, the mastery of the environment is the ability of the individual to be

able to adequately cope with the environment that surrounds him, which will allow him to choose or establish favorable environments, satisfying his own needs and desires (Rubio 2019) and the purpose of life, refers to the personal expectations, goals, intentions and sense of direction of the individual.

Regarding the relationship between physical health and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, and in relation to the fact that in the Indoamérica Human Settlement, 77.10% of inhabitants perceived a high physical health, of which 14.30% perceived a regular level and 62.90% high attribute psychological well-being. And (table 6), of the 175 inhabitants of the Las Palmeras Human Settlement who were part of the study, 49.10% of inhabitants perceived high physical health, of which 4% perceived a regular level and 45.10% attributed a psychological well-being. These results agree with those of Mera, Martínez, Orellana and Smith (2020) that 53.1% of the participants are oriented to cultural integration, which facilitates a better coping of the stressors of the migratory process. It is based on that of Tejadas (2020) when referring to physical health, which allows the body to react effectively from the elimination of waste and toxins, coordination, thinking capacity, reproductive capacity, among others. In addition, Fernández (2017) considers that psychological well-being is important, since it is a key role in the prevention and recovery of physical conditions.

Regarding the correlation between the degree of independence and psychological well-being in the inhabitants of the Indoamérica and Las Palmeras Human Settlement, La Esperanza, and in relation to the fact that of the 175 inhabitants of the Indoamérica Human Settlement, 61.10% of inhabitants perceived a high psychological health, of which 7.4% perceived a regular level and 53.70% high attribute a psychological well-being. However, (Table 9) allowed to describe that of the 175 inhabitants of the Las Palmeras Human Settlement, 67.40% of inhabitants perceived high social relations, of which 13.70% perceived a regular level and 53.70% high attribute psychological well-being. This coincides with the results of Rojas, Shica and Vicuña (2022) 76% are in a favorable state of psychological well-being, 22% medium level and 3% reflect negativity. The pandemic affects a group of people in the aspect of anxiety, stress, in social bonding relationships, in their life projects and acceptance of the process. Similarly, Vega and Velásquez (2021), 72.9% of the inhabitants indicate that there is a medium level and 77.4% report that there is a regular level of social welfare. This is reinforced by the definition of Uribe and Castro (2021), that the degree of independence is the ability of the individual to act under the direction of the decisions that can make decisions, assuming responsibility for them, that involve integration.

Regarding the relationship between social relations and psychological well-being in the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza, and in relation to the fact that of the 175 inhabitants of the Indoamérica Human Settlement, 50.90% of inhabitants perceived a high psychological health, of which 6.9% perceived a regular level and 44% high attribute a psychological well-being. However, (Table 10)

the inhabitants of the Las Palmeras Human Settlement, 46.80% of inhabitants perceived high social relations, of which 5.8% perceived a regular level and 41% high attribute a psychological well-being. This is similar to what was reported by León and Huayta (2021) regarding psychological well-being, 38.3% indicated as bad, 61.4% of fair and finally 0.3% very good and with respect to the variable quality of life, 63.6% of medium and finally 8.4% high and explains 64% of the dependent variable quality of life. These results are consolidated with the definition Azpur, Calixto and Celadita (2022) that social relations need to be part of a social group, which can participate considering actions that are carried out in their neighborhood or community. And regarding psychological well-being, it helps people give meaning to their lives, fight to have desires, plans and commit to the things they have proposed (Tulcanaza 2019).

Regarding the existence of the relationship between the environment and psychological well-being in the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza, and that of the 175 inhabitants of the Indoamérica Human Settlement; 61.10% of inhabitants perceived the quality of the environment high, of which 15.40% perceived a regular level and 45.70% attributed a psychological well-being. And as for (table 12), of the inhabitants of the Las Palmeras Human Settlement; 48% of residents perceived the quality of the environment high, of which 4% perceived a regular level and 44% attributed a psychological well-being. This fits the results of Martínez (2019) that the quality of life depends to a large extent on the current state of the conditions of the environment so that there are optimal conditions of well-being or deep social problems, achieving an appropriation and a feeling of belonging, all this with the aim of improving their quality of life. On the other hand, it is based with the Chujandama (2021) that the environment are all those elements that are in the environment of the individual, and maintain a relationship with him, getting involved in his life directly or indirectly and that an environment favors the perception that the person has about his world, allowing him to enjoy everything that is useful and on which he can acquire mastery (Seminar 2020).

## **CONCLUSIONS**

It was possible to demonstrate the relationship between quality of life and psychological well-being in the inhabitants of the Indo-American Human Settlement and Las Palmeras, La Esperanza. In Indoamérica and Las Palmeras, the majority of Perc settlers had a high quality of life. Physical health, psychological health and the environment were placed at a good level. In the psychological environment, self-acceptance, positive relationships, autonomy, mastery of the environment and personal growth were at a good level. It was possible to demonstrate the existence of a correlation between physical health and psychological well-being in the inhabitants of both human settlements. Most villagers perceived physical health at a high level, which they attribute to psychological well-being. It was possible to demonstrate the correlation between the degree of independence and psychological well-being in the inhabitants of the Indoamérica Human Settlement and Las Palmeras, La Esperanza. In general, the

villagers had high psychological health, attributed to psychological well-being. It demonstrated the relationship between social relations and psychological well-being in the inhabitants of the two human settlements. Most villagers had high psychological health, attributed to psychological well-being. He managed to demonstrate the existence of the relationship between the environment and psychological well-being in the inhabitants of both human settlements. Most villagers perceived the high quality of the environment in both settlements.

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