



ORIGINALS

Perceived discrimination, level of coping, adaptation and psychological well-being of the immigrant. Salinas, Ecuador

Discriminación percibida, nivel de afrontamiento, adaptación y bienestar psicológico del inmigrante. Salinas, Ecuador

Yanedsy Díaz-Amador¹
Víctor Manuel-Reyes¹
Maykel Soto-Rodríguez²

¹ National University of Tumbes. Health Sciences Doctoral Program. Tumbes Region, Peru. ydiaza@untumbes.edu.pe

¹ Península de Santa Elena State University. Santa Elena. Ecuador. ydiaz@upse.edu.ec

¹ Universidad Iberoamericana del Ecuador. Quito. Ecuador. vreyes@untumbes.edu.pe
vreyes@unibe.edu.ec

² National University of Tumbes. Health Sciences Doctoral Program. Tumbes Region, Peru.

*Correspondence Email: yanedsy2014@gmail.com

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ABSTRACT:

Introduction: The study of the psychological well-being of the immigrant population has recognized perceived discrimination and the level of coping as an important onset of stress in the host country, this in turn calls into question the impact that may exist on positive psychological functioning. of this population.

Objective: Determine the relationship between perceived discrimination, level of coping and adaptation and the psychological well-being of the immigrant.

Material and method: Quantitative, descriptive, correlational-predictive, non-experimental study. 149 immigrants residing in the Salinas canton, Ecuador, participated from January to June 2024. The immigrants were socio-demographically characterized and the level of perceived discrimination, level of coping, and psychological well-being were measured. The correlation between the variables was calculated using bivariate analysis (Spearman's Rho coefficient, 95% CI) and multivariate analysis (RLO), analyzed with SPSS version 27 software.

Results: Mean age of immigrants 34.4±36.7 years, 72.48% women, 61.75 % university education, predominantly of Cuban origin 50.34%, 81.21% with permanent residence, 74.50% rented. A positive correlation ($r=0.122$, $p<0.05$) between age, sex, migratory status, perceived discrimination and level of coping with some dimensions of psychological well-being, which predicts that these factors are predictors of the psychological well-being of immigrants. **Conclusions:** Foreigners, mainly Latino, go

through a complex set of situations where immigration status, perceived discrimination, and the level of coping and adaptation turned out to be predictive factors in the psychological well-being of immigrants.

Key words: Psychological well-being; Discrimination; Coping skills; Immigrants; Perception.

RESUMEN:

Introducción: El estudio del bienestar psicológico de la población inmigrante ha reconocido la discriminación percibida y el nivel de afrontamiento como un inicio importante de estrés en el país de acogida, esto a su vez pone en duda el impacto que puede existir en el funcionamiento psicológico positivo de esta población.

Objetivo: Determinar la relación entre la discriminación percibida, nivel de afrontamiento y adaptación y el bienestar psicológico del inmigrante.

Material y método: Estudio cuantitativo, descriptivo, correlacional-predictivo, no experimental. Participaron 149 inmigrantes que residen en el cantón Salinas, Ecuador de enero a junio del 2024. Se caracterizó socio-demográficamente a los inmigrantes y se midió el nivel de discriminación percibida, nivel de afrontamiento y bienestar psicológico. La correlación entre las variables se calculó mediante el análisis bivariado (coeficiente Rho de Spearman IC95%) y multivariado (RLO), analizado con el software SPSS versión 27.

Resultados: Edad media de los inmigrantes 34.4 ± 36.7 años, 72.48% mujeres, 61.75% instrucción universitaria, de procedencia predominante Cuba 50.34%, 81.21% con residencia permanente, 74.50% arrendados. Se encontró correlación positiva ($r=0.122$, $p<0.05$) entre la edad, sexo, condición migratoria, discriminación percibida y nivel de afrontamiento con algunas dimensiones del bienestar psicológico, lo que predice que estos factores si son predictores del bienestar psicológico de los inmigrantes.

Conclusiones: Los extranjeros principalmente latinos transitan por un conjunto complejo de situaciones donde la condición migratoria, la discriminación percibida y el nivel de afrontamiento y adaptación resultaron ser factores predictores en el bienestar psicológico de los inmigrantes.

Palabras clave: Bienestar psicológico; Discriminación; Habilidades de afrontamiento; Inmigrantes; Percepción.

INTRODUCCIÓN

In today's globalized world, migration has become an increasingly common phenomenon, where millions of people are forced to leave their homes in search of better life opportunities, security or fleeing situations of violence and conflict. However, this process is often marked by challenges such as discrimination and its consequences, as well as unconscious prejudices and stereotypes, which influence people's decisions and behaviors, even when they do not intend to discriminate, which can have a significant negative impact on the psychological well-being of immigrants and, in turn, a growing problem for public health in some countries of departure, arrival and transit⁽¹⁾.

Now, the migration process, although it opens doors to new opportunities, also entails a series of challenges that can significantly affect the psychological well-being of the people who experience it. Among these challenges, discrimination is presented as a determining factor that directly impacts the ability of immigrants to cope with social support and the resignification of growth and opportunities, which implies giving a new meaning to past experiences, facilitating a better understanding. positive in the present, capable of facing discrimination and activism in search of promoting equality, defending their rights and improving their current situation ⁽²⁾.

Similarly, psychological well-being (BP) expresses positive feelings and thinking constructively about oneself, and may be related to aspects of physical, psychological, and social functioning. This in turn can be affected for various reasons, such as:

Migration stressors, discrimination and exclusion, family separation, cultural adaptation, among other reasons respectively, which is why it turns out to be an important public health problem, both globally, regionally and local, because at least one in five people suffers from being discriminated against both at a personal and group level, which is why international associations including the World Health Organization (WHO) estimate that in 2024 there will be around 16 million and half of people the cases affected by these predictive factors ⁽³⁾.

On the other hand, the above should be added to the fact that personality, social interactions and self-esteem could also lead to destabilizing the BP of any person regardless of age, sex and social status. Regarding this statement, it is appropriate to highlight that the psychological functioning of immigrants is not only affected by the mere fact of having to move to a new country, but also by the circumstances that they live in, which significantly affect their life projects. , due to the growing migratory flow that turns Latin America into a receiving society with approximately 26 million immigrants, according to the Statistical Data Portal on Migration in South America ^(4,5).

These stated arguments describe the problem of study, and take up important current motivation, since the challenges that many immigrants face do not manage to maintain a good level of psychological well-being, due, in large part, to their capacity for resilience, their coping strategies and the social support they receive ⁽⁶⁾. The growing migration on a global scale has unleashed a series of humanitarian problems such as poverty, malnutrition, social restructuring, increased morbidity, breakdown of community norms and why not mention changes in well-being, where the migrant transfers his culture and customs and tries to live it in accordance with their country of origin. However, the theorist Sister Callista Roy highlights how human beings are “capable of achieving an adaptation to the situation they face mainly in the health-disease process” ⁽⁷⁾.

The intense migratory flows between Europe and Latin America have generated a complex scenario, where economic inequalities are a determining factor. This situation exposes migrants to a series of vulnerabilities, including discrimination and violence, which negatively impacts their physical and mental health. Migration, in this context, is revealed as an important social determinant of health ⁽⁸⁾.

According to data from the World Health Organization (WHO), the United Nations (UN) and the International Organization for Migration (IOM), Latin America continues to be the continent with the largest migratory flow, being Venezuela, Colombia, Brazil, Peru and Ecuador, the five countries with the highest migratory influx, with an increase of 66%, which allows us to answer that many people live outside their countries of origin⁽⁹⁾. However, these data warn that the mental health and well-being of this population group continues to be a neglected issue that warrants immediate objections to inequalities in individual, family and collective health ⁽¹⁰⁾. Therefore, the objective of the study was to determine the relationship between perceived discrimination, level of coping and adaptation, and psychological well-being, in a sample of immigrants settled in the city of Salinas, Ecuador. Furthermore, the study makes a valuable contribution to the understanding of the migration experience and its effects on psychological well-being. By identifying perceived discrimination and level of coping as key factors, the study highlights the importance of addressing these dimensions in interventions aimed at improving the quality of life of immigrants.

MATERIAL AND METHOD

The study universe was made up of 239 immigrants, according to data extracted from the Collaboration of Support Networks (CRA), Non-Governmental Organizations (NGO) that provide care to migrants, from the Migration Statistical Registry of the Salinas canton, Santa Elena province, and the Institute of Statistics and Census of Ecuador (INEC)⁽¹¹⁾. With a sample of 149 immigrant residents of the Salinas canton, Santa Elena province. The simple random probabilistic sampling method was used, and the selection criteria were considered, such as: people with immigrant status, over 18 years of age, without distinction of self-identification of gender or ethnicity, who reside in different urban neighborhoods. from the Salinas canton and those who agreed to participate in the study.

The sample size was calculated using the free software "QuestionPro Calculator", for which the total population (n=239) was considered, with a confidence level of (95% CI) and a margin of error of (5 %).

To collect the data, the observational method and the survey were used. The variables studied were: Sociodemographic data: age, sex, level of educational instruction, country of origin, length of stay in the host country, legal status and place. Accommodation.

Perceived discrimination: The evaluation of this variable was measured using the scale created by Basabe in 2009 and later adapted to Spanish by Lahoz in 2016, which consists of 6 items and two dimensions, both at the personal and group level. The answers were given using the Likert scale from 1 to 5, where (1 = not at all, 5 = a lot) represented from the perception of unfair treatment due to being an immigrant in different situations and contexts. The responses varied depending on the global score, being associated with scores at levels such as low (1-10), medium (11-20) and high (21-30). It should be noted that the higher the score, the greater the perception or probability of feeling discrimination or rejection in the receiving country due to immigration status, according to public places, educational centers, jobs, homes, among others. The reliability of the instrument was $\alpha = 0.88$ ⁽¹²⁾.

Level of coping and adaptation: The Coping Adaptation Processing Scale (CAPS) was used, translated into Spanish by González Y. The scale is composed of 15 items, with responses in the Likert-type scale with four response options, where (1=never, 4=always) that evaluate aspects such as adaptive modes (physiological, self-conceptual, functional role and interpersonal relationships) according to Roy's theory. Individuals with a score between 31-45 have a high coping and adaptation capacity and 45-60 have a very high coping and adaptation capacity, interpreted as a greater frequency in the use of coping strategies. However, scores between 1-15 have a low coping and adaptation capacity, 16-30 have a medium coping and adaptation capacity, interpreted as infrequent use of coping strategies. The reliability of the scale was $\alpha = 0.96$ ⁽¹³⁾.

Psychological Well-being (BP): The Ryff Psychological Well-being Scale was also used ⁽¹⁴⁾. Composed of 29 items with a Likert-type response format where (1=totally disagree and 5=totally agree). In addition, the instrument considers the measurement of (6) dimensions of BP, whose reliability is represented by: self-acceptance ($\alpha =$

0.74), positive relationships ($\alpha = 0.73$), autonomy ($\alpha = 0.67$), mastery of the environment ($\alpha = 0.63$), personal growth ($\alpha = 0.78$) and purpose in life ($\alpha = 0.69$), which measures the degree of well-being that the person has from complex situations, by disturb the level of satisfaction in different areas of life.

The procedure was carried out once the 149 participants who made up the study sample had been selected. They were contacted through CRA and NGOs, which provide care to migrants. Participation was voluntary, guaranteeing confidentiality and anonymity by signing the informed consent. The instruments were applied by the researchers after analyzing their reliability, whose Cronbach's alpha coefficient was 0.89.

The data were captured and analyzed in Statistical Package for the Social Sciences (SPSS) version 27 and R-Studiogratis⁽¹⁵⁾. The statistical techniques used were descriptive analysis through absolute and relative frequency distribution measures for categorical variables, and the arithmetic mean and standard deviation for quantitative variables. Bivariate analysis was performed using Spearman's Rho coefficient rank correlation, with a significance level of 95 %, after analysis of the assumptions of normality and homoscedasticity.

For the multivariate analysis, the ordinal logistic regression (ORL) method was applied through the intersection and final models. First, the parameters were estimated by the maximum likelihood method, the Chi-square statistic, the degrees of freedom and their level of significance using a logit link function. Subsequently, the external validity of the adjusted model was evaluated through the goodness of fit, and finally, the analysis of parameter estimators was carried out with the explanatory variables that were significant in the inferential analysis. The data was reflected in tables for a better understanding of the results.

The entire study was carried out following the ethical principles aimed at the protection of human participants in research, in accordance with the Regulations of the General Health Law, article 7, paragraph 1, states that “the study requires respect for the dignity, rights and well-being of those involved, guaranteeing both anonymity and confidentiality of the information”. It was also possible to review the literature on the ethical principles supported by the Helsinki Declaration⁽¹⁶⁾, which since 1964 considered the following:

1. Principle of respect for human dignity: participants were always respected, and their participation was free and voluntary, they were offered fair treatment based on individual and collective rights.
2. Principle of beneficence and absence of harm: Through this principle it was possible to apply the research instruments always avoiding not to cause stigmatization, rejection or psychological harm more than many already possessed, due to the immigrant condition.
3. Principle of equality, justice and equity: Through this principle, all participants were shown equity in terms of gender, migratory and social condition, culture, economic status and level of education, as well as being fair and treated equally by not considering the way of thinking and acting by the mere fact of having another origin.

Also, the process of validation and acceptance by the ethics committee of the academic institution Peninsula Santa Elena State University, where the researcher works, was carried out to have the pertinent permissions for the execution of the research.

RESULTS

The total population surveyed was 149 immigrants, where 72.48% of the participants were women, with ages ranging between 18 and 80 years. Regarding the level of educational instruction, 1.34% had primary education, 5.37% had secondary education, 16.78% had completed technical studies, 61.75% had achieved university studies, while 11.41% of them had completed postgraduate studies. The participants mainly came from countries such as Cuba (50.34%), Venezuela (20.13%), Colombia (10.74%), the United States (9.40%), Argentina (5.37%) and Russia (2.68%) (table 1).

Table 1: Sociodemographic characteristics of the study sample.

Sociodemographic variables	Descriptive Statistics	
	Absolute Frequency (<i>Fa</i>)	Relative Frequency (<i>Fr</i>)
Age: 18-80 años (\bar{x} - DS)	(34,4 -36,7)	
Sex		
Male	41	27,52
Female	108	72,48
Educational Instruction Level		
Primary	2	1,34
Secondary	8	5,37
Bachelor	5	3,35
Average Technician	25	16,78
University	92	61,75
Postgraduate	17	11,41
Country of Origin		
Cuba	75	50,34
Venezuela	30	20,13
Colombia	16	10,74
Argentina	8	5,37
United States	14	9,40
Russia	4	2,68
Others	2	1,34
Total	149	100

Abbreviations: (Arithmetic mean) SD (Standard deviation)

From the migratory variables, the length of stay of the immigrants in Ecuador varied between 3 and 96 months (\bar{x} =22.61; SD=23.12). According to legal status, 81.21% have permanent residence in the country and 10.07% have temporary residence. Regarding the place of lodging, 74.50% are rented and 24.16% are owners of properties located in the periphery of Salinas canton (Table 2).

Table 2: Characteristics of the migration type variables.

Migratory variables	Descriptive Statistics	
	Absolute Frequency (<i>Fa</i>)	Relative Frequency (<i>Fr</i>)
Time spent in the country:	03-96 meses (\bar{x} -DS)	(22,61-23,12)
Legal status		
Permanent resident	121	81.21
Temporary resident	15	10.07
Refugee	9	6.04
Undocumented	4	2.68
Accommodation place		
Leased	111	74.50
Own house	36	24.16
Hotel / Hostel	2	1.34
Total	149	100

Abbreviations: (Arithmetic mean) SD: (Standard deviation)

Regarding the psychosocial variables, it was evident that the perceived discrimination presented (\bar{x} :2.14 -SD: 0.451); coping level (\bar{x} : 2.03 -SD: 0.348); psychological well-being obtained a value of 1 on the average. The dimensions of psychological well-being: self-acceptance, mastery of the environment and positive relationships behaved similarly with a mean of 8.68, 8.66 and 8.04 respectively. However, the dimensions of personal growth reflected values of (\bar{x} : 10.89 -SD: 3.496), and life purpose figures of (\bar{x} : 16.52 -SD: 4.347) (table 3).

Table 3: Characteristics of the psycho-social variables and dimensions of psychological well-being.

Psycho-social variables	Dimension Score Range	Descriptive Statistics	
		Arithmetic mean (\bar{x})	Standard deviation (DS)
Perceived Discrimination	1-5	2.14	0.451
Coping and adaptation level	1-5	2.03	0.348
Psychological well-being	1-5	1.00	0.000
Self-acceptance	1-5	8.68	2.608
Positive relationships	1-5	8.04	3.112
Autonomy	1-5	7.62	2.693
Environment domain	1-5	8.66	3.242
Personal growth	1-5	10.89	3.496
Purpose in life	1-5	16.52	4.347

From the results obtained in the inferential analysis, it can be seen that age obtained an r_s coefficient of 0.30 with psychological well-being in general, with a weak positive statistical significance; similarly, sex yielded a coefficient of r_s 0.45 with psychological well-being, which is related in a moderate positive significant manner, Likewise, the level of educational instruction with an r_s of 0.51 with the dimension of personal growth, so that statistically significant and strong positive relationships were found between the migratory condition, perceived discrimination and the level of coping and

adaptation with psychological well-being with values of Spearman's Correlation coefficient that varied between 0.76 and 0.78 (Table 4).

Table 4: Relationship between sociodemographic, migratory and psychosocial variables with psychological well-being and its dimensions.

Variables	Psychological Wellbeing Rho- (LI-LS): IC-95 %	Self-acceptance Rho- (LI-LS): IC-95 %	Positive Relationships Rho- (LI-LS): IC-95 %	Autonomy Rho- (LI-LS): IC-95 %	Mastery of the environment Rho- (LI-LS): IC-95 %	Personal growth Rho- (LI-LS): IC-95 %	Purpose in life Rho- (LI-LS): IC-95 %
Age	*0,30 (0,04; 0,45)	-0,15 (-0,36; -0,12)	-0,21 (-0,29; -0,02)	-0,02 (-0,48; -0,17)	-0,21 (-0,27; -0,11)	-0,12 (-0,97; -0,52)	-0,21 (-0,44; -0,10)
Sex	*0,55 (0,12; 0,74)	0,02 (0,12; 0,36)	0,03 (0,03; 0,99)	-0,02 (-0,25; -0,05)	0,09 (0,01; 0,27)	0,08 (0,06; 0,61)	0,02 (0,01;0,73)
Educational instruction level	-0,14 (-0,27; -0,07)	-0,09 (-0,21; -0,03)	0,12 (0,02; 0,28)	0,13(0,11; 0,26)	0,04 (0,01; 0,77)	*0,51 (0,12;0,73)	-0,18 (-0,34;0,13)
Country of Origin	-0,08 (-0,21; -0,04)	-0,01 (-0,17; -0,02)	-0,04 (-0,94; -0,06)	-0,01 (-0,12; -0,01)	0,09 (0,07; 0,81)	-0,14 (-0,66; -0,07)	-0,12 (-0,33; -0,09)
Dwell time	-0,07 (-0,45; -0,03)	-0,07 (0,35; -0,03)	-0,14 (-0,84; -0,07)	-0,19 (-0,43; -0,06)	-0,07 (-0,75; -0,03)	*0,33 (0,21; 0,49)	-0,04 (-0,74; -0,31)
Immigration estatus	*0,61 (0,23; 0,87)	0,04 (0,03;0,27)	-0,10-0,46; -0,06)	0,01 (0,01; 0,51)	-0,02 (-0,15; -0,01)	0,04 (0,01; 0,73)	-0,31 (-0,32; 0,02)
Accommodation place	-0,12 (-0,38; -0,18)	-0,17 (-0,21; -0,13)	-0,19 (-0,40; -0,07)	-0,07 (-0,15;0,04)	-0,15 (-0,17; 0,08)	-0,12 (-0,14; -0,07)	-0,18 (-0,21; -0,04)
Percibid discrimination	* 0,78 (0,12;0,92)	-0,14 (-0,23; -0,12)	-0,07 (-0,16; 0,03)	* 0,78 (0,22; 0,98)	* 0,76 (0,25; 0,85)	*0,77 (0,28; 0,93)	-0,13 (-0,21;0,07)
Coping and adaptation level	*0,76 (0,26;0,98)	*0,78 (0,33;0,90)	*0,77 (0,34;0,85)	*0,77(0,36; 0,79)	-0,13 (-0,15; -0,02)	*0,78 (0,29;0,83)	*0,77 (0,23;0,96)

Abbreviations: Rho: Spearman's rank correlation coefficient. LI: Lower Limit. LS: Upper Limit. 95% CI: 95% confidence interval. * Indicates that the test returned a p<0.05: Statistical significance.

However, the fit information of the two models used: the "Intercept only" model and the "Final" model. The -2-log likelihood for the "Intercept Only" model was 245.067, while for the "Final" model it was 102.345. The Chi-square statistic for the "Final" model was 154.681 with 6 degrees of freedom (df), and its significance level was less than 0.001. These results indicated that the "Final" model had a considerable improvement in fit compared to the "Intercept Only" model.

The significant reduction in the log likelihood -2 and the Chi-square statistic showed that the "Final" model provided a better fit to the data and turned out to be statistically significant in explaining the relationship between the predictor variables and psychological well-being in this study. The use of the logit link function in these models showed the relevance and validity of the approach used for the analysis of the relationship between the predictor variables and psychological well-being (table 5).

Table 5: Multivariate analysis. Fitting of the ordinal logistic regression model.

Model	Maximum likelihood log -2	Chi-Square	Degrees of freedom	Sig,
Intersection Only	245,067			
End	102,345	154,681	6	<0,001

Abbreviation: Link function: (Logit)

On the other hand, the Reflected Goodness of Fit test reveals that there is an adequate fit of the model, this is because the sig. < 0.05. Statistically, the null hypothesis is accepted, which states that the predicted values do not differ significantly from the observed values. The deviation takes a value of 0.846 and shows that the model has a good fit (table 6).

Table 6: Goodness of fit test of the model.

Model	Chi-Square	Degrees of freedom	Sig.
Pearson	98,561	50	,000
Deviation	32,014	50	,846

Also, you can see the interpretation of the variables age, sex, level of educational instruction and length of stay, which were not considered in the model, obtaining that there is no statistically significant association, however, factors such as immigration status, discrimination perceived and the level of coping and adaptation had statistical relevance and are predictive factors in the psychological well-being of immigrants (table 7).

Table 7: Relationship between psychological well-being and the different predictor variables.

Variables	Psychological well-being							
	B	typical error	Wald	gl	Sig	Exp (B)	Confidence interval for Exp(B)	
							lower limit	upper limit
Age	1,001	,016	,631	1	,081	,453	,321	,987
Sex	,182	,119	,282	1	,123	,124	,107	,985
Educational instruction level	,345	,140	,418	1	,015	,841	,217	1,125
Dwell time	,311	,188	,662	1	,022	,152	,255	1,258
immigration estatus	,987	,317	4,59	1	,001*	1,253	1,143	2,149
Percibid discrimination	1,57	,369	16,55	1	,000*	3,496	1,854	6,713
Coping and adaptation level	1,14	,345	5,58	1	,000*	2,785	1,441	4,361
Constant	-1,631	1,024	2,403	1	,122	,207		

Abbreviation: * $p < 0.05$

DISCUSSION

The study aimed to determine the relationship between perceived discrimination, level of coping and adaptation, and psychological well-being in immigrants residing in Salinas canton. Ecuador. In addition, we sought to determine whether, controlling for the possible effects of sociodemographic and migratory variables, they explained the change in the psychological well-being of the study subjects.

The alternative hypothesis (H_1) was tested, finding a significant relationship between at least one of the predictor variables (in particular, migratory status, perceived discrimination and level of coping and adaptation) and psychological well-being in the persons studied. Statistical analyses showed that these variables are significantly associated, confirming the relationship between the factors studied and the psychological well-being of the participants.

Although age showed a weak association with psychological well-being, this result is consistent with the study conducted by Hyun-Kang et al. ⁽¹⁷⁾ where they state that age is related to psychological well-being, especially in the case of older adults, this age group is exposed to many basic diseases, in addition to the deterioration of mental

health in the context of migration, so that their conditions can perpetuate vulnerabilities and inequalities within society ^(16,17).

In terms of sex, females were the most representative and there was moderate statistical significance with psychological well-being, this result coincides with the studies conducted by Matud-MP and collaborators⁽²⁰⁾. Allahverdipour-H et al⁽²¹⁾. Many of them assume full responsibility for the household with their children and are forced to emigrate due to the crisis in their country of origin, to offer a better quality of life and better education to their children. In addition, this gender is related to the affectation of psychological well-being, as they are more vulnerable to mistreatment and experience double discrimination as migrants and as women in the host countries.

The predictors evidenced in the present study, such as migration status, perceived discrimination, level of coping and adaptation in relation to psychological well-being have been extensively studied in the literature by: Sarah E. ⁽²²⁾; Feyissa IF et al. ⁽²³⁾; Caro RR et al ⁽²⁴⁾. Cisneros WH & Santamaría JP⁽²⁵⁾. These studies coincide in pointing to a negative impact of these elements on the psychological well-being of immigrants, both at the psychological level and in terms of social reintegration and personal development. The present research also provides new evidence by quantifying the magnitude of these effects in the canton of Salinas, Ecuador; it explored the interaction between variables and the results made it possible to identify the particular risk factors for the psychological well-being of immigrants in Salinas, such as age, sex, migratory status and educational level, which could guide the implementation of more focused interventions ⁽²⁶⁾.

In addition, by analyzing the different categories of migratory status (temporary, permanent), it was possible to identify that there are differences in the impact of discrimination and psychological well-being of the participants, as well as to delve into the specific forms of discrimination experienced by immigrants in Salinas (racial, ethnic, labor, among others), and their relationship with different dimensions of psychological well-being (emotional, social, psychological), which led to the exploration of the effectiveness of different coping strategies in relation to perceived discrimination and psychological well-being, and finally, it was possible to analyze how the process of adaptation to the new culture influences psychological well-being, as there are factors that facilitate or hinder this process.

Consequently, this research contributes to expand knowledge about the experience of immigrants in Ecuador, providing empirical evidence on the factors that influence their psychological well-being. The findings obtained have important implications for the design of psychosocial interventions and at the level of public policies aimed at improving the quality of life of this population and be the basis for future research in this line of investigation.

Therefore, the limitations of these results are that they are based on a cross-sectional study, so that, although we speak of effects and probabilities, these relationships should be nuanced. Because of this, it is proposed that the relationships between psychological well-being and the predictors continue to be investigated in other social contexts, and with a longitudinal design.

CONCLUSIONS

The results achieved in this work show how important it is to include actions in nursing care for immigrant groups in vulnerable situations, which represents the basis for the creation of spiritual interventions, due to the growing phenomenon of the current migratory flow.

The positive relationship obtained between the variables considered in the study constitutes scientific support for the Adaptation Model, since it focuses on the adaptive processes of the being with its environment described by Callista Roy, as well as the relevance that nurses can intervene to facilitate the adaptation of all human beings who need to improve their health and well-being.

Finally, based on the results obtained and their analysis, it is highlighted that foreigners, mainly Latino, go through a complex set of situations where migratory status, perceived discrimination and the level of coping and adaptation turn out to be predictive factors in well-being. psychology of immigrants.

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