

#CONAMA2024



DOSSIER DE INFORMACIÓN

ST- 12 Ciudades Saludables

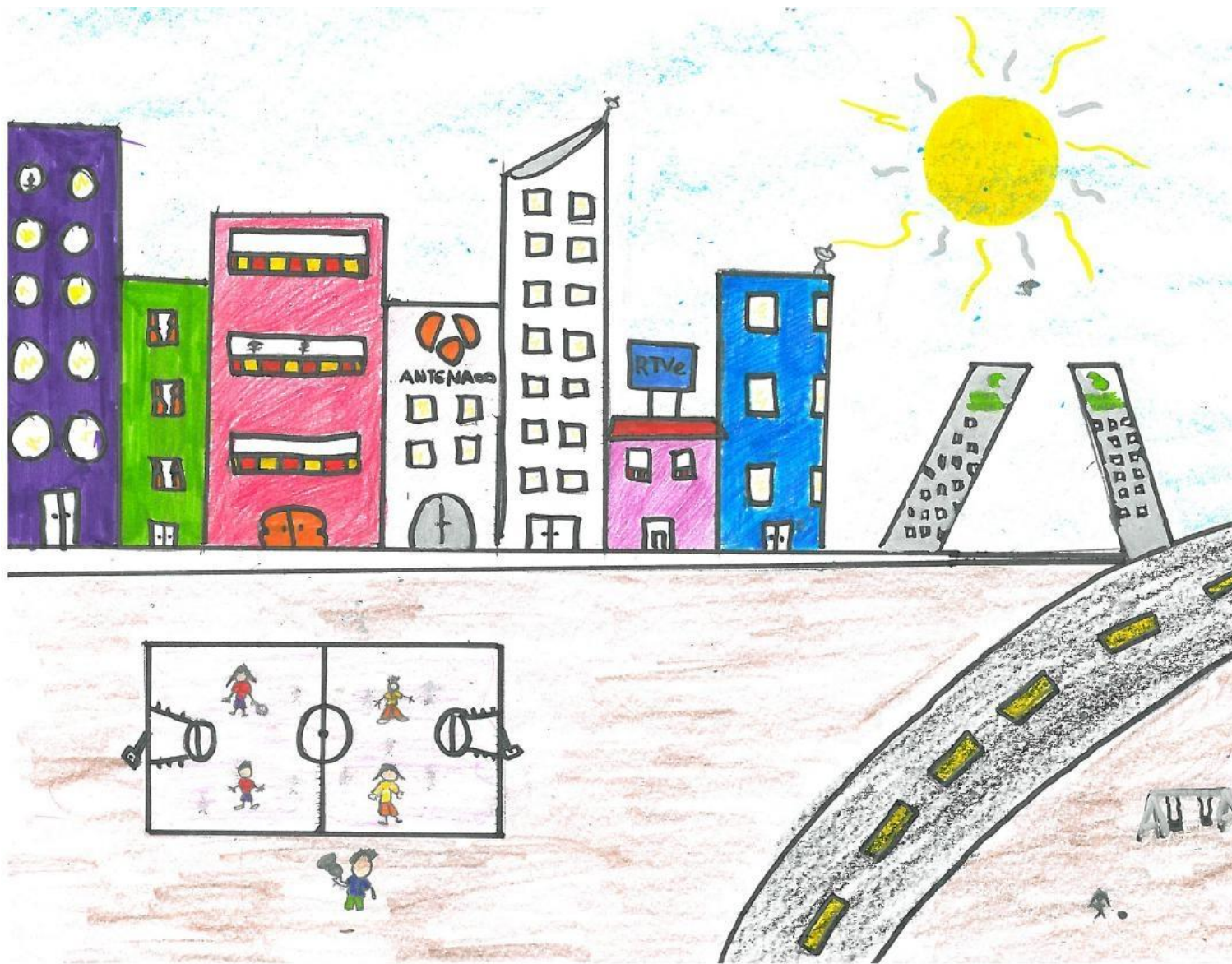
Día: martes 3 de diciembre
Hora: 11:30 – 14:30
Sala: N103 – Daimiel - Ruidera

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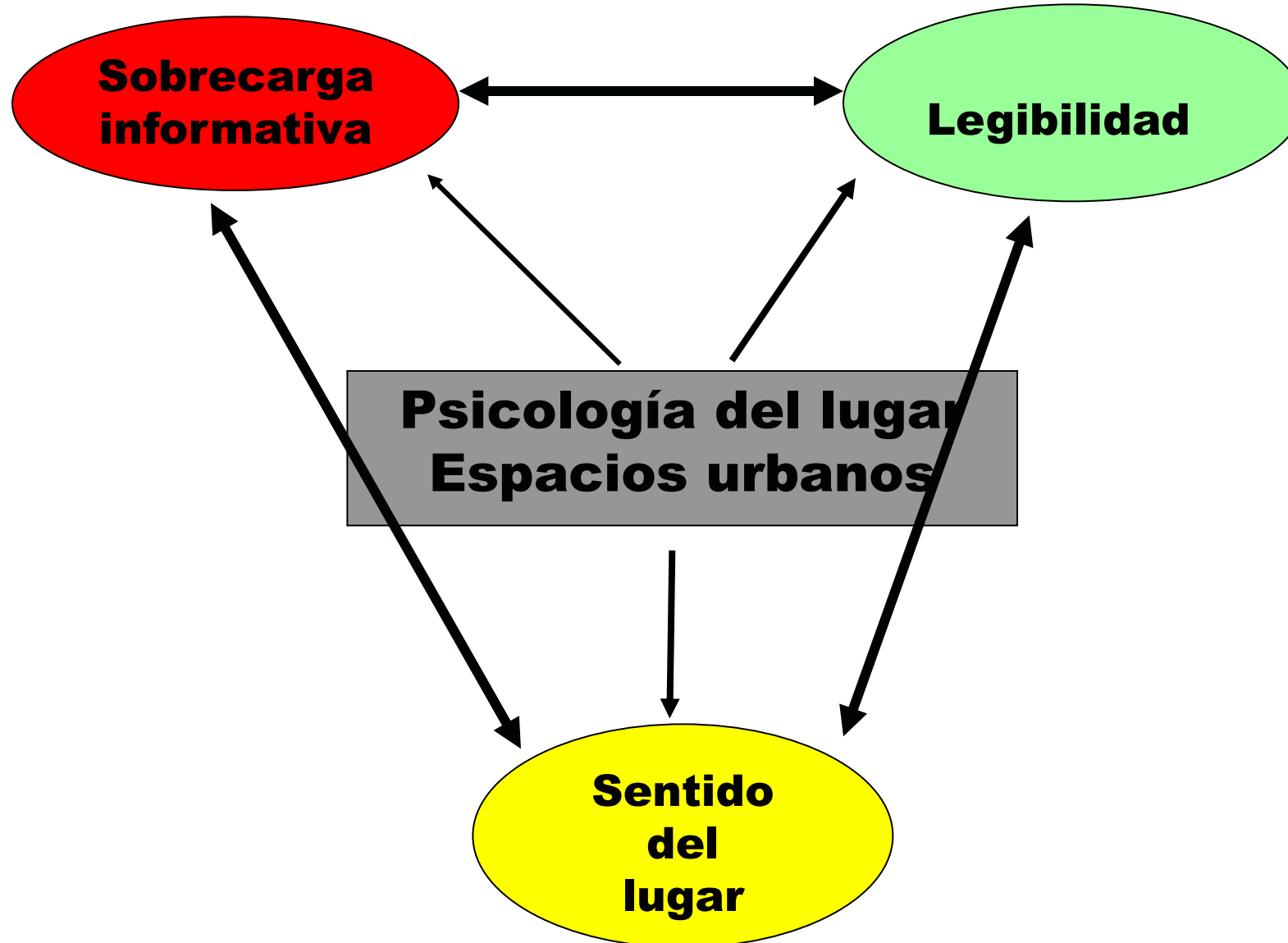


¿Prisioneros del espacio?



Si quieres explicarte el comportamiento de una persona, acude al lugar en el que ocurre" (Wicker, *Ecological Psychology*)

Estudio psicológico de la ciudad: Contribuciones paradigmáticas



Experiencia urbana: trama de conceptos



The Experience of Living in Cities

Adaptations to urban overload create characteristic qualities of city life that can be measured.

Stanley Milgram

"When I first came to New York it seemed like a nightmare. As soon as I got off the train at Grand Central I was caught up in pushing, shoving crowds on 42nd Street. Sometimes people bumped into me without apology; what really frightened me was to see two people literally engaged in combat for possession of a cab. Why were they so rushed? Even drunks on the street were bypassed without a glance. People didn't seem to care about each other at all."

This statement represents a common reaction to a great city, but it does not tell the whole story. Obviously cities have great appeal because of their variety, eventfulness, possibility of choice, and the stimulation of an intense atmosphere that many individuals find a desirable background to their lives. Where face-to-face contacts are important, the city offers unparalleled possibilities. It has been calculated by the

Regional Plan Association (1) that in Nassau County, a suburb of New York City, an individual can meet 11,000 others within a 10-minute radius of his office by foot or car. In Newark, a moderate-sized city, he can meet more than 20,000 persons within this radius. But in midtown Manhattan he can meet fully 220,000. So there is an order-of-magnitude increment in the communication possibilities offered by a great city.

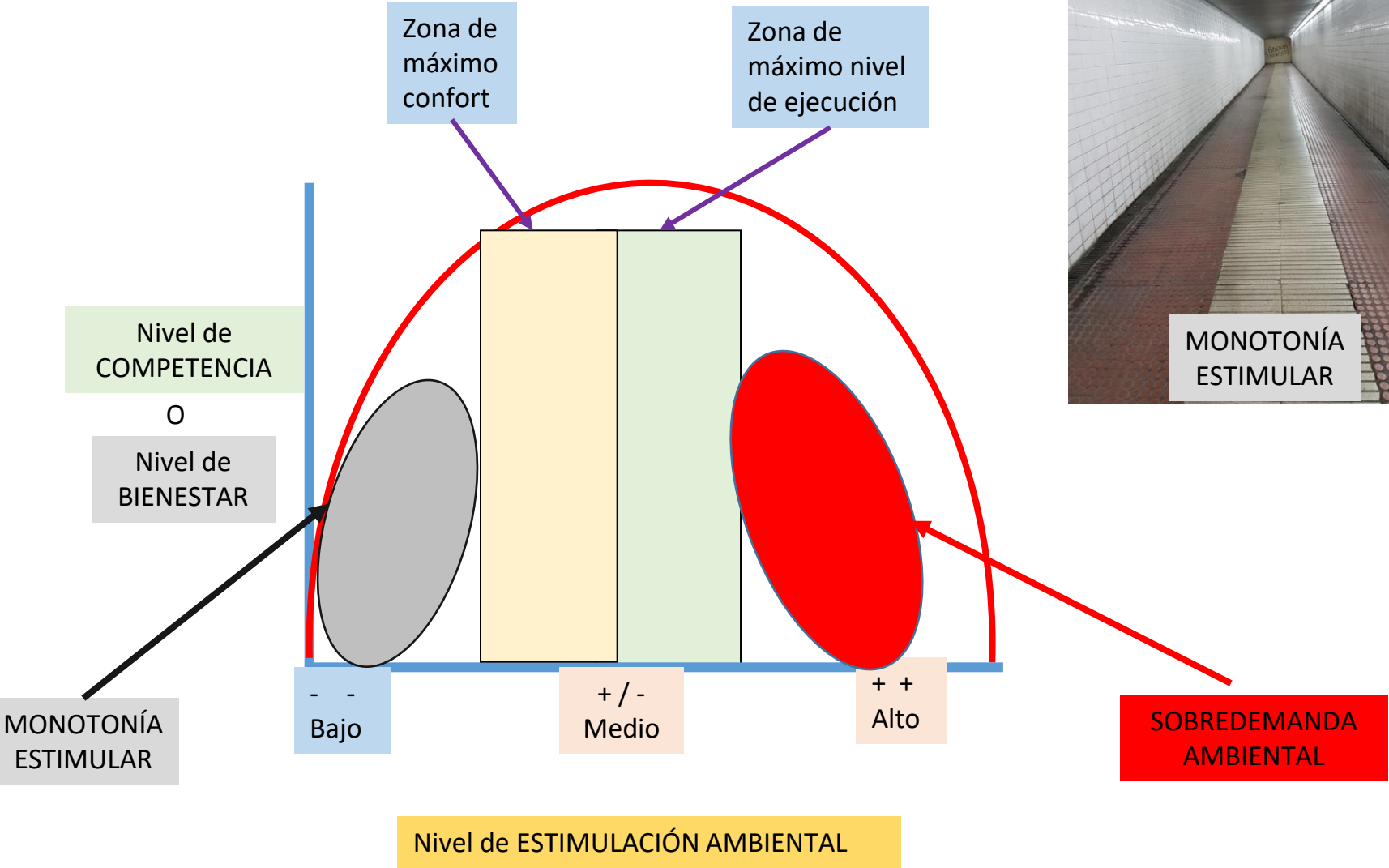
That is one of the bases of its appeal and, indeed, of its functional necessity. The city provides options that no other social arrangement permits. But there is a negative side also, as we shall see.

Granted that cities are indispensable in complex society, we may still ask what contribution psychology can make to understanding the experience of living in them. What theories are relevant? How can we extend our knowledge of the psychological aspects of life in cities through empirical inquiry? If empirical inquiry is possible, along what lines should it proceed? In short, where do we start in constructing urban theory and in laying out lines of research?

Observation is the indispensable starting point. Any observer in the streets of midtown Manhattan will see (i) large numbers of people, (ii) a high population density, and (iii) heterogeneity of population. These three factors need to be at the root of any sociopsychological theory of city life, for they condition all aspects of our experience in the metropolis. Louis Wirth (2), if not the first to point to these factors, is nonetheless the sociologist who relied most heavily on them in his analysis of the city. Yet, for a psychologist, there

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HIPÓTESIS DE LA DOCILIDAD AMBIENTAL





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The impact of the built environment on loneliness: A systematic review and narrative synthesis

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ABSTRACT

Loneliness is a pressing public health issue. Although quintessentially individual, it is shaped by wider environmental, cultural, socio-economic, and political circumstances. Using a systematic review methodology, this paper draws on interdisciplinary research to conceptualise the relationship between the built environment and loneliness. We present a narrative synthesis of 57 relevant studies to characterise the body of evidence and highlight specific built-environment elements. Our findings demonstrate the need for further conceptual and empirical explorations of the multifaceted ways in which built environments can prevent loneliness, supporting calls for investment into this public-health approach.

Presenta una síntesis narrativa de 57 estudios relevantes que relacionan rasgos físicos del entorno construido con la experiencia de la soledad.

Rasgos físicos que pueden reducir la soledad.

Broad category	Specific features
<i>Urban scale</i>	Infraestructura local suficiente con áreas comunes/públicas. Recursos TIC, nivel de ingresos, servicios de salud mental y seguridad alimentaria y de vivienda en zonas urbanas. Servicios generales y movilidad en el medio rural. Vivienda situada cerca de centros sociales Transporte entre ciudades. Buena distribución de servicios y espacios públicos. Barrios étnicamente diversos

Broad category	Specific features
<i>Perceived neighbourhood structural context</i>	Percepciones positivas sobre la calidad física y el mantenimiento del barrio. Satisfacción residencial (mediada por SES)

Broad category	Specific features
<i>Housing design</i>	Tamaño de la vivienda y posibilidad de acoger actividades sociales. Materiales de vivienda de buena calidad. Diseño de vivienda personalizado y adaptado. Viviendas bien mantenidas, tranquilas y cálidas, bien iluminadas y con acceso a espacios exteriores (por ejemplo, ventanas y balcones). Vivienda compartida solidaria que no socava la independencia
<i>Housing costs & affordability</i>	Vivienda asequible. Seguridad frente al riesgo de desalojo. Opciones sobre dónde vivir.
<i>Housing tenure</i>	Tiempo de propiedad de la vivienda. Posibilidades de alquilar otra vivienda (mediado por SES)

Broad category	Specific features
<i>Public spaces & mobility</i>	Acceso a espacios públicos y servicios. Presencia de centros comunitarios Uso flexible del espacio para equilibrar el ajetreo, el ruido y la actividad diaria con escapadas tranquilas y privadas. Eventos temporales frecuente. Transporte y acceso a espacios de relación. Transporte público y senderos para caminar o hacer ejercicio. Accesibilidad para peatones. Atractivo del barrio. Transporte público seguro, fiable, cómodo y no estigmatizado. Conectividad digital. Independencia y control de movimientos.

Broad category	Specific features
<i>Natural spaces</i>	Exposición al espacio natural. Huertos para residentes urbanos Tiempo dedicado a la visita a espacios naturales públicos o privados Vivir dentro de áreas de espacios verdes con uso alto. Contacto con entornos naturales (simulación: ver fotos de la naturaleza)

Broad category	Specific features
<i>Safety</i>	Seguridad percibida y ausencia de comportamiento antisocial.. Estabilidad o reducción de la delincuencia objetiva. Sentirse seguro caminando solo por la noche o estando en casa. Bajo riesgo para la salud por la contaminación ambiental. Seguridad en el transporte.

Fuente: Bower et al, 2023. The impact of the built environment on loneliness: A systematic review and narrative synthesis. *Health and Place*, January, 2023.

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Original Article

More green, less lonely? A longitudinal cohort study

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Abstract

Background: Urban greening may reduce loneliness by offering opportunities for solace, social reconnection and supporting processes such as stress relief. We (i) assessed associations between residential green space and cumulative incidence of, and relief from, loneliness over 4 years; and (ii) explored contingencies by age, sex, disability and cohabitation status.

Methods: Multilevel logistic regressions of change in loneliness status in 8049 city-dwellers between 2013 (baseline) and 2017 (follow-up) in the Household, Income and Labour Dynamics in Australia study. Associations with objectively measured discrete green-space buffers (e.g. parks) (<400, <800 and <1600m) were adjusted for age, sex, disability, cohabitation status, children and socio-economic variables. Results were translated into absolute risk reductions in loneliness per 10% increase in urban greening.

Results: The absolute risk of loneliness rose from 15.9% to 16.9% over the 4 years; however, a 10% increase in urban greening within 1.6 km was associated with lower

- Disponer de, al menos, un 30% de espacios verdes en un radio de 1.600 m. de la residencia, menos soledad, comparado con los que disponen de un 10%.

Soledad



Fuente, *Ethic*, julio 2022

- El estudio de cohorte longitudinal encontró una asociación entre incrementos del 10% en espacios verdes urbanos dentro de 1600 m y una menor incidencia acumulada de soledad en 4 años.

**TIPOLOGÍA DE LOS
ENTORNOS
CONSTRUIDOS**

1. Entornos controlables

2. Entornos restauradores

3. Entornos facilitadores

Entornos, según la compatibilidad persona-ambiente

- **Ambiente Controlable** (la persona cree tener la capacidad de control sobre los acontecimientos)
- **Ambiente Restaurador** (donde la persona puede recuperarse del exceso de estimulación y la presión de sus ambientes *normales*)
- **Ambiente Soportador** (el ambiente ofrece oportunidades adecuadas para satisfacer las metas y planes de acción de la persona)