


Perception of Urban Quality of Life in Residents of the Metropolitan Area of Monterrey, Mexico: Psychoeducational Importance

Percepción de la calidad de vida urbana en residentes del Área Metropolitana de Monterrey, México: su importancia psicoeducativa

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Summary

Urban sprawl is a phenomenon of great importance for people who live in large cities and feel the effects of it, which can affect their quality of life. In this regard, the objective of this research is to know the perception of the urban being in relation to the quality of urban life in the metropolitan area of Monterrey, Mexico. A qualitative investigation was carried out, of thematic analysis design. 24 residents of the metropolitan area of Monterrey participated. A semi-structured in-depth interview was applied. As results, it was found that the quality of urban life can be understood through external qualities, such as the standard of living appropriate to their needs; and internal, such as urban happiness, urban lifestyles and rethinking the link between society and nature. It is concluded that both the perception of external and internal qualities affect the quality of urban life. Likewise, their knowledge is important for the formulation of psychoeducational interventions that improve the quality of urban life in residents.

Keywords: Quality of urban life, Inner qualities, External qualities, Monterrey; Psychoeducation.

Resumen

La expansión urbana es un fenómeno de suma importancia para quienes habitan en grandes ciudades y sienten los efectos de la misma, lo cual puede afectar su calidad de vida. Al respecto, el objetivo de la presente investigación es conocer la percepción del ser urbano en relación a la calidad de vida urbana en el área metropolitana de Monterrey, México. Se realizó una investigación cualitativa, de diseño de análisis temático. Participaron 24 personas residentes de la zona metropolitana de Monterrey. Se aplicó una entrevista en profundidad semiestructurada. Como resultados se encontró que la calidad de vida urbana puede ser entendida a través de las calidades externas, tales como el estándar de vida adecuado a sus necesidades; e internas, tales como la felicidad urbana, los estilos de vida urbana y el repensar el vínculo sociedad y naturaleza. Se concluye que tanto la percepción de las calidades externas, e internas afectan a la calidad de vida urbana. Asimismo, su conocimiento es de importancia para la formulación intervenciones psicoeducativas que mejoren la calidad de vida urbana en los residentes.

Palabras clave: calidad de vida urbana; calidades internas; calidades externas; Monterrey; psicoeducación.

Introduction

The growth of urban spaces and globalization have led cities to become the economic, political, and social bases of their countries (Carreño-Campo and Alfonso, 2018). However, the morphology of these cities makes it difficult to adapt to more sustainable and integral designs that provide foundation for the future and, with it, for the following generations. In this regard, the city of Monterrey is characterized by being one of the three main cities in Mexico, standing out for having the highest human development index and the best rated by its inhabitants. However, it has serious problems that damage the city, its inhabitants, and the natural environment (Sánchez, 2016).

Environmental psychology recognizes the inter-influence between environment and behavior (Roth, 2000). According to Ramos (2021), the establishment of cities after modernity includes the emergence of metropolitan areas. These zones impact both the form of cities and how people live and interact in them (Roth, 2000), which particularly refers to the quality of urban life. The impact of living in metropolitan areas on cities is because they not only concentrate more than half of a city's population but also form part of its economic, political, and social spheres.

From this perspective, how the city is lived is not only a matter of housing and architectural construction but must be understood in psychosocial and political terms. It is created by individuals who cohabit and live in it (Ziccardi and Figueroa, 2021); and must be studied from different perspectives (Valera, 1996; Lindón, 2014). In this regard, to achieve sustainable growth of cities, it is necessary to broadly satisfy the needs of the population and address objective and subjective conditions to guarantee their permanence and social and economic development (Lara et al., 2017).

In this regard, the city cannot be analyzed without a holistic point of view that includes everything that comes with being in cities on a permanent basis. The conditions of the city where people live affect their subjectivity to their way of life and access to resources (Narváez, 2015; Roth, 2000). It is here that questioning how the population is living the city, and, in the same way, suggesting diverse ways to effectively analyze the perspectives of people living in the city are of key importance to seek models for improving the quality of urban life and, with this, diminish the significant and diverse socio-urban inequalities.

Thus, it is necessary to consider the city as a space of interaction and personal development, i.e., the humanistic part of making the city (Lefebvre, 1975). From this perspective, it is key for urbanism to study the urban from its interdisciplinary sense and with the integration of both quantitative and qualitative aspects. It is from the above that the emergence of environmental cognitions is made possible. An element associated with the above is the quality of life, which focuses on the course of human life, and not only on people's resources or income (Sen, 2004). According to Levi and Anderson (1980), quality of life is understood as a measure comprising physical, mental, and social well-being, as perceived by each individual and group. This concept includes the conjunction between a subjective and an objective aspect.

In this study, the concept of urban quality of life is understood as the set of conditions present in the urban environment that guarantee biological comfort and functional support for the development of individuals and their activities in equal and dignified conditions within a city (Sen, 2004). Research on quality of life allows the identification of the coexistence of divergent positions: on the one hand, those who postulate a more quantifiable vision, provide methods and instruments to evaluate it (Angel & Blei, 2016; Amenós, 2016; Covas et al., 2017), while on the other hand, other researchers from a qualitative stance seek to emphasize aspects concerning the perception of individual well-being (Escobar and Fitch, 2013; Gómez and Rosas, 2018; Ismael, 2021). Based on the above, it is acknowledged that discussions about the research on urban quality of life are hindered by the lack of integration of qualitative aspects (Avellaneda, 2008).

In line with the above, it is also crucial to determine the factors that make up public space to generate urban programs and public policies that match and meet the real needs of cities and metropolitan areas to modify urban morphology (Salinas-Arreortua, 2017). Therefore, qualitative analyses of urban quality of life, public space, and urban morphology are so relevant. Analyzing the population's experiences is necessary to achieve a perspective on these issues that can be used when analyzing what the city needs (Narváez et al., 2016).

Research on quality of life commonly focuses on the material well-being of individuals according to some established standards associated with income, asset ownership, housing conditions, etc. (Angel & Blei, 2016; Aménos, 2016; Espinosa, 2014; Escobar and Fitch, 2013; Gómez and Rosas, 2018; Ismael, 2021). Specifically, in terms of urban quality of life, there is a set of objective measurements and indicators of material conditions of the city, such as air pollution levels or the number of public transport units in a city (Blanco, 2016). In this regard, Escobar, and Fitch (2013) explore the different nuances of the term quality of life both in its conceptualization and evaluation. They consider a broader spectrum of human needs from an axiological, existential, and satisfying categories approach. In addition to the above, Gómez and Rosas (2018) explore this term in the light of circumstances arising from industrialization and

urbanization processes, which is useful since the city of Monterrey is characterized by being an industrial city.

In this study, urban quality of life is approached from two dimensions: external qualities using a standard of living-related approach, and internal qualities using an urban happiness-related approach (Leva, 2005; Escobar and Fitch, 2013). External qualities refer to everything that entails the quality of urban life, making a special emphasis on everything that pertains to what is perceived and is, to some extent, tangible in the city (Escobar and Fitch, 2013). In this regard, Torales (2018) mentions that the tangible interacts with its context; in such a sense, the characteristics of any fact or social phenomenon can be described based on other phenomena with which it interacts spatially. In line with the above, it is necessary to address the quality of life from a standard of living-related approach because although it is something that concerns all those people living in cities, it is a recurring theme in terms of human rights and social justice, since when talking about the standard of living in cities, it is necessary to analyze space as a reproduction of the social (Simpson, 2019; Sousa, 2013; Leva, 2005), which is of utmost importance when proposing interventions from psychoeducation to improve urban welfare and, consequently, the quality of urban life in residents.

In the same way, material criteria such as space design can be considered to shape places around this necessary issue (Escobar and Fitch, 2013). It is also a critical point to consider the social, economic, and technological factors of the space since this affects the private nature of places because a relevant concept is that of emotional capitalism, which shapes the vision of well-being that may be had. All this can be visualized through public policies that can be adapted to the improvement of space. It should be noted that it not only refers to the construction of space and its associated practices but goes a step further to explore social-spatial construction as an interdisciplinary expression in urban studies, which constitutes an expression and scope that refer to diverse social and territorial processes and phenomena/problems.

Likewise, internal qualities seek to describe the quality of urban life from the subjective. These subjective elements are developed in the private and imaginable life of the individual. Both internal and external qualities are materialized in cities (Lindón, 2014; Leva, 2005). Internal qualities can be understood from urban happiness (Ballas, and Dorling, 2013), urban lifestyles (Hiernaux and Lindón, 2004), and society and nature (Barabas, 2003).

Thus, according to Garutti (2019), urban happiness is understood as subjective well-being contextualized to the place. The quality of urban life and the way in which urban spaces can be changed to approach this well-being that comes with urban happiness are considered the main point. In this regard, Castellanos (2017) highlights the relevance and usefulness of the subjective well-being approach for public administration, managing to contribute to the understanding of it from the analysis of the role that public goods and services can have in favoring well-being, which, he assures, should be of interest to the public administration. Beyond the tangible changes, internal qualities must be improved through psycho-educational interventions that raise awareness of the changes made.

Concerning what has been said up to this point, it is important to point out that both external and internal qualities converge, as happens with the objective and subjective indicators of quality of life, and that these are mediated by the sociocultural context since this imposes parameters for the evaluation of the environment (Valera, 1996).

The relevance of this study lies in the need of developing new analyses that offer a representative view for the complete set of needs and areas of opportunity in cities and serve as a basis for the implementation of psychoeducational actions to improve the quality of urban life. Likewise, it seeks to provide knowledge to understand the urban environment (Romero, 2016; Hiernaux, 2008). The quality of urban life impacts all environments of urban life and individual

and collective aspirations. It is a problem that affects all areas of society, so it is crucial to detect socio-urban issues in advance (González, 2008) to reflect, analyze, and promote a joint solution and, thus, guarantee a satisfactory level of urban quality of life that dignifies the lifestyle and the way of life of future generations in Mexico. In this regard, this study is intended to know the perception of the urban being concerning the quality of urban life in the metropolitan area of Monterrey, Mexico.

Method

Type and Design

This study used a qualitative perspective approach, which, in turn, shows a thematic analysis design because it allows us to understand the perceptions of the phenomenon being studied (Braun & Clarke, 2013), i.e., the quality of urban life in the inhabitants of Monterrey.

Participants

Twenty-four residents of the Monterrey metropolitan area participated. Participants over twenty years old, residing at least one year in Monterrey, were included, regardless of their educational attainment or having lived in other municipalities. Participants under twenty years old, those who do not currently live in the city of Monterrey, and those who were temporary or transient residents (migrants) were excluded. The sampling used in this study was intentional, and referenced sampling was used to select the participants (Robinson, 2014).

Women and men participated equally. Nine were between 20 and 29 years old, nine between 30 and 39, and six between forty and over. Eighty-eight percent were professionals, and the rest were non-professionals. Sixty-seven percent were residents of the city of Monterrey, while 50% were residents of the municipality of Monterrey. The average length of residence in the current municipality is 16 years, with a minimum of one year and a maximum of 55 years. Finally, 75% have resided in at least one other municipality (Table 1).

Table 1.
Characteristics of the participants

Pseudonym	Sex	Age	Education Attainment	Residence municipality	Residence years	Other residence municipalities
Ana	F	30-39	Professional	Monterrey	31	4
Javier S.	M	30-39	Professional	Monterrey	5	1
José	M	20-29	Professional	Guadalupe	15	3
Juan	M	30-39	Professional	San Pedro Garza García	3	4
Juanita	F	40 +	Professional	Guadalupe, Nuevo León	25	4
Leonel	M	20-29	Professional	Apodaca	10	1
María	F	20-29	Professional	San Pedro Garza García	4	1
Miguel	M	40 +	Professional	Monterrey	25	2
Moises	M	30-39	Non-professional	Apodaca	2	3
Odividio	M	30-39	Professional	Apodaca	7	1
Oscar	M	40 +	Professional	Guadalupe	25	3
Agustin	M	30-39	Professional	Monterrey	3	2
Ana R.	F	20-29	Non-professional	Monterrey	19	0

Sindy	F	40 +	Professional	San Pedro Garza García	1	0
Sofia	F	30-39	Professional	Monterrey	24	1
Yolanda	F	40 +	Non-professional	Monterrey	55	0
Zaida	F	40 +	Professional	San Pedro Garza García	6	4
Abril	F	30-39	Professional	Monterrey	31	0
Aurora	F	30-39	Professional	Apodaca	10	1
José D.	M	20-29	Professional	Monterrey	25	0
Fernanda	F	20-29	Professional	Monterrey	5	1
Gerardo	M	20-29	Professional	Santa Catarina	14	1
Isabella	F	20-29	Professional	Monterrey	21	1
Javier A.	M	20-29	Professional	Monterrey	23	0

Information Gathering Tools

A semi-structured in-depth interview was used. A categorization matrix was constructed according to the research question (Kvale, 2011; Castillo-Montoya, 2016) to elaborate it. Likewise, the previously mentioned theoretical contributions were considered to establish the themes of the interview script, which were external and internal quality of life. This script was reviewed by ten experts in the field, which was considered suitable for its use. In addition, a pilot interview was used, from which the initial interview guide was modified, taking into consideration the pertinent questions for its use (Table 2).

Table 2.
Guiding questions

Quality of life	Extract of questions from the interview script
External qualities	How is your daily life in the city? How do you evaluate your daily life? Why do you evaluate it this way?
Internal qualities	Let's talk about the neighborhood where you currently live, when you think about it: What emotions does living there generate in you? What do you feel when you live there? In your neighborhood, how would you say people live? What is the most characteristic thing about living in your neighborhood? Do you consider that the neighborhood where you live defines you as a person? Why?

Procedure

In order to conduct this research, it was necessary to consider the current conditions due to the worldwide pandemic of COVID-19. The participants were contacted by a key informant and were informed of the purpose and their role in this study. After that, the date and time of the interview were arranged with those who agreed to participate. The interview was conducted through a videoconference platform. During the meeting, the study purpose, and the central aspects of the study methodology were reiterated. Later, the informed consent was read to them, making clear the aspects of confidentiality, anonymity using pseudonyms and the consequences of their participation, emphasizing the absence of risks, and indicating the absence of economic benefits. It was indicated that the interview would be recorded and then transcribed verbatim and that after the corresponding analysis, the recordings would be eliminated. After consent was obtained, the

interviews began, which lasted an average of 30 minutes. The interviews were conducted by the first author of this article. No person refused to participate in the study or dropped out. Data collection took place between Tuesday, September 29, and Saturday, October 10, 2020.

Information Analysis

Thematic content analysis, proposed by Braun & Clarke (2013) was used. In this regard, *familiarization* with the data was conducted, which included an in-depth reading of the interviews and the preparation of quotes and initial theoretical notes (memos) based on it. Later, an *initial coding* process of the selected quotes was conducted, thus making sense of the data. Later, the *search, review, and definition of themes* were conducted through an iterative process, which involved a constant comparison between codes and themes to be raised. Thus, two coding cycles were conducted (Saldaña, 2013), where the themes were refined using semantic maps (Figure 1), from which four general themes were defined: *standard of living, urban happiness, urban lifestyles, and Society/Nature*. Finally, the *report was prepared*, in which the results organized in themes and codes were described. The ATLAS.ti 9.1 software was used for the analysis. The representation (≥ 1) (saturation), frequency of occurrence (≥ 36), and density (≥ 2) (explanatory power) of the generated categories were used as tactics for the construction of meaning (Miles et al., 2014).

Results

It can be seen in the analysis that the perception of urban quality of life can be understood from two particular themes: external qualities and internal qualities. Both include sub-themes to be addressed, as shown below (Table 3).

Table 3.
Categories and subcategories identified

Category	Subcategory
External qualities	Standard of living (suitable to the needs)
Internal qualities	Urban happiness
	Urban lifestyles
	Rethinking the link: Society and nature

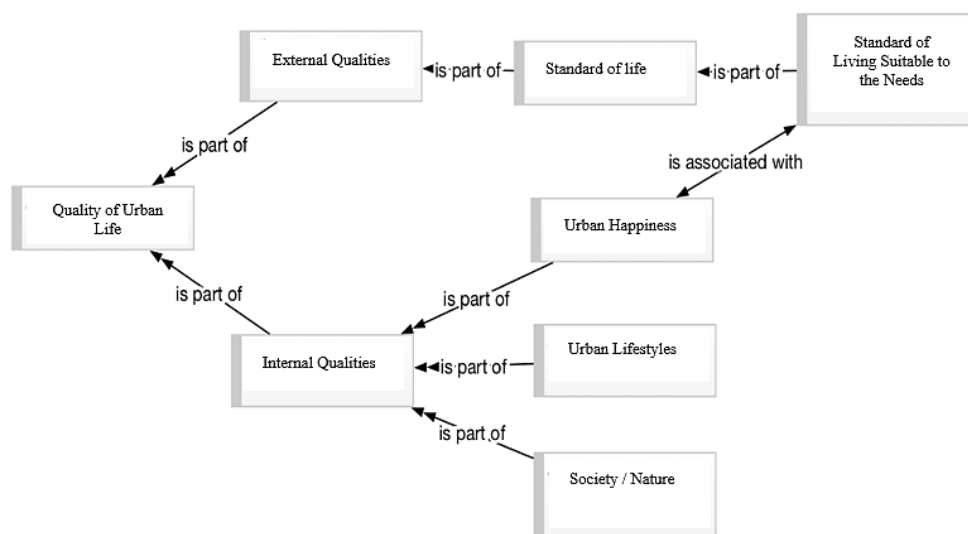


Figure 1.
Semantic map Quality of urban life in residents of the Monterrey metropolitan area

External Qualities

External qualities are understood by the participants as those elements external to the person, such as nature (environment) and society (community), which influence their quality of urban life. In this sense, the quality of life not only depends on mere individual subjectivity but is also influenced by the external media, specifically the environment and its community. Hence, the participants' answers are nuanced by the environment in which they live and how this environment is internalized.

The external qualities are evidenced by the fulfillment of certain *standards of living*, which are understood as the fulfillment of indicators associated with the quality of urban life. In this point are indicators such as *infrastructure* that implies access to drinking water, electricity, gas, *urban public spaces* such as those necessary for recreation, such as parks, natural areas, etc.; and the *mobility* that can be exercised within it, whether motorized or sidewalks and urban framework for pedestrians; good roads, etc. These three elements are necessary for the introjection of external qualities.

Now, one of the specific standards in this regard is the *standard of living suitable to the needs*, which is experienced by the participants as the appropriate fulfillment of indicators associated with urban happiness, which is part of the internal qualities.

I also have here, very close to me, a park and something similar happens, I mean, people have neighbors' meetings, I tell you that they are like twice a year. Yes, they have agreed to tell the municipality: "Hey, put garbage cans, put lighting, put sidewalks," but people use them, and they put new ones, and games for the children and things like that (Fernanda, five years of residence in Monterrey).

These elements are crucial to the extent that they allow us to understand how the external environment, represented in elements of nature or society, is evaluated by the urban being and, in turn, internalized in the form of subjective experiences, giving way to the next point.

Internal Qualities

The participants refer that another element that constitutes their quality of urban life is the internal qualities, which can be understood as those subjective representations from which they materialize the construction of the city. Thus, the city becomes a reflection of the will of its inhabitants, who mold it according to their interests and/or needs. In affecting their environment, they are also affected by it.

Well, what will be "the tranquility" and what will be as one might say, "the neighborhood." That they are all friends. The children know each other. Since it is a private neighborhood, we have, I don't know, also the peace of mind that the children go out to play and I know that nothing is going to happen, I mean if there is a risk of being run over or something, but for the same reason that all the neighbors know each other and that is safer for them, right? And for all the neighbors, I feel that there is companionship, and friendship, there are several groups, and the truth is, above all, a lot of tranquility (Sofía, 24 years of residence in Monterrey).

One of the forms in which internal qualities are expressed is *urban happiness*. This is experienced as a positive state of mind concerning the quality of life of people in cities. This can be produced by having certain economic equity or stability, urban mobility, ecological footprint, access to parks and sports facilities, the existence of local markets, and community gardens, among others.

I think it is a friendly coexistence, and the truth is that I was fortunate to be able to locate my house near my activities, near my daughters' school, and near one of my jobs (Zaida, 6 years of residence in San Pedro Garza García).

Another essential element for internal qualities is *urban lifestyles*, which can be understood as the economic, social, environmental, sanitary, etc. lifestyles that urban life provides. These urban lifestyles both condition and are conditioned by the practice of the urban being.

I feel safe, it gives me a sense of tranquility and well-being, and a sense of how to name it? Well, of partial contact with nature because of the views I have, that I can see towards the mountains, that I can see large green areas, which also gives me an atmosphere of freshness. I have to say that I am not from Monterrey, so when I arrived here I began to appreciate things that I did not appreciate when I lived in Mexico City, it is very difficult to have views, for example, and here the views are spectacular and first I came to live in the Valle Oriente area in a process where construction began to be very intense, Then we arrived and there were spectacular views, but then they were gone and it coincided with the fact that we moved to the west and now we have recovered that ability to have views, which is a factor that gives us that feeling of tranquility and openness that is not so urban (Zaida, 6 years of residence in San Pedro Garza García).

Finally, it is *rethinking the link: society and nature*, which leads us to reflect on whether the process of construction of the city complies with principles such as legibility, sanitation, and imaginability, among others. The sense of *legibility* is understood by the participants as the quality that allows them to identify the most relevant urban elements to understand, in its totality, a city. Likewise, *sanitation* is understood as the optimal health condition so that people living in urban areas can identify and control the social, economic, and environmental factors that support such condition. Finally, *imaginability* can be understood as those morphological qualities that facilitate the creation of mental images of the environment and that are useful to build identity and sense of belonging to a place.

[...] Then you say "Hey, what's up with the control", "What's up with the people who structure", I mean, I ask myself many questions like "Well, there is a lot, there is someone who has to design what is going to be built and it is clear to me that there is someone who is going to pay for it" and it is clear to me that there is someone who governs that yes, that no. But unfortunately, you realize that with the people who structure, no one is going to pay for it. But unfortunately, you realize that with money everything is possible, so the designer always makes very nice models and puts thousands of little trees, but at the time of construction, the trees generate a cost that says "no, not that, because it doesn't make me any profit, so I just do the construction" and that's where it stayed (Javier S. 5 years of residence in Monterrey).

According to the above, it can be pointed out that internal qualities, which include urban happiness, urban lifestyles, and rethinking the links between society and nature, contribute to the construction of the quality of urban life.

Discussion

The purpose of this study is to learn about the perception of the urban being about the urban life quality in the metropolitan area of Monterrey, Mexico to detect socio-urban problems associated with the phenomenon of urban expansion. To this end, twenty-four semi-structured interviews were examined, which were made to participants over twenty years old, residing in the metropolitan area of Monterrey for at least one year. From the results obtained, it was possible to

determine four subcategories related to external and internal qualities, allowing us to deepen the urban life quality approach previously mentioned (Escobar and Fitch, 2013; Gomez and Rosas, 2018; Sen, 2004; Ziccardi and Figueroa, 2021).

In terms of external qualities, it was found that the standard of living (suitable to the needs) reveals aspects related to external quality (environmental, infrastructure, and urban services) and internal qualities, such as the level of citizen satisfaction about the lifestyle offered by the city, such as air quality, access to water, utilities, access to parks or spaces that promote coexistence in a public atmosphere, among others. This is consistent with the theoretical approaches of Simpson (2019) and Sousa (2013) when referring that the standard of living is something that concerns all those people living in cities. This is a recurring theme in terms of human rights and social justice because, when speaking of the standard of living in cities, it is necessary to analyze the space as a reproduction of the social aspect.

For internal qualities, specifically related to urban happiness, it was found that this allows us to learn about citizen satisfaction and intervene in public policies that stimulate an urban life recognized by its inhabitants for being decent, fair, equitable and of well-being, related to the urban lifestyle and its life quality. The foregoing is consistent with Torales (2018) about the fact that the tangible aspect interacts with its context. In such a sense, the characteristics of any social fact or phenomenon can be described based on other phenomena with which it interacts spatially. In line with the foregoing, it is necessary to address life quality from a psychoeducational approach related to the standard of living because although it is something that concerns all those people living in the cities, it is a recurring theme in terms of human rights and social justice since, when speaking of the standard of living in cities, it is necessary to analyze the space as a reproduction of the social aspect (Simpson, 2019; Sousa, 2013; Leva, 2005).

For urban lifestyles, the need to reflect on the construction of urban spaces from a psychoeducational approach was identified to address, in all its complexity, urban lifestyles from a well-being approach to ensure an equitable and decent level of the urban life quality. This is in line with Hiernaux and Lindon (2004) when they point out that urban lifestyles are also linked to happiness, which can be interpreted as the economic, social, environmental, health, etc., lifestyles that the urban life provides. In this regard, the urban lifestyle is influenced by these elements, which cannot be preliminarily identified, and which influence is different in each of the participants.

Finally, in terms of rethinking the link between society and nature, the causality of the relationship between society and nature was identified in the process of materialization in those spaces of public and democratic criteria, where the urban beings satisfy their disputes and social needs. Thus, the emerging phenomena related to socio-urban processes, such as social cohesion or social inequality, occur in the public sphere. The urban being complements their nature from the balance of public and private life, which is consistent with what is proposed by Lindon (2014) and Leva (2005).

Conclusions

From the results, it is possible to analyze how the urban quality of life is experienced by the residents of the metropolitan area of Monterrey. Thus, when speaking of urban quality of life, understood from environmental psychology, it is necessary to analyze it as a result of internal (subjective) and external (objective) qualities, that is, to understand them psychosocially.

According to the results, the indicators of urban quality of life have mostly focused on living or experiential spaces, concerning how these can improve how people live their daily lives. It seems to be a constant that we talk about a greener and more sustainable spaces as part of the

quality of urban life, as it shows that it is necessary to direct these same indicators so that not only there is an average level of access to material or spatial resources, but also to strive for the ecological and, thus, the sustainable environment of cities, since they refer to the care of present and future public health that these spaces allow.

Likewise, it is convenient to question the urban and social imaginability based on the descriptions of the place where one lives. This also leads to discussing the idea of urban happiness, which is nuanced by the contexts and experiences of people, associated with the imaginability and legibility of the city. This leads to rethinking the psychoeducational interventions that have been conducted regarding the quality of urban life, to emphasize both external and internal qualities.

Among the limitations of this study are the lack of triangulation with other data sources and little research on the phenomenon analyzed, making it difficult to conduct a better theoretical contrast. It is suggested the development of studies using a mixed methodology that will allow a deeper understanding of the phenomenon being studied, and the continue exploration of minor topics that were not significant in this study, such as the standard of living unsuitable to the needs, the characterization of the lifestyle (optimal and poor), as well as the matters related to the influence of environmental design on the construction of the identity of the urban being.

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