

COPING SKILLS AND PARTICIPATION IN COLLECTIVE OCCUPATIONS AMONG WOMEN IN PAMPLONA AND THE PROVINCE

PhD. Magda Milena Contreras Jauregui¹, PHD. Diana Milena Celis Parra², PHD. Edgar Martinez Rosado³

¹ Universidad de Pamplona, Facultad de Salud, Grupo de Investigación DIDOH, Pamplona, Colombia.

Email: mamicoja@unipamplona.edu.co ORCID: 0000-0001-9139-011X

² Universidad de Pamplona, Facultad de Salud, Grupo de Investigación DIDOH, Pamplona, Colombia.

Email: dimice1226@unipamplona.edu.co ORCID: 0000-0001-5090-5172

³ Universidad de Pamplona, Facultad de Salud, Grupo de Investigación DIDOH, Pamplona, Colombia.

Email: edgar.martinez@unipamplona.edu.co ORCID: 0000-0003-3797-336X

Abstract: Coping skills are among the resources individuals mobilize when facing stressful situations; for women, these skills can be linked to their capacity to engage and sustain involvement in collective spaces. This study aimed to examine the connection between coping skills and participation in collective occupations among women from the Norte de Santander region. A cross-sectional diagnostic study was conducted with 92 women residing in Pamplona, Pamplonita, and Mutiscua. Data were gathered using a collective occupations questionnaire and a 67-item coping instrument adapted from the COPE scale. Analyses included descriptive statistics, Pearson correlations, chi-square tests, Multiple Correspondence Analysis, and cluster analysis. Results revealed significant associations between avoidant coping and variables such as actual or perceived meaningful participation, a preference for working alone, educational level, and intimate partner violence; meanwhile, active coping was mediated by social resources and modes of participation. These findings are significant for the fields of Occupational Therapy and Psychology, as they offer a basis for establishing personal, social, familial, and community strategies to enrich participation, social bonds, and collective occupations.

Keywords: Collective occupations, women, coping skills, vulnerability, psychosocial, community

1. INTRODUCTION

Coping skills are defined as resources that consist of a combination of cognitive, emotional and behavioural resources through which people respond to or treat situations of stress, situations of change or situations of aversion. A significant feature of coping skills lies in the fact that their correct expression cannot be carried out independently, but connected to the wealth of experiences and the set of resources that correspond to them, but also to everyday social life. Specifically, in the case of women, the meaning of this relationship is much more significant when there is a convergence of family responsibilities; unpaid care; economic inequalities, etc.; violence, and limitations for spaces for participation. Recent research shows that coping responses can be configured at different levels – individual; interpersonal; community – and can be connected to the structural conditions of women's experience.

From a psychosocial perspective, Lazarus and Folkman (1984) considered coping as a dynamic process in which individuals maintain an evaluation of the demands posed by the situation and apply efforts in the different modalities, cognitive and behavioral, in order to cope with them. Therefore, the coping process does not refer to the



resolution of a problem that is unalterable, but rather occurs in a specific situation, which can change based on the characteristics of the situation, as well as the personal or social resources available. Subsequently, Carver et al. (1989) applied a multidimensional orientation that favors the differentiation of the types of coping, among which are those that are related to problem-focused coping, the search for social support, the positive reinterpretation of the experience, and those that limit coping to denial, distancing and avoidance. More recent research has continued to place importance on these types of coping with the experience of adversity or for understanding adaptive capacity and well-being, as indicated in previous studies.

One of the elements that has gained greater prominence in the literature in recent years has been social support within coping processes. Khademi and Kaveh (2024), in an exhaustive systematic review, consider social support as a resource of great relevance when it comes to coping and psychosocial causes, emphasizing aspects such as, for example, seeking help, activating empowerment or peer support. This form of self-understanding is outlined within an approach that occupies the fact that responses to adversity do not depend only on individual capacities but also on the capacities to generate bonds or to have access to social resources. In this way, the context of the interaction group can be a context where coping resources are enhanced, developed and/or limitations are found in them.

This perspective lends itself to establishing a vertex with collective occupations, that is, those practices that are built and developed between people, groups and communities based on everyday contexts, Ramugondo and Kronenberg (2015) consider that collective occupations can be oriented towards social cohesion, the common good and the construction of relationships or can, instead, reproduce practices of exclusion. Understanding collective participation in this way, it is not only about sharing an activity, but also about getting involved in ways of doing, relating and recreating meanings with other people. In the sense of the project that is the basis of this research, collective occupations are considered a space for communication, participation and meaningful occupation with respect to women's occupational performance.

The new evidence also once again demonstrates the importance of social participation for well-being and for daily life. The work of Pettersson et al. (2022) concludes that social participation is an important part of interventions that have to do with well-being and help for social relationships, and should be manifested more explicitly in community social work approaches. In this way, collective occupation can be understood as a concrete space for exchange, cooperation, belonging and the construction of social networks of feelings that, in the face of adverse situations, can acquire special meaning.

The meaning that this relationship assumes in the case of women is more significant when the experiences of confrontation occur in situations of violence or vulnerability. For example, Gutiérrez Rivera and Delgado Mejía (2022) pointed out in research that women community leaders develop strategies of confrontation, negotiation, and avoidance of confrontation in contexts of violence, indicating that confrontational responses are, at the same time, situated forms of agency. In this regard, it has been shown that research with displaced women in Colombia shows the importance of explaining the ways of responding and resilience based on women's situated experiences and the socio-political contexts from which they emerge.

In this way, the study of coping skills in relation to participation in collective occupations will allow us to give an interpretation that escapes the exclusive individual aspect of this phenomenon. The resources used to cope with difficulties can manifest themselves in the search for support, interaction, cooperation and community participation, in the same way, some avoidant responses may correspond to withdrawal, isolation or less attachment to collective spaces. This relationship is more significant in the participating women of Pamplona, Pamplonita and Mutiscua, territories that have been expressed as differences and that in turn can condition the opportunities for participation.

The results of this research provide evidence along these lines. In the 92 women examined, statistically significant associations were found between avoidant coping and variables related to collective participation, such as community participation, felt exclusion, preference for working alone, educational level or experiences of domestic violence. On the other hand, active coping was more present in contexts characterized by social resources and bonding possibilities. This evidence allows us to situate coping and participation as if both phenomena were the faces of the

same relational fabric that allows access to other variables on which personal resources, participation experiences or the possibility of social participation are intertwined.

For this reason, the interest that is raised is not equivalent to identifying which coping strategies are most frequent, but to relate their use to the forms of participation and collective occupations that women carried out in their daily lives. This vision is linked to the objectives of the project, whose purpose is to define coping skills and collective occupations, identify the prevalent strategies and develop communication strategies that make visible the capacities developed by women in their occupations.

Because this research work aims to understand this, it seeks to make an analysis of the relationship between coping skills and participation in collective occupations of women in the municipalities of Pamplona, Pamplonita and Mutiscua de Norte de Santander. The aim is to identify how the forms of coping are; which forms of coping appear as predominant; and to explore the relationship with the different forms of participation and interaction, as well as occupational performance, carrying out a supply of evidence that allows us to understand the skills and resources put into action by women in coping situations.

2. METHODOLOGY

The methodological approach of this study takes as its starting point the need to know coping skills in close connection with the way in which women relate and occupy themselves together with other people in the spaces of daily life. For this reason, the research process led to being able to know the coping strategies that are present in participation, those that predominate and the relationship with the different ways of exchanging occupations in a collaborative way and occupational performance. To this end, a measurement and statistical analysis procedure was implemented that would help to move from the identification of the variables to the determination of the relationships and patterns that could be determined within the study group. This orientation also corresponds to the original purpose of generating an analysis of the relationship between coping skills and the collective occupations of women who work in Pamplona, Pamplonita and Mutiscua.

Focus and Design

The study presented here was carried out under a quantitative approach, aimed at discovering and studying what coping skills mean and their relationship with participation in the development of collective occupations in women in the province of Pamplona, specifically in the municipalities of Pamplona, Pamplonita and Mutiscua. The quantitative approach is the one that allows variables to be operationalized through previously defined indicators, to obtain information that can be measured, to facilitate conditions to establish comparisons and relationships by structuring through statistical techniques. According to Hernández-Sampieri and Mendoza (2018), the quantitative approach is a sequence of collection, organization and analysis of information whose purpose is the study of specific phenomena based on the determination of variables and the use of statistical tools. Depending on the objectives of the study, coping skills and collective occupations were considered as the central axis; consequently, variables related to community participation, social motivation, felt exclusion, preference for individual work and some sociodemographic and contextual characteristics were included.

The choice of this strategy arose as a necessity to achieve a systematic approximation of behavior by showing a profile of the variables of interest and the way in which coping patterns would allow us to know how women cope with stressful situations, and how these ways of coping with adversity situations condition possibilities of participation together with them. Therefore, quantification was not assumed as a resource that only allows showing frequencies or percentages but as a way to establish associations and show regularities between coping skills and different ways in which participation, interaction and occupational performance are organized. The analysis was intended as a way to transcend the mere description in isolation of the variables to formulate an articulated reading of the resources that women mobilize and of conditions that facilitate or leave without defining their link with shared activities and spaces. The research was carried out under a non-experimental, cross-sectional design of analytical scope, since the variables were contrasted under the natural conditions alerted by the participants, without intentional manipulation, and at a

precise moment of information collection, so this will be the analytical character that alludes to their interest in observing and contrasting the behavior and relationship between coping skills -or strategies of how coursework can be evidenced in the groups of collective occupations-. Thus, it is possible to go beyond knowing the most used strategy and also observe relationships, correlations or groupings between the categories studied. This methodical starting point was adequate to approach a heterogeneous population and to know configurations for the type of coping and the practice of occupation.

In this sense, non-experimental designs allow us to explore phenomena in their context of manifestation, while cross-sectional studies allow their observation at a given time (Hernández-Sampieri & Mendoza, 2018). For this reason, the research that led to this study allowed us to investigate coping skills, community participation, and other components related to collective occupations in an integrated manner, as well as the contextual variables that have allowed us to understand the differences found between the participants.

The methodological process has been carried out sequentially and starting with the delimitation of the variables involved in the mention of coping skills and occupations present in a community, as well as the indicators that were used to proceed in their assessment. Next, the instruments were applied in person to the women who had agreed to participate in the study voluntarily, after completing the informed consent. The collection allowed obtaining information regarding coping strategies and on the different expressions of participation and collective bonding, as well as other sociodemographic characteristics relevant to the interpretation of the results.

The second phase gave rise to the organization, coding and cleaning of the information for subsequent statistical analysis. First, descriptive analyses were carried out aimed at establishing the form of the distribution of the variables and recognizing the ways of coping that presented the most manifestations in the group of participants. Subsequently, analytical procedures were incorporated to study the relationships between the variables under study. Pearson's correlations were used to study the association of the quantitative variables, as well as the contingency tables with their respective chi-square tests in order to establish the significant relationships between the categorical variables.

To complement and be able to read and see at the same time the closeness between categories, a multiple correspondence analysis (MCA) was carried out to analyze jointly; the cluster analysis was also able to rescue groups of subjects with similarities depending on the variables considered, which made it possible to move from a descriptive reading of the data to a joint interpretation of the coping and participation patterns in women.

The choice of variables related to participation in collective activities was a careful selection with the aim of deepening the understanding of the participants; there is no longer only an interest in analyzing their attributes, but also in understanding the relationships they have with the social environment and in the media that interact in their daily lives, that is, they are collective occupations understood as practices of meeting, organization, support, participation in the situations in which they develop, construction of shared objectives (Ramugondo & Kronenberg, 2013; Frank, 2016).

In accordance with what is established in the general purpose of the research, the methodological strategy turns out to be an important contribution to the delimitation of the possibilities of the research, and in particular the particularities of the analysis have been determined according to the intersection of the behaviors of the coping strategies and the collective jobs, and thus to determine which are the coping strategies used, and how the phenomena of participation and occupational performance of women are shown. Thus, the design of the research work itself has made it possible to relate in detail the study problem with the objectives of the research, with the variables to be analyzed, with the selected data collection instruments and with the statistical procedures to be applied with guaranteed rigor and with an incomputable method the experiences corresponding to the relationship between the coping strategies and the participation of women in the towns of Pamplona, Pamplonita and Mutiscua.

Participating population

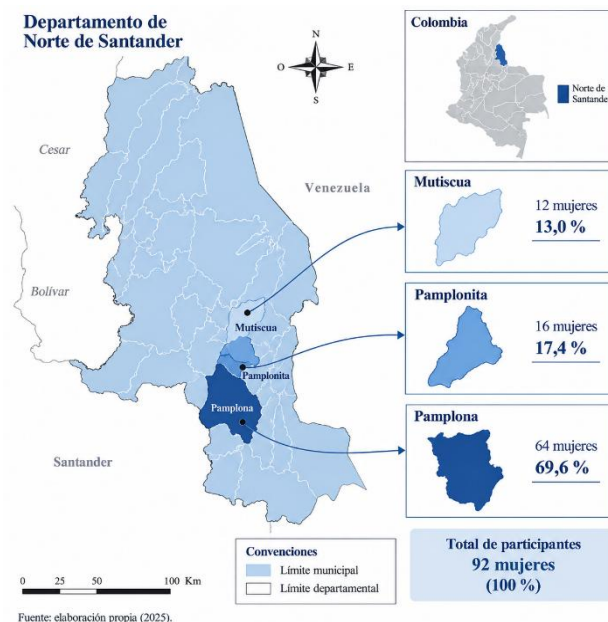
The sample was composed of 92 women over 18 years of age who lived in the municipalities of Pamplona, Pamplonita and Mutiscua, in the north of Santander, Colombia. This selection of these three municipalities was

justified by the intention of being able to carry out a study of coping skills and forms of participation in collective occupations from a territorial scope, given that daily experiences and possibilities of social bonding can have different characteristics depending on the place in which they are developed. In this sense, the population was understood as a group located in diverse municipal realities, in which diverse social, family, educational, work and community conditions converge that can be related to the ways of facing situations of daily life and with the availability to participate, collaborate and interact with other people.

The composition of the sample was 64 women from Pamplona (69.6%), 16 from Pamplonita (17.4%) and 12 from Mutiscua (13.0%), allowing participants from each of the municipalities where the study was viewed. This configuration made it possible to contrast the differences in coping patterns and manifestations of collective participation, in the same provincial area, without conceiving the territory as a causal explanation, but as an important contextual condition to be taken into account for the interpretation of the relationships found between the variables analyzed.

The selection of participants was carried out in a non-probabilistic way, for convenience, a method based on the accessibility and willingness of the participants (Otzen & Manterola, 2017) and which served well for the purposes of the study since it allowed the relationship of women involved who had the required characteristics and who expressed their willingness to participate voluntarily. Based on the analytical objective of the article, the sampling focused on securing participants from the three municipalities, in order to examine the way in which coping skills are related to and different forms of participation in collective occupations.

The following conditions for participation were defined: to be a woman over 18 years of age, to reside in any of the towns of Pamplona, Pamplonita or Mutiscua, as well as to accept participation voluntarily by signing the informed consent. With these criteria, a population of adults was selected defined from a territorial profile, who could report on their resources to face life, on their experiences of participation and on their joint experiences in activities. The delimitation of the population was therefore considered in accordance with the intention of identifying coping skills and exploring the link that could exist between coping capacity and variables related to collective participation, such as social motivation, perception of exclusion, preference for individual activities or the inclination to cooperate with other people.



Source: authors, 2025

The consideration of the territory became especially relevant, precisely, for the interpretation of the results, since Pamplona, Pamplonita and Mutiscua have significant differences with respect to their urban and rural processes and specificities regarding schooling, occupation, living conditions and community participation; previous studies already managed to integrate these particularities as part of the contextual elements that allow us to understand the patterns found in the participants and not as explanatory variables in isolation, so that the population in which the study fell made it possible to analyze the phenomenon from the objective of being able to observe the relationship between coping and participation in collective occupations, which allowed us to know the diverse experiences that women go through in their daily contexts.

Techniques and Instruments

The collection of information was oriented according to the variables of the study and the purpose of trying to analyze the connection between the coping and the participation of women in collective occupations. In this sense, techniques and instruments were selected in such a way as to obtain information that could be organized, measured, and finally statistically analyzed, without losing sight of the sociodemographic, psychosocial, and contextual characteristics of the participants. In this direction, Arias (2012) will propose that collection techniques are the procedures used to obtain the data that are necessary in the research, and the instruments are the resources through which these data can be recorded and organized. In a complementary way, Hernández-Sampieri, Fernández-Collado, and Baptista-Lucio (2014) indicate that, in the case of quantitative research, the definition of the variables and their corresponding operationalization is eminently important so that the selection of measurement procedures agrees with the objectives to which the research seeks to respond.

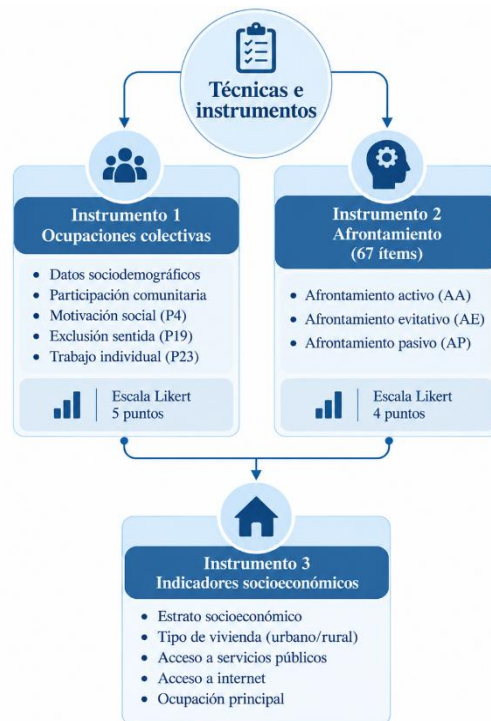
In order to account for coping capacities and ways of participating in common occupations, three sources of information were used. The first was the common occupations instrument - through which sociodemographic and labor variables were accounted for, and data associated with participation in community environments, social interaction, motivation to interact with people, perception of exclusion and preferences for the individual development of activities; using, therefore, a series of variables that facilitated the approach to different manifestations in the ways of participating and being able to find the conditions in which the participants developed their daily lives. In this sense, the inclusion of dimensions that help to give rise to interaction, support or participation is pertinent since shared experiences can become resources in the ways of coping with situations that demand them and related to perceived well-being (Cohen & Wills, 1985).

The second resource used was a 67-item coping questionnaire that focused on knowing the ways in which the participants responded to the experience of adverse situations. The structure of this questionnaire was based on the model of coping strategies of Carver, Scheier and Weintraub (1989) from which different responses were obtained that would be aimed at coping, managing, avoiding or distancing themselves from stress-generating situations. For this study, the responses were analyzed based on three major trends: active coping, avoidant coping and passive coping. The use of this type of approach makes it possible to differentiate those responses that go along the line of action and the search for solutions in relation to those that go along the line of avoidance, disconnection or passive acceptance of the context. The importance of this distinction has also been pointed out in subsequent studies in which coping strategies and the processes of adaptation and psychological well-being are related (Aguinaga, Herrero-Fernández, & Santamaría, 2021; Martínez-Lorca, Criado-Álvarez & Aguado Romo, 2023).

The third source was derived from a set of socioeconomic and contextual indicators – which were constructed from variables referring to housing conditions, the area of residence, schooling, occupations and access to certain services – which were taken into account as contextual elements for the interpretation of the relationships between coping and participation, particularly in view of the territorial differences between Pamplona, Pamplonita and Mutiscua. Its inclusion allows us not to make a reductionist reading of the phenomenon, since the ways in which everyday situations and opportunities for participation are faced do not develop independently, but in scenarios crossed by specific social and material conditions. Studies with populations of women exposed to situations of vulnerability

have emphasized the joint consideration of personal resources, support networks, and the social conditions in which forms of coping response are constructed (Mahapatro & Singh, 2020; Zamora-Moncayo et al., 2022).

The interrelation of the three sources enabled additional information that could collaborate in the satisfaction of the objectives of the study. The collective occupations instrument provided information for the identification of the ways in which participation and social interaction were manifested; the coping questionnaire helped to know the ways of coping in the face of adverse situations; and finally, the socioeconomic indicators made it possible to frame the patterns found. Therefore, the information obtained was not considered as an accumulation of data, but as an integrated basis for analyzing the relationships between the forms of coping and the different forms of participation in collective occupations, particularly in relation to the value of collaboration, social motivation, the vision of exclusion and the preference for individual work.



Source: authors, 2025

Application procedure

The data was obtained in person in the same geographical area of the municipalities of Pamplona, Pamplonita and Mutiscua, during the period from January to March 2026. The participants were provided with an explanation of the objectives of the research and conditions of participation in order to then sign the informed consent document. In general, it was observed that each of the participants required between 40 minutes and 1 hour to complete the application process.

The face-to-face application promoted a direct approach with the participants and also allowed the collection to be carried out in the same territorial scenarios defined for the research. Subsequently, the information was organized for processing and analysis, trying to maintain the relationship or correspondence between the variables collected and the proposed characterization dimensions, which was essential to continue advancing later towards the reading of the data by carrying out descriptive and multivariate procedures.

The execution of the face-to-face application led to a more permissioned and personalized approach with the participants and at the same time allowed the data collection to operate in a good way in the territorial research

scenarios established a priori. Subsequently, the information itself was organized, preparing it for its adequate processing and analysis. In this phase, the need to maintain, within the framework of the organization, the coherence and cohesion between the various variables collected and the different dimensions of characterization proposed a priori was emphasized. This was considered to be a sine qua non condition to be able to advance in the interpretation of the data, carrying out both descriptive and multivariate analyses in order to obtain conclusions that were valid and with a certain relevance.

Statistical analysis

Once the pertinent information was collected, it was arranged in a matrix where the fundamental variables to be investigated were combined: coping skills, participation in collective occupations, as well as social and contextual variables. The analysis was directly oriented towards the objectives set, initially through descriptive statistics to determine the ways of coping and the most important strategies of collective participation in the 92 participating women (Hernández-Sampieri, Fernández-Collado & Baptista-Lucio, 2014).

In order to determine which coping skills were the most predominant, the dimensions of active coping, avoidant coping and passive coping were analyzed, along with some variables associated with participation in the community, felt exclusion, social motivation and preference for individual work. And subsequently, contingency and chi-square tables were constructed to calculate relationships between categorical variables, considering a value of $p < 0.05$ as significant, in addition, Pearson correlations were carried out to determine the relationship that the scores could have in the most important variables.

As a multivariate analysis, a Multiple Correspondence Analysis (MCA) was used to examine the relationships between categories in a way that they were graphically representable (Greenacre, 2017) and the first two dimensions together were the ones that explained 47.09% of the total variability. Next, a cluster analysis was incorporated, applying Ward and also k-means, in order to generate profiles of participants with similar characteristics in coping and ways of participating collectively (Hair, Black, Babin & Anderson, 2018). Finally, the combination of results made it possible to make sense of the patterns detected and provide a first element in the design of communication strategies that could serve to make visible the ways of coping in collective occupations.

The statistics were processed using R 4.2.1 and SPSS 25.0, programs that allowed the organization, purification, and systematization of the information obtained. SPSS 25.0 was used preferably for the elaboration of frequency tables, to carry out descriptive analyses, correlations, association tests between the variables studied, and R 4.2.1 was preferably used to carry out multivariate analysis procedures, Multiple Correspondence Analysis and to make clusters, allowing the identification and representation of patterns and profiles of the population in which the participants were. The complementary use of the programs served to prepare the different levels of analysis and to achieve the reading of coping skills and their relationship with participation in collective occupations.

3. RESULTS

The presentation of the results will be developed following what the specific objectives of the study provide us, that is, from the identification of the main characteristics of the participants to the analysis of the ways of coping and their relationship with participation in collective occupations. We will first describe the sociodemographic and contextual characteristics of the 92 women from Pamplona, Pamplonita and Mutiscua; the next step will be to analyse the forms of collective participation and the ways of coping, placing special emphasis on the patterns of active, avoidant and passive coping; this sequence allows us to move from a descriptive approach to a relational reading of the central variables of the study, identifying associations and profiles that help us to understand the way in which the ways of coping with everyday situations are articulated with the experience of participation, social interaction, exclusion and the preference for individual work.

According to this line of reasoning, statistical analysis does not exclusively seek to verify the existence of a cause-effect relationship, but its main purpose is to demonstrate conditions and relationships of statistical interest that fit with the hypotheses proposed at the beginning of the research. This interpretation is very similar to the theories

proposed by Lazarus and Folkman (1984) insofar as these authors propose that coping can be conceived as a process in which subjects make an intensive evaluation of the demands that the environment in which they carry out their activities require, and in order to face the demands posed by the context that surrounds them, these same subjects implement a series of resources of both a cognitive and behavioral nature. In other words, in the interpretation of these results, it will be necessary to consider that the responses can manifest themselves in multiple ways, which are given by personal, sociocultural circumstances and the context in which daily activities take place.

Along the same lines, it should be noted that the analysis of the data also takes into account the perspective of the collectivity of daily life, highlighting the fact that Ramugondo and Kronenberg (2013) state that collective occupations have their development in everyday spaces and that they are promoters of processes of social cohesion and construction of the common. On the other hand, Frank (2016), on the other hand, describes collective occupations as a possibility of occupational reconstruction and transformation of common realities that have an important impact on the configuration of individual and collective identity. It is from this theoretical framework that the data obtained were extracted to be organized, taking into account not only the particularities of the participants, but also the different sociodemographic characteristics, opportunities for participation, social experiences and coping strategies are intertwined in each of the territories.

The results are manifested in an unmanageable way in relation to the specific objectives of the research. First, the sociodemographic and contextual characteristics of the participants are described, analyzing some social variables, which are age, education, occupation, type of housing and participation in the community in its various social environments. Secondly, social coping skills are addressed, focusing on those corresponding to the active, avoidant and passive styles, together with the set of the main forms of participation in collective occupations, such as social motivation, interaction, the conception of exclusion and the preference for the development of activities individually. Finally, the results are integrated from statistical procedures that identify associations, patterns and profiles of the variables, so that they can respond in an oriented way to the objectives of the study.

The way of organizing allows giving primacy to the two variables of the article —coping and participation in collective occupations— and using sociodemographic and territorial characteristics as elements of contextualization and interpretation of occupations, so that variables such as schooling, municipality, living conditions or adverse experiences are not understood separately, but in terms of the possible associations they have with the ways of facing everyday situations and the forms of collective participation. This way of organizing the variables corresponds to Hernández-Sampieri and Mendoza (2018), who advocate the need to articulate and analyze the variables in order to move from the concrete description to a more general understanding of the phenomenon under investigation.

The presentation of the findings aims -firstly- to identify which types of coping predominate in the women who participate; secondly, to show how collective occupations appear and their own experiences of participation; thirdly, to observe what relationships and groupings emerge between both dimensions in the contexts of Pamplona, Pamplonita and Mutiscua. This sequence allows -without homogenizing the experience of the participants- to identify similarities and territorial differences while providing elements to interpret the findings in relation to participation, capacities to face and make these resources visible through such communication.

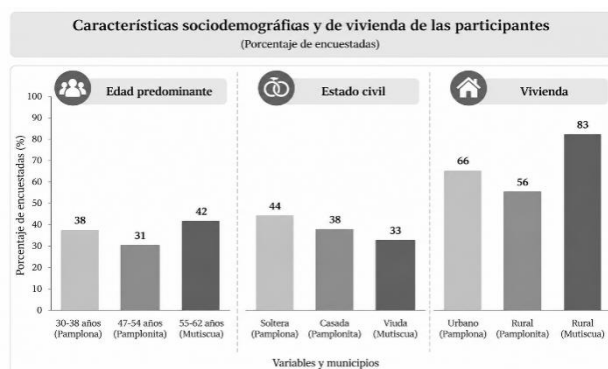
Sociodemographic variable

It is crucial to take into account and study the sociodemographic variables, considering that we need a high level of knowledge of them to interpret, in an appropriate key, the conclusions of the study, because they provide information on the characteristics of the people who have participated in the study; in addition, they allow us to see what relationships may exist between sociodemographic variables and coping strategies, as well as their link with participation in collective activities. Variables such as age, level of education, type of occupation, marital status, place of residence and housing conditions are important to see the disparities that we can observe in the population and to avoid thinking that social realities are the same or uniform. From this distance, the analysis of sociodemographic variables does not focus only on looking for causal explanations, but also seeks to raise other elements of contextual importance that reinforce the understanding of the relationships between coping strategies and social participation.

The detailed sociodemographic characterization shows that the population of adult women is present in a wide range of living conditions, in which the burden associated with the household and the responsibilities associated with caring for other people are constitutive and significant in this field. In general terms, we can affirm that the mean age of the participants was 45.2 years (standard deviation = 11.4). The main activity identified in the study was unpaid domestic work, which was reported by 62.0% of the women who participated in the research. In relation to the educational level of the population under study, we can say that there is a notable presence of people with completed secondary education (37.0%), which is followed by technical educational time (23.9%) and professional time (13.0%). In relation to the area of residence, 51.1% of the participants reported living in an urban area, while 47.8% reported living in a rural area. In this way, these results show as interesting the fact that there are populations inserted in areas of different territorial conditions.

When examining the distribution by municipality, differentiated characteristics were found that explain the patterns of collective coping and participation. In Mutiscua there was a higher percentage of 55 to 62 years of age, 83% lived in rural areas, a greater presence of widows who were primary school teachers and housekeepers was detected, and there was less collective participation. In Pamplona, the highest percentage was detected between 30 and 38 years of age, with 66% residing in urban areas, with a predominance of single women, secondary schooling and work as employees; this population presented a participation of 44%. On the other hand, Pamplonita presented the age range between 47 and 54 years, 56% lived in rural areas, with a predominance of married women primary school teachers for housework and a participation of 25%.

These territorial variations constitute the starting point for carrying out the analysis of the results presented below, especially from the perspective that implies the relationship between sociodemographic characteristics, ways of coping of the participants and the ways in which they have participated in collective occupations. However, it should be taken into account that descriptive statistics alone do not lead to explanations, since their function is to give context to the relationships and profiles that will be analyzed later from the statistical analyses.



Source: authors, 2025

The exhaustive comparative analysis of the characteristics of the territories focuses on the differences that allow us to identify different profiles in the three aforementioned municipalities. Pamplona stands out for referring to a higher population density in urban contexts, in which the population, which is young most of the time, actively participated in the work environment, and also did so through different instances of citizen participation. Pamplonita is a space that in certain places is an intermediate point, as there are various forms of urban and rural dynamism, while at the same time there is a considerable involvement associated with the spaces of the domestic sphere and family care. For its part, the town of Mutiscua tends to have a more rural profile, where the participating population tends to be somewhat older, with a somewhat lower educational level and community participation with characteristics and anchored by the locality in question.

These differences and discrepancies between the groups constitute an important frame of reference and to be taken into account to understand and analyse the subsequent results, especially when analysing coping capacities and

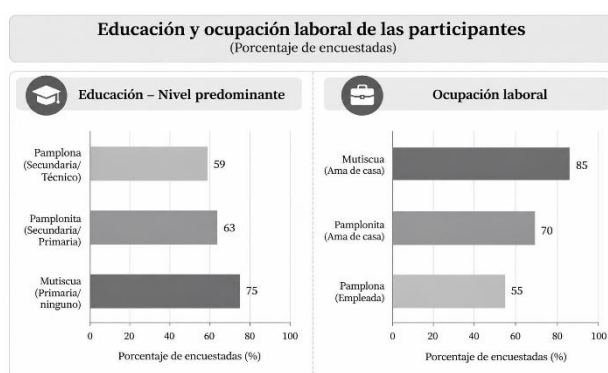
their relationship with collective activities. For this same reason, in this comparison the territory is not understood as a determinant of the reality of the differences detected, but as a primary contextual factor to understand how educational, work, family and participation circumstances can be related to various forms of confrontation and social relations, so that the comparison at the municipal level is a relevant tool to avoid falling into a generalized interpretation of the participants and also to allow a whole range of experiences to emerge in which they develop their collective activities.

Training and occupational variable

The formative and occupational characterization, thanks to the detailed relationship with the informants of the municipalities in question, gives us the possibility of detecting and understanding the differences that exist. Thus, this characterization becomes a fundamental framework for a more explicit analysis of coping skills and the different modes of involvement in collective activities. The results of the study show us that the composition of the educational level and the employment situation are markedly different, if we take into account the region in which the informants are located. Pamplona, a city that has a strong educational background and a good link with insertion into the labor market, is a case that opposes Pamplonita and, to a greater extent, Mutiscua, where the levels of training in basic education predominate and the fact that domestic chores are the main job. The exhibition of data that offers us the possibility of identifying and analyzing in a more exhaustive way the different conditions that determine the social participation of people, without simplifying the exclusivity to schooling and work, the explanation of the coping strategies of the investigated group.

In relation to educational training, in Pamplona 59% is channelled into secondary levels of technical training. In Pamplonita, 63% are mainly in secondary and primary education and in Mutiscua 75% show primary education or no educational level at all. Therefore, there is a territorial tendency towards lower schooling to the extent that the presence of rural characteristics increases, even in Mutiscua, rather than hierarchies between municipalities, which allows us to recognize differences in training trajectories that must be taken into account when analysing possibilities of interaction, participation and access to different collective spaces.

The educational dimension takes on considerable importance if it is analysed together with occupational status, as in Pamplona 55% of the participants are employed while in Pamplonita 70% are mainly in the role of housewife and in Mutiscua the figure reached is 85%. Based on the above, we could be talking about the existence of a territorial gradient, although in Pamplona a greater volume of participation is in paid work activities, while in Pamplonita and Mutiscua domestic and care work has a greater prevalence.



Source: authors, 2025

These should not be analyzed only considering the dichotomy between paid work and unpaid/paid work. Daily work is carried out in contexts and makes sense thanks to the relationships, commitments, and social situations in which the subjects are established (Ramugondo & Kronenberg, 2013). For this author, the importance of domestic work in the towns of Pamplonita and Mutiscua is a fundamental part of the daily life of the women who carry it out,

since they are intimately linked to taking care of the house or to having care from other people, even if their social value is restricted.

Similarly, the occupations that are carried out on a day-to-day basis can also become spaces from which bonds are formed, experiences are shared, and possibilities for collective participation are opened. Frank (2016) indicates that collective occupations can facilitate articulation processes around common interests and objectives. In this sense, differences in schooling and occupational status provide us with some clues to know, on the one hand, the opportunities and restrictions of community participation, but on the other, they do not determine by themselves the skills to cope or collective bonding.

As a whole, the results obtained show the existence of a territorial differentiation in the research carried out, with Pamplona being the municipality that stands out for having a fairly heterogeneous educational and occupational profile, since it is differentiated by having many more cases of people with secondary and professional training, as well as by the high number of cases with paid employment, while Pamplonita is the one that is in an intermediate situation, that is, basic levels of education and the significant number of cases of domestic work stand out; finally, Mutiscua takes the cake in having a higher proportion of women with primary education or without schooling and of cases of participants who perform household chores. These results, on the other hand, are especially important for the achievement of this study, since they offer us the context for the following results: those referring to active, avoidant and passive coping strategies, as well as in what has to do with participation, exclusion, social motivation and the preference to carry out individual work.

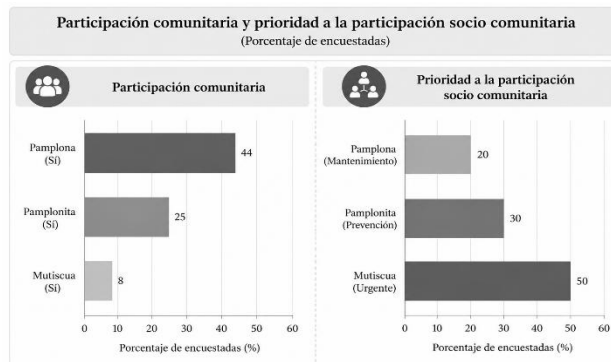
In short, the description provided shows that education and work present important differences depending on the territorial context. This is one of the characteristics that explain the differences we found among the participants in our research. Without being causalist, this finding offers us a good referential model to account for how personal characteristics of an educational or work type can be used to understand and relate to different types of coping strategies and participation in collective occupations, as set out in the objectives of this study and its own nature.

Socio-Community Participation Variable

The socio-community participation of the participating women brings us significantly closer to the way in which they establish interpersonal relationships and their interaction with the different organizations or community meeting spaces existing in their territory. The different dimensions related to active participation, meaningful social interaction, intrinsic motivation, skills for collaboration and the valorization of shared experiences have been evidenced from the way in which joint activities are proposed. The interpretation of the data is not only limited to checking what community participation is present or absent, but also tries to find out in what way they are willing to be able to carry out a type of community activities and in which cases this type of interaction is favored or limited.

The data obtained allow us to observe that community involvement is uneven in the three municipalities. Thus, Pamplona stands out because the level of connection it presents with community spaces is the highest, reaching a participation rate of 44% of the women involved, followed by Pamplonita with 25% and Mutiscua with 8%. The distribution of data clearly shows a lower participation rate in the municipality that has a predominance of rural areas. This fact leads us to try to assume that territorial characteristics have a direct influence on their connection with opportunities for access to organizations, support networks or meeting spaces. But the data, in any case, should be considered findings, disparities detected within the environments reviewed, but it is not a matter of evidencing a cause-effect connection.

From the point of view of this contribution, this variation reflects a special interest because community involvement is one of the main faces of collective occupations and allows a greater contextualization of the relationship between the various forms of coping and social bonding today. Thus, the lower participation rate in Mutiscua and the higher in Pamplona constitute the appropriate context to determine to what extent the differences in participation are associated with different ways of coping with the situation, conceptions of exclusion, community motivation or preference for individual work.



Source: authors, 2025

The findings show that women's community participation is manifested unevenly among municipalities and that its expression cannot be limited to formal membership of associations. Although one of the results is that a significant proportion of the participants do not have links to organizations, there are also identified women linked to informal associations and groups as well as a persistent interest in sharing and developing group activities of a social and cultural nature. This data is very relevant in light of the first objective of the study since it allows us to suppose that participation in collective occupations may be present in less institutionalized ways and that the lack of formal ties does not necessarily mean disinterest in the collective.

Along the same lines, the participants indicate that they have given a good overall assessment of social interaction: sharing it with other people is considered important, there is good motivation to participate in social activities and the importance of maintaining relationships with friends/other close people is recognized. However, in the same relationship, there are behaviors that generally lead to a greater preference for isolation in situations they have experienced, often due to family problems; in addition, experiences of perceived exclusion have also been expressed. The relationship between wanting to interact and the difficulty in sustaining participation is one of the central findings of the study, because it allows us to understand that collective participation not only depends on the existence of community spaces, but also on the possibilities that these women have to feel included, linked and capable in them.

Regarding interaction and collaboration skills, although there is a positive appreciation of issues related to assertive communication and exchange in meetings, there are still stumbling blocks in dimensions associated with cooperation, shared decision-making and group problem solving. Above all, the fact that people prefer to work individually is of relevant importance when considered together with participation in social work by social work, to the extent that it can close some possibilities of daily organization that limit some opportunities for collective construction. The interpretation of the results collected indicates that encouraging participation is not only to broaden the spectrum of possible organizations or activities, but also to make possible the development of capacities linked to cooperation, leadership, communication and shared decision-making.

Another result to take into account is the positive assessment that women generate of the experiences built during work with other people. A significant proportion states that shared experiences are meaningful and make it explicit that shared activities can lead to positive results. However, this assessment coexists with a tendency of some women to carry out activities individually. This apparent contradiction allows us to observe an established distance between valuing the collective and participating in work in collective spaces, a distance that is especially important to make explicit according to coping skills. The ways in which women face difficult situations can facilitate or restrict the search for support, interaction, and staying in shared spaces, so participation can provide a space to see how personal and social resources are mobilized in the face of the demands of everyday life.

Following this line, the findings correspond to what Ramugondo and Kronenberg (2013) state because they understand collective occupations as those practices that take place in daily life and that can help to achieve certain

processes of social cohesion and collective construction. In a complementary way, Frank (2016) argues that collective occupations can also become spaces where occupational reconstruction takes place, as well as places where social transformation can be promoted based on the sum of common interests. For this reason, women's participation must be understood as going beyond mere attendance at organizations and becoming the ability of people to establish links, share knowledge, establish networks and respond to situations that come from their context.

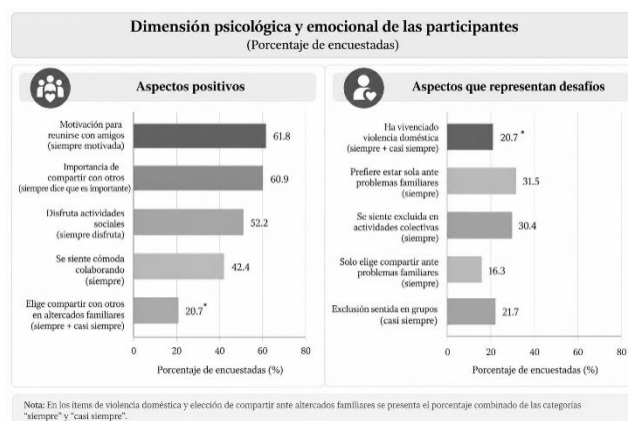
In summary, the results show a territorial gradient of community participation, being most prominently recognized in Pamplona, followed by Pamplonita and Mutiscua. This differentiation makes even more sense when it is related to the ways of dealing with everyday situations, not in vain the different comparisons allow conclusions to be drawn about the fact of being able to relate whether the levels of participation -perceived exclusion, preference for individual work- previously analyzed, are related to certain ways of coping (coping style). Therefore, the study was not limited exclusively to the description of the level of participation but was configured to intensify the analysis of those ways of facing daily situations in terms of the form of organization with the resources available to improve the ability to participate in collective occupations, since the aim is to obtain elements for the improvement of the orientations for communication linked to meaningful participatory practice, with special emphasis on those contexts with greater difficulties of social bonding.

Variable of Psychological skills from experiences

The dimension of psychological skills, conceived as the set of mental and emotional capacities that people possess, takes on a special meaning when it is considered from the perspective of experiences. The concrete experiences will account for how the participants manage their social relationships, how they overcome obstacles and how they see their belonging in collective contexts. In reference to the results obtained, we observe an extremely heterogeneous reality: on the one hand, we understand a positive connotation in terms of interaction and connection with others, but, on the other hand, experiences of insecurity, exclusion and vulnerability appear in the treatment of adverse situations at home. This conjunction is particularly relevant in this research work, since it allows the possibility of drawing an important connection between daily experience and coping, as well as with the different practices that participation in collective occupations reaches.

Within the framework of the positive elements pointed out by the evaluation subjects, a high percentage of the participants, 60.9%, reported that they consider it very important to always be able to share with other people. Likewise, 52.2% said that they love participating in social activities, while 61.8% felt regularly motivated to organize meetings with their friends. Also, 42.4% of the participants reported that they always find it very pleasant to collaborate on a regular basis with other people in different types of projects. All these results, taken together, show resources related to the evaluation of bonds, interaction and collaboration that can be favorable conditions for the initiation of social relationships and participation in the group experience.

However, it should be considered that these favourable results can be modified by multiple situations that can interfere with people's participation. When faced with difficult situations in the family, 31.5% indicated that they tend to face them on their own, compared to 16.3% who said that they tend to seek support from other people. This type of behaviour shows a clear predilection for more individual reactions to certain adverse situations. With regard to the issue of domestic violence, 53.3% of the people surveyed said they had never experienced it, but there is also a group of participants who said they had suffered this experience on a regular basis in their lives. Added to this is the feeling of social exclusion, as 30.4% of the people surveyed always felt excluded from group activities, while 21.7% said they experienced this feeling almost always.



Source: authors, 2025

These discoveries acquire a special character if we link them with the conception of coping proposed by Lazarus and Folkman (1984) and which consists of responses to a (real) situation that depends on the person's assessment of the demands they present and the resources they consider available to cope with them. From this perspective, the preference to remain isolated in the face of family problems should not be understood only as a point of suffering, but as a response whose valence depends on the personal and social conditions that surround it. Likewise, the coexistence of a higher valuation of the social bond and experiences of exclusion may lead to the emergence that openness to the collective world is not directly linked to a real and continuous publication.

In line with the objectives of the study, this dimension serves to act as a bridge between psychological experiences with respect to coping skills and participation in group occupations, so that from the results it can be seen that the experiences of inclusion, exclusion, interaction and response to adverse situations enter the same fabric and the subsequent analysis will indicate which coping modalities entail higher levels of participation, cooperation and social bonding.

Finally, the dimension determines to know evidence of a double face, the one that involves motivation, the value of relationships and the predisposition to interaction, but at the same time gives visibility to the experiences of exclusion, isolation and violence that can condition the use of resources. The results, therefore, lead us to the possibility of building support networks and safe spaces for participation, as well as promoting practices that allow the establishment of more protective and meaningful social relationships.

Finally, the temporal dimension is the one that allows us to consider the need to know in depth a two-sided evidence that includes intrinsic motivation, the value of interpersonal relationships and the natural predisposition towards social interaction but also accounts for experiences of social exclusion, emotional isolation and psychological violence that lead to a fundamental conditioning for the effective use of available resources. Therefore, the results obtained indicate that it is possible to prepare, activate and strengthen support networks and safe spaces for participation and strategies that allow progress towards more sheltered and meaningful social relationships.

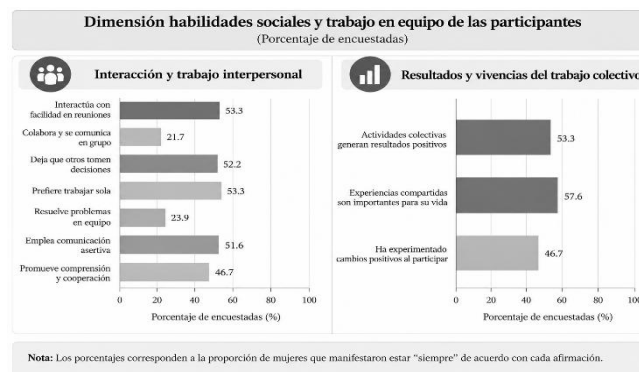
Interpersonal performance variable

The category of interpersonal performance allowed us to understand how the participants relate to other people and how they cope in situations that require communication, cooperation, decision-making and problem solving together. The results show a combination of favorable resources for social interaction but at the same time some difficulties when it comes to transferring these potentialities to collective work situations. This distinction is relevant for the present study, since having communication skills is not always associated with having a maintained group work practice, and a higher level of willingness to share decisions or responsibilities.

With regard to communication and social interaction, the data show that a significant percentage, 53.3%, of the participants have stated that they always have the facility to interact in the different types of meetings. In the same

way, a considerable percentage, 51.6%, has indicated that they continuously use assertive communication in the interaction where they participate, and falling to a high 46.7% are the people who have expressed that their participation contributes positively to increase mutual understanding and work between the parties involved. The data from the study collected allow us to recognize a set of interpersonal resources that can help establish meaningful links with people, and that can be a variable that facilitates integration and participation in the different community spaces and cooperative work in occupational activity.

However, when carrying out an exhaustive analysis of the elements related to group work, certain differences are observed. In particular, 21.7% of the members surveyed always responded that they maintained group work and communication, while 30.4% said "never" in the same sense. On the other hand, 52.2% indicated "always" when asked about always being willing to let others participate in decision-making. This aspect seems relevant to us and should be examined in a broader context: the ability to do autonomously, the commitment existing in the group and the fair distribution of responsibilities in the social groups that are part of our reality. Added to this situation is the agreement of 53.3% of those surveyed, who feel more comfortable and more productive working individually and 23.9% who express themselves by the "always" when working in a group and finding the solution to problems in an easy and effective way.



Source: authors, 2025

Overall, the findings offer a notable divergence between the competence to function in social relationships and the desire to maintain cooperative relationships. This disagreement is especially important to understand the relationship between performance in social relationships, coping methods and group activities, since a woman could have a positive assessment of communication and social interaction and, nevertheless, be prone to use individual strategies in certain circumstances. Therefore, these results offer elements to be taken into account for a greater investigation of the possible correspondences that can be observed between the tendency towards solitary work, the appreciation of social exclusion and the different strategies of coping with situations that have been found in the group of study subjects.

This combination is especially relevant given that the participants manifest positive resources to interact and communicate with people, but have a greater degree of difficulty in interrelating when cooperation, decision-making, and joint problem solving are required. In this sense, Ramugondo and Kronenberg (2013) postulate that collective occupations occur in everyday life and can be oriented towards social cohesion and the construction of the common good, and that the skills to relate are not only conducive to encountering people, but also help to sustain collective processes and forms of shared participation in the territories.

Analysis of the coping skills of women in northeastern Colombia

Coping skills are one of the fundamental pieces to understand why women respond to situations of tension, change and adversity inherent in their daily lives. For Lazarus and Folkman (1984), coping is the type of cognitive and behavioral efforts that a person mobilizes to manage demands that they feel exceed or exceed their resources. In this way, coping is not only about solving a difficulty, but also about finding ways to regulate emotions, to reorder

their responses, to seek support, to plan actions, to move away from what causes dissatisfaction. So, according to this sense, the skills that are available to relate to other people and to participate in other collective spaces can become resources that can be relevant in this process.

The results of this study reveal that this relationship varies in terms of its characteristics in three geographical areas: Pamplona, Pamplonita and Mutiscua. In the territory of Pamplona, where we observed a percentage of community participation of 44%, there is a profile (associated with integrating or passive resilient men and women) where we observe the predominance of active coping strategies. Active integrating or resilient women make up 37% of the sample, which presents greater community participation, lower perception of exclusion or preference for facing difficulties alone.

In the case of the Pamplonita area, the percentage of community participation is 25% and there is an intermediate profile, corresponding to mixed ambivalent women, who also make up 37% of the participants. This group shows a combination of active and avoidant coping strategies, a more unemployed social participation, but a certain tendency towards work or occasional individual coping. This intermediate position could suggest the existence of coping resources that could be useful for adaptation, combined with conditions that, if not strengthened, could contribute to a certain degree of isolation.

In Mutiscua, the situation is even more complex, since community participation represents only 8% and the profile of isolated women or passive avoiders represents 26% of the sample, which is equivalent to approximately 75 women in the municipality; and this group is accompanied by coping with the situation through avoidance, preference for working alone, exclusion and less search for social support. The association between these variables is also statistically supported: among people who participate in the community, 80% have weak avoidant coping and 39% have strong avoidant coping ($\chi^2 = 38.6$; $df = 2$; $p < 0.001$).

The educational and training level also reinforces this trend; among women with vocational or technical training, 82% have weak avoidant coping, while among women with primary education or those with no training at all, only 6% show that they cope with the situation in an avoidant manner (and 58% correspond to strong avoidant coping) ($p < 0.001$). Finally, it should be considered that these results allow us to interpret that social skills, participation and education can be articulated as resources that increase the possibilities of responding to adversities actively, although it would not be methodologically appropriate to affirm a causal relationship.

This reading is also supported by Ramugondo and Kronenberg (2013), who affirm that collective occupations could be constructed in everyday life and that, in turn, they could be fostered as social cohesion, and Frank (2016), who legitimized them as spaces for the reconstruction of occupations and social transformation. In this way, the occupations of women in northern Santander in the recent past reaffirmed coping skills related to access to the opportunity to assist, communicate, and cooperate in the possibility of relying on other people. The behavior of the women observed showed a territorial continuum in which Pamplona has greater protective resources, Pamplonita is at a point of transition and Mutiscua has greater conditions of vulnerability, reaffirming the need to strengthen intervention strategies in accordance with the social and territorial particularities of each municipality.

Bivariate analyses

"Pearson's correlation matrix reveals significant associations ($p < 0.001$) between psychosocial and coping variables. The highest correlation is observed between felt exclusion (P19) and preference for working alone (P23) ($r = 0.82$), indicating that both constructs are closely related. Active coping (AA) and avoidant coping (EA) have a very strong negative correlation ($r = -0.82$), confirming that they are opposite styles. Felt exclusion is positively associated with avoidant coping ($r = 0.78$) and negatively with social motivation ($r = -0.74$). Higher education acts as a protective factor, correlating negatively with avoidant coping ($r = -0.65$) and positively with active coping ($r = 0.62$). Domestic violence is moderately associated with avoidant coping ($r = 0.58$) and felt exclusion ($r = 0.54$). Finally, age shows

positive correlations with avoidant coping ($r = 0.60$) and exclusion ($r = 0.56$), suggesting an increase in vulnerability in older women.

Overall, the results point to coping skills that would have the character of sharing the same psychosocial and sociodemographic aspects that make up the daily context of women. The association shown between felt exclusion, preference for working alone and avoidant coping entails a pattern in which isolation is correlated with a lower response to difficulty, while higher education is related to a greater use of options that facilitate active coping and less recursion to avoidance strategies; which allows us to recognize its possible character as a resource associated with better response capacities.

The association between gender-based violence, social exclusion and avoidant coping once again accounts for the need to consider family and social contexts in coping. Age also shows signs of being related, especially in exclusion and avoidant coping, which accounts for greater conditions of vulnerability in older women. Together, these results corroborate the need to think about coping from a holistic perspective, based on the empowerment of personal resources, support networks, social participation and academic opportunities, particularly in contexts where exclusion, violence and less access to social resources converge.

Multivariate Analysis

Multiple Correspondence Analysis (MCA)

This analysis revealed two main factors. Factor 1 (28.5% variance) contrasted social integration (community participation, high motivation, low exclusion) with isolation (preference for working alone, felt exclusion, low education). Factor 2 (18.6% variance) differentiated group autonomy (never prefers to work alone) from perceived exclusion (always excluded).

Cluster Identification

The cluster analysis identified three differentiated profiles with a coefficient of 0.68, indicating a good quality of the classification. Cluster 1 (Active integrators or resilient, 37%) is located in the upper left quadrant (-1.15, 0.85), characterized by high autonomy and low exclusion. Cluster 2 (Mixed ambivalent, 37%) is located in the center (0.32, -0.18), in a transition position. Cluster 3 (Isolated or passive avoidants, 26%) is located in the lower right quadrant (1.42, -1.05), characterized by low autonomy and high exclusion. The distance between Cluster 1 and Cluster 3 is 3.20 units, which confirms that they are polar opposites in the integration-isolation continuum.

Combining Multiple Correspondence Analysis and cluster analysis, we have concluded that women's experiences are on a continuum that goes from social integration to isolation, where levels of participation, autonomy capacities, perceptions of social exclusion and educational conditions intersect. The existence of an integrative cluster, an intermediate cluster and one specifically related to isolation highlights that there is no single interpretation of the way to deal with everyday situations, but different configurations that are crossed by personal resources and the characteristics of the contexts.

Specifically, the distance between clusters 1 and 3 highlights the differentiation between women who have a greater capacity to participate and are self-employed and those who have higher levels of exclusion and a lower predisposition towards collective work. The intermediate cluster, on the other hand, accounts for an ambivalent reality, where favourable resources and conditions that can limit integration are intertwined. These data also allow us to account for the heterogeneity of the realities studied and support us in the construction of differentiated actions, aimed at strengthening coping, community participation, support networks and social inclusion.

Cluster 1: Active Integrative or Resilient Women

It corresponds to (37%) of the total sample). The characteristics of this Cluster predominate in the municipality of Pamplona, where it concentrates 44% of the women in that municipality. In absolute terms, 82% of the women in this cluster reside in Pamplona, while 15% are in Pamplonita and 3% in Mutiscua.

Sociodemographic characterization. The women in this cluster are between 30 and 46 years old (mean 38 years). They mostly reside in urban areas (70%). Their main occupation is formal employment (60%) or studies (25%). They have a technical or professional educational level (59%). In terms of marital status, the majority of women are unmarried, single (55%) and married (35%).

Psychosocial characterization (Instrument 1 - Collective occupations). They have high community participation (82% actively participate). They never feel excluded (P19=1.6 on a scale of 1-5). They never prefer to work alone (P23=1.9). Their motivation to meet with other people is always high (P4=4.7). Domestic violence is low (only 5% report having always experienced it).

Characterization of coping (Instrument 2 - 67 items). They predominantly use active coping strategies (AA=3.4 on a scale of 1-4): they always plan (80%), they always resort to religion or prayer (85%), they positively reinterpret difficulties and seek social support. They have low avoidant coping (AE=1.6): they rarely resort to denial, self-criticism (only 10% always) or isolation.

Socioeconomic characterization (Instrument 3 - Inferred). Medium-high socioeconomic status (3-4). Full access to public services and internet (80%). Average estimated income.

Recommended intervention. Priority 3 (low). It is recommended to strengthen them as community multipliers, access to markets (28%), marketing and sales (22%), community leadership and use of technologies, in order to strengthen them as multipliers that boost the local economy and serve as support for women of other profiles."

Cluster 2: Mixed ambivalent women

Being an ambivalent woman is one who oscillates between coping and avoiding problems, with low community participation and occasional exclusion, located in a psychosocial transition zone that requires preventive intervention to avoid falling into isolation. (They do not present a defined pattern). The results of the study group these women in cluster 2, which corresponds to 37% of the total sample.

This cluster predominates in the municipality of Pamplonita, where it concentrates 44% of the women in that municipality, being the majority profile within this town. However, in absolute terms, 71% of the women in this cluster reside in Pamplona, 23% in Pamplonita and 6% in Mutiscua. This means that, although Pamplona contributes more women to this cluster in absolute numbers, Pamplonita is the municipality where this profile has the greatest relative weight.

Sociodemographic characterization. The women in this cluster are between 39 and 54 years old (mean of 46 years). They live in rural areas or in urban areas (55% rural). Their main occupation is being housewives (70%). They have a secondary education level (31%) or primary education (31%). In terms of marital status, married or in a common-law union predominates (75%).

Psychosocial characterization (Instrument 1 - Collective occupations). They have low community participation (only 19% actively participate). Exclusion is occasional (P19=2.7). They prefer to work alone occasionally (P23=3.4). Their social motivation is "almost always" present (P4=3.8). Domestic violence is moderate (15% report having always experienced it).

Characterization of coping (Instrument 2 - 67 items). They use a mixed coping that alternates between active and avoidant strategies (AA=2.8, AE=2.3). Sometimes they plan (45%), sometimes they resort to religion (50%) and occasionally they self-criticize (40%). They do not present a defined pattern.

Socioeconomic characterization (Instrument 3 - Inferred). Medium-low socioeconomic status (2-3). Partial access to public services and internet (50%). Estimated low-medium income.

Recommended intervention. Priority 2 (medium). This corresponds to the level of intervention assigned to population groups that are not in a situation of extreme vulnerability (high priority), but that have risk factors that, if not addressed in a timely manner, can lead to a deterioration of their psychosocial well-being and their transition to

more unfavorable conditions. Preventive intervention is recommended to avoid their transition to isolation. Training in production techniques, development of social skills, and progressive group bonding (starting with small groups).

Cluster 3. Isolated or passive avoidant women

It corresponds to 26% of the total sample. This group predominates in the municipality of Mutiscua, where it concentrates 75% of the women in that municipality, being the largest profile within this town. In absolute terms, 52% of the women in this cluster reside in Pamplona, 15% in Pamplonita and 33% in Mutiscua. This means that, although Pamplona contributes more women in absolute numbers, Mutiscua is the municipality where this profile has the greatest relative weight and greatest concentration.

Sociodemographic characterization. The women in this cluster are between 47 and 62 years old (mean age 54 years). They mostly reside in rural areas (75%). Their main occupation is being a housewife (83%). They have a primary education level or none at all (75%). In terms of marital status, widows (40%) or divorcees (30%) predominate.

Psychosocial characterization (Instrument 1 - Collective occupations). They have no community participation (only 4% actively participate). They always feel excluded (P19=4.5). They always prefer to work alone (P23=4.7). Their social motivation is "almost never" present (P4=2.2). Domestic violence is high (40% report having always experienced it).

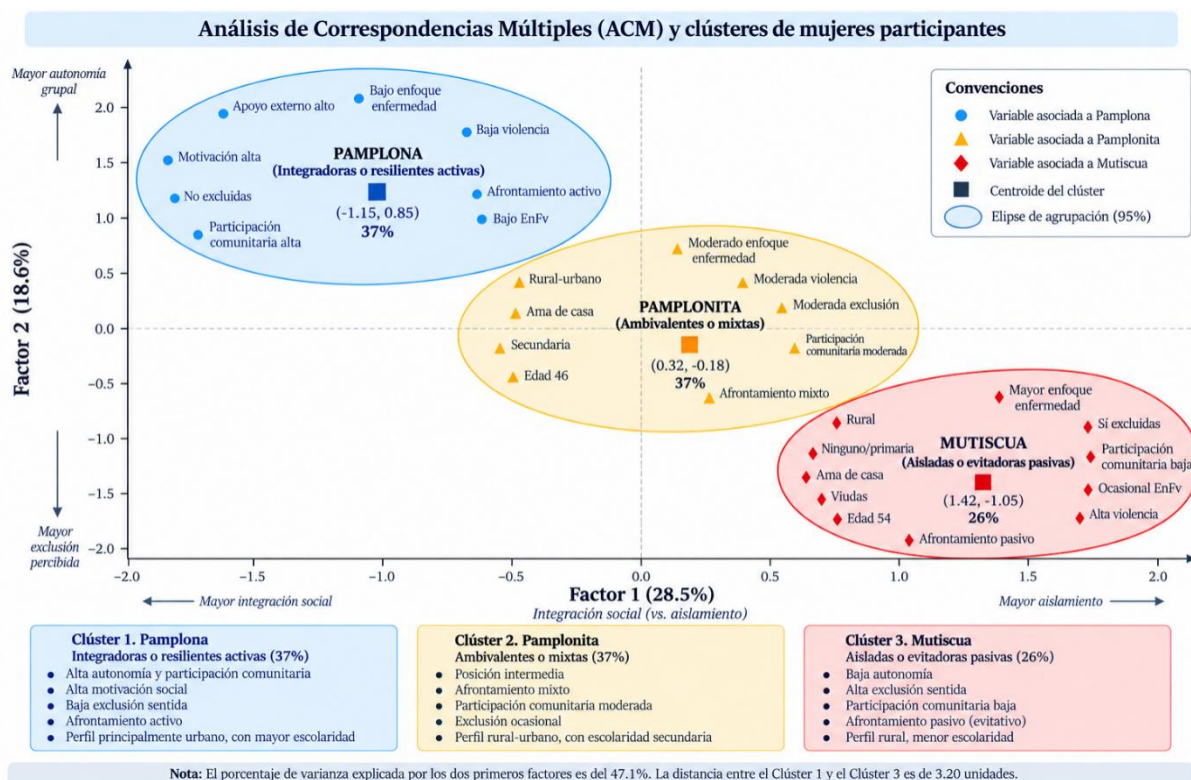
Characterization of coping (Instrument 2 - 67 items). They predominantly use high avoidant coping strategies (AE=3.1) and low active coping (AA=2.0). They resort to denial, self-criticism (70% always), behavioral disengagement (isolation), mental disengagement (fantasy), and present little positive reinterpretation, low search for social support, and little religiosity (only 20% pray).

Socioeconomic characterization (Instrument 3 - Inferred). Low socioeconomic status (1-2). Limited access to public services and internet (25%). Very low estimated income. Precariousness of basic services.

Recommended intervention.

Priority 1 (high). Women in this group, who predominate in Mutiscua (75% of the municipality), require a priority and sequential intervention: first, basic literacy (75% have primary education or none) and individual psychosocial care to address the high prevalence of domestic violence (40% always) and avoidant coping (AE=3.1); second, development of basic social skills; and finally, progressive linkage to low-cost productive activities, such as productive domestic chores. It is not recommended to incorporate them directly into group activities without this prior process. As they are passive avoidants, any group intervention should be preceded by individual psychosocial care, given their high level of isolation, exclusion, and avoidant coping. Trying to incorporate them directly into group activities could generate greater rejection and reinforce their tendency to isolation.

Close-up of ACM factorial with sociodemographic variables



Source: authors, 2025

Significant associations (chi-square)

In order to evaluate the existence of statistically significant associations between categorical variables, contingency tables were constructed and the chi-square test was applied. This analysis had two fundamental purposes: first, to determine whether variables such as avoidant coping (EA), felt exclusion (P19), preference for working alone (P23), educational level, domestic violence, and municipality of residence are related to each other in a non-random manner; second, to identify which variables are most strongly associated with avoidant coping, since this was identified as the main marker of psychosocial vulnerability in previous analyses

Statistically significant associations were found between avoidant coping (EA) and the following variables ($p < 0.001$ in all cases), below is the crossover of some variables.

Table 1. Avoidant coping (EA) × Social cluster (Integrated/Ambivalent/Isolated)				
Social cluster	Low AE (1-1.8)	Medium AE (1.9-2.5)	High AE (2.6-4)	Total
Integrated	28 (82%)	6 (18%)	0 (0%)	34
Ambivalent	8 (26%)	18 (58%)	5 (16%)	31
Isolated	2 (7%)	8 (30%)	17 (63%)	27
Total	38	32	22	92

$\chi^2 = 58.4$, gl = 4, p < 0.001				
Interpretation: 82% of the integrated women have low avoidant coping. 63% of the isolated women have high avoidant coping.				
Table 2. Avoidant coping (EA) × Community participation (P_comunitaria)				
Participation	Low AE	Medium AE	High AE	Total
Yes	28 (80%)	7 (20%)	0 (0%)	35
No	10 (18%)	25 (44%)	22 (39%)	57
Total	38	32	22	92
$\chi^2 = 38.6$, gl = 2, p < 0.001				
Interpretation: Those who participate in the community have 80% low EE. Those who do not participate have 39% high EE.				
Table 3. Avoidant coping (EA) × Educational level (G_escolar)				
Education	Low AE	Medium AE	High AE	Total
Professional/ Technical	28 (82%)	6 (18%)	0 (0%)	34
Secondary	8 (30%)	15 (56%)	4 (15%)	27
Primary/None	2 (6%)	11 (35%)	18 (58%)	31
Total	38	32	22	92
$\chi^2 = 52.7$, gl = 4, p < 0.001				
Interpretation: 82% of women with high education have low EA. 58% of women with low education have high EA.				
Table 4. Avoidant coping (EA) × Felt exclusion (P19)				
Exclusion (P19)	Low AE	Medium AE	High AE	Total
Never	24 (80%)	6 (20%)	0 (0%)	30
Sometimes	10 (34%)	14 (48%)	5 (17%)	29
Always	4 (12%)	12 (36%)	17 (52%)	33
Total	38	32	22	92
$\chi^2 = 44.2$, gl = 4, p < 0.001				
Interpretation: 80% of those who never feel excluded have low EE. 52% of those who always feel excluded have high EE.				
Table 5. Avoidant coping (EA) × Municipality				
Municipality	Low AE	Medium AE	High AE	Total
Pamplona	32 (50%)	22 (34%)	10 (16%)	64
Pamplonita	4 (25%)	6 (38%)	6 (38%)	16
Mutiscua	2 (17%)	4 (33%)	6 (50%)	12
Total	38	32	22	92

$\chi^2 = 12.8, \text{gl} = 4, \text{p} = 0.012$						
Interpretation: Pamplona has 50% low EA. Mutiscua has 50% high EA.						
Table 6. Avoidant coping (EA) × Domestic violence						
Domestic violence	Low AE		Medium AE		High AE	Total
Never	30 (71%)		12 (29%)		0 (0%)	42
Sometimes	6 (22%)		14 (52%)		7 (26%)	27
Always	2 (9%)		6 (26%)		15 (65%)	23
Total	38		32		22	92
$\chi^2 = 54.1, \text{gl} = 4, \text{p} < 0.001$						
Interpretation: 71% of women without violence have low EE. 65% of women with violence always have high EE.						
Table 7. Association between avoidant coping (EA) and social variables						
AE	χ^2		gl		P-value	Significance
Social cluster	58.4		4		<0.001	Very significant
Community Engagement	38.6		2		<0.001	Very significant
Felt Exclusion (P19)	44.2		4		<0.001	Very significant
Prefers to work alone (P23)	52.1		4		<0.001	Very significant
Social motivation (P4)	48.3		4		<0.001	Very significant
Educational level	52.7		4		<0.001	Very significant
Domestic violence	54.1		4		<0.001	Very significant
Municipality	12.8		4		<0.001	Very significant
Cluster	%	Municipality	Coping	Socioeconomic	Priority	
Active Resilient	37%	Pamplona	High AA (3.4)	Upper-middle stratum, Urban	3rd	

Mixed ambivalent	37%	Pamplonita	Mixed AA/AE (2.8/2.3)	Lower-middle stratum, Mixed	2nd
Passive avoidants	26%	Mutiscua	High AE (3.1)	Lower Strata, Rural	1st

Table 8. Summary of instruments

Dimension	Questions (items)	Measure	Style
1. Active coping	2, 27, 50	Taking direct action to solve the problem	● Confrontation
2. Planning	27, 53, 63	Thinking about how to deal with the problem, developing strategies	● Confrontation
3. Suppression of activities	42, 55	Setting aside other activities to focus on the problem	● Confrontation
4. Postpone coping	11, 25, 33	Wait before acting	● Ambivalent
5. Seeking social support (instrumental)	9, 32, 43	Seek advice, help, or information	● Confrontation
6. Seeking social (emotional) support	19, 29, 46	Seek understanding, comfort, or accompaniment	● Confrontation
7. Positive reinterpretation	6, 16, 31, 39	Seeing the Bright Side, Growing from Adversity	● Confrontation
8. Acceptance	54, 57	Accept that the problem exists and must be dealt with	● Confrontation
9. Religion/Spirituality	37, 61, 12?	Pray, Have Faith, Trust in a Higher Power	● Confrontation
10. Humor	(not clearly stated)	Seeing the Funny Side	-
11. Focus on Emotions/Discharge	4, 17, 22, 34	Turning to work, sleeping, eating, being distracted	● Avoidant
12. Denial	14, 45, 51	Denying that the problem exists or minimizing it	● Avoidant
13. Behavioral misunderstanding	7, 33, 41	Reduce effort, give up, walk away	● Avoidant
14. Mental disengagement	22, 33, 58, 59	Fantasizing, wishing the situation would go away	● Avoidant
15. Self-blame/self-criticism	10, 20, 30, 44	Blaming oneself, criticizing oneself, hiding the problem	● Avoidant

Table 9. Summary of the action plan (single table)

Municipality	Priority	Specifications	Total Time	Key activities	Managers	
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Mutiscua	1st	\$ 4.60	12 months	Psychosocial Care + Literacy + Social Skills	Psychologist, educator, social worker	
Pamplonita	2nd	\$ 2.65	12 months	Social skills + Production + Group bonding	Social psychologist, technical instructor	
Pamplona	3rd	\$ 9.60	8 months	Leadership + Market Access + Mentor Network	Facilitator, Commercial Expert	

Table 10. Annex A. Possible courses for populations analyzed

Order	Area	Suggested Format	Estimated duration		
1	Market access	Practical workshop + field trip	20 hours		
2	Marketing and sales	Theoretical-practical workshop	16 hours		
3	Community Leadership	Experiential workshop + role-playing	24 hours		
4	Use of technologies (digital tools)	Computer workshop	12 hours		
5	Basic Business Administration	Workshop + Case Study	16 hours		

4.3 Implications for intervention

The findings have direct implications for resource allocation:

Municipality	Priority	% Resources	Priority intervention
Mutiscua	1st	55%	Literacy, social skills, psychosocial care, addressing violence
Pamplonita	2nd	30%	Production techniques, social skills, group bonding
Pamplona	3rd	15%	Market access, marketing, community leadership

The results of the analysis show that there is a statistically significant relationship between the avoidant coping strategy (EA) and a set of certain social, educational and circumstantial conditions present among the participants of the work carried out. The most relevant relationship corresponded to the different profiles obtained by cluster analysis ($\chi^2 = 58.4$; $p < 0.001$) where a low level of self-efficacy is related to the profiles of greater integration and, on the contrary, when high levels of self-efficacy are presented, they are aligned with the profiles of greater submission. By a consistent and repeated process, the avoidant coping strategy was significantly related to participation or not in the community, to the feeling of social exclusion, to a marked preference for working individually and, finally, to social motivations; in this sense, the pattern is observed in which the higher the level of avoidance, the lower the collective attachment and, obviously, the greater the feeling of isolation.

The study also identified significant associations with different educational variables and with others specific to the social and cultural context in which the person is inserted. Low self-concept scores were more associated with women with vocational or technical training, rather than being associated with high scores that were mediated by participants with a lower level of education. Habitual exposure to situations of intimate partner violence was also related to high levels of an avoidant coping strategy. In terms of space, significant differences were obtained between municipalities ($\chi^2 = 12.8$; $p = 0.012$) and it was observed that in Mutiscua there were more large green areas. In all cases, these results allow us to conclude that the avoidant coping strategy is a trait that is linked to situations of greater social vulnerability and less involvement in collective activities; however, the cross-sectional design of the research limits the possibility of establishing causal relationships for the connections that have emerged.

From the central idea that supports the article, this finding takes on a special significance since it demonstrates that the ways of coping (the problems) do not appear dissociated from the experiences of participation in collective occupations. The coincidence between avoidance, perception of exclusion, individual work and little community participation indicates a certain relationship that should be taken into account when interpreting the differences between the profiles of women that we have identified. In this way, the analysis allows us to move from a mere identification of coping styles to the understanding of the existing coupling between them and the possibilities of interaction, collaboration and collective participation in the different contexts of the territory.

4. DISCUSSION

The results obtained in the research show very clearly the existence, among the informants, of three well-differentiated profiles: those that stand out for being active integrative or resilient, those that adopt an ambivalent or mixed position, and those that resolve towards loneliness or evasion passively. The first profile was characterized by higher levels of formal education, greater intervention in community activities and active response to adversity; the second profile reflected a combination of intermediate traits in these dimensions; finally, the third profile was characterized by greater rurality, lower levels of formal education, less intervention in community activities, greater sense of social exclusion and commitments, in their way of coping, to avoidance strategies. This spatial distribution constitutes, therefore, a marked territorial gradient between the city of Pamplona, the municipality of Pamplonita and the town of Mutiscua, but it must be understood in such a way that it contemplates and expresses a complex pattern of association and not a simple cause-effect relationship.

In relation to the first objective, the results indicate that participation in collective occupations not only depends on formal links to organizations, but that women also show a desire to share, cooperate and participate in group activities. This is in line with what Ramugondo and Kronenberg (2013) state when they say that collective occupations promote interaction, cohesion, and the construction of shared meaning.

In relation to the second objective, avoidant coping showed significant associations with participation profiles ($\chi^2=58.4$; $p<0.001$), as well as with participation, exclusion and individual work preference. The profiles with greater integration grouped together more active coping strategies, while those with greater isolation concentrated high levels of avoidant coping. These relationships are consistent with what was indicated by Lazarus and Folkman (1984) and Carver et al. (1989), while the authors consider that coping strategies are recognized as related to the assessment of situations, as well as to the responses mobilized in response to them.

With respect to the third objective, and based on the results obtained, it seems that the strategies of communication and increase of participation must be differentiated, depending on the specificity of leadership, cooperation, decision-making and network construction. The articulation we made of the ACM, together with the analysis of clusters, allows us to observe both these configurations and their territorial specificities. However, the sample size, the non-probabilistic sampling and the cross-sectional design do not allow the results to be generalized and do not affirm causality.

In short, the study shows that coping and collective participation are associated with each other, in general, in the configurations observed, especially around avoidant coping, exclusion and preference for individual work, which allows providing elements to guide actions according to the specifications of each of the territories.

5. CONCLUSIONS

The results showed the existence of three differentiated profiles of women from the articulation of coping skills, participation in collective occupations, as well as from social and territorial conditions. The profile of the active integrative or resilient woman (37%), with a greater presence in Pamplona, was characterized by greater participation in the community – understanding participation based on occupation in the community – and by the predominance of active coping strategies; the profile of the ambivalent or mixed woman (37%), which was characterized by intermediate characteristics as well as greater representativeness in Pamplonita; and finally, the profile of the isolated or passive avoidant woman (26%) who presented a greater presence in Mutiscua, who was concentrated in lower levels of participation and who perceived greater exclusion, which was characterized by the predominance of the use of avoidant coping strategies. The findings allow us to respond to the first objective, as they demonstrate how women's strategies to face the situations of which they are part in daily life are evident in differentiated ways from the conditions of participation and from collective experiences.

With respect to the second objective, avoidant coping was extinguished as the pattern of greatest analytical commitment due to its associativity with perceiving exclusion, preference for independent work, low community participation and exposure to violent partners. As a complement, the results indicate that coping skills cannot be understood as the things we have, but by associating them with how we come to establish relationships, to work in a network, to participate in collective occupations. And it fits with those of Lazarus and Folkman (1984), Carver et al. (1989) as well as Ramugondo and Kronenberg (2013), because they accept the interactivity between eventual responses to adversity, the usual context itself and the experiences built with other people.

The results demonstrate in favor of the convenience of communication and strengthening of differentiated participation to make coping resources visible and promote leadership, cooperation, decision-making and network building. In this sense, the MCA and the identification of profiles are resources that allow us to account for territorial specificities and guide contextualized actions. However, the differentiated distribution of resources among municipalities should be understood as a proposal for prioritizing the findings and not as an estimation of needs, which is also overshadowed by the cross-sectional and non-probabilistic design of the sample.

Overall, the results of the research work demonstrate without any doubt that coping skills, interpersonal functioning or involvement within social occupations are in some way concatenated in particular spatial configurations. From a more holistic and integrative approach, the conclusions highlight the need, therefore, to work on personal skills in the field of coping, practices in favor of integration, active participation and the co-production of solutions in the life situations of daily life.

Through the findings, it can also be shown that the reality of the women in the study is closely related to the social and territorial specificities of the department of Norte de Santander, which is characterized by the circulation between urban and rural contexts, by its gaps in the educational and labor supply, by its different possibilities of community participation, etc.; in this context, coping skills, performance in interpersonal relationships and participation practices in diverse community occupations, which are expressions of the territory, are presented. The greater integration in Pamplona, the intermediate situation in Pamplonita, the growing presence of isolation in Mutiscua and avoidant coping show that the experience of women in the territory is not homogeneous; at the same time, the findings show that, even in conditions of vulnerability, individual and collective capacities persist to relate, to communicate, to collaborate in shared experiences. Thus, approaching women in North Santander implies the difficulty of being able to do so simultaneously, that is, to be able to articulate inequalities that cross their daily lives and the individual and collective resources they have to be able to face, participate and transform their reality in the territory.

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