A city skyline is silhouetted against a bright sunset sky. The sun is low on the horizon, creating a strong glow. A prominent tower with a pointed top is visible in the center. To the right, a construction crane is visible. The foreground shows a body of water with a dark railing.

Precariousness and vulnerability :
a comparison between the French and
the Portuguese people : self-esteem
and stress in difficult situations

**De Vasconcelos. M. de L., Tap, P., Sordes-Ader, F.,
Fonseca, M. & Santos, R.**

**Centre Européen de Recherche
sur les Conduites et les Institutions (CEICI, Coimbra)**

XI^o European Conference on Developmental Psychology
Milan 27 – 31 of August 2003



Centre Européen d'Investigation
sur les Conduites et les
Institutions (CEICI- ISBB)
Fundação Bissaya Barreto
Coimbra

Sous la direction de

Pierre Tap
&
Maria de Lourdes Vasconcelos

Précarité
&
vulnérabilité psychologique

Comparaisons franco-portugaises



Centre Européen d'Investigation
sur les Conduites et les Institutions (CEICI)
Fondation Bissaya Barreto Coimbra

Coordinated by

Pierre Tap

&

Maria de Lourdes Vasconcelos

Precariousness and psychological vulnerability Comparisons between France and Portugal

Work to be published at the



Why this research?

- To gain a better **understanding of the process** of precarization/health.
- To analyse the **psychological consequences** of precariousness.



Conditions

indispensable to health :

housing

food

income

education

stable

social

ecosystem

justice



(according to the World Health Organization)



Field observation



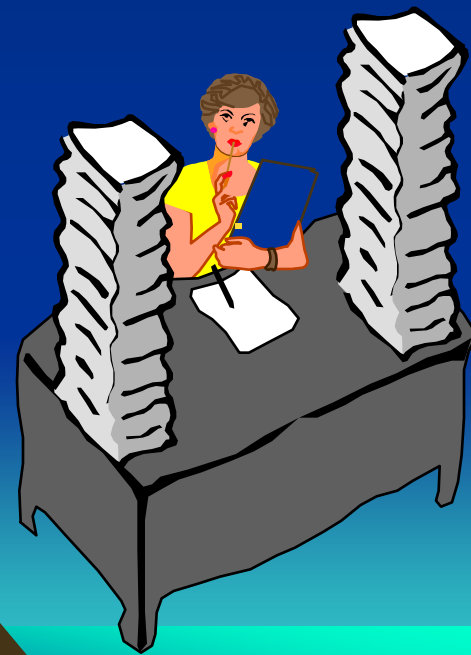
- Elements of medical, psychological, and social **vulnerability**
- Expressions of **complaint** :
- **Adaptation** strategies :





French-Portuguese research

The questionnaire





Questionnaire Categories

- Social and biographical data
- Family relations
- Health conditions
- **The triadic scale (stress, self-esteem, coping)**
- Social integration
- Work plans
- Values



Social and biographical data

- 1 Sex
- 2 Age
- 3 Job situation
- 4 Unemployment
- 5 Housing



The triadic scale

- 1 Stress (problems)
- 2 Coping strategies (how to cope with stress)
- 3 Self-esteem



The triadic scale

→ **STRESS** (problems) :

- **Psychological** : « *I feel discouraged and depressed* ».
- **Physical** : « *I feel a knot in my stomach* ».
- **Temporal** : « *I find it difficult to organize my time* ».



The triadic scale

→ COPING strategies :

- **Withdrawal** : « *I withdraw into my own imagination and dreams* ».



The triadic scale



→ COPING strategies:

- **Withdrawal** : « *I withdraw into my own imagination and dreams* ».
- **Focus/control** : « *I face the situation* ».



The triadic scale



→ COPING strategies:

- **Withdrawal** : « *I withdraw into my own imagination and dreams* ».
- **Focus/control** : « *I face the situation* ».
- **Social support** : « *I look for help from my friends to calm myself down* ».



The triadic scale



→ COPING strategies :

- **Withdrawal** : « *I withdraw into my own imagination and dreams* ».
- **Focus/control** : « *I face the situation* ».
- **Social support** : « *I look for help from my friends to calm myself down* ».
- **Denial** : « *I behave as if the problem didn't exist* ».



The triadic scale



→ SELF-ESTEEM :

- **General esteem :** *« I feel ill at ease in my relationships with other people ».*
« I don't feel good with my own body ».
- **Self-confidence :** *« I feel confident about my future ».*
« I feel self-confident ».





Social integration

- 1 Sense of belonging
- 2 Activities
- 3 Possessions (facilities and equipment)

Beliefs

Do you have any

- * political
- * religious
- * philosophical

beliefs ?



Sense of integration :

- * sense of responsibility +
- * sense of integration in society +
- * sense of being socially useful +
- * satisfaction with one's own living conditions +
- * sense of achievement +
- * (taking care of one's body)

= Global score of sense of integration





Values

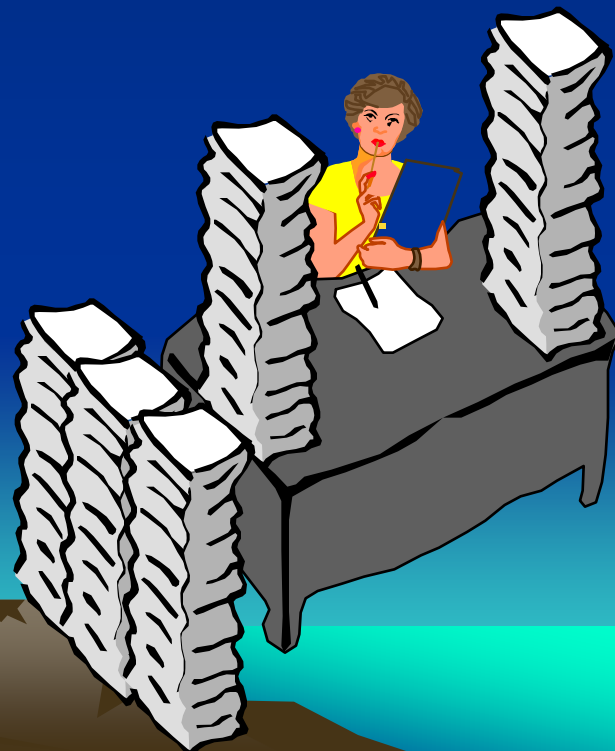
→ HIERARCHY of 20 values :

Freedom **Love**
health family
happiness
friendship ...



French-Portuguese Research

Some results



Interviewees:

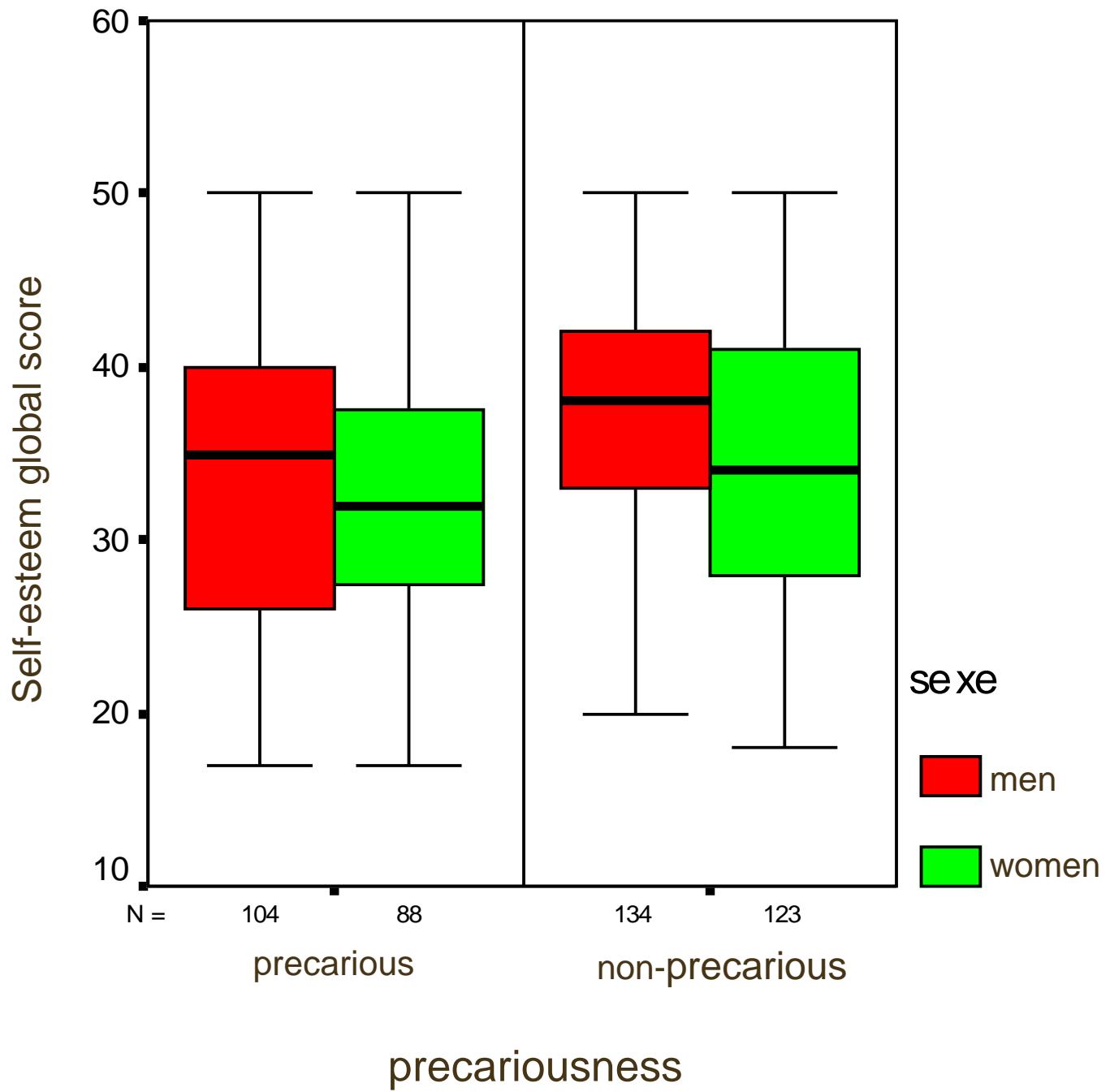
300 French

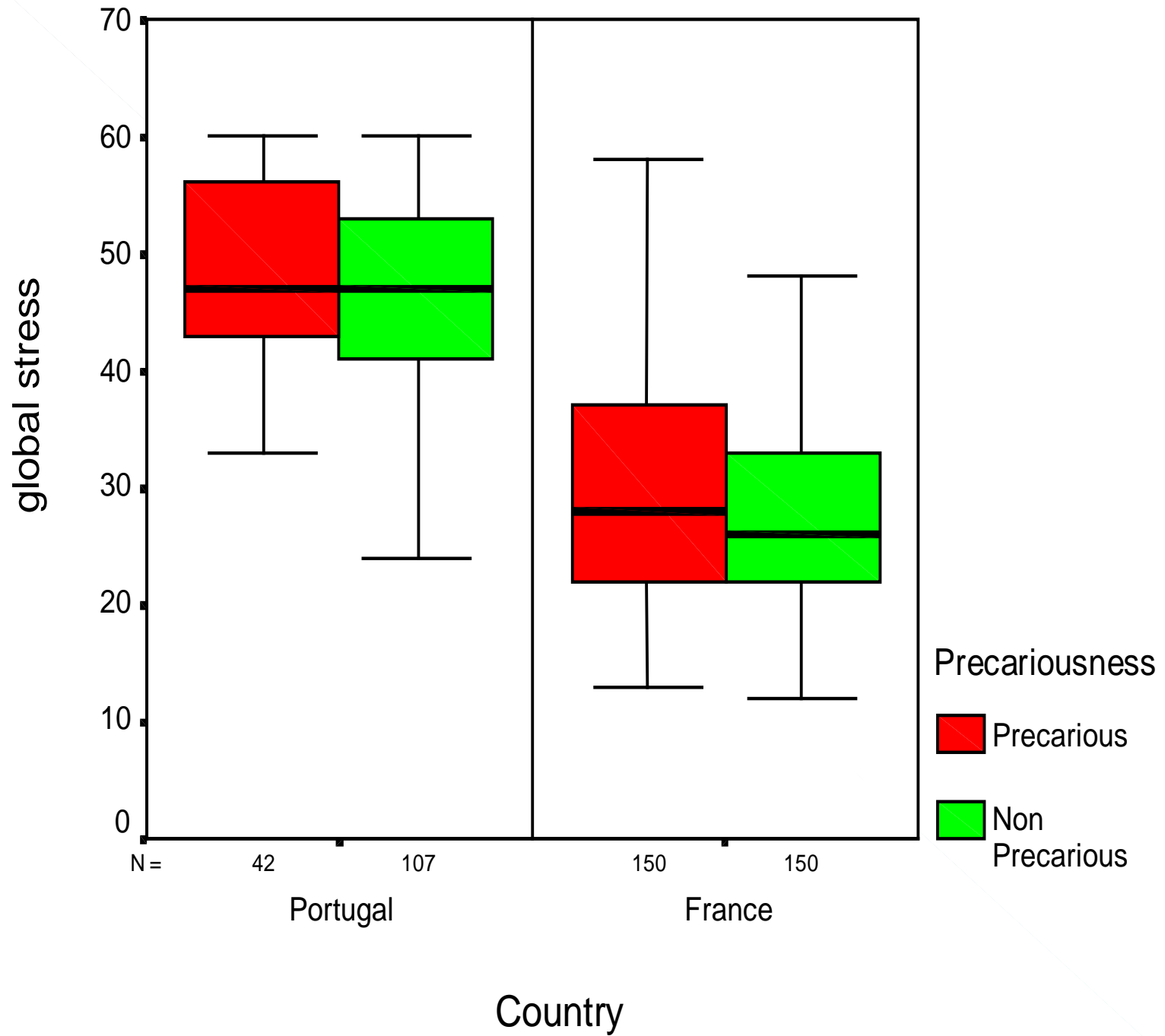
(150 precarious, 150 non-precarious)

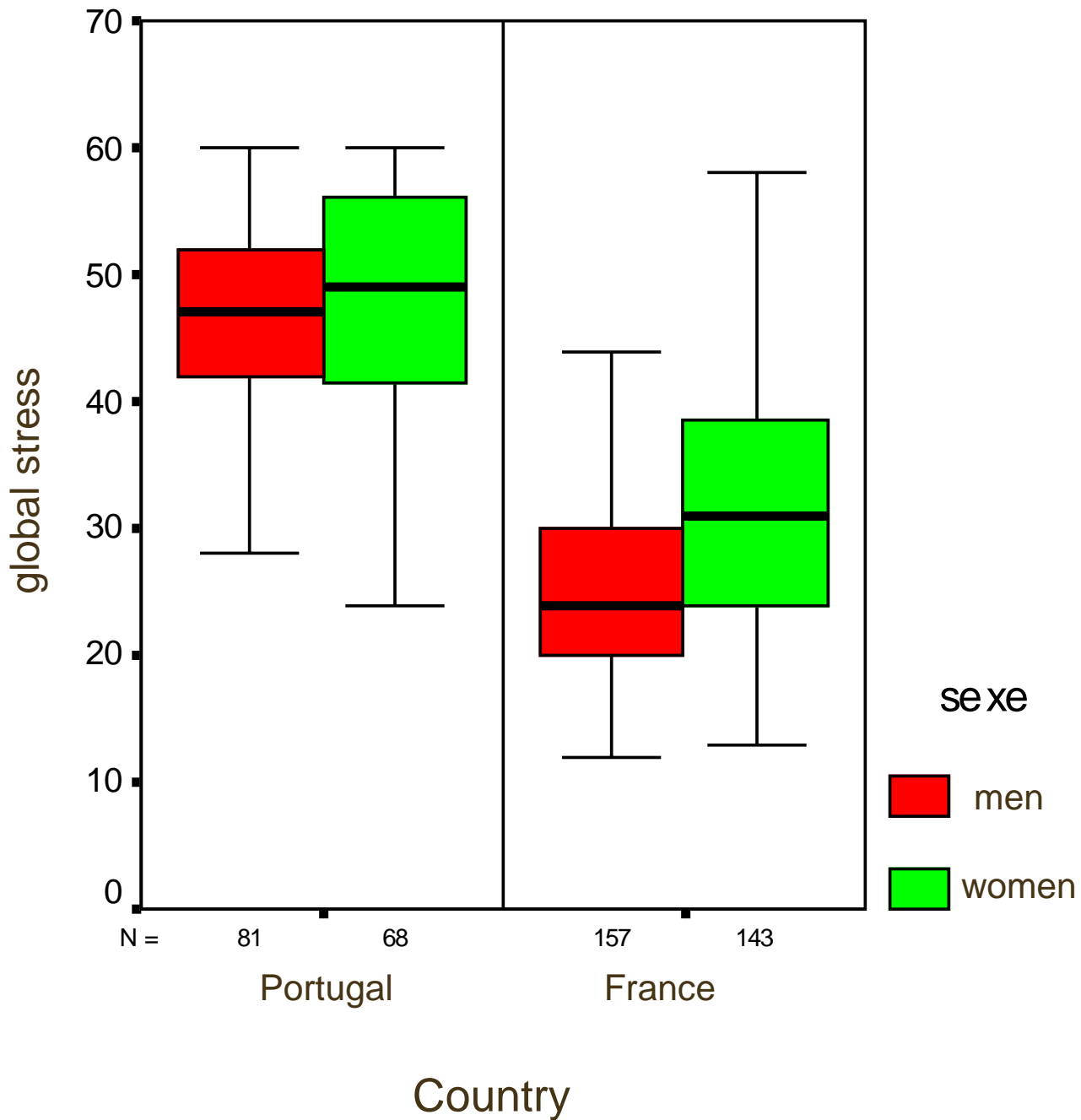
149 Portuguese

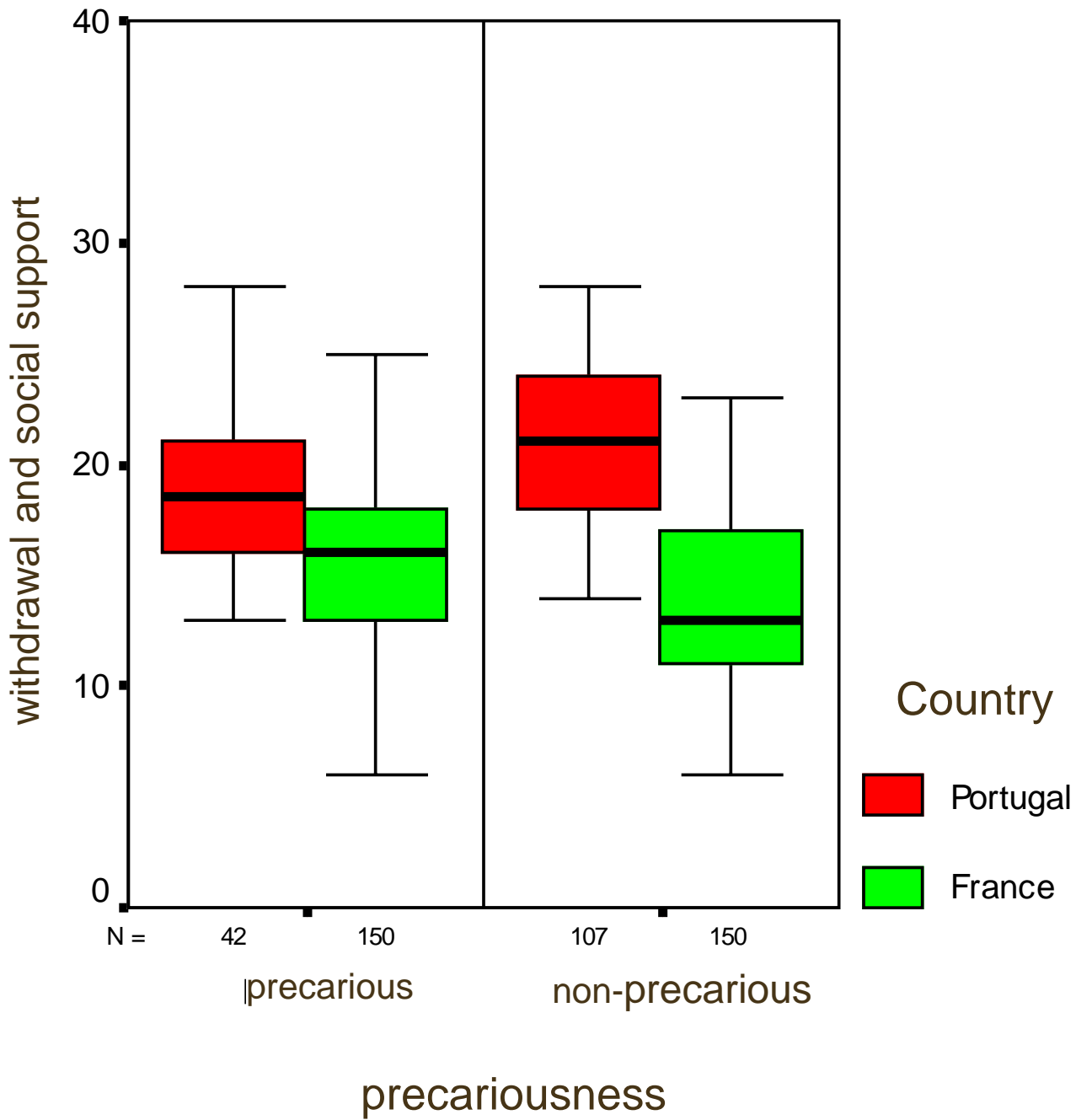
(42 precarious, 107 non-precarious)











List of presented values

Dignity

Dreams

Equality

Family

Freedom

Friendship

Happiness

Health

Help

Hygiene

Love

Luck

Money

Pleasure

Quality of life

Security

Religion

Solidarity

Well-being

Work



List of presented values

Dignity		Love	2
Dreams		Luck	
Equality		Money	
Family	3	Pleasure	
Freedom	4	Quality of life	
Friendship	5	Security	
Happiness	6	Religion	
Health	1	Solidarity	
Help		Well-being	
Hygiene		Work	

Values (dif. My)

> Precarious Situation

Money
Well-being
Happiness
Security
Work

➤ Non-precarious Situation

Equality
Freedom
Pleasure
Quality of life



Values (my/range)

> Portugal:

1. Freedom
2. Hygiene
- (3. Health)
4. Pleasure
5. Quality of life
8. Equality
9. Dreams
10. Help
15. Luck

> France:

1. Love
- (2. Health)
3. Family
4. Happiness
4. Friendship
7. Work
8. Well-being
10. Dignity
11. Money

Values (dif. my)

> **Men**

Freedom
Pleasure

➤ **Women**

Work



New Study in Coimbra

- A new study financed by the Bissaya Barreto Foundation is being conducted with 450 interviewees in 14 Health Centres in Portugal's Central Region.
- A new questionnaire is being developed with the same categories (self-esteem, stress, coping, social integration, beliefs, and values)



Thank you very much for your attention..

