



## Family functioning and psychological well-being in Peruvian adults before the fifth wave of contagion COVID-19

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### ABSTRACT

#### Article History

Received: 10 June 2025

Revised: 3 February 2026

Accepted: 26 February 2026

Published: 24 March 2026

#### Keywords

COVID-19

Family dynamics

Family functioning

Family relationships

Mental health

Peruvian population

Psychological well-being.

The COVID-19 pandemic has significantly impacted global mental health, with family functioning recognized as a crucial factor influencing psychological well-being. This study aimed to examine the relationship between family functioning and psychological well-being within the Peruvian population prior to the fifth wave of infections. A correlational, cross-sectional design was employed, involving a non-probabilistic sample of 3,921 adults over 18 years old. Data collection utilized Smilkstein's Family Functioning Perception Scale and the Psychological Well-being Scale for Adults (BIEPS-A). Results indicated that 91.59% of participants experienced moderate to severe family dysfunction, while 83.92% reported medium to low levels of psychological well-being. A weak but significant positive correlation was found between family functioning and overall psychological well-being ( $Rho = 0.287$ ;  $p < 0.001$ ). Additionally, specific dimensions of psychological well-being, including acceptance and control of situations ( $Rho = 0.240$ ;  $p < 0.001$ ), autonomy ( $Rho = 0.152$ ;  $p < 0.001$ ), social ties ( $Rho = 0.267$ ;  $p < 0.001$ ), and life projects ( $Rho = 0.230$ ;  $p < 0.001$ ), also demonstrated low-magnitude positive correlations with family functioning. The findings suggest that, despite the weak relationship, family functioning can positively influence adults' psychological well-being. Future research should focus on developing interventions aimed at strengthening family dynamics as a strategy to promote mental health in this population.

**Contribution/Originality:** The study provides empirical evidence on the relationship between family functioning and psychological well-being among Peruvian adults during the pandemic. Its findings guide the development of interventions aimed at strengthening family dynamics as a strategy to promote collective mental health.

## 1. INTRODUCTION

Family functioning refers to the family's effectiveness in achieving a certain order, balance, and unity in the face of the demands of daily life within the family dynamic. In this context, family unity and the ability to adapt to the complex situations presented by everyday life can determine the functionality or dysfunctionality of a family unit (Olson, Sprenkle, & Russell, 1979). During the COVID-19 pandemic, family dynamics were significantly affected

worldwide, since, as a consequence of the pandemic, entire countries were declared in confinement. Due to poor family communication tools and prolonged periods together in the same space, more couples dissolved due to dysfunctionality (Feinberg et al., 2022; Liberati et al., 2021). This was generated by various factors such as parental stress due to parenting and working from home, unemployment, couple conflicts, and constant distress about the risk of death (Wong, Lau, Chan, & Zhuang, 2022).

The quality of family relationships had negative or positive consequences on the well-being of family members (Schiera, Faraci, Mannino, & Vantaggiato, 2024; Thomas, Liu, & Umberson, 2017). Considering that psychological well-being is built by the style and way of facing daily challenges, the effort and eagerness to achieve goals, and also shaped by those values that make individuals feel alive and in constant growth; allowing them to face painful situations with less difficulty (Alvarez-Cabrera, Lagos-Lazcano, & Urtubia Medina, 2020) This is an important component of health, understood as a complete state of physical, mental and social well-being, in addition to the absence of disease (World Health Organization (WHO), 2022). In turn, the COVID-19 pandemic in previous studies was reported as a psychosocial factor that directly affected psychological well-being and other areas of health, affecting all age groups such as children, adolescents, youth, adults, and older adults, generating an increase in psychological and psychiatric disorders, altering the entire family dynamics and economy (Ulloa, 2021).

Some studies have demonstrated the relationship between family functioning and psychological well-being, such as the one conducted in China, which found that family functioning and psychological well-being have a bidirectional relationship, so it is vital to maintain adequate psychological well-being and functional families for psychological health to be stable (Shek, 1998). Another study in Asia found that women who had many work responsibilities at home had a higher burden of depression and psychological problems, affecting psychological well-being, which was mainly caused by role dysfunctionality on the part of the spouse (Perry-Jenkins, Seery, & Crouter, 1992). In Lebanon, a study conducted with young university students revealed that most of them perceived their families to be functional, but 39.5% perceived family dysfunctionality; moreover, family functioning was found to be directly related to psychological well-being (Kazarian, 2005). While in Taiwan, a study in adults and older adults showed that psychological well-being is a key indicator of quality of life, and this well-being reported stronger correlations in families with adequate family dynamics, suggesting that health personnel should also work on improving family relationships (Chiang, Chien, Lin, Yeh, & Lee, 2013). In Hong Kong, a sample of adults found that family functioning was a significant moderator: the association between COVID-19 and resilience was stronger, and the association between resilience and depressive symptoms was weaker among participants with higher family functioning, with family functioning being a more prominent moderator in women than in men. Bai, Cai, Zhou, and Yang (2025) and Del Carmen García-Mendoza, de la Fuente, Sánchez-Queija, and Parra (2024) found in a sample of adults in Spain, the text indicates that the family plays an important role as a protective factor for mental health, even in stressful situations where family relationships tend to deteriorate.

In this sense, over time and in different parts of the world, there has been an interest in understanding the relationship between these variables; therefore, the aim of the present study was to determine the relationship between family functioning and psychological well-being in Peruvians before the fifth wave of COVID-19 infection.

Therefore, the following research poses the following questions.

### 1.1. General Question

- What is the relationship between family functioning and psychological well-being in Peruvian adults before the fifth wave of COVID-19 infection?

### 1.2. Specific Questions

- Is there a significant relationship between the type of family functioning (functional vs. dysfunctional) and the level of psychological well-being?

- How are the dimensions of psychological well-being (acceptance/control, autonomy, social bonds, and projects) related to family functioning?
- What differences exist in the levels of family functioning and psychological well-being according to the people with whom Peruvian adults live?
- What sociodemographic characteristics (gender, educational level, marital status, cohabitation) are associated with higher levels of family dysfunctionality and lower psychological well-being?

The remainder of the paper is developed as follows: Section 2 presents a review of the literature; Section 3 describes the development of the hypothesis; Section 4 describes the design and data; Section 5 includes the empirical results and discussion; finally, Section 6 concludes the paper.

## 2. REVIEW OF THE LITERATURE

Family functioning has been a widely studied variable within the field of psychology. It refers to the set of interactions, roles, communication processes, and emotional support that allow a family to adapt and maintain equilibrium in the face of internal and external demands (Olson et al., 1979). From Olson's model, family functioning is understood on the basis of two dimensions: cohesion (the degree of emotional union among members) and adaptability (the family's capacity to change its power structure in the face of stressful situations). A well-functioning family facilitates a supportive environment, promotes emotional expression, and strengthens the personal development of its members, while dysfunctionality can lead to tense or even violent family climates, profoundly affecting mental health (Feinberg et al., 2022; McCreary & Dancy, 2004; Zhao, Dennis, & Houseman, 2025).

Family functioning acts as a primary emotional regulation and social support system, especially during childhood and early adulthood. Attachment theory suggests that early family relationships shape internal affective schemas that influence how individuals manage stress (Lutzer, Hochdorf, Bachar, & Canetti, 2002), establish attachments and perceive themselves (Ahlberg, Persson, Berterö, & Ågren, 2023). Likewise, Bronfenbrenner's (1979) ecological theory recognizes the family as the most influential microsystem in identity formation and emotional health. In adverse contexts such as the COVID-19 pandemic, these dynamics were put to the test, evidencing how impaired family functioning can amplify the psychological impact of crises (Wong et al., 2022). Psychological well-being is a construct that has evolved beyond the traditional conception of mental health. Ryff (1989) proposed a multidimensional model that defines psychological well-being in terms of six factors: self-acceptance, positive relationships with others, autonomy, mastery of the environment, purpose in life, and personal growth. This humanistic-existential approach emphasizes the development of human potential and resilience in the face of challenges as indicators of good mental health (Miao & Bierman, 2023). In the field of positive psychology, Seligman (2011) has also highlighted the importance of factors such as positive emotion, engagement, positive relationships, meaning and achievement (PERMA model) as pillars of well-being (Vences Camacho, Márquez Gómez, & Cardoso Jiménez, 2023). These dimensions not only refer to pleasant emotional states but also to active processes of meaning construction, resilience, and healthy relationships. In that sense, psychological well-being cannot be understood in isolation but is profoundly determined by the family and social context in which the person develops (Alvarez-Cabrera et al., 2020; Thomas et al., 2017). Numerous empirical studies support the existence of a significant relationship between family functioning and psychological well-being; however, it should be noted that this relationship is not merely linear. Some studies suggest that family functioning acts as a protective or risk factor, depending on the quality of relationships and the cultural context. Functional families tend to promote resilience, self-esteem, and a sense of belonging; whereas dysfunctional families may generate emotional insecurity, dependency, affective disorders, or social isolation (Paat & Markham, 2019). Moreover, specific dimensions of psychological well-being, such as autonomy or life projects, may be particularly affected in overprotective, rigid, or chaotic family contexts. Therefore, the present study is not only justified by the pandemic context but also by the need to continue exploring the dynamic interactions between the family world and mental health, especially in Latin American countries where family ties play a central role in the

identity and emotional support of individuals. Understanding these variables from a theoretical and empirical perspective allows the generation of more sensitive, preventive, and culturally relevant interventions, thus contributing to the development of collective well-being.

### 3. HYPOTHESIS

*H<sub>1</sub>: There is a direct and significant relationship between family functioning and psychological well-being in Peruvian adults before the fifth wave of COVID-19 infection.*

This hypothesis is based on the idea that when a family functions harmoniously, its members are more likely to feel emotionally stable, motivated, and have a greater capacity to face personal or social challenges.

*H<sub>2</sub>: The greater the family dysfunctionality, the lower the level of psychological well-being perceived by Peruvian adults.*

It was found that when the family does not adequately fulfill its functions, this negatively affects the well-being of its members, generating greater stress, anxiety, or discouragement.

*H<sub>3</sub>: The dimensions of psychological well-being (acceptance/control, autonomy, social bonds, and life projects) are positively related to family functioning.*

This hypothesis argues that functional families not only impact general well-being but also specific aspects: they help to accept difficult situations and foster autonomy.

*H<sub>4</sub>: Adults who cohabit with both parents perceive greater family dysfunction and present lower levels of psychological well-being compared to those who cohabit with others.*

Sometimes, unresolved conflicts between adults can generate tensions that end up affecting everyone's psychological well-being.

*H<sub>5</sub>: Women present higher levels of perceived family dysfunction and lower psychological well-being than men.*

This hypothesis arises from a sensitivity to the emotional and caregiving burdens that many women face in the family environment. The study suggests that these responsibilities may impact their well-being more profoundly than in males.

### 4. METHODS

#### 4.1. Type and Design of Research

The research, according to its purpose, is basic due to the contribution it makes to future research. Its scope is correlational, allowing the establishment of the relationship between the variables of this study. Additionally, by not subjecting the study subjects to clinical or experimental conditions, the research is of non-experimental and cross-sectional design (Arias González & Covinos Gallardo, 2021).

#### 4.2. Population and Sample

The population of the present research consists of Peruvian citizens of legal age; currently, in Peru, there are 24,760,062 persons of legal age, with a distribution of 12,308,993 men and 12,451,069 women (National Office of Electoral Processes, 2022).

The study sample consisted of 3,921 people residing in different departments of Peru, of whom 41.2% were men (1,615) and 58.8% were women (2,306).

The characteristics of the study sample are presented in Table 1. Regarding the characteristics of the study sample, it can be observed that: 1. 41.19% are men and 58.81% are women. 2. Regarding the level of studies, 84.83% are receiving or have received higher education, either university or non-university, 14.82% have completed regular basic education, and only 36% of the participants have a primary education level. As for who they live with, 67.71% live with their parents, 9.16% live alone, followed by 8.54% who live with their partner, 7.42% live with their children, and 6.76% have other forms of cohabitation. As for marital status, 81.36% are single, 8.57% are married, 6.38% live

together, and 1.94% are separated or divorced. Regarding the question "Do you have children?", 80.9% mentioned not having children, and 19.1% do have children.

#### 4.3. Instruments

In the present study, the Smilkstein Family Functioning Perception Scale was used in its adapted version by (Castilla, Caycho, Ventura, Palomino-Barboza, & De la Cruz, 2015). Cronbach's Alpha processing was performed to determine reliability, obtaining a value of 0.79, evidencing a significant degree of reliability. The Psychological Well-Being Scale for Adults (BIEPS-A) version adapted by Figueroa-Escototo (2015) was also used. In the present study, the Cronbach's Alpha reliability analysis was performed, obtaining a value of 0.913, evidencing a strong degree of correlation (Sánchez-Escobedo, 2022).

#### 4.4. Data Analysis

For the processing of the results, the Microsoft Excel program was used to load the database and purge the information, extracting those participants who did not meet the inclusion criteria or did not wish to participate. The statistical package SPSS (Statistical Package for Social Sciences) (V. 25.0) was used to process the results, performing the inferential analysis with the Kolmogorov-Smirnov normality test, the correlation of the study variables using Spearman's Rho, and the level of significance. For descriptive analysis, frequencies, percentages, and means were used. Finally, Cronbach's Alpha reliability analysis of both instruments was used to determine the psychometric properties for their use.

#### 4.5. Procedure

Each participant was asked to cooperate, and the objective of the research was explained, as well as the instructions for completing the questionnaires and the confidentiality of their responses. All participants signed the informed consent and were guaranteed the confidentiality of their data. The study was approved by the Ethics Committee of the Federico Villarreal National University (Peru).

#### 4.6. Ethical Criteria

The informed consent specified the principle of autonomy, as well as the objectives of the research, the aims, the instruments to be used, and the use to be made of the results.

**Table 1.** Characteristics of the study sample.

Sociodemographic data		f	%
Sex	Male	1615	41.19
	Female	2306	58.81
Level of education	Primary	14	36.0
	Secondary	581	14.82
	Higher	3326	84.83
Lives with	Parents	2655	67.71
	Children	291	7.42
	Couple	335	8.54
	Only	359	9.16
	Friends	16	0.41
	Others	265	6.76
Marital status	Single	3190	81.36
	Married	336	8.57
	Cohabitant	250	6.38
	Separated/divorced	76	1.94
	Widowed	11	0.28
	Other	58	1.48
Have children	No	3172	80.90
	Yes	749	19.10

**Note:** %=Percentage; f,= Frequency.

Likewise, the confidentiality and voluntariness of the participants were maintained, and they were informed that they could request the results of their evaluations in order to comply with the principle of beneficence. Finally, it should be noted that the research does not present any physical or psychological risk for the population (Table 1).

**5. RESULTS**

In Table 2, the results of the Kolmogorov-Smirnov normality test were analyzed to establish the trend of the study data. It was determined that the values of the research are heterogeneous, obtaining a significance value of Sig (0.000). Likewise, when performing the analysis of the correlation coefficient between family functioning and psychological well-being according to Hernández et al. (2018), a weak correlation was obtained ( $0.287 < 0.30$ ). Additionally, there is a significance level of 0.000, which indicates that the confidence level of the results obtained is 100%.

**Table 2.** Correlation between family functioning and psychological well-being in the Peruvian population.

Correlation statistic		Psychological well-being
Spearman's Rho	Family functioning	r
		Sig. (Bilateral)
		N
		0.287**
		0.000
		3921

**Note:** r = correlation coefficient; Sig. = significance level; N = sample size.  
 \*\*statistically significant at the  $p < 0.01$  level.

In Table 3, it is observed that the significance values of the psychological well-being dimensions are at a highly significant level (Hernández-Sampieri & Mendoza, 2018)  $p < .000$  which indicates that the values obtained in the present study are 100% reliable; likewise, regarding the correlation coefficients, the following correlation findings are specified between the psychological well-being dimensions and the family functioning variables: 1. Acceptance/Control of situations the correlation coefficient is weak ( $0.240 < 0.25$ ). 2. Autonomy, the correlation coefficient is weak ( $0.152 < 0.025$ ). 3. Social ties correlate positively with family functioning ( $0.267 > 0.25$ ). 4. Projects obtain a weak positive correlation ( $0.230 < 0.25$ ).

**Table 3.** Correlation between the dimensions of psychological well-being and the variable of family functioning.

Correlation statistic		Family functioning
Psychological well-being	Acceptance / Control of situations	r
		Sig. (Bilateral)
	Autonomy	r
		Sig. (Bilateral)
	Social links	r
		Sig. (Bilateral)
	Projects	r
		Sig. (Bilateral)
		0.240**
		0.000
		0.152**
		0.000
		0.267**
		0.000
		0.230**
		0.000

**Note:** r = Correlation coefficient; Sig. = Significance level.  
 \*\*statistically significant at the  $p < 0.01$  level.

Analysis of the data presented in Table 4 reveals the relationship between perceived family functioning and levels of psychological well-being among participants. The findings indicate that individuals perceiving their families as severely dysfunctional predominantly exhibit low (49.38%) and medium (37.45%) levels of psychological well-being, with 86.83% falling into these categories. Notably, 13.17% of these individuals demonstrate high psychological well-being despite the severe family dysfunction. For participants perceiving their families as moderately dysfunctional, a similar pattern emerges, with 86.42% positioned in the low (42.21%) and medium (44.21%) levels of well-being, while 13.58% report high well-being. Conversely, participants perceiving their families as very functional show a markedly different distribution, with only 23.17% exhibiting low psychological well-being. The majority are in the medium (55.52%) and high (21.31%) levels, suggesting a positive correlation between perceived family functionality and

psychological well-being. These findings underscore the importance of family dynamics in influencing individual mental health outcomes, highlighting that higher perceived family functionality is associated with better psychological well-being.

**Table 4.** Type of family functioning and level of psychological well-being.

Type of family functioning		Psychological well-being					
		Low		Medium		High	
		f	%	f	%	f	%
Family functioning	Family with severe dysfunction	120	49.38%	91	37.45%	32	13.17%
	Moderately dysfunctional family	485	42.21%	508	44.21%	156	13.58%
	Highly functional family	586	23.17%	1404	55.52%	539	21.31%

Note: f = Frequency; % = Percentage.

In Table 5, the level of both family functioning and psychological well-being of the participants was specified, taking into account with whom they cohabit. The following findings are detailed: 1. Parents; 63.13% of the participants belong to very dysfunctional families. Likewise, 83.92% were located in the low (31.98%) and medium (51.94%) levels of psychological well-being. 2. Children; 68.73% of the participants who live with children identify themselves as belonging to very dysfunctional families. Regarding the level of psychological well-being, the medium level (50.86%) stands out. 3. Couple; it was found that 74.93% consider their family to be very dysfunctional. In terms of psychological well-being, 54.03% are at a medium level. 4. Living alone; it was found that 63.71% of the participants who live alone perceive their family as very dysfunctional, and 45.4% are at a medium level of psychological well-being. 5. Friends; it was possible to identify that 75% of the people who live with friends perceive their family as very dysfunctional, and 62.5% are at a medium level of psychological well-being. 6. Others; it was determined that 61.13% of the participants who live with other people perceive their families as very dysfunctional, and 46.04% present an average level of psychological well-being.

**Table 5.** Level of family functioning and psychological well-being according to the people with whom they live.

People they live with	Family functioning						Psychological well-being					
	F. Severe dysfunction		F. Moderately dysfunctional		F. Very dysfunctional		Low		Medium		High	
	f	%	f	%	f	%	f	%	f	%	f	%
1. Parents	168	6.33	811	30.55	1676	63.13	849	31.98	1379	51.94	427	16.08
2. Children	16	5.50	75	25.77	200	68.73	77	26.46	148	50.86	66	22.68
3. Couple	10	2.99	74	22.09	251	74.93	79	23.58	181	54.03	75	22.39
4. Only	32	8.91	99	27.58	228	63.51	93	25.91	163	45.40	103	28.69
5. Friends	2	12.50	2	12.50	12	75.00	2	12.50	10	62.50	4	25.00
6. Others	15	5.66	88	33.21	162	61.13	91	34.34	122	46.04	52	19.62

Note: f = Frequency; % = Percentage.

## 6. DISCUSSION

The present research has found that family functioning affects psychological well-being; this is most notable when the perceiver lives with both parents. In this regard, it is important to address family functioning to improve the perception of psychological well-being during the COVID-19 pandemic.

One of our findings was that 91.59% of families with moderate and severe family dysfunctionality had low psychological well-being. Results opposite to those found by us, such as the one conducted in Singaporean youth and adults, revealed that those from functional families are more likely to cope with the psychological problems posed by the COVID-19 pandemic, mainly reducing psychological distress, suggesting higher well-being at the psychological level (Tam, Poon, Mahendran, Kua, & Wu, 2021). Other studies also suggest that perceived health and family functioning influence the psychological well-being of adults during COVID-19 (Lopez et al., 2020). Having found a large majority with reports of family dysfunctionality could be due to the fact that family members did not fulfill their

roles within the family dynamics, generating situations where its members did not feel safe and also did not perceive the security that parents should provide them, and therefore could perceive negative levels of well-being (Olson et al., 1979).

On the other hand, 93.68% of participants living with both parents reported moderate to severe levels of family dysfunctionality, and 83.92% reported medium to low levels of psychological well-being. This could hypothesize that living with both parents generates greater dysfunctionality than living with a single parent. This position would not be far from reality, as a study conducted in African American single-parent families in the United States showed better family functioning, i.e., they have better communication with their children, emotional support, and do things together better than those in two-parent families (McCreary & Dancy, 2004). On the contrary, nuclear families in which both parents are present tend to present greater problems in family functioning, as reported in a study conducted in Australia (Cyril, Halliday, Green, & Renzaho, 2016). The dysfunctionality problem, mostly reported in families where both parents are present, could be due to a struggle for authority, problems in agreements, and difficulties in resolving couple conflicts (Paat & Markham, 2019). This would not be common in families where there is only one father or mother figure.

Although in the previous paragraphs we analyzed how high prevalences of family dysfunctionality were similar to those of low and medium levels of psychological well-being, the analysis of the relationship between these variables is still pending. In that sense, one of our findings is that family functioning and psychological well-being reported a direct and weak correlation ( $Rho = 0.287$ ;  $p = 0.00$ ), so increasing family functionality will improve psychological well-being. In this regard, a similar study has been found in Saudi Arabia, where young people reported that family functioning and psychological well-being ( $r = 0.25$ ,  $p < 0.01$ ) were correlated (ObaidAllah & El Keshky, 2022) in Ecuador in mostly nuclear families were also related ( $\rho = 0.215$ ,  $p = 0.00$ ) (Valdiviezo Verdezoto & Lara-Machado, 2021), and in Peruvian youth ( $Rho = .37$ ; sig. 001) (Cardenas, 2016). That direct relationship, where better family functioning results in improved psychological well-being, could be due to the fact that family dynamics and roles assumed with responsibility provide comprehensive support that includes enhancing individuals' perception of psychological well-being (Olson et al., 1979)

Dimensions of psychological well-being such as acceptance/control of situations ( $Rho = 0.240$ ;  $p = 0.00$ ), autonomy ( $Rho = 0.152$ ;  $p = 0.00$ ), social bonds ( $Rho = 0.267$ ;  $p = 0.00$ ), and projects ( $Rho = 0.230$ ;  $p = 0.00$ ), also reported direct and weak correlations with family functioning. Although there are no previous studies on the relationship of functioning with dimensions of psychological well-being, it can be clearly stated that family relationships influence all dimensions of personal well-being (Paat & Markham, 2019).

### 6.1. Limitations

The present study presented some limitations typical of studies with subjective variables such as family functioning and psychological well-being; it is possible that the participants did not show honesty when answering the questions; however, to avoid biases in data collection, at the beginning of the data collection, people were made aware of the importance of answering honestly. Another limitation is the type of sampling, which in this case is not probabilistic, which does not make our findings generalizable, but to overcome it we achieved an important sample size so that our findings do not cease to have scientific value.

### 6.2. Conclusions

The study concludes that 91.59% reported moderate and severe family dysfunctionality and low psychological well-being; 93.68% living with both parents reported moderate to severe family dysfunctionality, and 83.92% reported medium to low levels of psychological well-being. Likewise, family functioning and psychological well-being reported a direct and weak correlation ( $Rho = 0.287$ ;  $p = 0.00$ ), and the dimensions of psychological well-being also reported direct and weak correlations with family functioning.

Further studies could apply interventions to improve family functioning by attempting to enhance psychological well-being, which remains a major psychological problem during the fifth wave.

### 6.3. Recommendations

It is recommended to promote community and educational spaces where families can strengthen their bonds, improve their communication, and learn tools to face daily challenges together. It is also necessary for society as a whole to recognize the importance of psychological well-being as an integral part of mental health, promoting awareness campaigns that value emotional care within families. Health, education, and social work professionals play a key role in this process, so it is vital that they are trained to identify signs of emotional distress and provide empathetic and timely care. It is also urgent to strengthen social support networks, since feeling accompanied can make a big difference in a person's well-being, especially in difficult times. Finally, it is important that public policies recognize the inequalities experienced by many women within the family environment and offer specific spaces for emotional containment and support, thus ensuring a fairer and more humane approach for all.

**Funding:** This study did not receive specific financial support.

**Institutional Review Board Statement:** The Ethical Committee of the Federico Villarreal National University, Peru has granted approval for this study on 29 March 2024 (Ref No. 057).

**Transparency:** The authors state that the manuscript is honest, truthful, and transparent, that no key aspects of the investigation have been omitted, and that any differences from the study as planned have been clarified. This study followed all writing ethics.

**Competing Interests:** The authors declare that they have no competing interests.

**Authors' Contributions:** All authors contributed equally to the conception and design of the study. All authors have read and agreed to the published version of the manuscript.

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