

# The Psychological Effects of Urbanization on Community Well-being

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**Abstract.** This study investigates the psychological impact of urbanization on community well-being. By assessing residents from various urban settings, the research explores how urban living conditions influence mental health and social cohesion. The findings indicate that while urbanization offers economic and cultural benefits, it can also lead to feelings of isolation and stress. Understanding these effects is crucial for developing policies that promote mental well-being in urban communities.

**Keywords:** urbanization, community well-being, mental health, social cohesion, urban living

## Introduction

Urbanization is a global phenomenon with profound implications for mental health and social cohesion. This research examines the psychological effects of urbanization on community well-being, focusing on residents from different urban environments. The study assesses how urban living conditions, such as population density, infrastructure, and access to green spaces, impact mental health and social connections. Results reveal that urbanization, despite its economic and cultural advantages, can contribute to feelings of isolation and stress, affecting overall community well-being. These insights inform the development of policies aimed at promoting mental health and social cohesion in urban settings.

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