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## Socio-spatial Differences in Stress and Well-being Among Urban Residents

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### Abstract

The aim of the study is to identify differences in stress levels and mental well-being among urban residents and to describe their associations with socio-demographic characteristics, living environment, local relationships, and the presence of green spaces. The main research problem is formulated as follows: How do differences in levels of stress and well-being develop among urban residents, and how do they correlate with socio-demographic characteristics, the residential environment, neighborly relationships, and the presence of green spaces?

To address this issue, the study explores the following research questions:

- How do stress levels differ depending on the socio-demographic characteristics of urban residents?
- How do characteristics of the living environment correlate with levels of mental well-being?
- How do familiarity with neighbors and local relationships correlate with levels of stress and well-being?

Data were collected through a literature review and an online survey (CAWI). The results indicate significant variation in stress levels and mental well-being among city residents depending on socio-demographic and spatial characteristics. The findings indicate that residents' mental well-being is an important dimension of city functioning that should be considered in urban policies. This approach can support the development of more sustainable and welcoming urban environments.

**Keywords:** Built Environment; Mental Health; Quality of Life; Urban Areas; Urban Planning