



**HUMAN FREEDOMS FROM THE PERSPECTIVE  
OF “I FEEL, VALUE AND CAN CHANGE MY FUTURE”:  
SOCIO-ECOLOGICAL PERCEPTIONS IN THE CITY  
OF XALAPA, VERACRUZ, MEXICO (2025)**

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**Abstract:**

Recognizing the capabilities of the social environment as a foundation for individual freedoms allows us to identify the role of individual thoughts as the basis for socio-ecological perceptions—that is, how relationships with the environment are understood. In this sense, understanding citizens' impressions of the challenges their own individuality presents reveals the explanatory mechanisms at the levels of intervention. Therefore, this article aims to demonstrate that individual perceptions are part of the interpretations people make regarding their vulnerabilities and the reinforcement of disadvantaged positions. The study shows that the perceptions of young people surveyed in the city of Xalapa, Veracruz Mexico are concentrated on individual expectations and the recognition that the limitations of the environment provide regarding the socio-ecological reality to which they belong. This highlights the capacity of contexts to act to the detriment of the interpretations constructed to overcome both individual and collective challenges.

**Keywords:** human freedoms, socio-ecological perceptions, capabilities, social vulnerability, individual expectations

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## 1. Introduction

The findings on the means by which perceptions are modified have become increasingly evident in the present century. They have shifted from a limited emphasis to a dominant appreciation of the methods used to impact people's mindsets. Therefore, criteria for understanding the resources needed to modify perceptions have facilitated the development of policies and programs that improve the lives of the population (Gobel & Carvacho, 2024). However, the existence of persuasive means to broaden understanding and perceptions or expectations is part of understanding the processes that influence behaviors and expected outcomes of the population.

In this sense, the socio-ecological approach to understanding social positions and expectations can contribute to this understanding by examining the socio-spatial mix that determines advantageous or disadvantageous social positions and comparing it with the causes, resulting in positive or negative psychological consequences for the individual (Feng et al., 2025).

The socio-ecological criteria allow us to analyze agreements and the ways in which outcomes are constructed, becoming a conceptual framework that reconciles the expected result with the means of intervention that underpin arrangements among the agents. In a process of constructed perceptions, individuals interpret what happens around them and the resulting opportunities and challenges.

During the COVID-19 pandemic, the countries with the lowest death and transmission rates were those that maintained strong community ties; high senses of belonging among their populations; a strong work ethic in volunteering; and legitimacy among official institutions, demonstrating that social cohesion is crucial for overcoming social challenges (Orazani et al., 2023). Social and ecological systems—within which people are situated—are closely interconnected, and an alteration in one subsystem will likely lead to modifications in the other (Folke, 2016). This transformation involves recognizing the multiple elements that determine them, such as: representations, practices, behaviors, incentives, institutions, beliefs, values, and worldviews that affect social outcomes such as well-being.

In this sense, understanding transformations means overcoming the changes they trigger and unraveling their capacity to reduce the resilience of an undesirable system and nurture and manage the emergence of new, desired systems; to address the dependencies of trajectories, anticipate conflicts and unforeseen events, and move towards sustainable paths. Consequently, transformations in the real world occur thanks to the alignment of mutually reinforcing processes within and between multiple levels (Folke et al., 2021). Therefore, any possible alteration to their nature affects the appreciation of the results and the characteristics of the agreements.

Billi et al. (2024), argue several aspects are shared under the interdisciplinary inspiration, complexity, and holistic appreciation of transformational processes. Their tendency to minimize the shared principles or values involved in understanding outcomes and identifying the means required to verify the interactions between multiple

and simultaneous changes in different environmental and social contexts (Elmqvist et al., 2019) to promote just transitions (Hughes and Hoffmann, 2020) is represented by environmental construction principles that hardly contribute to transdisciplinary results if these are not considered.

This research project seeks to recognize individual thoughts as the foundation of socio-ecological perceptions, as they become precursors to transformation processes. Understanding citizens' impressions of the challenges they perceive in their environment will allow us to establish explanatory mechanisms at different levels of influence on the environment.

## 2. Literature Review

### 2.1 Human Freedoms

Freedoms, as part of the social assets of the 21st century, are considered universal human rights. That is, individuals have the right to enjoy them regardless of any condition or characteristic attributable to them.

The right to liberty recognizes every person's capacity to act, think, and decide for themselves. In this regard, the Universal Declaration of Human Rights (UDHR, 1948) protects the right to liberty based on Article 3, which states that "*Everyone has the right to life, liberty and security of person.*" That is, the right to access a context of development chosen for their protection.

Mexico signed and adopted the Declaration in 1948 and participated in its drafting, being one of the 48 founding countries that approved it on December 10, 1948, in the General Assembly (United Nations, 1948). In this sense, the Mexican Constitution recognizes, with respect to human rights, that "*all persons shall enjoy the human rights recognized in this Constitution and in the international treaties to which the Mexican State is a party...*" (Congress of the Union, 1917). Therefore, the UDHR maintains alignment with the International Covenant on Civil and Political Rights (United Nations, 1966a) and the International Covenant on Economic, Social and Cultural Rights (ICESCR) (United Nations, 1966b). Similarly, Mexico has signed and ratified binding agreements such as the American Convention on Human Rights (Pact of San José) (Organization of American States, 1969), as well as other treaties addressing the fight against torture, discrimination, children's rights, and other issues.

Meanwhile, institutions such as the CNDH (National Human Rights Commission), state human rights commissions, and the amparo proceeding as a defense mechanism have been created, along with jurisdictional bodies that apply international standards (SCJN, TEPJF), while also ensuring accountability to UN bodies and the Inter-American Human Rights System.

However, self-awareness is the first line of defense against degrading manipulation. It cannot be merely passive; self-recognition is not enough. Human beings are called to participate creatively in this history of liberation.

Arendt, as taken up by Enegren, understands liberation—whether physical or material—as a way of excluding oneself from any form of domination, both political and economic. Although she acknowledges that taming the unusual, disrupting an unjust social order, and overthrowing a government that disrespects freedoms through negative, even violent, actions, is not an absence of bonds but rather a way of innovating through action and word, bringing into being the common spontaneity that calls into existence what was not yet Enegren (1980, p. 49). That is to say, it stems from existence itself and, therefore, from a foundation of practice that becomes petty and totalitarian by its very nature.

Though, the main difficulty in appealing to natural existence and accessing the richness of the modern world has another origin: the inequalities generated by differences in opportunity or, as some call it, in circumstances. These would be a set of factors that influence the admission of what a person has or does not have control over. (Gasparini, 2022, p. 34).

In Mexico, the main problem for the young population is poverty, as almost half of them live in this situation. Young people face a problem of structural discrimination perpetrated by the State, society, and the private sector: the State discriminates against them because it does not fully recognize their rights, lacks comprehensive actions to guarantee them, and offers the lowest quality health and education services to the poorest (Salazar, D. D. C. C., 2024).

In this sense, dispositions, meanings, and identity categories, and what nourishes our subjective dimension, become regularities of experience. We know that every subject is equally exposed to the objective conditions and properties of their context, but to the extent that the subject "becomes," each one constructs their own meanings and responses to these challenges (Torre, 2023). For Weber (2006), meanings are constructed through rational processes, which represent the term "economic rationalism," referring to a market where economic action is guided by the probabilities of change and gains. Sustained within a traditional and uncertain environment, the causal relationship between the system of expected rewards in uncertainty, such as auction theory, is unidirectional and lacks feedback loops (Adam et al., 2011). This indicates that intention is not shared. Each participant acts according to their own interests, combining rational and emotional factors (Sigmund et al., 2002). So, this process of rationalization in the fields of technology and economics conditions a significant portion of what are called "ideals for life" through rational organization.

**Table 1:** Analytical Dimensions of the Instrument and its Organization

Dimension	Item
Opinion Economic	Employment, Educational, Social, Environmental, and Health Expectations
Information	Personal characteristics of the respondent's environment of origin
	Level of life satisfaction
	Self-sufficiency and individual development
Attitude	Perception of opportunities
	Trust in institutions to guarantee a better future

**Table 2:** Dimensions, Variables, and Items of the Applied Questionnaire

Dimension	Item	Rating
Opinión	Opinion Economic expectations: How do you think your economic situation will be in 5 years?	
	Employment expectations: Do you think that upon graduating with your bachelor's degree you will find and maintain stable employment?	
	Intergenerational expectations: Do you think that future generations will have access to better living conditions?	
	Social expectations: Do you think your community will live better in the future?	
	Environmental expectations: Do you think the natural environment will be better preserved or more deteriorated?	
	Health Expectations: Do you think your personal health will improve or worsen in the coming years?	
Information	What is my background?	
	What is my level of life satisfaction?	
	Can I be self-sufficient and financially independent after completing my studies?	
Attitude	Complete the following sentence: In 5 years I will be...	
	Can I foresee more opportunities than threats in my future?	
	Can I expect the country to be better off in the next 5 years?	
	Can I feel part of a generation capable of bringing about change in future generations?	

The target population for this study consisted of young people between 18 and 25 years of age, totaling 58,608 individuals (29,644 women and 28,964 men). The sampling procedure was probabilistic. For sample selection, a simple random sampling method without replacement was chosen. This means that all elements of the population have an equal probability of being selected. The population size is assumed to be  $N$ , and the sample size is  $n$ .

$$n = \frac{Z^2 * p * q * N}{E^2(N - 1) + 4p * q}$$

Where:

$n$  = sample size,

$Z$  = desired confidence level (92% equals 1.75),

$p$  = probability of the event occurring (50%),  
 $q$  = probability of the event not occurring (50%),  
 $N$  = population size (58, 608),  
 $E$  = sampling error or maximum estimation error (8%).

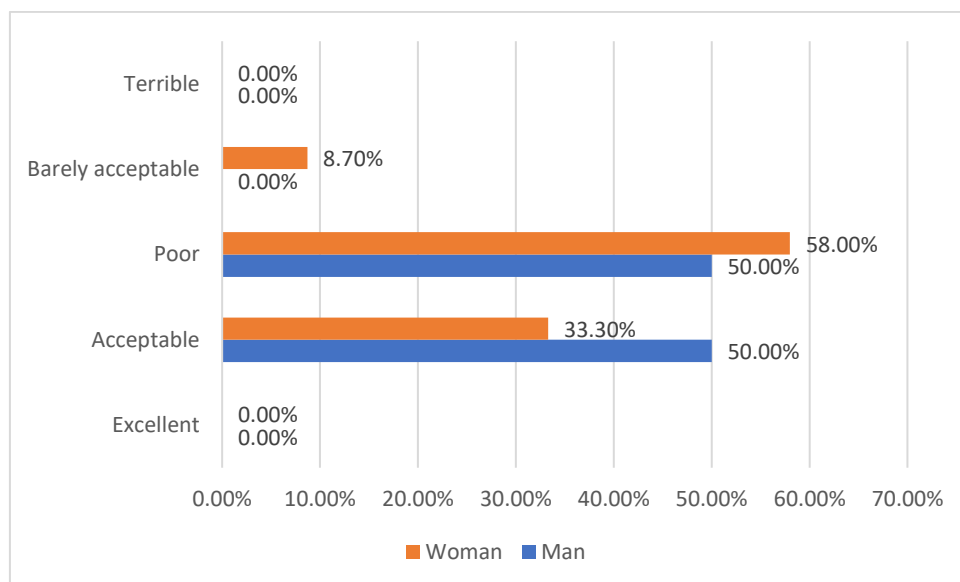
Substituting the values into the equation, an approximate sample size of 119 people is obtained.

The survey was conducted directly at the homes of users located in the city center. A descriptive statistical analysis was performed on each variable using the collected data; subsequently, the associations between them were analyzed. This bivariate analysis required the statistical significance test (Pearson's Chi-square test), and a 95% confidence level and a 5% margin of error were used. The statistical software was used for data processing.

#### 4. Results and Discussion

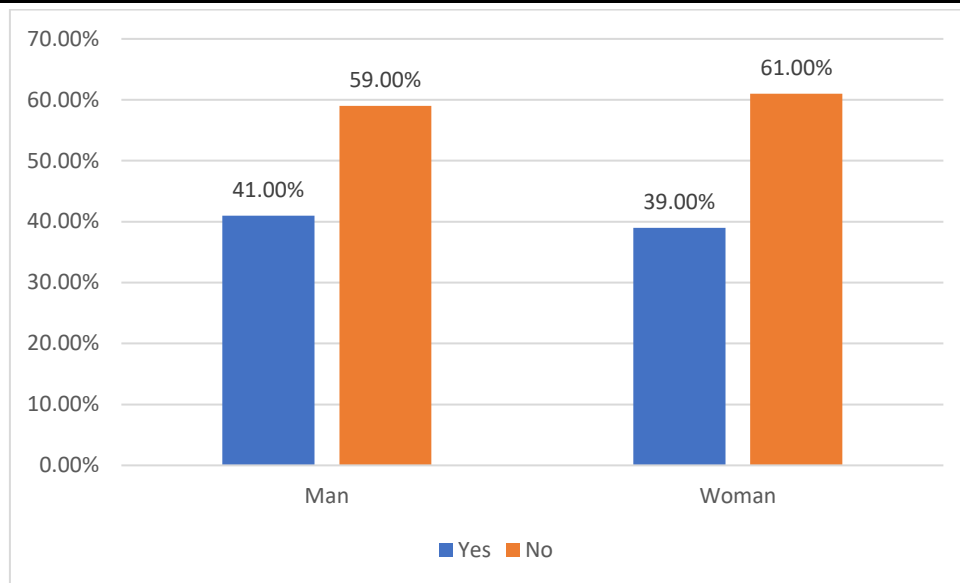
In the sociodemographic profile of the respondents, there was no gender predominance. A non-probabilistic sampling method was used to group the respondents, selecting only individuals between 18 and 24 years of age, as this was the target population for the research.

Based on subjective expectations of future well-being, the question, "How do you think your economic situation will be in 5 years?" refers to the personal perception of how their well-being (economic, emotional, social, etc.) will be in the future.



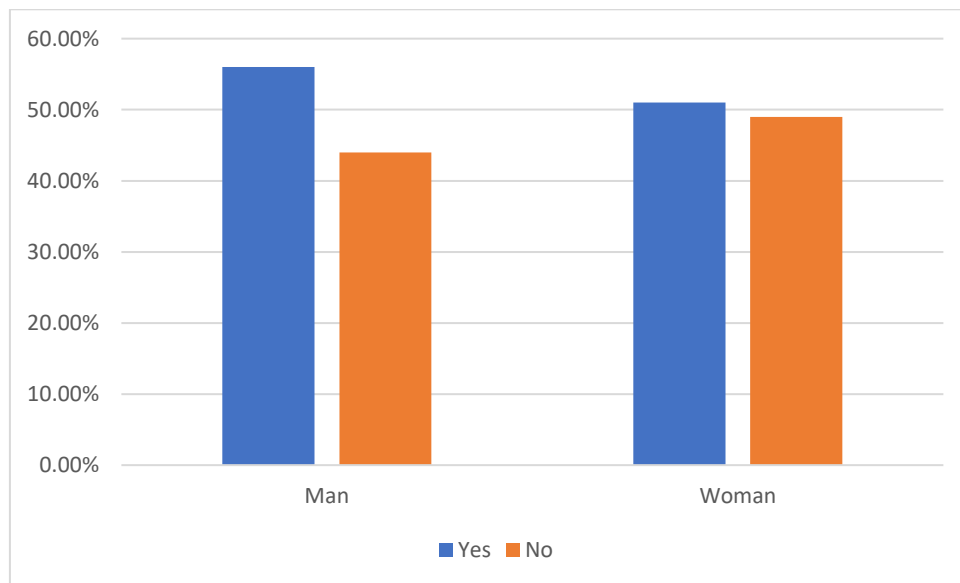
**Figure 1:** Expectations about the Economic Situation in Five Years by Gender

Figure 1 shows that most female respondents are more pessimistic than men. Regarding: Job expectations: Do you believe that upon graduating with your bachelor's degree you will find and maintain stable employment?



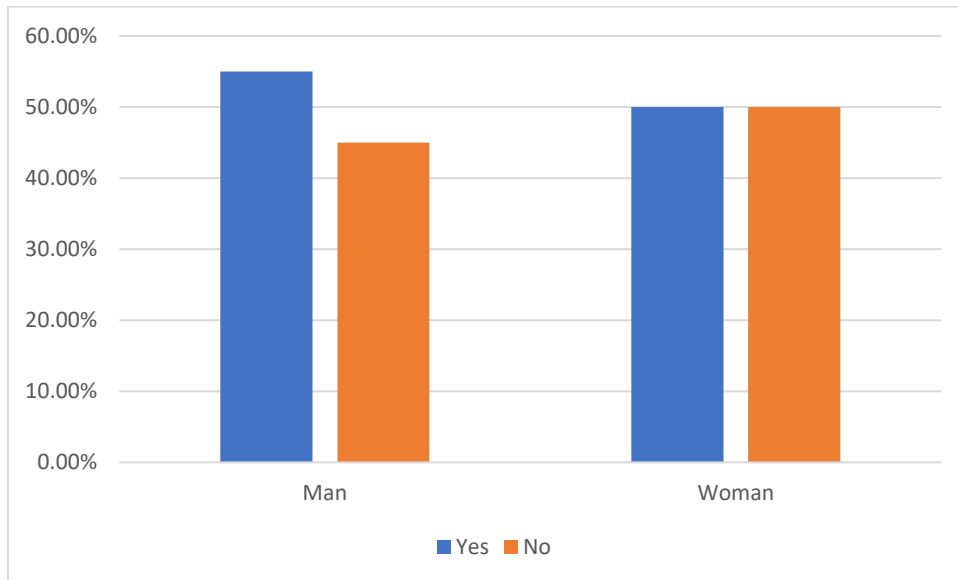
**Figure 2: Job Expectations After Graduation by Gender**

Regarding the above, male graduates are more optimistic than female graduates.  
Intergenerational expectations: Do you believe that future generations will have access to better living conditions?



**Figure 3: Perception of Opportunities for Better Living Conditions for Future Generations by Gender**

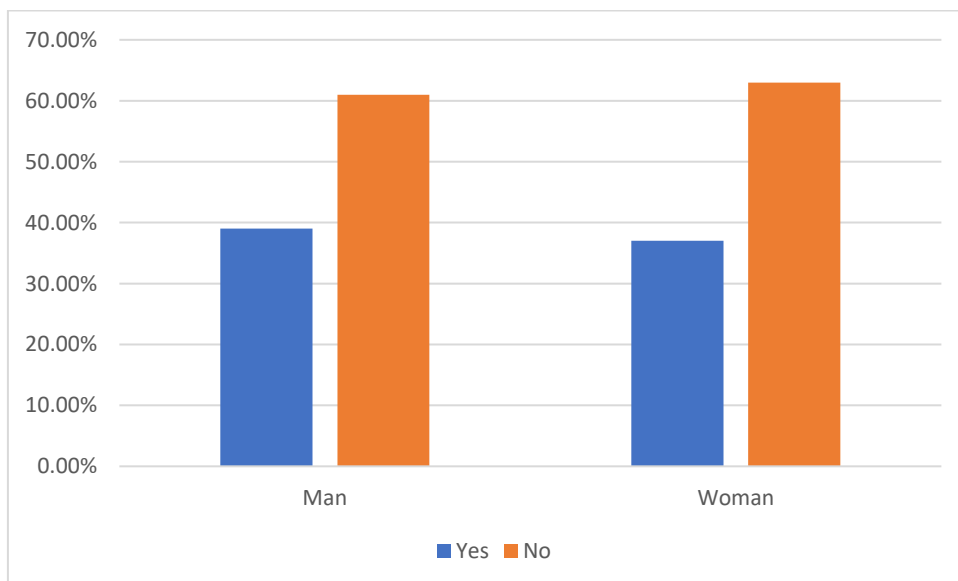
Regarding the above, men maintain a more optimistic outlook.  
Social expectations: Do you believe that your community will be better off in the future?



**Figure 4:** Social Expectations Regarding the Future Well-being of the Community

Considering the above, the men believe—perhaps driven by an indifferent survival instinct—that society will be better off in the future than in the present.

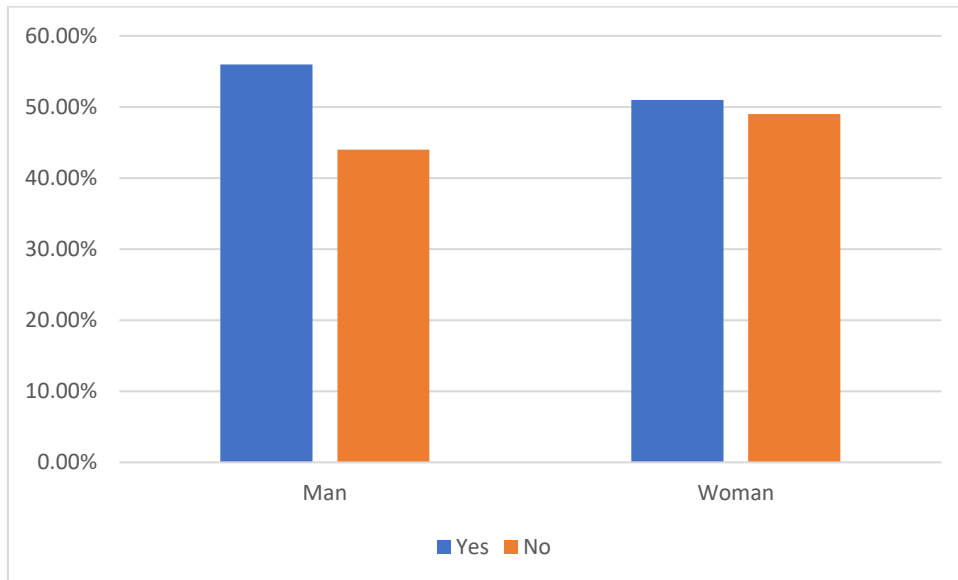
Environmental expectations: Do you believe the natural environment will be better preserved or more deteriorated?



**Figure 5:** Perception of the Future Conservation of the Natural Environment

Regarding the environment, both agree that survival will be more difficult in the future.

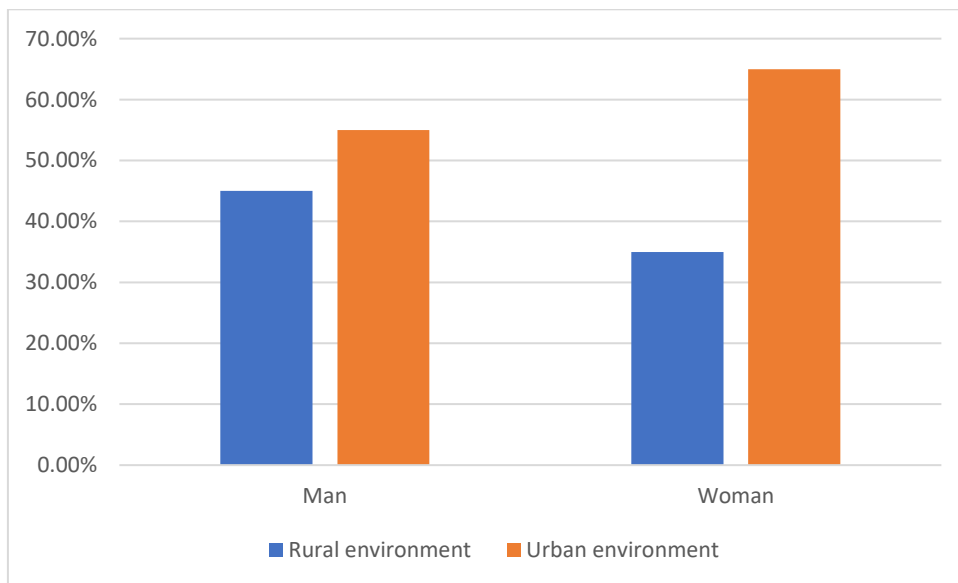
Health expectations: Do you believe your personal health will improve or worsen in the coming years?



**Figure 6:** Expectations Regarding the Future Evolution of Personal Health

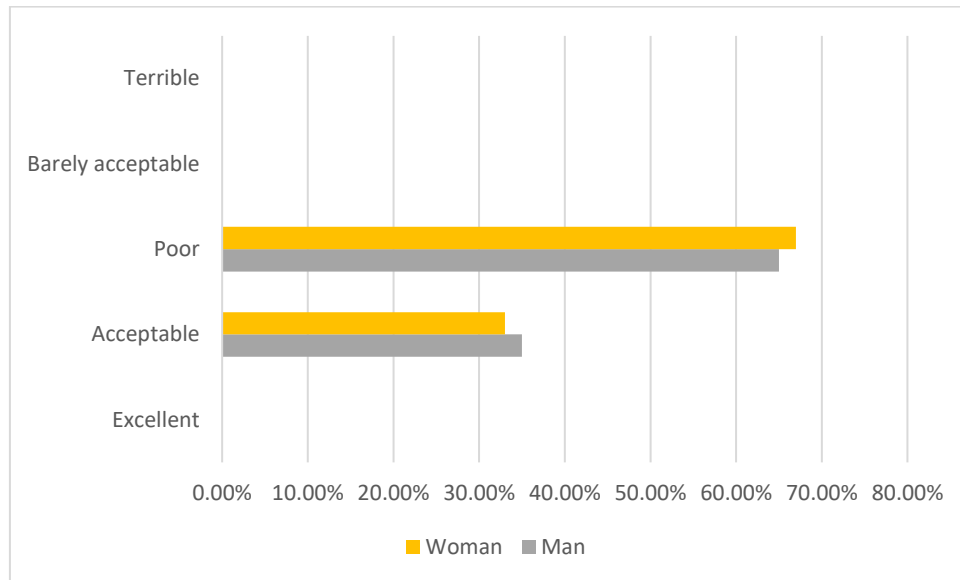
Regarding health expectations, the men surveyed believe their health will be better in the future.

What is my place of origin?



**Figure 7:** Place of Origin of the Respondents

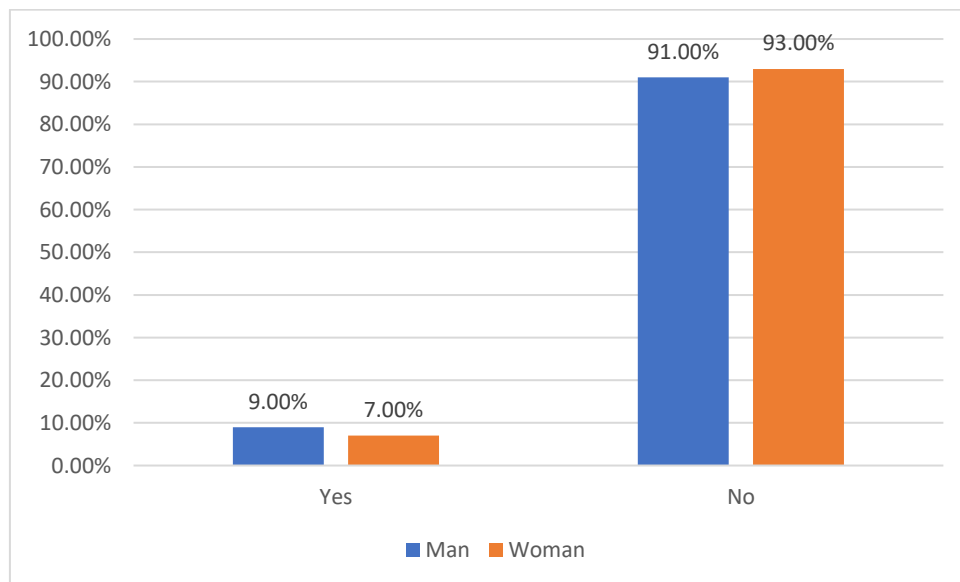
The respondents came primarily from rural areas, meaning their socioeconomic status was predominantly low. What is my level of satisfaction with my life?



**Figure 8:** Life Satisfaction Level of Respondents

Regarding the feeling of being satisfied with their life, the expression "good" or "fair" predominated. Without reaching "excellent" or "very poor," it is recognized that the respondents have acknowledged material and immaterial needs.

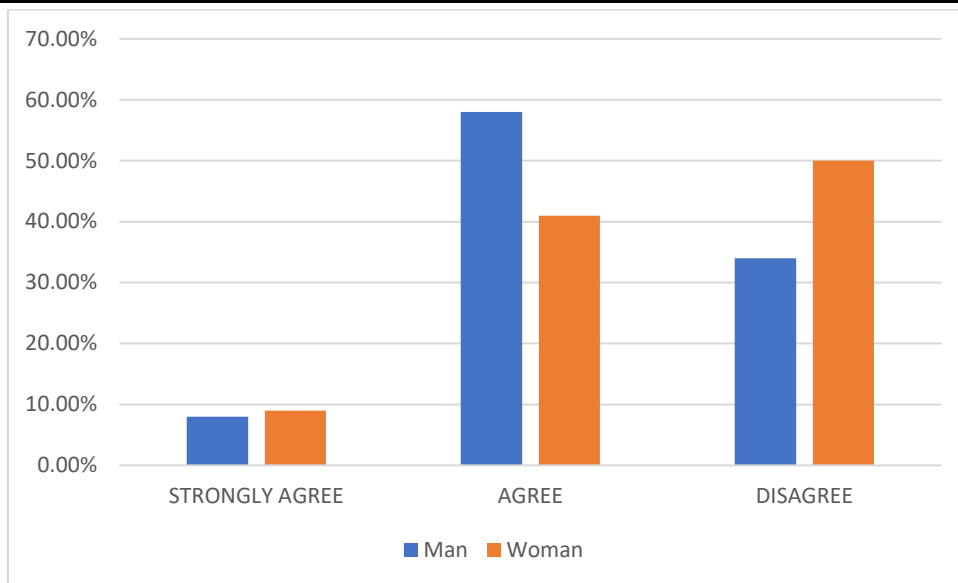
Do I believe I can be self-sufficient and support myself financially after completing my studies?



**Figure 9:** Perception of Financial Self-sufficiency After Completing Studies

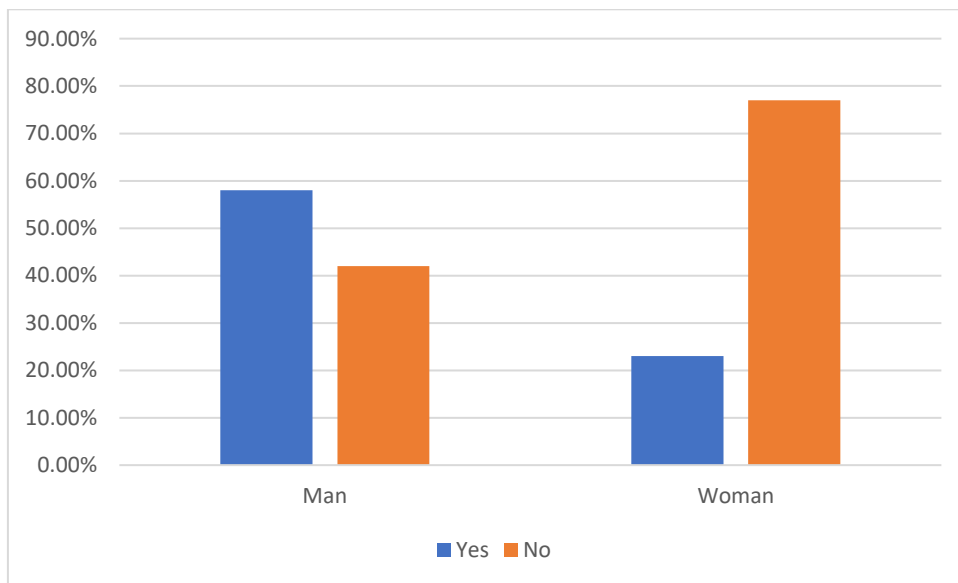
Based on the consideration of whether one can be self-sufficient in order to develop oneself amidst the activities one carries out. A high level of dependence on other people is highlighted.

Complete the following sentence: In 5 years I will be in an excellent personal situation.



**Figure 10:** Expectations About Personal Situation in Five Years

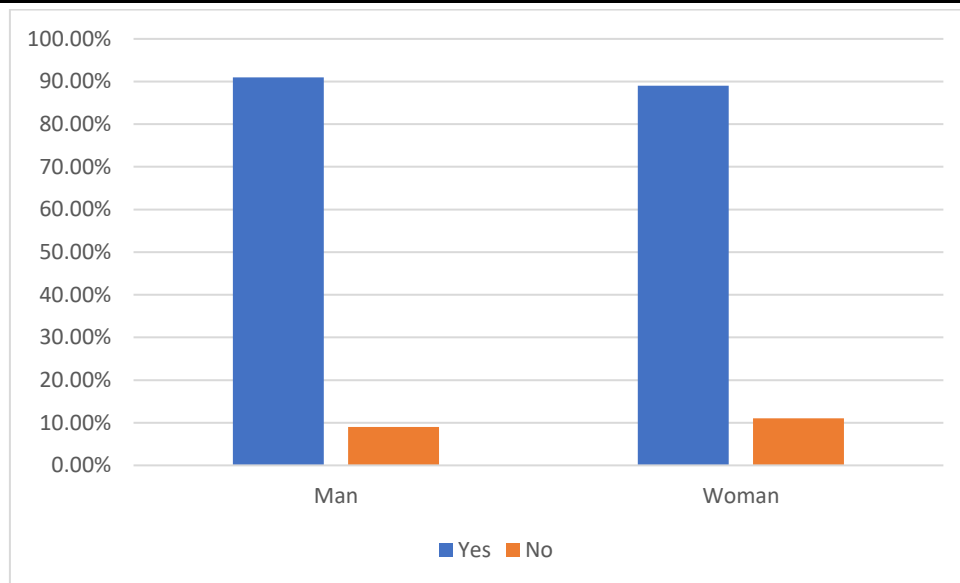
Based on considering the importance of having thoughts that guarantee a better future life, the respondents manage to have hope for a better future life. Can I foresee more opportunities than threats in my future?



**Figure 11:** Perception of Opportunities and Threats in My Personal Future

Among the above, the contrasting positions of men and women stand out. Both have different thoughts regarding expected opportunities.

Can I foresee that the country will be better off in the next 5 years?



**Figure 12:** Perception of the Country's Future Situation

Finally, men and women can develop ideas based on positive or hopeful thinking exercises that reinforce the idea of envisioning a better country.

Can I feel part of a generation capable of bringing about change in future generations?

To analyze respondents' perceptions of belonging to a generation capable of bringing about change in future generations, affirmative ("yes") responses were examined. A test of variance differences between the groups was performed, which was not considered significant.

The results show that the variance for the first group was 0.06219353, while for the second group it was 0.09288677. The resulting statistic ( $P = 0.8530317$ ) indicates that the difference between the two groups is not statistically significant.

The mean values and standard deviations for each group are presented in Table 3.

**Table 3:** Perception of Generational Capacity to Bring About Change in Future Generations by Gender

Gender	Average	Standard deviation
Men	0.52	0.062
Women	0.68	0.093

Based on the above, a student's t-test for independent samples was applied to determine if there was a statistically significant difference between the means of the two groups. The results are shown in Table 4.

**Table 4:** Results of the Student's t-test for the Comparison of Means between Men and Women

	<b>Variable 1 Hombres</b>	<b>Variable 2 Mujeres</b>
Mean	0.33366667	0.34985
Variance	0.06219353	0.09288677
Observations	21	20
Pooled Variance	0.07714665	
Hypothesized Mean Difference	0	
df	39	
t Stat	-0.18648114	
P(T<=t) one-tail	0.42651585	
t Critical one-tail	1.68487512	
P(T<=t) two-tail	0.8530418	
t Critical two-tail	2.02269092	

**Note:** Student's t-test for independent samples. Significance level  $\alpha = 0.05$ . Responses were coded as 1 = "yes" and 0 = "no".

Considering the results obtained, the p-value of 0.853 is greater than the significance level ( $\alpha = 0.05$ ), indicating no significant differences in the perceptions of male and female respondents regarding their capacity to bring about change in future generations.

Consequently, the null hypothesis is accepted, suggesting that both men (33%) and women (34%) between the ages of 18 and 24 perceive a limited capacity to be agents of change in the coming decades as dominant study groups with significant similarities. However, this highlights an opportunity for the development of new projects focused on exploring the underlying factors that shape the social reality of each group.

## 5. Conclusion

The relationship between socio-ecological perceptions can be seen as an opportunity to understand how young people interpret their freedoms within the environment where they develop, affecting their quality of life and well-being. In this sense, from a socio-ecological perspective, freedoms depend on how the economic and environmental context promotes human development through institutions such as the law.

Individual freedoms reflect the individual's capacity to act, decide, and plan forms of intervention in the social sphere, aligned with what is perceived as an opportunity or a threat. Individual limitations, in turn, form part of the study of how expectations threaten the future and the capacities involved in ensuring optimal levels of development.

Visiting opportunities to influence future social transformations may stem from how individuals represent and assign meaning to human opportunities. In this case, fostering conditions that allow people to exercise their rights implies recognizing their own capabilities, from the material means to the pursuit of personal benefits. Creating economic opportunities, combined with improvements to processes and services that facilitate access to resources and guarantee future security, is fundamental to

transforming perceptions of vulnerability and change through relationships and agreements.

Consequently, the interdependence between socio-ecological perceptions and human freedoms is established as the expansion of conditions that, from a personal autonomy perspective, foster individual intervention. This intervention, within the context in which individuals develop, can be channeled toward building shared initiatives.

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### **Conflict of Interest Statement**

The authors declare no conflict of interest related to the publication of this article.

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