

DOI: http://dx.doi.org/10.22267/rus.192103.163

Universidad y Salud ARTÍCULO DE REVISIÓN

**Afectaciones a la salud tras la migración y el papel mediador de la aculturación y la cohesión familiar**

Health effects after migration and the mediating role of acculturation and family cohesion

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Fecha de recepción: Junio 11 - 2018 Fecha de revisión: Marzo 12 - 2019 Fecha de aceptación: Agosto 9 - 2019

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| *Zavaleta-Abad RA, Campos-Uscanga Y. Afectaciones a la salud tras la migración y el papel mediador de la aculturación y la cohesión familiar. Univ. Salud. 2019;21(3):261-269. DOI: http://dx.doi.org/10.22267/rus.192103.163* |

**Resumen**

**Introducción:** La migración es un proceso que implica cambios para el migrante, estos se ven reflejados en las actividades y prácticas que se realizan en el lugar receptor, y muchas veces no son las mismas de la cultura de procedencia, sin embargo las va adquiriendo de forma paulatina y gradual, hasta ser partícipe de ellas, alterando su cohesión familiar y propiciando el proceso de aculturación. Dichos cambios pueden tener efectos en la salud del migrante. **Objetivo:** Identificar los efectos que tiene la migración en la salud del migrante y su papel mediador de la cohesión familiar y la aculturación. **Materiales y métodos:** Se realizó una búsqueda sistemática (metodología PRISMA) en la base de datos PubMed de artículos completos, utilizando como palabras clave: migrante, aculturación, cohesión familiar. **Resultados:** La elevada cohesión familiar es un factor protector de la salud, porque fortalece la identidad y pertenencia cultural del inmigrante, mientras que la aculturación trae consigo ciertas conductas desfavorables para la salud, relacionadas con la necesidad de ser aceptado y de participar en las actividades y prácticas del lugar receptor. **Conclusiones**: El fortalecimiento de la cohesión familiar puede ser una estrategia para mejorar la condición de salud de las personas que migran.

**Palabras clave**: Salud; migración; aculturación; cohesión familiar. (Fuente: DeCS, Bireme).

**Abstract**

**Introduction:** Migration is a process that implies changes for the migrant, these are reflected in the activities and practices that are carried out in the receiving place, and often they are different from the place of origin. However these activities are acquired gradually, and by participating in them, they alter family cohesion and promote the acculturation process. Such changes may have an effect on the health of the migrant. **Objective:** To identify the effects that migration has on the health of the migrant and the mediating role of family cohesion and acculturation. **Materials and methods:** A systematic search (PRISMA methodology) was carried out in the PubMed database of complete articles, using as keywords: Migrant, acculturation, family cohesion. **Results:** High family cohesion is a protective health factor, because it strengthens the identity and cultural belonging of the immigrant. Acculturation brings certain unfavorable behaviors for health, related to the need to be accepted and to participate in activities and practices of the receiving place. **Conclusions:** Strengthening family cohesion can be a strategy to improve the health condition of people who migrate.

**Key words:** Health; migration; acculturation; family cohesion. (Source: DeCS, Bireme).

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