

The Importance of Intersectionality in Building Future Projects with Young People: A Psychoanalytic Perspective

A Importância da Interseccionalidade na Construção de Projetos de Futuro com Jovens: Uma Leitura Psicanalítica
La Importancia de la Interseccionalidad en la Construcción de Proyectos Futuros con los Jóvenes: Una Perspectiva Psicoanalítica

RESUMO

Este artigo tem como objetivo discutir ações em Promoção de Saúde, de caráter interseccional que possam facilitar a construção de um projeto de vida para adolescentes. Trata-se de uma pesquisa bibliográfica a partir dos descritores jovens, trabalho, saúde coletiva, psicanálise e interseccionalidade, em diferentes bases de dados, que tivessem sido publicados entre 2020 e 2015. Além disso, procedeu-se a consulta aos autores clássicos da psicanálise, psicologia social e saúde coletiva. De 35 trabalhos encontrados, foram selecionados 13 segundo os critérios de inclusão e exclusão. Fica a reflexão de que, para além da justiça social, faz-se imprescindível escutar os sujeitos e tomar suas realidades como elemento fundante e inegociável de qualquer estratégia que se diga interessada em promover bem estar. É preciso interrogar as posições de poder nas relações de classe, de raça e de gênero, para que assim, não se reproduza um sistema de dominação que decorre em silenciamento discursivo.

DESCRIPTORES: jovens; trabalho; saúde coletiva; psicanálise; interseccionalidade.

ABSTRACT

This article aims to discuss intersectional actions in Health Promotion that can facilitate the construction of a life project for adolescents. It is a bibliographic research based on the descriptors youth, work, public health, psychoanalysis, and intersectionality, in different databases, focusing on publications between 2020 and 2015. In addition, classic authors in psychoanalysis, social psychology, and public health were consulted. Of 35 works found, 13 were selected according to inclusion and exclusion criteria. The reflection concludes that, beyond social justice, it is essential to listen to individuals and consider their realities as a fundamental and non-negotiable element of any strategy that claims to promote well-being. It is necessary to question power positions in class, race, and gender relations so that a system of domination resulting in discursive silencing is not reproduced.

DESCRIPTORS: youth; work; public health; psychoanalysis; intersectionality.

RESUMEN

Este artículo tiene como objetivo analizar acciones interseccionales en la promoción de la salud que pueden facilitar la construcción de un proyecto de vida para adolescentes. Se trata de una investigación bibliográfica basada en los descriptores juventud, trabajo, salud pública, psicoanálisis e interseccionalidad, en diferentes bases de datos, centrándose en publicaciones entre 2015 y 2020. Además, se consultó a autores clásicos del psicoanálisis, la psicología social y la salud pública. De las 35 obras encontradas, se seleccionaron 13 según criterios de inclusión y exclusión. La reflexión concluye que, más allá de la justicia social, es esencial escuchar a las personas y considerar sus realidades como un elemento fundamental e innegociable de cualquier estrategia que pretenda promover el bienestar. Es necesario cuestionar las relaciones de poder en las dinámicas de clase, raza y género para no reproducir un sistema de dominación que resulta en el silenciamiento discursivo.

DESCRIPTORES: juventud; trabajo; salud pública; psicoanálisis; interseccionalidad.

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INTRODUCTION

From the second half of the 1990s onwards, there has been a widening of the age pyramid in adolescence and youth in Brazil. The age group between 10 and 24 years old corresponds to 21.42% of the Brazilian population, which generates the effect of increasing the absolute number of people in the following age groups, a phenomenon known as the youth wave. The 2022 Census indicated that the population of young people between 15 and 19 years old was neither studying nor working, and that, within this group, 43.3% correspond to young women of black or brown skin color, compared to 20.1% of young white women.⁽¹⁾

The notion of youth emerged from the development of modern society, along with the dimension of private life, stemming from the institutions of family, school, and childhood.⁽²⁾ However, given the accelerated transformation of the Western world since the end of the 20th century, the transition to adulthood and the notion of youth takes on a diffuse character, full of paradoxes and uncertainties, because while it offers a wider range of possibilities, it often seems that there is nothing to choose from, given the "unbridled acceleration of the pace of life, the fleeting nature of (mis)encounters, the burden of having to achieve success. Faced with this, contemporary individuals and young people often find themselves cornered in their daily lives."⁽³⁾

Several factors contribute to the failure of public policies aimed at youth: they do not consider intersectional aspects such as color, gender, socioeconomic status, and race. Furthermore, they often leave out the subjectivity and diversity among young people when considering social integration, which frequently becomes limited to concerns about job placement, masking the structural problem between the education system and employability.⁽⁴⁾

Given this scenario, actions promoting the health of adolescents and young people tend to focus mostly on disease prevention and still pay little attention to the structural aspects that permeate the transition from youth to adulthood, such as guaranteeing basic rights like education, leisure, sports, economic protection, and family support. Without this foundation, it becomes utopian to help them achieve a place in the adult world through work and income.⁽⁵⁾

Intersectionality is a proposal to take into account the multiple sources of identity in the face of the need to think collectively about forms of domination, precisely so as not to contribute to their reproduction.⁽⁴⁾ How can we, for example, think about the process of Career Guidance in a context of unemployment, a decrease in job positions, a reduction in labor rights, and the "uberization" of labor relations, without placing the responsibility on young people for their professional future, bringing possible failures and setbacks into the

individual sphere, thus contributing to increased suffering and greater social distancing? By avoiding considering this context, one can arrive at a subjective silencing of historically discriminated populations.

Career guidance as a clinical strategy has as its central axis the exploration/self-knowledge of oneself and psychosocial factors. It is based on psychoanalysis in order to assist young people in the construction of occupational identity and understands the possibility of choosing a profession as a reparative process of subjectivity and of the bonds with the world.⁽⁶⁾

Health promotion is a conceptual, methodological, and instrumental field that, in its pillars and strategies, incorporates a broad concept of health, expanding the paradigm of health as the absence of disease. On the contrary, it is a field that presupposes perspectives on quality of life, foresees partnerships in various sectors of society, and emphasizes the principle of the autonomy of individuals and communities, reinforcing local planning and power.⁽⁷⁾

In other words, health promotion refers to a model of care that goes beyond curative medical assistance, in which the notion of health is considered a social construct and a result of the interaction of different areas, whether economic, political, organizational, ideological, cultural, or subjective in nature.⁽⁸⁾

In this broader perspective on health, the concept of the subject has

Literature Review

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gained prominence in the debate and has stood out as a unifying element within the diversity of objects and perspectives of different narratives. Revolving around reflections on this subject and their territory, the notions of risk factors (in the field of prevention) and living conditions (concerning quality of life) have emerged.⁽⁹⁾

These constructs broaden the understanding of what may be at stake when discussing health, highlighting the overdetermination of social, economic, and environmental factors in the illness and exclusion of young people, emphasizing the need to listen to their subjectivity.⁽¹⁰⁾ Otherwise, work is being done to reproduce relations of domination through the ways of carrying out interventions and operationalizing collective health and well-being promotion projects.

To sustain the commitment to a future project for young people, it is necessary to recover the ability to dream so that each one can dream their own destiny.⁽¹¹⁾ This means regaining a sense of purpose in life.⁽¹²⁾ Psychoanalysis at the interface with the social field contributes to bringing the variables that overdetermine suffering into the debate, so that collective strategies for transforming reality(ies) can be devised.

This article aims to highlight and discuss the relevance of health promotion actions, of an intersectional and transdisciplinary nature, that can facilitate the free expression of adolescents towards the construction of a life project that includes their history, dreams, aspirations, potential, and also limits and restrictions/impossibilities.

METHOD

This is a bibliographic research in the style of a state-of-the-art survey. The descriptors youth, work, public health, psychoanalysis, and intersectionality were used, together and

separately, in the Scielo, BVS-psi, and Google Scholar databases. In addition, classic authors on the interface between the fields of psychoanalysis, social psychology, and public health were consulted.

Among the resulting articles, the abstracts were read, and those that met the following inclusion criteria were selected: texts in Portuguese, based on the aforementioned interface, and published in the last 5 years, that is, between 2020 and 2025. Based on these eligibility criteria, both quantitative and qualitative empirical studies, as well as theoretical ones, were included.

Studies that focused on realities outside of Brazil or were strictly related to the field of education and actions within the context of socio-educational measures were not included in this study; in other words, these variables served as exclusion criteria.

The analysis of the material sought to encompass the systematized knowledge in a critical manner, as foreseen in an Integrative Review⁽¹³⁾, combining and synthesizing the results of different types of studies. The works

were grouped around the descriptor that was the most central theme of the discussion presented, a categorization that allowed the construction of a table to bring more visibility to the research findings. Aiming at obtaining a theoretical deepening about the articulation between the social determinants of health, the construction of future projects and the psychoanalytic perspective in which subjectivity has its place of prominence, the data were read and discussed from the theoretical framework.

RESULTS

Thirty-five studies were found, including one master's thesis, one editorial, and 33 articles, of which 13 were selected according to the inclusion criteria. As shown in Table 1, the searches were conducted using the descriptors together and separately, and the concept of intersectionality appeared in only 3 of the 35 studies found, which points to a gap in academic production, as this topic has only recently been introduced into academic studies.

Table 1. Summary of included studies

	Brief description
Total number of works found	35 works (1 dissertation; 1 editorial; 33 articles)
Selected works	13 articles included according to eligibility criteria
Descriptors used	youth (jovens); work (trabalho); collective health (saúde coletiva); psychoanalysis (psicanálise); intersectionality (interseccionalidade)
Use of the descriptor 'intersectionality (interseccionalidade)'	Only 3 works used the term among 35 found
Exclusion criteria	Studies outside Brazil; education studies; research on socio-educational measures
Social markers identified	Race, gender, and class described as 'inequalities' and 'vulnerabilities'
Articles on life project and vocation	Ref. (14–19): vocational choice, life project, belonging, workshops
Articles on precariousness and inequalities	Ref. (20–23): precariousness, qualification, adult transition, structural inequalities
Articles on youth protagonism	Ref. (24–25): experiences in peripheries; critique of the term 'protagonism'
Psychoanalytic article on career choice	Ref. (26): clinical analysis of 4 cases

In the total number of articles reviewed, the theme of work and youth was found in studies referenced to the area of education and social determinants (socio-educational measures), which were also not included in the scope of this article, since it was decided that only those at the interface between the fields of psychoanalysis, social psychology, and public health would be selected.

Of the 13 articles that made up the sample, 5 articles^{(14), (15), (16), (17), (18)} and a master's thesis⁽¹⁹⁾ They linked work to the perspective of vocational choice, future projection, and life planning with young people and adolescents. They also highlighted the importance of the notion of belonging, both within the family and among peer groups, the importance of dreaming, and reflected on the proposal of workshops as a method of listening, sharing, and reflection in actions promoting health.

Still on the topic of work, here are 4 more articles^{(20) (21) (22) (23)} among those selected, they discussed the precariousness of the workforce, the demand for qualifications, and the peculiarities of the transition from adolescence to adulthood in a rapidly changing world, and described how structural inequalities permeate the trajectory of young people in different ways.

Two other articles were among those selected^{(24), (25)}, linked health promotion in peripheral communities to the notion of youth empowerment. The first study analyzed documentary records of a successful experience in the municipality of Rio de Janeiro, in which young people from the territory were selected to disseminate information about health care, technical training, and work among their peers, together with the professionals who trained and coordinated their participation. The second study highlighted the problematic nature of the term, referring to a usage that points

to a hegemonic dimension of youth, proposing a critical analysis of the categories used, namely, millennials or vulnerable youth.

Only one article was found that related adolescent career choices from a psychoanalytic perspective⁽²⁶⁾, whose method was the analysis of four cases treated by the psychological clinic of the University of Londrina and which, therefore, was linked to the field of mental health, even though it is not a facility directly connected to the health care network.

DISCUSSION

Psychoanalysis understands identity as the illusion of unity, as an imaginary construction of the "self," based on a social representation that includes elements of the family and social environment and that validates its belonging in the human world based on the illusion of knowing who one is.⁽²⁷⁾ Identity can be shaken when the subject adopts an image assimilated from the social imaginary, with a single meaning, without modulation, with the function of defense against the anguish of not being able to know about oneself, except from the image given by the other. There is no place for otherness.

Therefore, the greater the diversity of identifications, as well as the narcissistic and desire-based foundation on which they are based, the more the subject can be governed either by structuring anticipation or by retroactive signification that re-places him in a position of knowing, proper to the desiring condition. From this dialectical movement, it becomes possible both to apprehend oneself and the world, to construct identity and to enjoy the movement of desire, as well as to be present ignorance and alienation, ambiguities that mark the condition of being.⁽²⁷⁾ It is this profound sense of belonging and self-awareness that enables young people to question

their own place, in order to give new meaning to and transform themselves and the world.

However, it is worth differentiating the concept of identity in psychoanalysis from the notion of "identity wave," where the latter refers to the valorization, patrimonialization, and recognition of subaltern cultural forms originating from large sectors of society that have been historically discriminated against.^{(8), (28)} It is not appropriate here to delve deeply into the subject, but rather to highlight the importance of building and strengthening the identity of young people, in all their plurality, towards the construction of dreams and a life project that they can call their own.

At this point, it becomes essential that, in addition to guaranteeing rights and social justice, a meaningful future project for each young person—a fundamental and non-negotiable element of any strategy—must emerge from intersectionality⁽²⁹⁾, given that the intersectional perspective captures complex layers of social relations, taking into account the multiple sources of identity.⁽⁶⁾

Public health strategies anchored in the specificities of listening in these contexts can function as a form of resistance against subjective erasure/discursive silencing.⁽²⁷⁾ Therefore, it is necessary to rethink the ethical and social determinants in guiding the construction of personal future projects. Otherwise, one corroborates the machinations of power that produce discursive helplessness and a traumatic dimension, resulting in what is known as sociopolitical suffering.⁽²⁷⁾

As an antidote, fostering dreams as a way forward for the future, as a foundation for future projects in which the subjective motives of each young person are intertwined, without giving up occupying and maintaining their social place, seems to be a way of supporting the commitment to public policies based on a politics

of subjects of desire.

CONCLUSION

Intersectionality illuminates social relations by taking into account the material dimensions of domination. Psychoanalysis, at the interface with the social field, contributes as theory and practice and, even more so, with regard to problematizing the variables that overdetermine suffering.

In the field of public health, it is a priority to listen to individuals, to take their realities as foundational elements and their subjectivities as non-negotiable variables of any strategy that claims to be interested in promoting health and well-being.

Given this, helping young people build future projects at a time when they are entering the job market and constructing their identities needs to be a delicate process that considers intersectionality. It needs to be a path in which there are openings for dialogue and collaborative action that questions power positions in class, race, and gender relations, so that a system of domination and, therefore, subjective erasure/discursive silencing is not reproduced.

Few articles were found based on the eligibility criteria that included the descriptor intersectionality, which points to gaps in the literature. Therefore, this may be a potential aspect to be explored in future research,

which in this direction also contributes to the constant (re)updating of concepts from psychoanalysis and public health that have been historically constructed.

What is the power of this project for the future of young people in neoliberal times? It was presented that investing in an undertaking that does not include the life stories of each individual ends up resulting in an increase in the power of the system of domination. In this sense, dreams must also be considered an essential variable in the production of autonomous and creative paths that support the belief in the future of these young people beyond the place they can occupy in the job market.

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