

# **Populismo y polarización política: una revisión bibliográfica narrativa.**

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# POPULISMO Y POLARIZACIÓN POLÍTICA: UNA REVISIÓN BIBLIOGRÁFICA NARRATIVA

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## RESUMEN

El objetivo de esta revisión bibliográfica narrativa de literatura académica fue explorar las interrelaciones contemporáneas entre el populismo y la polarización política, analizando sus fundamentos teóricos y empíricos con énfasis en los aportes de la psicología política. La metodología consistió en el análisis y síntesis narrativa de literatura científica seleccionada, priorizando aquella producida entre 2005 y 2025, recuperada de bases de datos como Scopus, JSTOR, SciELO y motores de búsqueda como Google Scholar. El populismo fue abordado como ideología delgada, estilo discursivo, estrategia política y narrativa mítica, destacando su ambivalencia normativa y vínculos con emociones como ira, miedo e incertidumbre. Se revisaron factores psicológicos como la necesidad de cierre cognitivo, el narcisismo colectivo y creencias conspirativas. La polarización se analizó en sus dimensiones ideológicas, afectivas, grupales y temáticas, abordando mecanismos cognitivos como el sesgo de confirmación, la exposición selectiva y el razonamiento motivado. Se argumenta que ambos fenómenos se refuerzan mutuamente: el discurso populista profundiza la polarización al presentar antagonismos morales entre el pueblo y la élite, mientras que contextos polarizados favorecen la emergencia de liderazgos populistas. Se concluye destacando la necesidad de enfoques interdisciplinarios que fomenten alfabetización mediática, diálogo intergrupar y contención institucional ante el avance de dinámicas polarizadoras.

## Palabras clave

Populismo - Polarización política - Psicología política - Cognición política

## ABSTRACT

POPULISM AND POLITICAL POLARISATION:  
A NARRATIVE BIBLIOGRAPHICAL REVIEW

This narrative literature review aimed to explore the contemporary interrelations between populism and political polarization, analyzing their theoretical and empirical foundations with an emphasis on contributions from political psychology. The methodology consisted of analyzing and narratively synthesizing selected scientific literature, prioritizing works produced between 2005 and 2025, retrieved from databases such as Scopus, JSTOR, SciELO, and search engines like Google Scholar. Populism was approached as a thin-centered ideology, discursive style,

political strategy, and mythical narrative, highlighting its normative ambivalence and links to emotions such as anger, fear, and uncertainty. Psychological factors such as the need for cognitive closure, collective narcissism, and conspiratorial beliefs were reviewed. Polarization was analyzed across ideological, affective, group-based, and issue-related dimensions, addressing cognitive mechanisms such as confirmation bias, selective exposure, and motivated reasoning. It is argued that both phenomena reinforce each other: populist discourse deepens polarization by presenting moral antagonisms between “the people” and “the elite.” At the same time, polarized contexts foster the emergence of populist leadership. The review concludes by emphasizing the need for interdisciplinary approaches that promote media literacy, intergroup dialogue, and institutional containment in response to the advance of polarizing dynamics.

## Keywords

Populism - Political polarisation - Political psychology - Political cognition

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