

## Editorial

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In each issue of this journal, we seek to reflect the dynamism, diversity, and depth with which psychology connects with the different areas of human life. This issue is no exception. The six articles offer a broad yet cohesive look at psychological well-being, human performance, and the complex interactions between mind, context, and behavior.

We open with an exploration of gaudiness, the capacity to experience joy that is fundamental to understanding how people build satisfying lives. The article invites us to reflect on how much we allow and cultivate enjoyment amidst daily demands.

Along the same lines of self-care, another work analyzes self-care behaviors in university students, a population particularly vulnerable to emotional exhaustion. Their findings make clear the need to promote active well-being strategies in educational settings.

Also focused on university students, another article examines the relationship between anxiety, depression, and sociodemographic variables. This study provides relevant data for the design of interventions sensitive to the particular characteristics of those going through this formative stage. The impact of the COVID-19 pandemic continues to be the subject of analysis, as demonstrated by the article investigating the self-perception of emotional intelligence among academic staff upon returning to in-person university life. Its results offer keys to strengthening resilience in post-pandemic educational contexts.

From the sports perspective, a theoretical review of interventions to reduce anxiety in athletes provides a valuable compendium of strategies applied in professional practice. This perspective not only enriches work with athletes but also highlights the importance of mental health in high-performance environments.

Finally, the issue closes with an article describing the neuropsychological characteristics (attention, memory, and executive functions) of karatekas, providing evidence on the cognitive effects of concussions.

We hope that this collection of works will not only spark academic interest but also motivate new questions, research, and practices that continue to strengthen our understanding of human behavior.

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