



Advances in the Study of Coping, Emotional Regulation, Prosocial Behavior, and Other Indicators of Psychological Well-Being

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Message from the Guest Editor

Dear Colleagues,

Prosocial behaviors are closely related to other skills and behaviors, such as coping strategies. The use of productive and effective coping strategies when faced with issues such as school coexistence and deteriorating interpersonal relationships, which are currently occurring at a high rate in educational centers, is associated with more favorable results such as socio-emotional adaptation, a greater degree of overall/general adaptation, empathy, prosocial behavior, and psychological well-being.

The relationship between personal psychological factors such as well-being, prosociality, the emotional dimension (either in its positive aspects, such as empathy and emotional regulation, or in its negative aspects, such as depression and anxiety), and the use of coping strategies must be addressed. Coping strategies, emotional regulation, and prosocial behavior are relevant variables for the design of psychoeducational intervention programs that promote effective coping strategies education in different contexts for adequate emotional adjustment, as well as to avoid aggression and violence.

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