

EDITORIAL

Well-Being, Education, and Social Transformation: Perspectives from Contemporary Research

It is a privilege to present this volume of the CIE Journal of Educational Research of the Faculty of Medicine of Tampico “Dr. Alberto Romo Caballero” at the Autonomous University of Tamaulipas. This new issue reaffirms the journal’s editorial commitment to disseminating high-quality scientific research that contributes to understanding and addressing contemporary challenges through an interdisciplinary perspective, integrating contributions from education, health sciences, and social well-being.

The title of this volume, Well-Being, Education, and Social Transformation: Perspectives from Contemporary Research, reflects the convergence of the studies featured in this issue. In a context characterized by ongoing social and educational transformations, as well as emerging health-related challenges, scientific research has become an essential tool for generating knowledge, informing decision-making, and promoting evidence-based actions.

Within the field of health, this issue includes studies focused on well-being promotion and risk prevention. Notably, it features research examining the effects of 16:8 intermittent fasting combined with caloric restriction on metabolic indicators among university students, providing valuable insights into strategies aimed at improving health and promoting healthy lifestyles.

Additionally, this volume includes a study examining university students’ knowledge and use of contraceptive methods, a topic of particular relevance for strengthening sexual and reproductive health education

and promoting informed decision-making among young adults.

This perspective is further complemented by a state-of-the-art review of musculoskeletal disease as an extrahepatic manifestation associated with hepatitis C virus infection. The review provides an up-to-date overview of this condition and highlights the importance of biomedical research in strengthening comprehensive healthcare.

In the field of education, this issue includes a study on teaching performance and the development of mathematical competencies among sixth-grade primary school students, emphasizing the influence of pedagogical practice on learning outcomes. Likewise, it presents research analyzing the impact of the COVID-19 pandemic on the Business Management Engineering program at the Higher Technological Institute of Pánuco, contributing to a deeper understanding of the adaptation and transformation processes experienced in higher education.

Although they address diverse realities, the studies gathered in this volume share a common purpose: generating knowledge that contributes to individual well-being, the strengthening of education, and the development of healthier and more resilient societies. We are confident that the contributions featured in this issue will enrich academic dialogue, inspire new lines of inquiry, and serve as a valuable reference for researchers, educators, students, and professionals committed to evidence-based social transformation.

Sincerely
Dra. Miriam Janet Cervantes López
Editor in Chief

