

# Note from the Editor

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A warm welcome to all our contributors, readers and subscribers to the first publication issue of 2024. This issue is made up of a collection of six articles (five original research articles and one book review) on various aspects of psychology, which are all aligned with the scope and focus of our journal, *New Voices in Psychology*.

A brief description of each article is presented as follows:

- The influence of culture and religion in coping with a mental illness by the residents of the Eastern Cape province, South Africa. In this study, Odwa Sikreqe, Ulricha de Klerk and Yaseen Ally sought to explore the role of culture and religion in coping with mental illness among people of the Eastern Cape in South Africa.
- Analysis of sleep quality and positive and negative emotions among trainee nursing students. The article by Liu Xiao highlights the importance of the correlation between sleep quality and positive and negative emotions among a cohort of selected nursing students in Beijing (China).
- Current situation of mental health of older adults: A case from Henan province, China. Using a convenience sample, Xin Li, Minerva B. de Ala, Fengxia Wang and Yi Wang investigated the current state of mental health of older adults in China. They aimed to promote the awareness of common mental issues and contributory factors among older adults in China. The authors make a strong case for the provision of measures for evidence-based mental health interventions to preserve and promote the mental health status of senior citizens in China, given their unique needs associated with ageing.
- Implementing guidelines to manage perinatal depression: Exploration of the healthcare provider's perceptions. In this exploratory-descriptive qualitative study, Saara Hatupopi, Helena Nuumbosho and Matride Amwaalanga examined healthcare providers' perceptions of the adoption and practical implementation of guidelines for managing perinatal depression in primary healthcare settings in Namibia. The authors highlight the importance of professional training and continuous education among healthcare service providers to promote mental health (focusing on depression) during pregnancy.



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- Psycho-social factors influencing exclusive breastfeeding among the primigravida mothers at a public hospital in the uGu district, KwaZulu-Natal, South Africa. Using Bandura's self-efficacy and social-cognitive theoretical framework, Jessica Naicker, Maureen Sibiyi and Krishnavellie Chetty qualitatively explored the influence of psychosocial factors such as personal, social, psychological and environmental factors on maternal breastfeeding practices to establish their efficiency.
- The book review of *Nausea* by Jean-Paul Sartre. In this brief psychological review, Sibani Londa Zungu argues the case for the idea of existence from a third person's perspective.

As part of the revival development, our journal is in the process of applying for accreditation from the Department of Higher Education and Training. We therefore encourage authors to make relevant submissions based on review articles, perspectives, commentaries, experiences and professional opinions on various aspects of Psychology and other health-related disciplines such as mental health.

I hope the articles published in this issue will share valuable insights, knowledge and skills that will promote the adoption of best practices in the discipline of psychology with a view to promote the quality of human life and mental health.

On behalf of the editorial team and the editorial board, I, as the interim editor-in-chief, thank you for your continued and invaluable support for our journal.