

Special Issue

The Role of Physical Education in Promoting Student Mental Health

Message from the Guest Editor

The mental health of students has emerged as a critical area of concern within contemporary educational discourse, as increasing numbers of young people experience stress, anxiety, depression, and related psychological challenges. While schools have traditionally addressed mental health through counseling and psychological services, there is a growing recognition of the need for more holistic, preventive approaches. Physical education (PE), often perceived primarily as a means of promoting physical fitness, holds significant potential in this regard. An expanding body of research suggests that regular engagement in physical activity can yield substantial mental health benefits, including the alleviation of symptoms related to anxiety and depression, enhancement of mood, and improvement of self-esteem and cognitive function. This special issue will examine the multifaceted role of physical education in supporting student mental health, arguing that PE should be viewed not only as a vehicle for physical development but also as an integral component of comprehensive mental health strategies within schools.

Guest Editor

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Deadline for manuscript submissions

15 February 2026



Education Sciences

an Open Access Journal
by MDPI

Impact Factor 2.6
CiteScore 5.5



mdpi.com/si/243698

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From its first issue in 2011, *Education Sciences* (ISSN 2227-7102) has grown as a scholarly international open access journal. Its aim remains to publish extended full-length research papers that have the scope to substantively address current issues in education. As a member of the Committee on Publication Ethics (COPE), our goal has been to disseminate high quality research. Our publisher, MDPI, takes the responsibility to enforce a rigorous double-blind peer-review together with strict ethical policies and standards to ensure to add high quality scientific works to the field of scholarly publication.

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