Editorial

Interdisciplinary Approaches to Mental Health, Social Well-Being, and Occupational Stress

In a rapidly changing world where social structures, digital influence, and cultural traditions shape human behavior, interdisciplinary research provides valuable insights into mental health, family dynamics, and workplace well-being. The sixth issue of Journal of Exploration in Interdisciplinary Methodologies (JEIM) presents a diverse collection of studies exploring adolescent anxiety, mental health stigma, mindfulness in well-being, family structures, and workplace stress. These contributions highlight the interconnectedness of psychological resilience, cultural traditions, and societal progress, offering practical recommendations for fostering emotional and social stability in contemporary Thailand and beyond.

The first article, Adolescent Anxiety and Social Media: A Psychological Analysis of Youth Behavior in Thailand, by Phramaha Chutipak Aphinanto (Haemtong) and Sanya Sasong, investigates the rising prevalence of anxiety among Thai adolescents due to excessive social media usage. The study examines the psychological mechanisms behind social comparison, cyberbullying, and addiction, offering insights into the impact of digital interactions on mental health. The findings emphasize the need for digital literacy programs and parental guidance to foster healthier online behavior.

Next, Mental Health Stigma in Thai Society: Cultural Barriers and Psychological Implications, by Sirinda Sailun and Nirandorn Kakkeaw, explores the cultural and social factors that contribute to mental health stigma in Thailand. The study highlights the role of traditional Buddhist beliefs, family expectations, and media representations in shaping public perceptions of mental illness. The research advocates for community-based interventions and educational initiatives to promote mental health awareness and reduce stigma.

In Mindfulness and Well-Being: The Role of Buddhist Practices in Mental Health Care in Thailand, Phraraj Phatthanavajarabandit examines how mindfulness-based techniques derived from Buddhist teachings can be integrated into modern mental health care. Through case studies from Buddhist temples and educational institutions, the research demonstrates the effectiveness of mindfulness in enhancing emotional regulation, reducing stress, and fostering social harmony.

The fourth article, The Influence of Family Structure on Child Development: A Psychological Study of Thai Family Dynamics, by Sayamporn Panthachai and Nirandorn Kakkeaw, explores the impact of various family structures—including nuclear, extended, single-parent, and blended families—on children's cognitive, emotional, and social development. The study highlights how cultural norms, parenting styles, and socio-economic factors shape child-rearing practices and influence psychological well-being.

Finally, Workplace Stress and Coping Mechanisms: A Study of Occupational Health Psychology in Thailand, by Surasak Audmuangpiea, examines the causes and consequences of workplace stress in Thai organizations. The research identifies key stressors, including job demands, organizational culture, and economic pressures, and evaluates coping strategies such as problem-focused and emotion-focused approaches. The study underscores the importance

Journal of Exploration in Interdisciplinary Methodologies (JEIM)
ISSN: 3057-0085 (Online) • Vol 1 • No 6 (December, 2024)

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of employer-led initiatives and policy interventions to improve workplace mental health.

Body of Knowledge: The research featured in this issue contributes to the growing interdisciplinary discourse on mental health, cultural influences, and social well-being. The study on adolescent anxiety underscores the urgent need for digital literacy and social-emotional learning strategies to mitigate the negative effects of social media. Research on mental health stigma sheds light on cultural barriers that hinder psychological support, while the exploration of mindfulness demonstrates the potential for integrating traditional Buddhist practices into mental health care. The study on family structure provides valuable insights into how parenting dynamics shape child development, reinforcing the role of cultural traditions in psychological well-being. Lastly, the research on workplace stress highlights the intersection of occupational health psychology and economic sustainability, advocating for organizational reforms to support employee well-being.

Collectively, these studies emphasize the importance of interdisciplinary collaboration in addressing contemporary social and psychological challenges. The **originality** of this issue (Vol.1 No.6, December 2024) lies in its exploration of the intersections between mental health, cultural identity, and workplace dynamics, offering holistic and contextually relevant solutions.

As we continue to engage with these pressing issues, we invite scholars, educators, and policymakers to contribute to the ongoing discourse on interdisciplinary methodologies. By fostering research that integrates psychological, sociological, and cultural perspectives, we can develop comprehensive strategies that promote mental health, social resilience, and sustainable well-being.

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Editor-in-Chief
Journal of Exploration in Interdisciplinary Methodologies
October 2024

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