

Editorial

Our physical and mental wellbeing is shaped by our thoughts and feelings, and by how others make us think and feel. Many of the problems identified in this special issue of International Journal of Social Research and Innovation are highly concerning, and the need to understand the social psychology of our everyday life is immense.

This issue was made possible through close collaboration between the IJSRI editorial team and the Bachelor of Psychology Program coordinator at Villa College. The papers presented here are based on final-year undergraduate research projects. Five papers were submitted, of which after extensive revision, we have selected four to present in this special issue. We are proud to present their insightful research to a wider audience.

Zaain Ahmed Hameed and Aishath Zuha's research on parenting styles demonstrates a weak link between authoritarian parenting and adult depression. Their findings indicate that authoritative parenting and indulgent parenting can support positive mental health in adulthood, which is also supported by other research findings that both authoritative and indulgent parenting can promote positive mental health in children.

Mariyam Thooba and Aishath Nasheeda studied the frequency of Instagram usage and body image issues among emerging adult Maldivian females. They found that more than one in two users of Instagram use it at addictive levels. This is concerning, since research shows that viewing and posting modified images of self and others can be detrimental to young people's body acceptance and body image. Using Instagram at addictive levels can lead to negative health outcomes such as body objectification, distortion, and a focus on appearance rather than body functionality.

Fathimath Lauza Ahmad and David Mingay, exploring helicopter parenting, demonstrated an inverse correlation between helicopter parenting and psychological wellbeing of emerging adults. However, for most participants of the study, helicopter parenting was perceived to be on the supportive spectrum though it negatively affected environmental mastery and autonomy of adult offspring. The results of the Psychological Wellbeing Scale measures demonstrated low scores for all measures.

Mariyam Iba and Fathimath Shauzan Ashfaq investigated the complex concept of parental alienation following high conflict divorces and the link between parental alienation and the mental health of the targeted parent. They highlight the need to explore parenting issues by all concerned, keeping as the central focus the psychological wellbeing of children and the lifelong consequences of rejecting a parent by the child.

Parenting is an often overlooked and underestimated phenomenon. Current and relevant research is needed to identify which type of parenting brings out the most positive psychological, social, and academic outcomes for Maldivian children and adults since some parenting approaches can be damaging and may have lifelong negative health outcomes. The choice of topics by these undergraduate students demonstrates the urgency for this type of research-based practice to address parenting needs and to develop a healthy social ecological strategy for children and young adults.

We thank the dedicated academics who worked with the students to co-author the papers, the peer reviewers, and the IJSRI team, who made this special issue a reality, to give voice to young people and to empower them to envision a future of collaborative research, practice and sharing of knowledge.

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