

# ***Applied Psychology Research: A new journal in the field of psychology***

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After a century of refinement, social psychology has become a more sophisticated science that integrates innovative theory and methodology with a variety of academic fields<sup>[1]</sup>. Additionally, a wide range of societal domains have made extensive use of this field's study findings<sup>[1]</sup>. This field focuses on identifying and resolving a wide range of psychological problems in society. Many industries are flourishing as a result of the economy and human society's rapid development; this increases diversity and offers people great convenience. But in the meantime, an increasing number of people are facing different psychological disorders that have caused many negative impacts in their lives. To improve this situation currently, research on social psychology is becoming more and more important and necessary.

In this context, Academic Publishing launched this new journal, *Applied Psychology Research*. This journal compiles excellent papers offering perceptive research viewpoints in the wide area of psychology. The subject of social psychology is the main emphasis of the inaugural issue, with particular attention paid to personal feelings and well-being. As was already noted, mental health issues are becoming more and more prevalent in today's culture and are causing concern. As one of the most prevalent psychological statuses, stress is a topic of study that many academics are interested in. According to Krupa-Kotara et al.<sup>[2]</sup>, stress is a product of how a person interacts with their surroundings and, particularly in young people who are subjected to social pressures, can result in eating disorders and serious illness. They explicitly examine the connection between eating patterns and stress, demonstrating that eating habits have an impact on stress levels in addition to stressors like jobs or responsibilities<sup>[2]</sup>. There is evidence that stress can negatively affect people's lives. Individuals' psychological responses to stress can be categorized into three categories based on their nature: emotional, cognitive, and behavioral<sup>[3]</sup>. The primary emotional responses are despair, fear, rage, and anxiety<sup>[3]</sup>. Anxiety disorder is among the most common mental illnesses in the world<sup>[4]</sup>, and may have negative impacts on people's lives. Thus, what causes anxiety disorder and how to alleviate anxiety become some scholars' research interests. A Chinese scholar, Rong Ma, investigates the similarities between fear, anxiety, and existential angst to better conceptualize the

internal and emotional difficulties faced by people suffering from anxiety disorders<sup>[4]</sup>. And this study also mentions how to help people cope with anxiety. People of different occupations may be confronted with different pressures. As for students, they may be under study pressure. A study by Valente<sup>[5]</sup> proves that content and language-integrated learning can stimulate students' motivation to study English and lower their levels of anxiety. It can be concluded from those studies that keeping mentally healthy is important and necessary for every one of us because mental illness may have many negative impacts.

According to surveys, psychological stress and coping issues are the most widely studied and important topics by psychologists in various fields of contemporary psychology<sup>[3]</sup>. By concentrating on this field of study, the information in this issue may offer readers a clearer understanding of stress and the emotional responses it elicits, as well as valuable knowledge for individuals working to find remedies for pertinent psychological diseases.

Finally, congratulations on the successful publication of the first issue of *Applied Psychology Research*. On behalf of the editorial office, we would like to express our sincere gratitude to those who devote themselves to this journal, including authors, readers, editors, and reviewers. We look forward to receiving more high-quality articles from excellent scholars who are engaged in research in relevant fields.

## **Conflict of interest**

The author declares no conflict of interest.

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