

Editorial

As the world is rapidly changing, it is more important than ever to be able to understand how people navigate health, education, work, technology, and financial decisions. As part of this issue of our journal, we have gathered eight studies from Nepal that offer fresh insights into wellbeing, resilience, and human behavior across a variety of domains. In each article, the authors examine the interactions between individual choices, environmental factors, and cultural or institutional contexts, providing valuable guidance for scholars, practitioners, and policymakers.

The issue opens with Bista and Bohara's study, *Health and Environmental Drivers of Wellbeing: A Mental Health Mediation Model in Generation Z*, which explores how young people's health habits and environment affect overall wellbeing. The study shows that eating healthy, exercising, and being aware of health issues improve wellbeing, while haze pollution harms it. Mental health plays a key role in linking these factors, emphasizing the need for resilience, credible health information, and supportive lifestyle choices for today's youth.

Moving to the workplace, Regmi and Manandhar in *Hustle Culture and Workplace Anxiety: The Psychological Effect of Overworked Behavior among Working Individuals* examine the hidden psychological costs of overwork. They find that intense dedication, high motivation, and even job satisfaction, when tied to overcommitment, can increase anxiety among employees. The authors stress that organizations must balance work demands with mental health support, healthier work practices, and realistic performance expectations to protect employee wellbeing while sustaining productivity.

In the digital realm, Giri and Shrestha explore *Social Media Addiction and Life Satisfaction: The Mediating Effect of Self-Esteem in University Students*. Their study challenges common assumptions, showing that social media does not directly affect life satisfaction but can indirectly enhance it through stronger self-esteem. The findings highlight the importance of building self-esteem to ensure healthy digital habits and greater overall wellbeing among university students.

Education remains a critical focus in this issue. Shrestha and Ale, in *Students' Personal Learning Effort and Effective Learning Environment in Academic Performance*, show that students' personal effort, such as goal-setting, time management, and motivation, has the strongest impact on academic success, while supportive teaching and structured curricula also matter. Interestingly, resources like libraries have little effect unless students are trained to use them effectively. The authors advocate for integrating self-regulation training, teacher development programs, and stronger digital learning policies to foster student achievement.

Continuing with student wellbeing, Chhantel and Shakya in *Exploring Psychosocial Pressures and Their Impact on University Students' Mental Wellbeing* investigate how academic, family, financial, and peer pressures affect mental health. Academic pressure emerged as the strongest negative influence, followed by family, financial, and peer pressures. Differences were observed across age and occupation, but not gender. The study underscores the need for counseling, family engagement, financial guidance, and peer-support programs, calling on universities and policymakers to prioritize student wellbeing in higher education.

The classroom dynamic is further examined by Parajuli, Singh, Phuyal, and Pant in *Fostering Connection in the Classroom: Emotional Intelligence and Its Influence on Teacher-Student Dynamics*. Their findings reveal that teachers with higher emotional intelligence being self-aware, empathetic, and emotionally responsive, build stronger bonds, foster trust, and manage classrooms more effectively. School culture and teacher commitment also play crucial roles. The authors recommend that teacher training include emotional intelligence development to enhance both relational and academic outcomes for students.

Shifting focus to consumer behavior, Bajracharya and Thapa in *Exploring the Drivers of Consumer Online Purchase Behavior* identify website usability, convenience, and low perceived risk as the most important factors influencing online shopping in Nepal. When websites are secure, user-friendly, and offer a variety of products, consumers feel more confident and are more likely to engage in e-commerce. The study highlights the importance of trust-building and technological improvements to support Nepal's growing digital economy.

Finally, Yadav and Giri in *Cultural Mediation in Retirement Financial Planning: Examining Contextual Determinants of Outcomes* explore how culture shapes financial planning for retirement. Their study finds that clear retirement goals and openness to financial risks encourage better planning, while cultural context mediates these relationships, influencing both directly and indirectly. The authors remind us that effective retirement strategies depend not only on personal goals and risk tolerance but also on understanding and navigating cultural norms.

These eight studies together provide valuable insight into how individual behaviors interact with environmental factors, institutional and cultural contexts. In addition to highlighting the importance of wellbeing across mental, physical, educational, workplace, digital, consumer, and financial domains, they provide practical guidance for policymakers, educators, organizations, and individuals. This issue is intended to inspire further research, to inform policy, and to encourage interventions to promote balanced, resilient, and meaningful lives for the people of Nepal and beyond.

Happy reading!

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