

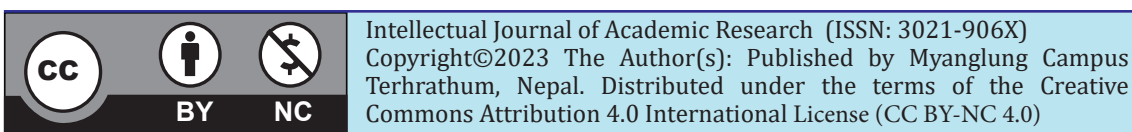
## Editorial

### Welcome to an Action Against Mental Colonialism

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#### ABSTRACT

This editorial introduces the inaugural issue of the Intellectual Journal of Academic Research(IJAR), which aims at covering the uncovered in Nepali and English language focusing quality contents across social science. It starts with a background to Mental Colonialism, highlights the justification of names and needs of this journal. Acknowledging the individuals and institutions involved in bringing the journal from its conception to fruition, the editorial ends with a call on researchers and practitioners to cross over Mental Colonialism and create an intellectual platform for social science exchange that can lead to positive change in the society.

Institutional pressure is general strongest at research universities. The pressure to publish has been observed as a cause of poor work being submitted to academic journals and publishing in ranked factors journals by paying caused to create financial burden to developing countries authors. While the where of publishing is important, it is more important to focus on what is published. Getting published for scholars in poor countries can be difficult due to cost of publication, language barriers, lack of resources, discrimination and limited access to information. IJAR Journal is introduced to create an equal opportunity through open access without any charge after blind peer review. In 21<sup>st</sup> century anything from anywhere, it is easy for digitization after which the power of your knowledge and innovation decide further moves.

**Keywords:** colonialism, mental, Nepali, English, justification, social science

## **Introduction**

Colonialism is a term that refers to the practice of a powerful country or state exerting control over another country or territory (Ziltener, P., & Kunzler, D., 2013). It involves the extension and maintenance of a nation's political, economic, and cultural influence over another country or people. The term colonialism is often used interchangeably with imperialism, which refers to the intent of a ruling power to expand its dominion. Colonialism can take many forms, including the establishment of colonies, cultural imperialism, capitalism, and globalization. It can lead to the internalized attitude of ethnic or cultural inferiority felt by people as a result of colonization (National Geographic, 2019). The effects of colonialism can include the loss of culture or language, changes in perceptions of beauty, preference for values that align with the colonizer country's culture, denigration of oneself and one's culture, and discrimination against those who are less acculturated. While the word colonialism is sometimes considered to encompass non-state forms of influence and domination, in general use, it is more typically understood as an extension of state power (Young, R., 2001).

It involves the dominant power exerting control over the dependent area or people in different forms. One of them may be mental colonialism. Mental colonialism is a form of internalized oppression that conditions colonized people to believe that their ethnic or cultural identity is inferior to Western culture or whiteness. It can lead to low self-esteem, lower life satisfaction, and other widespread mental health issues in populations that have experienced colonization (Asian Mental Health Project., 2020: Everyday Feminism., 2017).

## **Mental Colonialism**

Mental colonialism is a pervasive issue in modern society that can manifest in various ways. It can lead to a negative self-image, low self-esteem, and other widespread mental health issues in populations that have experienced colonization. Let's discuss few examples as follow.

**Neocolonialism:** Neocolonialism is a form of colonialism that takes on the form of cultural imperialism, capitalism, and globalization. It can lead to the internalized attitude of ethnic or cultural inferiority felt by people as a result of colonization.

**Loss of culture or language:** The effects of colonialism can lead to the loss of culture or language in colonized countries. This can lead to a sense of cultural inferiority and a lack of pride in one's own cultural heritage (Decena, A. M., 2014).

**Changes in perceptions of beauty:** Colonialism can lead to changes in perceptions of beauty to fit a Eurocentric standard. This can lead to a negative self-image and low self-esteem. Preference for values that align with the colonizer country's culture: The effects of colonialism can lead to a preference for values that align with the colonizer country's culture. This can lead to a loss of cultural identity and a sense of cultural inferiority.

**Denigration of oneself and one's culture:** Colonial mentality can lead to the internalized attitude of ethnic or cultural inferiority felt by people as a result of colonization. This can lead to the denigration of oneself and one's culture. Discrimination against those who are less acculturated: Colonial mentality can lead to discrimination against those who are less acculturated. This can lead to a sense of otherness and shame toward one's identity and ultimately oneself (Asian Mental Health Project., 2020). . Using skin-whitening products: Colonial mentality can lead to the use of skin-whitening products. This can lead to a negative self-image and low self-esteem.

## **Mental Colonialism of Publication**

Above discussed examples shows impact on one of the factor which impacts general people of society but the colonialism through publication impacts research scholars, scientists and experts of particular field where there is no option for whitening product also. Due to colonialism through publication scholars focuses on where to publish rather than what you publish. Loss of

originality as we want to validate our research through high impact journals articles findings which might not be correct as every research must be unique and we came to compromise our uniqueness just for shake of publication in high impact factor journal. This is one reason why the local creativity is not getting commercialised as innovation.

### **Action against Mental Colonialism**

Some Action against Mental Colonialism is as follow:

**Self-awareness:** The first step in fighting against mental colonialism is to become self-aware of the ways it negatively impacts oneself. This can be done by examining one's own beliefs and attitudes towards one's own culture and identity. Acceptance: Accepting the existence of mental colonialism is crucial in addressing it. Resistance can make it persist (New University, 2022).

**Education:** Educating one and others about the history of colonization and its effects can help to raise awareness and promote understanding of the issue.

**Cultural pride:** Embracing one's own culture and identity can help to counteract the effects of mental colonialism. This can involve learning about one's own cultural heritage, traditions, and language.

**Challenging stereotypes:** Challenging stereotypes and negative perceptions of one's own culture and identity can help to promote positive self-image and self-esteem.

**Advocacy:** Advocating for the rights and recognition of marginalized communities can help to promote social justice and equality.

Action against Mental Colonialism of Publication

In publication, mental colonialism can have significant negative impacts on individuals and communities. Fighting against it requires self-awareness, acceptance, education, cultural pride, challenging stereotypes, and advocacy. By taking these actions, individuals and communities can work towards healing, resilience, and survivance.

That is why we have united under one roof of Myanglung Campus Tehrathum, Myanglung-10,

Tamphula, Tehrathum, Nepal to provide an ideal platform for publication to overcome Mental Colonialism through Publication where we focus what you publish no matter in which language Nepali or English you publish but the publication must provide knowledge or solution to society. It is not an overnight action as its discourse stated long before and initiated Journal of UTEC Engineering Management for research across technical disciplines published from United Technical College, Bharatpur, Nepal. The success of JUEM gave us confidence to ingrate another one for social science providing more language options in both English and Nepali welcoming research from all domains of social sciences(Mishra,2023).

### **Justification of Journal**

Getting published for scholars in poor countries can be difficult due to various reasons.

**Cost of publication:** The cost of publishing is usually borne by researchers, which can be a huge burden, particularly in developing countries with weaker currencies. This can make difficult for scholars to publish their research in reputable journals.

**Language barriers:** Scholars from developing counties may face language barriers as many top-tier journals publish in English. This can be a disadvantage for scholars who are not fluent in English.

**Lack of resources:** Scholars in developing counties may lack the resource needed to conduct research, such as access to funding, technology, and research matters. This can make it difficult for them to be published.

After a great discourse, the product brought together in your mental service is named as "Intellectual Journal of Academic Research (IJAR)". It was assumed it is intellectual exercise where you can give your mental outcomes to society consumer by keeping intellectual property right with yourself. Thank you for joining your hands here to bring this unique publication on name of "Intellectual Journal of Academic Research'. It is an academic, not for profit, blind peer-reviewed journal of Business,

Arts and Social Sciences across disciplines. We provide DOI (for fetching Citations) to each article. Copyright should be with Authors: (No Copyright Transfer). We do not charge Article Processing Charges (APC) provides accessibility. We assist you to reach your readers community faster than the fastest through Quick Reviewing process for Publication (Mishra, 2021; Mishra, 2022).

**For such Ideal Publication, Refer:**

<https://myanglungcampus.edu.np/>

Hope it will enable us to overcome mental colonialism of publication since it is not covered anywhere yet that is why we have given a tag line as “cover the uncovered”.

**Offering You**

The inaugural issue offers a collection of articles that can lead to productive conversations across domains. We understand the journal can be better with your support and more of our effort, time and resource. Therefore, while pledging to improve future issues in line with the journal’s aims, we invite you, the researchers, educators, students and professionals, to consider submitting your original works of research, critical readings, reviews and perspectives to us as and when you can. Together, we can turn this journal into a vibrant platform for discussions that cross over disciplinary boundaries, yield insights and lead to positive action and change in the society through collaboration, communication and innovation without caring colonialism of publication focused to what we published.

By looking for connections and overlaps, interdisciplinary investigations on topics covered in the articles, or other topics related with pressing needs of the society, for that matter, can potentially yield more comprehensive and nuanced understandings of the issues at hand for addressing them.

**About the Publisher**

Myanglung Campus is the publisher. It is established in 2038 BS as a public campus. Since then it has been imparting higher education to the people of the community. The main source of income of the campus is its students’ fees

and financial aids from local sources that is insufficient to run the campus smoothly. The campus has to overcome the problem anyway to provide quality education. In course of searching ways to mitigate the financial problems as well as to assure quality education, it has been participating on different programs run by University Grants Commission (UGC).

Myanglung Campus successfully completed the cycle of SHEP. After SHEP this campus was selected for Higher Education Reform Project (HERP). Moreover, the campus has successfully completed the programs of 2016 and 2017 under resource mobilization. The campus is committed to complete different programs and works as per its strategic plan in the days to come.

Myanglung Campus is established in Koshi zone with a view in providing quality education for higher secondary, Bachelor and Master level and producing effective manpower. It is affiliated to Nepal Examination Board (NEB) for plus two level and Tribhuvan University (TU) for Bachelor and Master level. It has aided a lot in providing higher education for students with the low economic condition. It is very much affordable and has been providing a scholarship to many students. Faculty members are well experienced, qualified and dedicated towards their work at Myanglung Campus. This Campus provides BA, B.Ed, BBS program under bachelor’s degree and MA General, MA Nepali, M.Ed General program in Master’s degree.

**Acknowledgments**

This inaugural issue of the journal would not be with you today without the support of some institutions and individuals. We must remember the contribution of University Grants Commission (UGC) Nepal for financial support through grants to conduct research training at College which brought us to think issues of research publication and we all united to bring it together. Drawing strength from the work of the Editorial Board, in my current role as the Editor-in-Chief of the journal, I wish to extend my gratitude to the College Management Committee (CMC) of Myanglung Campus for inviting me to conceptualise and launch this

journal as research professor and editor in chief considering me (Anjay Kumar Mishra) as best scientist of business and management in Nepal as data of AD Scientific Index. Journal advisors, Gobinda Prasad Dhungana, Chairman, Campus Management Committee, Dadhiram Neupane, Campus Chief, and Subhas Niraula, Assistant Campus Chief, Myanglung Campus, deserve the first mention for their support to the full editorial team. Campus Chief gave us a go-ahead while nudging us all along to make our best efforts and look at things from the publisher's point of view as well. Chhatra Reemal, publication committee head member, had reached out to me for giving a push to his initiative at campus in publishing a flagship academic journal. Along with him one more special name whom I cannot express my sincere gratitude as her contribution is more enough than anybody else here and she is none other than Ms. Hema Joshi. Rimal coordinated efforts to build the journal teams and also agreed, on our request, to sit on the Review Board, a channel within the journal for us to access wider rosters of peer reviewers and subject experts. Without his insistence on getting started right away and focusing on the deadline, this inaugural issue would not be with you so soon. On behalf of the editorial team, I thank him for his lead role in the IJAR initiative, which brought professors from different departments of the college and Tribhuvan University together on this project. Gathered in the Online meeting of the college for the first meeting, they all deserve special thanks for setting the tone and direction for this journal. We are grateful to our Review Board, through which actively helped us, the editors, to get in touch with authors and expert reviewers in seeking their support and contribution.

I cannot praise the Editorial Board, comprising scholars Dr. P A Krishantha Pathiraja, Chairman, Palmyrah Development Board, Sri Lanka, Dr. Prem Prasad Silwal, Associate Principal, Nepal College of Management, Kathmandu University, Nepal, Dr. Mayanath Ghimire, Visiting Faculty, Myanglung Campus, Tehrathum, Nepal, Dr. A. Dinesh Kumar, Faculty of Mathematics Khadir Mohideen College (Affiliated to Bharathidasan University, Tiruchirappalli), Adirampattinam, Thanjavur, Tamilnadu, India, Dr. Shukra Adhikari, Associate Professor, Tribhuvan University, Nepal,

and Dr. Sanjib Mishra, RMC-Chairperson, Valley State College, Bharatpur, Chiwan, Nepal, They oversaw editorial policy and practices, reviewed manuscripts, and took part in meetings, when asked, providing support to maintain the highest standards of research conduct and reporting, in terms of language, content and ethics of the journal. Dr. Mishra was instrumental in exploring resources and articles, without which the inaugural issue would be far poorer. We needed guidelines on journal aims, scope and ethics, for example, as well as clarity on our own individual roles and tasks. With his research background and experience, Dr. Mishra knew what was important to do, when and how, while putting this journal together. Implementing the steps in starting an international peer-reviewed journal in a community college, setting up its website, developing guidelines, making a call for submission or inviting authors to send articles, securing journal registration and article reviews was no easy task.

Together, the journal advisors, reviewers and editors are grateful to the authors, who contributed their research articles, case studies and theoretical perspectives, for consideration in this issue. Although we would not be able to include every submission, the articles included in this issue and about the same number of articles left out this time, gave us confidence to develop the journal as a forum for exchange of ideas, opening avenues for more of cross disciplinary research to understand and solve today's problems in different domains.

Finally, the journal teams acknowledge the support of the college administration, teachers and students to this new initiative. Assistant Campus Chief Kamal Neupane of MBMC, for example, set aside time despite his rush hours to help us get going when we got stuck in meetings.

The inaugural issue is just the beginning of what promises to be a valuable and long-lasting contribution to academic discourse. We look forward to receiving original submissions from scholars around the world for its future issues.

We are pleased to welcome you to an Action against Mental Colonialism and your hands with us will make history in publication.

## Conclusion

The editorial has introduced the Intellectual Journal of Academic Research (IJAR) as an alternative to existing publication model focusing what you publish rather than where you publish in line with JUEM for social sciences and highlighted the issues of Mental colonialism in publication and in general along with ways to overcome. The journal provides researchers, practitioners, and educators with a platform to explore and advance our understanding of the problems and address the persistent lack of progress in addressing the issues in both Nepali and English Language.

In terms of justification of name and tagline cover the uncovered illustrated the significance and uniqueness of the journal. It discussed their connections, and highlighted the potential implications of the journal as remedies against mental colonialism. On top of this all, it made a call for submission of articles to the journal, supporting its mission of creating a new platform for exchange of ideas that produce insights and positive change. The editorial also acknowledged the teams of editors, reviewers, advisors, authors, college staff and students for their support to the journal.

We hope the inaugural themes will impress you to express your research here in upcoming issues.

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