Editorial

Lifespan Development and Mental Health: Inaugural Introduction

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The concept of lifespan development, originally proposed by Professor Paul Baltes of the Max Planck Institute for Human Development in Germany, revolutionized our understanding of human development. This perspective emphasizes continuity and change throughout the lifespan, and focuses on the adaptability and plasticity of the individual at each stage. It contributes significantly to our comprehension of the intricate relationship between psychological well-being, spirituality, and physical health at different stages of life.

The lifespan is full of unique mental health challenges. Early childhood can bring social withdrawal and attachment issues. Adolescence brings the pressures of academic anxiety and identity formation. Middle adulthood often faces occupational stress, familial responsibility and commitment, and possibly midlife crises. Later in life, cognitive decline, passive social isolation, and geriatric depression may occur.

This journal encourages research on lifespan development and mental health from a multicultural perspective. Eastern perspectives, such as Confucianism, offer rich insights into the culturally bound region over three thousand years. Confucius' emphasis on harmonious interpersonal relationships, for example, offers valuable strategies for coping with social stress across the lifespan.

Research into the correlates of lifespan development and mental health explores the influence of genetics, environment and social factors. Studies on appropriate psychological interventions and services consider the specific needs of each stage of life. Cross-cultural research highlights the different experiences of mental health in different cultures.

Advanced research methods and data analysis techniques are essential for understanding lifespan development and mental health. Mixed-methods approaches, longitudinal studies and big data analysis offer insights into complex relationships. Policy recommendations, grounded in research, aim to improve mental healthcare systems and promote well-being across the lifespan.

We believe that the integration of human knowledge and wisdom across temporal and geographical boundaries is a necessity arising from the current reality on this globe. Hence *Lifespan Development and Mental Health* aims to be a platform for cutting-edge research that promotes a deeper understanding of the intersection between lifespan development and mental well-being. Through a multi-faceted approach, we aim to promote global mental health and foster positive change across the lifespan. In the meantime, the journal will be a forum, in comparison and combine knowledge and wisdom at the levels of concepts, theories and techniques.