

Editorial

Sidhaya: Bridging evidence, context and practice in an interdisciplinary research landscape

Joseph Lobo^{1*}

¹ Bulacan State University, Philippines

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Correspondence: Joseph Lobo, Bulacan State University, Philippines; joseph.lobo@bulsu.edu.ph

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The launch of *Sidhaya: The Official Research Journal of Bulacan State University* marks a historic milestone in the University's academic journey, coinciding with its **121st Founding Anniversary**. As Bulacan State University formally opens this peer-reviewed platform, *Sidhaya* stands as a testament to the institution's enduring commitment to rigorous scholarship, knowledge generation and meaningful academic contribution. Conceived as a home for faculty, students and research partners, the journal seeks to advance innovation, inform policy, and position BulSU within national and global scholarly conversations. This inaugural issue signals the beginning of a sustained research endeavor—one that amplifies intellectual work, celebrates excellence, and empowers BulSUans to let their scholarship illuminate the future.

The studies featured in this inaugural issue collectively embody the journal's interdisciplinary vision, foregrounding a shared commitment to translating empirical evidence into contextually responsive practice. Spanning health sciences, education, business and governance, the natural sciences, and the social sciences, the articles demonstrate how research becomes most impactful when anchored in lived realities and directed toward actionable outcomes.

In the domain of *health, science and wellness*, Pedamato and colleagues examined sports coaches' knowledge and readiness in implementing micro-cycle training, revealing strong competencies in training load management alongside notable gaps in periodization and individualization. Their findings highlight a critical issue in applied sports science: evidence-based models must be matched with practitioner preparedness to ensure sustainable athletic development (Pedamato et al., 2025). Complementing this applied perspective, Jingco's contribution in *pure and applied science* reimagines physics laboratory instruction through a diffraction-based activity for measuring hair diameter, demonstrating how low-cost, inquiry-driven alternatives can significantly enhance conceptual understanding and student engagement, particularly in resource-limited settings (Jingco, 2025).

The *education and social science* articles further underscore the importance of motivation, engagement and adaptability in contemporary learning and governance contexts. Blas et al. presented an action research study on the use of a digital badge system to incentivize online classroom recitation, showing how thoughtfully structured reward mechanisms—when grounded in Self-Determination Theory—can foster motivation, confidence, and active participation among learners (Blas et al., 2025). Beyond the classroom, Acacio and colleagues offer a qualitative exploration of youth governance through their study of Sangguniang

Kabataan councils' events management during the COVID-19 pandemic. Their findings illuminate how young leaders adapted through virtual platforms, contingency planning, and resilient leadership, situating youth participation within broader crisis management and behavioral change frameworks (Acacio et al., 2025).

From a *business and public governance* lens, Tacang et al. investigated the effects of advertising on product satisfaction among mobile device consumers. Their study reveals how advertising experiences and socio-demographic factors intersect to shape perceptions of value and satisfaction, contributing to a nuanced understanding of consumer behavior in an increasingly competitive and media-saturated market (Tacang et al., 2025).

Taken together, the works in this inaugural issue affirm *Sidhaya's* foundational mission: to serve as a dynamic platform where knowledge moves across disciplines, sectors and communities. The studies reflect research not as an isolated academic exercise, but as a living process—one that informs practice, shapes policy and responds to evolving social, educational and scientific challenges.

As *Sidhaya* begins this new chapter in Bulacan State University's research journey, it invites scholars to view inquiry as both a responsibility and an opportunity: to bridge theory and practice, evidence and action, and local contexts and global discourses. In doing so, the journal positions itself as a space where scholarship does not merely exist—but *matters*.

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