# Interdisciplinary Study: Advancements in Profession

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An interdisciplinary approach to academic and professional work is valuable in not only broadening an individual’s interest in multiple fields of disciplines but also in advancing research and developments when utilized in the workplace. In both education and in the workplace, there are always opportunities to learn and if approached using interdisciplinary studies then the practitioner can improve overall as Misciewicz (n.d.) states “interdisciplinary students become better critical thinkers, gain more self-awareness, and grow more confident in the way their brains work and who they are as people.” This specialized approach can help exploit the diverse opportunities provided by universities and help develop solutions to long existing issues in the workplace by changing stale ideologies with new aspects using numerous different disciplines.

This paper examines how valuable interdisciplinary studies are in different fields and how it progressed these fields over time as well as what specific disciplines might be used within these fields. Furthermore, it seeks to address how using an interdisciplinary approach differs from the traditional disciplinary approach within these professions.

Using interdisciplinary studies is valuable when approaching issues in the health science field because the field itself encompasses so much information that having experience in numerous disciplines would help produce much more accurate and beneficial results. According to Stellmach, Bagnol, Guest, Marais, and Alders (2019, p. 85) “Interdisciplinary research focusing on the intersection of human, animal, and environmental health has risen to prominence in response to a range of issues…” Thus because of this the expertise, communication, and confidence in the research of other disciplines is important in facing any issues that may arise in the health science field to ensure that it is confronted with differing mindsets to result in a solution that would benefit all involved disciplines. This in turn would give all the involved parties not only an opportunity to further advance their own study but also grant them access to knowledge they may have otherwise overlooked which can only be achieved if we can tackle the “…challenge of removing disciplinary hierarchies between researchers…” (Stellmach, Bagnol, Guest, Marais, and Alders, 2019, p. 85).

Professions within the health science field have changed drastically which can be accredited to the acceptance of using interdisciplinary studies more commonly in focused disciplines when conducting research (Misciewicz, n.d.). There have been rapid advancements in the fight against infectious disease and malnutrition from the late 19th century through the mid-20th century due to developments in parasitology, virology, dietetics, botany, engineering, and other disciplines which paved the way for drastic advancements in sanitation, agriculture, nutrition and human and animal medicine (Stellmach, Bagnol, Guest, Marais, and Alders, 2019, p. 87). These advancements would only have been possible due to the utilization of interdisciplinary studies as they took the research and expertise from a few focused disciplines such as botany and parasitology and applied them to a completely different discipline such as agriculture or medicine. This shows a mutual trust for the findings in another discipline and the creativity to apply this to their own studies in the hopes of making significant breakthroughs in their research.

A profession that people may assume would have a straight and narrow research approach would be archeology, however, this is not the case. Even in a concentrated field such as archeology, the application of using an interdisciplinary approach is vital to recording results and creating an accurate survey of an area.

An example of an interdisciplinary approach to anthropology is Mcmillan’s (2009) telling of Raymond Wood’s, a renowned archeologist, initiated research program in the Ozark highland in which he proposed a team approach that consisted of archeologists, geologist, palynologist, zoologists, and physical anthropologist to survey a select land known as Rogers Shelter. They had hoped to construct an accurate model of the environmental history of the western Ozarks using a collection of data from the geology, climate, and flora and fauna (p.103-104). This research helped them safely and efficiently excavate the land which was otherwise halted by a thick layer of cobble which played a prominent role in discovering the possibility of burial sites in the American Midwest (p104).

In the aforementioned example, it was only made possible due to the contribution of numerous disciplines using an interdisciplinary approach to the issue at hand. If they just followed the simple disciplinary approaches, they may have not been able to create such a detailed and collaborated effort and thus may have not resulted in a successful excavate or groundbreaking discoveries.

# References

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