

Integrating Interdisciplinary Methods into History Research

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Abstract: *Integrating interdisciplinary methods into history research can enhance the understanding of historical events, circumstances, and phenomena, because history research involves the systematic investigation and interpretation of past events, people, cultures, and the societies. This paper discusses integrating interdisciplinary method into history research. The study was premised on primary and secondary sources of information and adopted the multi-disciplinary approach. This paper revealed that the benefits of integrating interdisciplinary method into history research to historical researchers are broadened perspectives, enhanced analysis, contextual understanding, holistic understanding, and innovative solutions. Findings from the paper also shows that the interdisciplinary methods in history in which historian can apply why carrying out research in history are historical sociology, historical anthropology, economic history, and environmental history. The paper argued that the challenges historians face in using interdisciplinary research method in carrying out research are methodological integration, balancing depth and breadth, disciplinary boundaries, and training and expertise. The paper concluded that by integrating interdisciplinary methods, historians can create richer, more nuanced narratives of the past, and can tackle complex issues from multiple angles, leading to more comprehensive insights. Among others the paper suggested that history researchers should trained and encouraged to use interdisciplinary method why carrying out research because it will give them a more comprehensive understanding of complex issues, and can lead to innovative solutions.*

Keywords: integrating, interdisciplinary methods, history, history research

INTRODUCTION

History as a discipline has traditionally been perceived as the study of the past through documentary evidence and chronological narration. However, in contemporary scholarship, the complexity of human societies and the multifaceted nature of historical events have necessitated methodological innovations that transcend disciplinary boundaries. Integrating interdisciplinary methods into historical research has emerged as a vital approach to enrich historical inquiry, broaden analytical perspectives, and address the limitations of purely traditional methodologies. By drawing insights from disciplines such as anthropology, sociology, political science, economics, archaeology, linguistics, and even the natural sciences, historians can construct more holistic interpretations of past realities (Klein, 2010; Burke, 2015).

The necessity of interdisciplinarity in historical research, thus, lies in the recognition that no single discipline possesses the tools to capture the entirety of human experience. For instance, while archival documents provide valuable evidence, they often exclude marginalized voices and non-textual dimensions of the past. Anthropological ethnography and oral traditions complement such gaps, offering insights into lived experiences, cultural practices, and collective memory (Vansina, 1985; Green, 2013). Similarly, economic history benefits from quantitative techniques borrowed from economics, while environmental history increasingly relies on ecological and scientific data to reconstruct the relationship between humans and their environments (McNeill, 2003). These interdisciplinary convergences expand the historian's toolkit, enabling the production of narratives that are not only empirically grounded but also socially and culturally nuanced.

Moreover, the integration of interdisciplinary methods enhances the relevance of historical research to contemporary issues. In an era marked by globalization, climate change, ethnic conflicts, and technological transformation, historical studies that adopt interdisciplinary approaches provide more comprehensive explanations and contribute to policy debates. For example, the intersection of historical analysis and political science informs discourses on governance and state formation, while collaborations with gender studies have advanced the understanding of women's roles in social and political change (Scott, 1986; Lerner, 1997). This underscores the transformative role of interdisciplinarity in reshaping the boundaries of history and aligning it with the challenges of modern scholarship.

Statement of the Problem

History, for so long, has traditionally relied on documentary evidence, archival materials, and chronological narratives to interpret past events. While these methods provide valuable insights, they often limit the scope of historical inquiry by neglecting perspectives and tools from other disciplines. Contemporary global research trends emphasize interdisciplinarity, where history intersects with fields such as archaeology, anthropology, sociology, political science, economics,

geography, and even the natural sciences. This broadens historical analysis beyond textual evidence and enriches the understanding of past human experiences. However, the integration of interdisciplinary methods into history research remains a critical challenge. Many historians are reluctant to adopt methods outside the conventional framework due to epistemological debates, disciplinary boundaries, lack of training, and methodological rigidity. As a result, historical studies often risk being reductionist, overlooking the economic, environmental, cultural, and scientific dimensions that shape human societies. In Nigeria and many parts of Africa, for example, the reliance on limited written records has marginalized oral traditions, material culture, and ecological perspectives that could provide a more holistic reconstruction of the past.

Furthermore, the absence of a coherent framework for integrating interdisciplinary approaches creates inconsistencies in methodology, leading to fragmented scholarship. This limits the ability of historical research to respond to complex contemporary issues such as climate change, conflict resolution, migration, globalization, and technological transformations, which all require cross-disciplinary insights. The problem, therefore, is how to systematically integrate interdisciplinary methods into history research in ways that preserve the integrity of the discipline while expanding its analytical depth, relevance, and applicability to modern societal challenges.

METHODOLOGY

The study adopts a qualitative methodology to explore the integration of interdisciplinary methods into historical research. Data will be gathered through documentary analysis of scholarly works in history, anthropology, sociology, and political science to identify patterns of methodological convergence. Interviews with historians and allied scholars will provide insights into practical applications, challenges, and benefits of interdisciplinary approaches. Thematic analysis will be employed to interpret findings, emphasizing narratives, perspectives, and contextual depth. This approach allowed the study to critically examine how interdisciplinary methods enrich historical inquiry, broaden analytical frameworks, and foster more comprehensive understandings of past human experiences.

Definition of Terms

Historical Research

Historical research is a systematic method of investigating past events, ideas, and practices to understand their significance and influence on present realities. According to Cohen, Manion, and Morrison (2018), historical research involves the “systematic collection, evaluation, and interpretation of evidence to describe, explain, and understand actions or events that occurred in the past.” This definition emphasizes the methodological rigor of sourcing, critiquing, and synthesizing archival documents, oral accounts, and other records to construct reliable interpretations of history.

Interdisciplinary Methods

Interdisciplinary research refers to an approach to knowledge creation that integrates concepts, methods, and analytical frameworks from multiple disciplines to address complex questions that cannot be adequately understood through a single disciplinary lens. According to Repko and Szostak (2017), interdisciplinary research is “a process of answering a question, solving a problem, or addressing a topic that is too broad or complex to be dealt with adequately by a single discipline and draws on the disciplines with the goal of integrating their insights.” This definition emphasizes the necessity of crossing disciplinary boundaries to generate holistic and innovative solutions.

History – as a “Stand-Alone” Discipline

History, as a stand-alone discipline, occupies a unique and foundational place within the humanities, distinguished by its methodological commitment to the critical study of past events, processes, and actors. Unlike the social sciences, which often emphasize quantitative methods and predictive models, history prioritizes qualitative analysis, contextual interpretation, and the use of primary sources to reconstruct and understand human experience over time (Carr, 1961). As a distinct academic field, history developed during the 19th century when scholars such as Leopold von Ranke emphasized the importance of empiricism and archival research, advocating for history “as it actually happened” (*wie es eigentlich gewesen*) (Iggers, 1997). This professionalization of historical study reinforced its autonomy, setting it apart from philosophy, literature, or political theory, with which it had previously been intertwined.

The discipline’s independence also stems from its epistemological framework. Historical knowledge is grounded in the critical examination of evidence, documents, oral traditions, artifacts, and is constantly revised in light of new interpretations or discoveries (Marwick, 2001). This methodological rigor has allowed history to stand on its own while also serving as a bridge to other disciplines, such as sociology, anthropology, and political science, which often draw upon historical insights for context and depth (Tosh, 2015). Moreover, the discipline’s narrative structure, its ability to weave evidence into coherent and meaningful stories, reinforces its distinctiveness, as it balances scientific inquiry with literary craftsmanship (Evans, 1999). Thus, while history often intersects with other fields, its disciplinary boundaries remain firm due to its focus on temporality, evidence-based analysis, and narrative synthesis. Its autonomy is not isolationist but rather foundational, providing the temporal dimension necessary for understanding the development of human societies across time and space.

Traditional Historical Research Methods and Its Shortcomings

Historical research methods involve the collection, evaluation, and interpretation of past records to reconstruct and understand human experiences. While traditional historical methods such as archival analysis, textual examination, oral tradition, and chronological narration remain fundamental to scholarship, they also face several limitations that hinder objectivity and inclusiveness. These include but not limited to the following:

- i. Subjectivity and Bias:** A major limitation of traditional historical research is its susceptibility to subjectivity and researcher bias. Historians often rely on selective sources, personal interpretation, and narrative framing that may reflect their cultural, political, or ideological standpoint rather than objective reality (Carr, 1961). For instance, colonial-era historians often portrayed African societies through Eurocentric lenses, emphasizing primitiveness while neglecting indigenous knowledge systems (Falola, 2009). This selective representation undermines the credibility of historical narratives and marginalizes alternative perspectives. Consequently, historical research may not always present an impartial account of the past but rather a constructed narrative shaped by the historian's context.
- ii. Limited Availability of Sources:** Traditional historical research also faces challenges due to the scarcity or destruction of sources. Wars, natural disasters, poor preservation, and deliberate suppression often lead to the loss of crucial records (Tosh, 2015). In Africa, for example, colonial administrations prioritized the documentation of political and economic matters beneficial to imperial powers, while indigenous governance, oral traditions, and everyday life received minimal attention (Vansina, 1985). Such gaps in the archival record create an incomplete understanding of history, forcing researchers to work with fragmentary evidence. This limitation makes it difficult to reconstruct a comprehensive and balanced view of past events.
- iii. Authenticity and Reliability Problems:** Even when sources are available, traditional historical research methods face problems of authenticity and reliability. Documents may contain inaccuracies, exaggerations, or deliberate falsifications, particularly when produced for propaganda or political purposes (Marwick, 2001). Oral histories, while valuable, are also prone to distortion over time due to memory lapses, embellishments, or cultural reinterpretation (Vansina, 1985). For example, medieval chronicles often blended factual accounts with myth and legend, complicating efforts to distinguish truth from fiction. Without rigorous source criticism, researchers risk misinterpreting events or perpetuating false narratives. Thus, questions of reliability limit the precision of historical reconstructions.
- iv. Methodological Rigidity:** Another significant limitation lies in the rigidity of traditional historical methods, which often emphasize descriptive narration over analytical frameworks. Such approaches may focus narrowly on political events, great leaders, or wars, while neglecting social, economic, gendered, and environmental dimensions of history (Burke, 2001). This rigidity restricts interdisciplinary engagement and overlooks the complexity of historical processes. In contrast, modern historical scholarship increasingly incorporates insights from sociology, anthropology, and archaeology to provide more holistic interpretations. The reliance on strictly conventional methods, therefore, constrains the explanatory power of historical research.

Interdisciplinary Methods and Historical Research

Historical research has traditionally been centered on the study of past events, personalities, and institutions, often relying on archival materials, documents, and oral traditions. However, in contemporary scholarship, historians increasingly adopt interdisciplinary approaches that integrate concepts, methods, and analytical frameworks from other disciplines such as sociology, anthropology, political science, archaeology, economics, and even the natural sciences. This approach has proven crucial in deepening the scope, accuracy, and relevance of historical inquiry. One of the primary roles of interdisciplinary methodology in historical research is that it allows scholars to go beyond descriptive narratives of events to engage in interpretative analysis of the structures and dynamics that shaped historical phenomena. For instance, anthropology enriches history by providing tools for understanding culture, rituals, kinship, and belief systems that define societies, thereby enabling historians to reconstruct the mentalities of past peoples (Geertz, 1973). Similarly, sociology offers theories of social stratification, class, and institutions, which historians employ to analyze the evolution of social systems over time (Burke, 2005). Economics contributes quantitative methods and theories of production, trade, and development, which help historians investigate patterns of industrialization, globalization, and inequality across different epochs (North, 1990).

The interdisciplinary perspective also enhances methodological innovation in historical studies. Archaeological evidence, for example, provides material culture data that complements written sources, filling in gaps where documents are silent or biased (Trigger, 2006). Likewise, the application of geographical information systems (GIS) has opened up spatial approaches to history, allowing researchers to map settlement patterns, migration, and environmental changes with greater precision (Knowles, 2008). Furthermore, insights from psychology and memory studies shed light on how individuals and communities remember, interpret, and transmit historical experiences, particularly in contexts of trauma, conflict, and identity formation (Assmann, 2011).

Beyond methodology, the interdisciplinary approach plays a critical role in making history more relevant to contemporary societal challenges. For example, environmental history draws from ecology and climatology to examine the interaction between humans and nature, providing lessons for addressing current climate change crises (McNeill, 2000). Gender history, drawing from feminist theory, has broadened historical narratives by including the experiences of women and marginalized groups, thereby correcting earlier androcentric biases (Scott, 1986). By engaging with multiple disciplines, historical research becomes more holistic, dynamic, and inclusive. Importantly, the interdisciplinary approach challenges the notion of disciplinary boundaries, emphasizing that history is not isolated but interconnected with other spheres of knowledge.

According to Tosh (2015), history gains intellectual vitality when it dialogues with other disciplines, because complex human experiences cannot be adequately understood through a single lens. Thus, the role of interdisciplinary approaches in historical research lies in expanding

analytical horizons, enriching source interpretation, and enhancing the applicability of historical knowledge to both scholarly and societal concerns.

Relevance and Contributions of Interdisciplinary Methods to Historical Research

Interdisciplinary research, which integrates insights, methods, and theories from different fields, has become indispensable in advancing historical inquiry. By engaging with other disciplines, historians gain new perspectives and tools that enrich their analyses. The following, however, are some of the relevance of interdisciplinary approach to historical writings:

Enriching Historical Methodology

Interdisciplinary research contributes to the expansion of methodological approaches in historical studies. Historians no longer rely solely on textual analysis but employ quantitative and qualitative methods borrowed from other disciplines. For instance, the incorporation of statistical techniques from economics enables historians to analyze demographic trends, trade flows, and economic development over time (Stone, 1979). Similarly, oral history methods from anthropology provide tools for reconstructing the lived experiences of marginalized groups often absent from written archives (Portelli, 1991). This methodological diversification allows historians to present more nuanced and evidence-based interpretations of the past.

Broadening Sources of Evidence

Historical research is strengthened by the integration of non-traditional sources. Archaeology, for example, provides material evidence that complements documentary records, offering insights into prehistoric societies and the cultural practices of ancient civilizations (Renfrew & Bahn, 2016). Environmental science has also become central in reconstructing climate histories and examining how ecological changes influenced human societies (McNeill, 2003). Likewise, the use of Geographic Information Systems (GIS), drawn from geography, enables historians to map historical phenomena spatially, thereby uncovering patterns of settlement, migration, and warfare (Knowles, 2008). Thus, interdisciplinary research expands the scope of historical evidence, filling gaps left by conventional archival materials.

Addressing Complex Historical Problems

Many historical questions are inherently complex and cannot be adequately explained by history alone. For example, studies of slavery and the trans-Atlantic slave trade benefit from economic models to quantify trade volumes, sociological theories to understand systems of oppression, and anthropology to interpret cultural exchanges (Eltis & Engerman, 2011). Similarly, the study of conflicts and revolutions often draws upon political science to explain power relations, psychology to assess mass behavior, and communication studies to evaluate the role of propaganda. Interdisciplinary collaboration allows historians to address such multifaceted issues comprehensively, offering a holistic understanding of past events.

Enhancing Comparative and Global Perspectives

Interdisciplinary research fosters comparative and global approaches in historical studies. The integration of political science and international relations, for example, helps historians situate national histories within broader global power structures (Bayly, 2004). Economic history, through its reliance on theories of capitalism and globalization, situates local developments in wider transnational contexts (Pomeranz, 2000). Anthropology and cultural studies further enable comparative analyses of cultural practices across societies, highlighting both diversity and shared human experiences. This interdisciplinary orientation moves history beyond parochial narratives, contributing to world history and transnational history approaches that dominate contemporary scholarship.

Bridging History with Contemporary Issues

Another significant contribution of interdisciplinary research is its ability to connect historical inquiry with present-day concerns. Environmental historians, drawing from ecology and climate science, have highlighted how past interactions between humans and their environments inform current debates on sustainability and climate change (Crosby, 1986; McNeill, 2003). Similarly, historians working with public health and epidemiology have traced the historical trajectories of diseases such as influenza, malaria, and HIV/AIDS, thereby providing insights into current global health challenges (Ranger & Slack, 1992). This bridging role enhances the policy relevance of history, demonstrating its capacity to inform solutions to contemporary problems.

Promoting Innovation and Knowledge Integration

Interdisciplinary research encourages innovation in historical studies by fostering new paradigms and interpretive frameworks. For example, the rise of gender history was made possible through engagement with feminist theory from sociology and gender studies (Scott, 1986). Postcolonial history, influenced by literary studies and critical theory, has reshaped understandings of empire and colonial encounters (Said, 1978). Similarly, digital humanities – an interdisciplinary fusion of history, computer science, and information studies, has revolutionized historical analysis by enabling large-scale text mining, digitization of archives, and interactive visualization of historical data (Rosenzweig, 2011). These innovations illustrate how interdisciplinary collaboration generates new frontiers of historical knowledge.

Methodological Challenges and Ethical Considerations Involved in Integrating other Disciplines into History

The study of history has increasingly moved beyond its traditional boundaries, incorporating insights from disciplines such as sociology, anthropology, political science, economics, and psychology. This interdisciplinary engagement has enriched historical scholarship by expanding its analytical tools and interpretative frameworks. However, the integration of other disciplines into history is not without methodological challenges and ethical considerations. These issues affect the way historians conceptualize, research, and present historical knowledge. This section,

discusses five major methodological challenges and ethical considerations involved in this integration. They include:

Epistemological Tensions and Methodological Compatibility

One of the foremost challenges in integrating other disciplines into history is the tension between differing epistemological foundations and methodological practices. History is fundamentally concerned with temporality, causality, and contextual specificity, whereas disciplines like economics emphasize quantification and generalization, while sociology or political science often prioritize theory-driven models (Evans, 1997). This divergence creates difficulty in reconciling methodological approaches. For instance, while a historian may be cautious about over-generalization, an economist might seek to extract universal laws from past phenomena. An example is the emergence of “cliometrics,” which applies economic theory and statistical analysis to history. Although it has yielded valuable insights into slavery and industrialization, critics argue that such approaches risk oversimplifying complex historical realities by prioritizing numbers over narratives (Fogel & Engerman, 1974). Thus, historians must carefully negotiate methodological compatibility to ensure that historical specificity is not sacrificed for theoretical abstraction.

Issues of Source Interpretation and Reliability

The integration of other disciplines often necessitates the use of sources that differ significantly from traditional historical materials. For example, anthropologists employ oral traditions and ethnographic data, while psychologists might draw from experimental or survey data. The historian’s task of verifying, contextualizing, and interpreting these materials poses unique challenges. Oral traditions, for example, provide invaluable insights into pre-colonial African societies. However, their reliance on memory and performance raises questions about accuracy and subjectivity (Vansina, 1985). Similarly, using sociological surveys or statistical datasets in historical analysis requires historians to understand how those data were collected, coded, and interpreted, which may not align with historical standards of source criticism. Misinterpretation of such sources can lead to flawed reconstructions of the past. Therefore, historians face the challenge of adapting rigorous source criticism while respecting the epistemic assumptions of other disciplines.

Risk of Disciplinary Dominance and Reductionism

Another methodological challenge arises when one discipline’s methods or paradigms dominate the analysis, reducing history to a subsidiary role. For example, Marxist historiography heavily borrows from economic determinism, often reducing historical complexity to class struggle and modes of production (Hobsbawm, 1997). Similarly, psychological approaches like psychohistory may risk reducing historical figures’ actions to unconscious drives, neglecting broader social and political contexts. This reductionism undermines the pluralism and contextual depth that are hallmarks of historical scholarship. Historians must therefore guard against adopting external methods uncritically. As Tosh (2015) notes, interdisciplinary history should be about dialogue

rather than dominance methods from other fields should complement rather than overshadow historical reasoning.

Ethical Concerns in Representation and Cultural Sensitivity

The integration of anthropology, sociology, and psychology into history raises ethical concerns about representation, particularly when dealing with marginalized or colonized peoples. Ethnographic methods, for instance, have been criticized for their colonial legacy and the power imbalance between the observer and the observed (Said, 1978). When historians use such data, they risk reproducing biases or misrepresentations embedded in earlier accounts. Moreover, ethical questions arise regarding the appropriation of cultural knowledge. Oral histories, indigenous traditions, or community memories must be used with respect for the rights and dignity of the communities involved. The historian's responsibility is not only to present an accurate account but also to avoid perpetuating stereotypes or exploitative narratives (Trouillot, 1995). This ethical responsibility requires reflexivity, acknowledging the historian's own positionality and the power dynamics in representing others.

Balancing Objectivity and Subjectivity in Interdisciplinary Approaches

A final challenge lies in balancing the pursuit of objectivity with the interpretive subjectivity inherent in interdisciplinary methods. Disciplines such as anthropology and sociology often emphasize reflexivity and interpretive analysis, while history has traditionally valued objectivity and evidence-based reconstruction (Carr, 1961). Integrating these perspectives forces historians to grapple with questions about the nature of historical truth. For example, feminist historiography, drawing from sociology and gender studies, highlights how traditional history has marginalized women's experiences. While this enriches historical narratives, critics argue that it risks introducing ideological bias (Scott, 1986). Similarly, postcolonial history, influenced by cultural studies, emphasizes subjectivity and discourse analysis, which can clash with conventional standards of empirical verification. Thus, historians must carefully navigate between maintaining scholarly rigor and embracing interpretive pluralism.

Recommendations

Below are some recommendations for effectively mainstreaming interdisciplinary methods in history research.

- i. **Foster Collaboration between Historians and Scholars from Other Disciplines:** One major recommendation for integrating interdisciplinary methods is to institutionalize collaboration between historians and experts in fields such as anthropology, sociology, political science, archaeology, economics, and environmental studies. History is not studied in isolation; past events are shaped by cultural, economic, and ecological dynamics. For instance, collaboration with economists can provide quantitative insights into trade patterns and wealth distribution in pre-colonial and colonial societies, while

anthropological perspectives can help historians understand oral traditions, rituals, and cultural practices as valid historical sources. Academic institutions should therefore encourage co-authored research projects, joint conferences, and interdisciplinary seminars where historians can dialogue with professionals from other fields. This will foster the cross-pollination of ideas and enable historians to borrow theories, models, and methodologies beyond their traditional toolkit. Moreover, funding bodies and research councils should prioritize grants that encourage cross-disciplinary partnerships. Through such collaboration, history can transcend the boundaries of narrative and engage more effectively with questions of human development, governance, identity, and global challenges.

- ii. **Strengthen Methodological Training for Historians:** Another key recommendation is the expansion of methodological training for historians, particularly during undergraduate and postgraduate studies. Many history curricula remain heavily text-based, often limiting students' exposure to non-traditional sources and analytical frameworks. To integrate interdisciplinary methods effectively, historians should be trained to use both qualitative and quantitative tools. For example, incorporating statistical analysis, Geographic Information Systems (GIS), ethnography, and content analysis into history training would allow historians to analyze demographic changes, migration patterns, urban development, and conflict dynamics with greater precision. Similarly, exposure to linguistic analysis would enable historians to explore language shifts and cultural exchanges more thoroughly. Such training broadens historians' methodological competence and prepares them to interpret data from archaeology, economics, and environmental sciences. Universities and research institutes should therefore reform their curricula to include interdisciplinary methodological courses. Workshops, internships, and research labs that bring students into contact with digital humanities, computational history, and scientific methods of dating and excavation can also bridge the gap. By equipping historians with diverse methodological skills, history becomes a discipline that both preserves narrative richness and adapts to contemporary scientific standards of inquiry.
- iii. **Expand the Use of Digital Humanities and Technological Tools:** A third recommendation is to maximize the potential of digital humanities and technology in interdisciplinary historical research. The digital revolution has opened vast opportunities for historians to access, analyze, and present data in innovative ways. For example, big data analysis allows historians to examine long-term population trends, climate change patterns, and cultural transformations across centuries. GIS can be used to reconstruct historical landscapes, trade routes, and migration flows, thereby merging historical inquiry with geography and environmental studies. Additionally, digital archives, machine learning, and artificial intelligence can help historians analyze massive corpora of texts, newspapers, and records that would otherwise be impossible to study manually. Beyond research, digital tools also enhance public history by making historical findings more accessible to policymakers, educators, and the general public through interactive maps,

simulations, and digital exhibitions. To realize these benefits, institutions should invest in digital infrastructure, training programs, and collaborations with computer scientists and data analysts. Digital humanities not only modernize history research but also provide a platform where interdisciplinary knowledge converges to answer complex historical questions.

- iv. **Promote Contextual Relevance and Applied History:** Finally, integrating interdisciplinary methods should not only focus on methodology but also on the relevance of historical research to contemporary society. Historians should actively engage with pressing global and local issues such as climate change, conflict resolution, public health, and social inequality. For example, collaboration with medical researchers can illuminate historical pandemics and their social impacts, thereby enriching current public health policies. Similarly, dialogue with political scientists can deepen understanding of historical governance models and their relevance to democratization processes. Applied history, where insights from the past are used to inform present decisions, thrives best when historical research draws on interdisciplinary evidence. Historians should therefore frame their research questions in ways that intersect with other fields and contribute directly to policy debates, community development, and nation-building. Funding agencies, governments, and civil society should also recognize history as a resource for applied knowledge and invest in interdisciplinary history projects with practical outcomes.

CONCLUSION

Ultimately, integrating interdisciplinary methods into history research does not imply abandoning disciplinary identity but rather reimagining historical practice as a collaborative enterprise. It allows historians to move beyond narrow empirical confines, engage with diverse sources, and produce narratives that resonate across academic and non-academic audiences. Thus, interdisciplinarity is not merely a methodological choice but an intellectual necessity for advancing historical knowledge in the twenty-first century.

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