

Analysis of Belief, Religiousness, and Psychological Strength on Humans

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Abstract: *Clearly distinguish between religion institutionalized systems of belief and practice and spirituality individual sense of connection to something greater, often involving personal growth or existential reflection. This sets a strong conceptual foundation, especially since the terms are often used interchangeably in public discourse but have distinct implications in research. Briefly mention how psychiatry historically viewed religion, e.g., Freud's critiques versus Jung's more integrative view. This can highlight the shift in perspective from religion as pathology to potential resilience factor.*

Point out the methodological improvements in recent years (e.g., longitudinal studies, standardized scales like the Brief RCOPE or the Duke Religion Index) that have helped clarify this relationship.

Positive outcomes: lower depression/anxiety, increased meaning, better coping mechanisms.

Negative outcomes: religious guilt, scrupulosity, spiritual struggles, reinforcement of delusional thinking.

Cultural differences: how context matters religious coping might differ significantly in secular vs. religious societies..

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