

Religious Attitude and Mental Health

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Abstract

The present study is an attempt to examine religious attitude and mental health among Hindu and Muslim religious groups. Employing a 2x2 factorial design with fixed effect model, The Participants was drawn from the population of students taking from Aurangabad city. Total participants consist of 120 (60 Hindu and 60 Muslim) the random sampling technique is used to select an unbiased representative sample of 120 college going students of graduate level (60 male and 60 female) within the age range of 17 to 22 yrs. After the 2x2 ANOVA treatment concluded that no significant influence was found of gender and religion on religious attitude and mental health but gender and religion interaction effect found on mental health.

Keywords: Religious Attitude, Mental Health

A religion is a set of beliefs and practices, often centred upon specific supernatural and moral claims about reality, the cosmos, and human nature, and often codified as prayer, ritual, and religious law. Religion also encompasses ancestral or cultural traditions, writings, history, and mythology, as well as personal faith and mystic experience. The term "religion" refers to both the personal practices related to communal faith and to group rituals and communication stemming from shared conviction. In the frame of European religious thought, religions present a common quality, the "hallmark of patriarchal religious thought": the division of the world in two comprehensive domains, one sacred, the other profane. Religion is often described as a communal system for the coherence of belief focusing on a system of thought, unseen being, person, or object, that is considered to be supernatural, sacred, divine, or of the highest truth. Moral codes, practices, values, institutions, tradition, rituals, and scriptures are often traditionally associated with the core belief, and these may have some overlap with concepts in secular philosophy. Religion is also often described as a "way of life" or a Life stance. The

development of religion has taken many forms in various cultures. "Organized religion" generally refers to an organization of people supporting the exercise of some religion with a prescribed set of beliefs, often taking the form of a legal entity. Other religions believe in personal revelation. "Religion" is sometimes used interchangeably with "faith" or "belief system," but is more socially defined than that of personal convictions.

Religiosity:

Religiosity, in its broadest sense, is a comprehensive sociological term used to refer to the numerous aspects of religious activity, dedication, and belief, another term that would work equally well, though is less often used, and is religiousness. In its narrowest sense, religiosity deals more with how religious a person is, and less with how a person is religious (in practicing certain rituals, retelling certain myths, revering certain symbols, or accepting certain doctrines about deities and afterlife).

Mental Health:

Mental health is an also important as physical health. A positive mental health would be

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