

# *9th International Conference on Humanities, Social Sciences and Lifestyle*



## **An Approach to Religious Psychology Feedback on Mental Health**

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### **Abstract**

Considering the importance of interdisciplinary studies and its impact on individual and social dimensions of society, it can be said that today psychological approaches related to the field of religion have caused this type of studies and the effects and consequences of religiosity in providing healthy mental health. Among other things, profound psychologists such as Freud and Jung have tried to explain this by explaining the origin of religion and religiosity; With the difference that Freud sought the origin of religion in matters such as fear or poverty and the Oedipus (sexual) complex, and had an imaginary and atheistic view of religious propositions and God; While Jung with his positivist approach and positivist view and with the design of archetypes has tried to have a pluralistic, instrumentalist and pragmatist approach to religion (Fordham :2015), And seek its positive effects on mental levels, especially the provision of mental health to patients. One of the psychologists in the field of psychology is Dean Allport, who, by explaining religious orientation and its relationship with the mental health of the individual and society, has considered and examined the positive effects of religiosity in the human psyche. In this regard, there is no doubt that there is less issue in human life that is more serious than religion. We fill ourselves with spiritual references and create an atmosphere in which the sacred is used to open the meaning of every important event in life. Religious groups and communities guide believers throughout their lives each week. In addition, religion helps people in the face of death and advises people to think about death; Because it is accompanied by pleasant images of the afterlife and eternal bliss in which only goodness and justice are the province. Finally, some religions announce the final resurrection of believers (Spilka, Hood et al., 2011). The result is that religion is an inalienable part of other aspects of our being and is strongly associated with a wide range of non-religious beliefs, behaviors, and practices.

**Keywords:** religion and religiosity, psychology of religion, mental health, religious orientation, positive effects of religiosity in human life.

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