



Geometry of the role of religious beliefs in improving lifestyle (Deep effectiveness in individual and family dimensions)

Bahman akbari¹, Hamideh serakhsi²

1-Responsible author: Faculty member of the Department of Islamic Education, ayame Noor University, pp. 4697-1939, Tehran, Iran

2-Bachelor of Laws, Payame Noor University, Center of Tabriz

Abstract

Undoubtedly, promoting the health of people in society is one of the most important issues in any country that should be considered from various dimensions, including mental health. In this regard, mental health and life satisfaction is one of the characteristics of a healthy person, Consequently, the mental health of the individual and the family is an entry for the formation, improvement and promotion of mental health in society. In this category, religiosity and religious beliefs and attention to the influential requirements in the psyche and context of the family; Guarantor and Guarantees the health of the mental and psychological dimensions of the individual, family and society. Also, the study and research fields of psychology of religion and family studies in recognizing the positive impact of religious and bio-moral burdens on the scope of interpersonal and family relations and its positive consequences in improving mental health, healing, meaningfulness and purposefulness of people's lives They have also examined continuity and life expectancy. Therefore, religious beliefs and religiosity of people guarantee mental health and show a positive impact on mental health and improvement and the attitudes and behaviors of people with the process of positive and constructive effectiveness and shaping a healthy lifestyle is inevitable. In this article, we have tried to consider the role of religious burdens in mental health and improving a healthy lifestyle.

Keywords: religious beliefs, life style, mental health, The meaning of life, The effects of religiosity on a desirable lifestyle