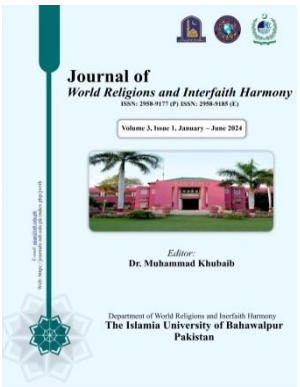


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Title Impact of Religion on Social Behavior and Life style of students: An Analysis

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Impact of Religion on Social Behavior and Life style of students: An Analysis

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Abstract

Beliefs, values and attitudes are the foundations of a religion. Religion is an integrated motivational force and complete code of life that influence our social, economic, political and every aspect of life. The main objective of this article is to illustrate the effects of religion on social behavior of students. As the belief system of religion not only spiritually but ethically enhances life style of human beings. The main focus of study is to construe that to what extent religion is related to the social development of an individual. So, the analytical and interpretive research methodology was applied for the data review. This academic paper concluded that religion has a unified set of faith and values influencing adolescence positive social attitudes as parent's treatment, marital relation, educational ambitions and money distribution as well as negative social attitudes such as drug addiction, alcohol, suicide, delinquency and crimes. More the youth is affiliated with religion less the rate of deviant behaviors with in a society. It is recommended to enhance the religious activities and services within the students' academic & social circle to raise a civilized nation. In contemporary world the immoral and secular condition can be recurred by the remedies set by religion.

Keywords: Religion, students, behavior, social, values.

Introduction:

In contemporary world, most renowned nations with higher quality of education and economic success are lacking ethical values and norms. This global system is upraising such materialistic nation, have less religious values and social affiliations with one another. Selfishness, disrespect, hatred and inhumanity are common now days. More the nation is far away from the religion less the nation is well mannered and civilized. So, it is necessary to give importance to the religious rules and values in our social system. Religion is an integral devotional force and entire conduct of life that affect our political, economic, social and every aspect of life. It is needed that youth will determine the benefits and importance of religiosity for leading a satisfied social life. This paper illustrates the effects of religion on social attitudes of students. The belief system of religion has confined set of faith &values influencing education, family relation, economic growth and negative social behaviors of well beings.

Aims and Objectives

The core objective of this study is to examine the religious influence on social behaviors of students. The literature review of this academic paper adds to get access to the objective of the article by answering given questions:

1. Is religion has any relation with social norms and behaviors?
2. How religion effect social behaviors of youth?
3. What are the measures of religion for positive behavior development of individual?

Literature Review

Meaning of Religion:

From the centuries many philosophers want to understand the phenomena that what the things which differentiate species from one another. Religion is the one which differentiate between human beings. Religion derived from the Latin word *religio*(showing respect for the what is holly[1]) .

The pioneer of sociology Emile Durkeim defines term religion as:

> "A religion is a unified system of beliefs and practices relative to sacred things, that is to say, things set apart and forbidden -- beliefs and practices which unite into one single moral community called a Church, all those who adhere to them.."[2]

[1] - **Webster's New Dictionary of Synonyms**, (Merriam-webster Inc,publishers, Masssachusetts, U.S.A, 1984) , 676-677

[2] - Emile Durkheim, The Elementary Forms of the Religious Life, (G.Allen & Unwin, London, 1915)**, 47**.

Emile Durkheim is the first sociologist who describes religion in terms of its social influence. According to him religion ties people of the community together, control their selves and behavior and give a purposeful life.

Religion actually describes meaning of life and universe through beliefs, rituals and norms. Religion at some extents highly personal to individual regarding beliefs which everyone has his own and on the other hand it is a social or cultural institution also regarding practices and morals. So religion in an organized form of beliefs, morals, behaviors and values etc. exists in all social groups.

Classification of Religion

Religiosity is actually faith in God accompanied by a commitment to follow principles which are believed to be set by God. It expresses how a follower of religion loyal to his religious commitments and to what extent a person practices religious values and principles .On the basis of this definition, according to sociologists, religion has the following dimensions:

Religion beliefs are the faith of certain community including ideas or principles believing to be true such as God is the only one who create universe, Jesus Christ is the son of God and concept of reincarnation etc

Religion rituals are the practices and behaviors that a community needed to live with others in a society and give a complete life style to the mankind which are vary from community to community such as Muslims, Christianity, Hinduism and Sikhism[3].

Religion experiences are the faiths or feelings that one is being connected to the supernatural power (divine) and can be express by meditations or prayers [4]etc

These terminologies are further classified in two ways:

Intrinsic religiosity:

It includes religious beliefs, norms, values, experiences and conduct.

Extrinsic religiosity:

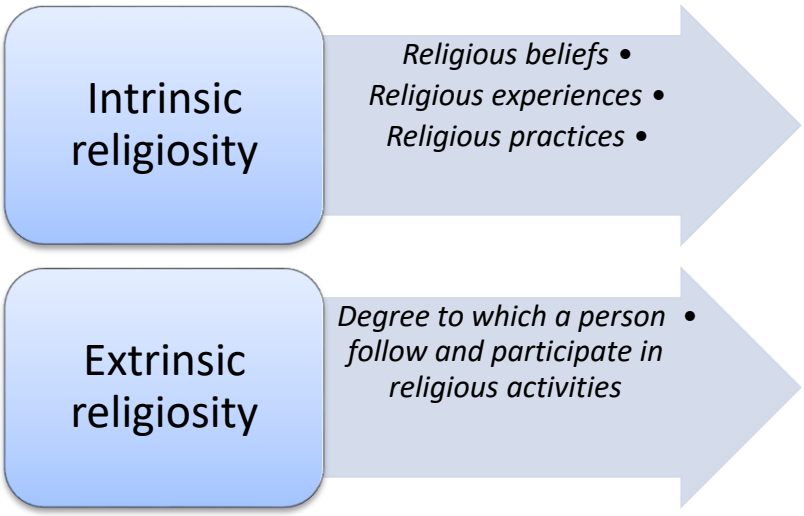
Degree to which a religious follower follows and practically participates in religious activities.[5]

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[3] - Grant Allen, **The Evolution of the Idea of God(An in quiry in to the origin of religions)**,(Grant Richards, London 1897) ,22-24

[4] - Peter Bogucki , **Encyclopedia of Ancient World Society and Culture,** (Facts On File, Inc, Infobase Publishing, 2008) , 831

[5] -Thomas G Plante, Allen C. Sherman, **Faith &Health,Psychological perspective**, (The GulFord Press, New York ,London, 2001), 145



Religion

It is concluded that religion exists in an organized form of beliefs, morals and values in all social groups. It gives a purposeful and meaningful life to all its followers, support them to admire the past acknowledge the present and aim for the future.

Relationship of Religion and social behavior:

Communication with others and helping them set some sort of behaviors for the mankind to live in healthy social life .Religion is a social organization , unified compact of faith and behavior based on community necessities and values .Religion bind people of society together on the basis of various functions and believes. Religion is a social universal phenomenon which spread all around the societies. Although in every society religious practices and customs vary from community to community but all have the same terminologies regarding it such as funereal customs are vary from society to society but it follow in all over the world.

Religious beliefs and feelings of love with divine made a person more kind, caring and ethical. Many studies resulted that there is a strong relationship between religion and human behavior .Religiosity is a strong potential and motivational power, teaches its followers to help each other regardless of skin, color or cast only for the sake of Divine power and without any materialistic benefits. It means religious practices are actually strongest social forces, which promotes self-esteem, mental health and good wills among people of community.

Religion and Adolescence Developmental levels:

Religion promotes high levels of positive development and potential against offensive behavior among adolescence. It is observed that in educational

institute's students with religious faith and values are more likely to participate voluntarily in social activities then the students with less religious acquaints. These social ties also influence their higher academic attainments. Spirituality is actually the developmental engine enhancing self-esteem of human beings with believe that something is powerful and greater than the self.

Human beings have internal capacity for ascendancy of self towards this phenomenon of "something greater". This inspiration raises a purposeful life, embedding in a religiosity based community from the very early age of a student. Adolescence in their early childhood education is more likely interested in spirituality and religion. They are keen to learn about religious behaviors and attitudes. This time rooted education and learning have long term effects on rest of their life. Moreover, spiritual development is a strong potential resource for positive human wellbeing in first two decennium of an adult. Religion and faith development through their life cycle is described as following:

Adults growing age & Religiosity

Human development	***Beliefs***	***Exposure to religion and faith***
Beginners	Primal faith	In this stage the neurological and physical growth more likely to occur than any other growing period. Emotional attachment of the care taker in this stage develops infant trust and good for the monumental intellectual development. Conception of faith can be illustrated through visible images &sizes or fairy tales demonstrated about good or evil deeds.
Toddlerhood	Intuitive proactive faith	This is the phase when children start calling words and meanings based on the knowledge that they observed all around. In this time toddlers are thinking in different ways than the adult stage. They are emotionally and deeply attach with religious faith and values acknowledge by symbolic imaginary. [6]
Middle	Mythological-	

[6] - Barbel Inhelder, Harold H. Chipman, **Piaget and His school A reader in Developmental Psychology**, (Springer, Verlag, New York,1976) ,135

childhood & after	actual faith	This is the time for a child to make ideas and feelings of God through demonstrations and interpretations. They believing that God is one who the care and ruler. Moreover, goodness is rewarded and badness is punished.
Adolescence &after	Synthetic traditional faith	In this time period youth developing their own thinking based on early formal learning. They construct personal environment regarding belief on God, identity and values with in their social circle of living. [7]

This Religious and faith development from the stage of toddler to adults overlap a vast variety of positive psychological and social attributes as following:

- Purposeful life standards
- Identity formation
- Positive social attitudes
- Compassion and voluntarily serving
- Inclusive wellbeing
- Mental and physical health
- Hope for the succeeding etc..

Impact of Religion on Social behaviors

The religious freedom has great importance in formation of any modern civilization. This right of freedom held strong ties between modern democracies and dominant religion. Moreover, it strengthen the social benefits like healthy secure family life, economic and educational attainments and strong marriages etc.,,Religious worships and practices lead to depletion of domestic abuse ,crime and addictions. In this way we can say that regular religious practices effects in every aspect of social affairs of a community that is briefly described as following:

1) **Religion and education attainments**:

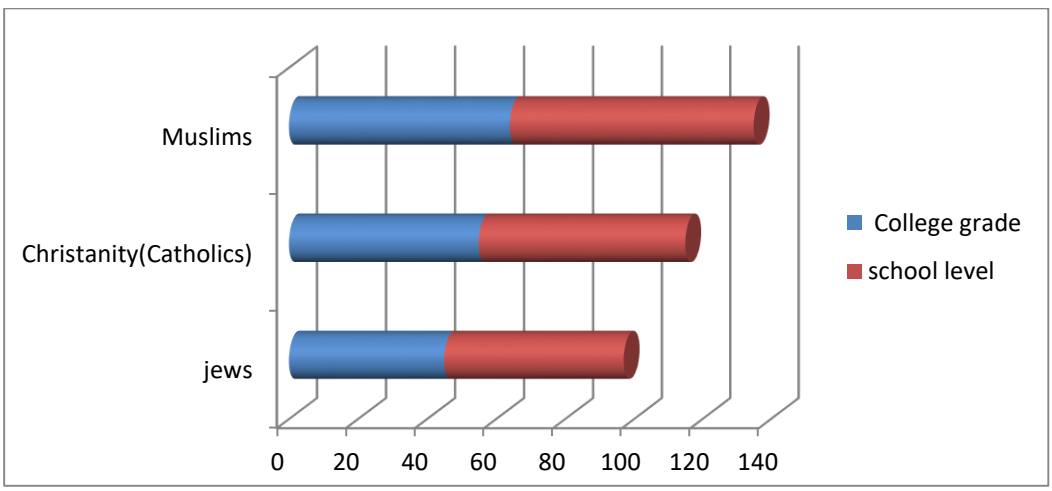
Education is an important factor to raise a civilized nation. Governments spend a lot of budget to promote education & knowledge among people. Every year a specific grant has been conducted for all school, colleges and universities

[7] -Eugene C. Roehl kepartain, **The handbook of spirituality and religion development in childhood and Adolescence** (SAGE publications, London, New Delhi, 2006) , 37-39

which are further distributed without any discriminatory basis.[8]Religion plays a vital role in well-being of families, individuals and society. Religious practices nurture educational and academic attainments in the following ways:

1. Students who participate more in religious activities work harder to attain higher grades than the other less religious students.
2. Religion positively affect students school behavior likewise regular school attendance ,more involvement in extracurricular activities, highly disciplined and following traditional norms ,values and ethics.
3. Students are having wide network of peers and good friendship that positively results academic achievements.
4. Parent's religious collaboration influence student's educational success. They are having more expectations for their child higher education with good results. They are more likely to communicate with teaching staff showing how they are possessive about their child future.
5. Relationship between Religion and education in all around the world can be further explained by the given graph. It is observed that religious sectors Jews, Christian and Muslim's ,more the people are educated less following their religion shown in the graph as given:

College and High school students giving importance to the religion



[8] - Anne F. Bayefsky & Arieh Waldman, **State Support for religious Education**, (Martinus nijhoff publishers, Leiden Boston, 2007), 135

This graph chart resulted that more the students are getting qualified, least affiliated with religion and give importance to it in their life. This is just because lack of educational and religion bonding in modern academic curriculum[9].

2) Family relationships

In our community system families with a strong religious bonding and faith are found to have good relations among them. Religions give those opportunities to interact with one another such as prayers, festivals and other religious activities. This results in unity, affection and devotion in between community members. Moreover, religion influences the family system in two other aspects as follow:

❖ ***Marital relationship***

Religion gives foundations which strongly bond the marital relationship of the spouses. The people with common faith and religious values give more affection to each other and resolute their problems with shared perspective.

Religious practices influences spiritually and ethically which develop stronger and better relationship among the spouses. Religious Spouses tends to tolerate each other, less criticize and give rights of one another which prevent divorce. If we see now a days due to the lack of religious values and people get far away from religion the divorce ration is increasing simultaneously. For example if we observe the divorce rate in country of Pakistan from the last years:

In 2020 =3800 divorce cases (Karachi)
In 2021=10,312 cases (Rawalpindi)10

This increasing rate of divorce is because of illiteracy and forced marriages that are against to religion. Every religion give rights of seeking education and marriage on his/her own will to both man and women. Inadequacy to religion results in all social disorders.

❖ ***Parental maltreatment***

Parents religious affiliation encourages an authoritative, expressive and effective way of parenting. Religiously involved parents have strong bonding and better relationship with their child's as compare to other

[9] - www.pewresearch.org
[10] - www.dailytimes.com.pk

parents. They are more caring for their Childs education, needs, behavior and community support and problems.[11]

Religion is such centralizing force which protects adolescence from abuses and crimes. This positively affects a child behavior and nourishes them with patience, humanity, kindness and love under the guidance of parents. A mother participating in religious activities has better relationship with her child's and promote Familial harmony as compare to other who is less involve in religious services.

3) Effect of religion on Socio-Economic growth

Religion affiliation is an effective stimulation for the economic growth of a country. It provides considerable economic revenues and social capital by practicing religious norms and values at economic framework as following:

- Students following religion avoid corruption and crime which affirms peace and harmony in a society.
- Communities with more participation in religious activities foster such norms that adhere to economic stability[12]for example charity, voluntarily funding at health care, food , media, disaster affected people, immigrants etc. These financial ethics play an important role in betterment of a society. Moreover, money move in a circle from rich to poor hands.
- It is founded that societies with high religiosity set highly valued standards and people trying to behave more according to the teachings of ones on religion aiming to have better life standards. These teachings for the better economic growth are as following:

1. Honesty
2. Generosity
3. Truthfulness
4. fair representation
5. good treatment between two parties
6. participation in tax sheltering

[11] -Thomas W. Phelan,**1-2-3 Magic for Christian Parents**, **Parent Magic**,(Inc. Glen Ellyn, Illinois, 2007) ,212-213

[12] -Max Weber, **The Protestant ethic and the spirit of capitalism The wealth of Religion** , (Great Britain Butler and Tanner LTD, London, 1930) ,51-52

7. sponsor groups for the people with physical and mental disabilities [13]etc

- ❖ Religious raising countries are facing less stock rate crash liability and less value elimination in times of catastrophe at banks.
- ❖ Students at religiously involved countries holding higher educational ambitions spend extra time on their homework and work hard which results in human capital cultivation that is necessary for the developing economy.

4) Influence of Religion on Delinquency and crimes

Religion is a centralizing motivational potential which emphasizes on moral values and ethics. More the religiosity will be lower the rate of delinquency in adolescence. Youth is an age of independence, freedom and developing their own identities and thoughts. This is a danger time when they can involve in delinquent behavior and crimes. Religiosity is a power, strengthens faith & believes and prohibits delinquent behavior and crimes.

Peers also have strong influence on the students' personality, as they tend to spend more time with them. It is founded that peers influence on an adolescence personality is more than the parental impact. .Mothers more affiliation with religion affect positively on the child behavior and decrease rate of crime in them. Adults' religious involvements control their selves against negative behaviors. They are guided to perform according to the teachings of religion. Individual's higher commitment with the religion promotes them to live their life according to the will of Divine power (God).So religion act as shield against criminal acts. Students' avoidance of evil acts encourages poetically behaviors. Religion gives them a complete code of life .Individuals participation in religious activities teaches them how to behave with others following the religious norms and values concerning empathy, affection patience & respect. The perception of getting rewards on good deeds and forfeiture of hellfire on evil &crimes endorse positive social behavior in a society.

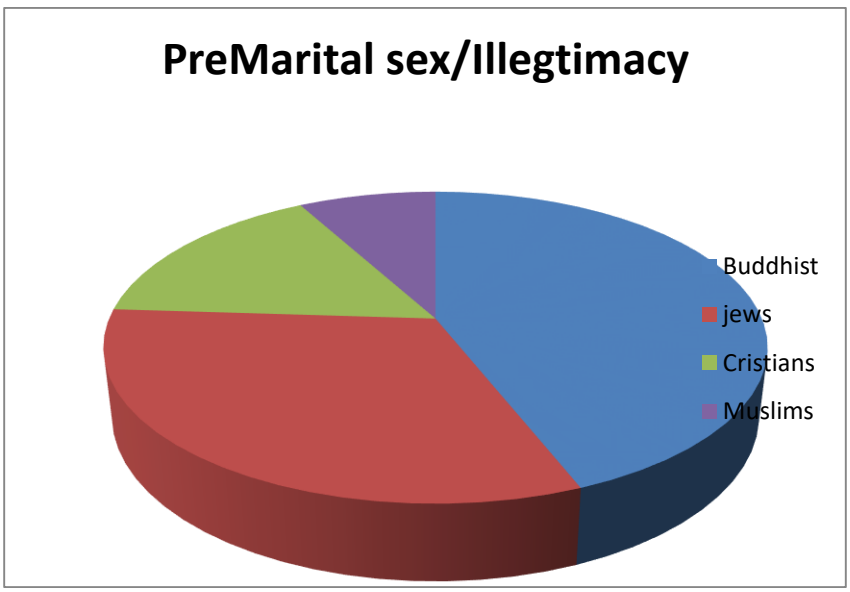
The countries promoting religious movements in their societies and encourage peoples involvement in religious activities have reduction of deviant behaviors. On the other side lower the individual religious involvement higher criminal behavior in the society such as pre-marital sex, gambling and suicides etc..

An analysis of current most emerging deviant behaviors is as following:

- [13] - Rachel M. McCleary and Robert J. Barro, **The wealth of religion, The Political Economy of Believing and Belonging**, (Princeton University Press, 2019) , 5.

❖ ***Pre-Marital Sex:***

Religion has complete code of shaping all actions of human beings in a society. Religious culture based on healthy family formation, legal sexual behaviors and controlled women mobility[14]. All religions Hinduism, Christianity, Buddhism and Judaism have injunctions regarding sex .Religious teachings emphasizes on sex after marriage to have a civilized nation. It is founded that Muslims are less likely involved in premarital sex than Christians. Jews are more liberal sexual attitudes than Christians. And Buddhist results are unpredictable in this phenomenon[15].



❖ ***Suicide:***

Religion aim for its followers to have healthy, satisfied and secure life. It tends to protect against all suicide attempts. In contemporary world due to the individuals less concerning with religion, leading unsatisfied life and without any aim and objective that result in psychological illness, depression and mental

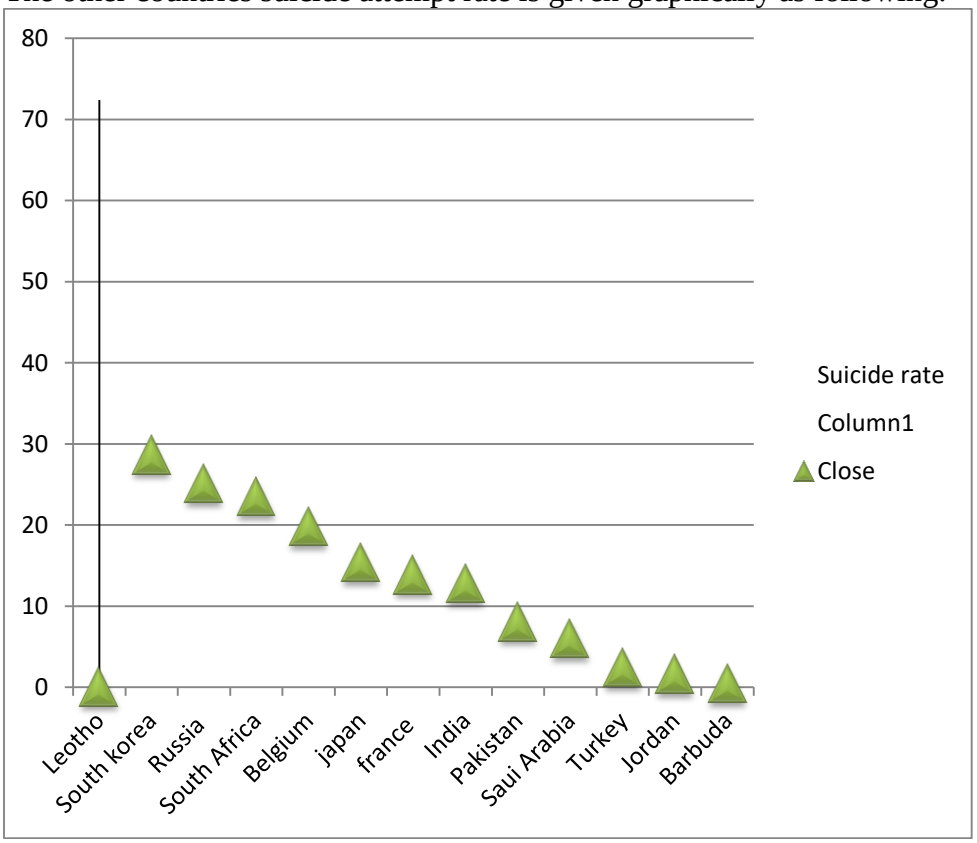
[14] - Chapman,Cohen, **Religion & Sex (studies in the pathology of Religion Development),**(T.N.FOULIS Publishers,London, 1919) , 10

- [15] - Isaac Addai, **Religious Affiliation and Sexual Initiation among Ghanaian Women,** (March 2000, Review of Religious Research), 41(3), 328-343

disorders. Person gets isolated from social life. This disappointment ended in suicide attempts[16].

Worldwide, it is observed that country with highest suicide attempt rate is Lesotho (72.4) and contrary to this country with lowest suicide rate is Barbuda (0.4)[17].

The other countries suicide attempt rate is given graphically as following:



A person strong affiliation with religion is most important for leading healthy life .Involvement in religious services less the risk of individual's suicide attempt and get more associated with social life.

5) Impact of religion on the substance abusers:

Religion not only emphasizes the spiritual development of an individual but it also focused on the mental and physical health based on the healthy life style.

[16] - Emile Durkheim, **Suicide, A study in Sociology,** (The free press, Simon & Schuster, New York, 1951), 23-27

[17] - www.worldpopulationreview.com

Adolescence higher affiliation with religious activities reduces the rate of addiction and abuses related to alcohol, drugs and cigarette. Individual's higher involvement with religious practices enable them to control themselves against addicted products.

Religious values emphasizes on good family relationship, efficient performance in academic sector, good peer company and more involvement in religious services etc. All this results in long lasting health and successful life.

Scientifically and medically suggested that all the substance abusers effect the functioning of brain structure and lead the practitioners to pharmacology treatments [18]which badly affects the psychological and mental health of individuals. These are all the reasons due to which religious teachings prohibit any kind of addictions. In healthy life style teenagers can perform their religious services appropriately and spend healthy conductive life.

In contemporary world religiosity and social condition:

In contemporary world countries adopted secular behavior towards religion, emphasizing that the state neither encourage or promote nor discourage or disfavor any distinct religious or non-religious ideologies and attitudes. According to the secular perspective, every person has its own freedom of personal religion that should be kept on a side from public sector[19].On the other side a society should need to be based on humanism without any affiliation to any religious commitment. The enlightenment of this perception in society promotes freedom of religion for individual and interreligious conflicts with in a society[20]. This socialism development even rejected the religious communities if their beliefs and behavioral codes combat with the modern ethical principles and code of conduct. All this result in negative behaviors towards religion as well as community system.

In last few years the conflict over religion and social tolerance raises much bigger and more particularly with the religion of Islam .According to the European impression religion of Islam is incompatible with the values of humanistic western democratic state. According to them polices of Sharia are not accommodating the economic ,social and political polices globally .Muslim and

[18] - David E.Golan , Ehrin J. **Armstrong Principles of Pharmacology** , (Wolters Kluwer New York London, 2017), 15

[19] - Natan Lerner, **Religion Secular Beliefs and Human Rights**, (Martinus nijhoff publishers, Leiden Boston, 2006), 13

[20] -David Miller and Richard Dagger, **Utilitarianism and beyond: contemporary analytical political theory**, (Cambridge University press, 2008), 448.

Arab societies looks extremely sick and repulsive[21].These perceptions upraised distance between religion, spirituality and social life of individuals. This religion diversity boost up a non-ethical, immoral and unconductive society. Moreover youth generation suffering from many personal and social problems. Illegitimacy, delinquency, crimes, drug abuses and maltreatment etc. are the results of inadequacy of religious norms and values. Whereas the religion is the only integrated boosting force which give a unified system of society influencing positively all aspects of an individual's life.

Conclusion

This paper concluded that Religion is a complete conduct of life, influencing all aspects of human life style .But today in most of the countries secular behavior towards religion is derived which foster liberalism within a society. People are free of any religious boundaries and are less affiliated with religion. Due to which spiritualism is reducing and materialistic thoughts are promoting in social sector. This affects badly all aspects of life, education, social, economic, and family relations etc. Youth are more involving in crimes and deviant behaviors. If more the adolescence is affiliated with the religion less they are involved in crimes. A civilized nation is raised based on strong faith and ethical norms and values. So, it is required to encourage religious norms and activities in society through education and awareness.

[21] -Javaid Rehman and Susan C.Breau, **Religion Human Rights and International Law**, (Martinus nijhoff publishers, Leiden Boston, 2007), 5.