

The Power of Faith: Religion, Belief, and Psychological Strength and Impact

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Abstract: *Historically, religion was often viewed as detrimental to mental and physical health. However, a growing body of recent research is beginning to challenge that perspective. Across hundreds of studies, religious involvement has been linked to a range of positive outcomes, including improved mental and physical well-being, as well as enhanced emotional health. While many of these studies are cross-sectional, a number of them have taken a longitudinal approach, and several randomized clinical trials have been conducted as well, adding to the credibility of the findings. There are both scientific and theological complexities that arise when considering religion as a potential "prescription" for health. Additionally, not all religious traditions influence health in the same way—what may be beneficial in one context could be harmful in another. In fact, religion can sometimes have negative effects on health, depending on the beliefs and practices involved.*

In response to these complexities, the fields of psychiatry and psychology are increasingly recognizing the importance of addressing spiritual and religious dimensions in clinical care. This shift reflects a broader understanding of the role that faith and spirituality can play in a person's overall health and well-being in this paper we show some result and analysis

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