



## The Role of Mother's Adherence to Religious Teachings on Children's Spiritual Health with Looking at Iranian Culture

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### Abstract

The purpose of this study was to investigate the role of mother's adherence to religious teachings on children's spiritual health with looking at Iranian culture. The research universe included all texts of religious teachings. The research sample enfolded mother's religious teachings about children's spiritual health. The design of the research was descriptive-analytical. The library method was used to collect data, texts and references related to the subject. The data then were analyzed. The findings of the research showed that mothers should adhere to religious teachings for religious upbringing and spiritual health of their children. In Iranian culture, family is the main foundation and pillar of society and is considered a very valuable unit for Iranian society. In families with religious attitudes, children's attitudes are formed based on religious beliefs, and these beliefs lead to the formation of religious personality in children and finally concluded to positive behaviors on their part. Adherence of the mother to the religious teachings, including the customs of breastfeeding the baby, praying, fasting, accompanying the child in the mourning rituals of the family, encouraging the mother, morality and piety, helping to find a friend, prayer and trust, modesty, self-improvement and harmony. These religious teachings directly and indirectly from childhood affect the spiritual health of individuals and cause the formation of their spiritual personality.



## Extended abstract

**Introduction:** The strength of the family foundation is one of the prerequisites for the growth and prosperity of its members and the achievement of external and internal perfection. Meanwhile, the mother can play a unique role. Studies have shown that the influence of parents on children begins in childhood and adolescence and, in most cases, continues after that, even into adulthood. Also, the moral and behavioral characteristics and even the level of parents' access to resources (both economic and human capital) directly affect the children's behaviors and views. Religious education in its special sense means a set of measured and regular educational measures and rituals in order to foster and strengthen the faith and commitment of educators to religious beliefs, norms, values, rules, orders, actions and rituals. According to Islam, the physical and mental characteristics of the mother are transferred to the child by breastfeeding. Experimental science has also proven that the mother's contribution to early development is greater than the father's. Spirituality is a factor that plays a role in decisions related to health and illness. Concerning the proposed materials the purpose of this study was to investigate the role of mother's adherence to religious teachings on children's spiritual health with looking at Iranian culture.

**Method:** The research universe included all texts of religious teachings. The research sample enfolded mother's religious teachings about children's spiritual health. The design of the research was descriptive-analytical. The library method was used to collect data, texts and references related to the subject. The data then were analyzed.

**Results:** The findings of the research showed that mothers should adhere to religious teachings for religious upbringing and spiritual health of their children. In Iranian culture, family is the main foundation and pillar of society and is considered a very valuable unit for Iranian society. In families with religious attitudes, children's attitudes are formed based on religious beliefs, and these beliefs lead to the formation of religious personality in children and finally concluded to positive behaviors on their part. Adherence of the mother to the religious teachings, including the customs of breastfeeding the baby, praying, fasting, accompanying the child in the morning ceremony of the family, encouraging the mother, morality and piety, helping to find a friend, prayer and trust, modesty, self-improvement and harmony. These religious teachings directly and indirectly from childhood affect the spiritual health of individuals and cause the formation of their spiritual personality.

**Conclusions:** Mother plays a significant role in the physical and mental education of children. After birth, the only person who deserves to raise a child is the mother; because he brings up the child with all his heart and is the agent of transferring values to the child. She can raise a strong-willed and honorable child or weak and lowly, pious or shameless, in any case, the mother is influential and plays a role in the child's personality. It is based on this principle that the mother herself should be on the path of piety and faith so that her child also remains hers. The important duty of a mother before the birth of a child begins with prayer and trust to have a righteous child. Even when men and women are socializing, God's name should be mentioned so that Satan does not interfere. Because one of the most critical moments of a person's destiny is the time of sperm coagulation. If it is done in the name and remembrance of God, the child's life may not suffer from religious mistakes in



the future. Adherence of the mother to the religious teachings, including the customs of breastfeeding the baby, praying, fasting, accompanying the child in the mourning rituals of the family, encouraging the mother, morality and piety, helping to find a friend, prayer and trust, modesty and modesty, self-improvement and harmony.

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