



Investigating The Role of Mothers' Practical Adherence to Religious Teachings on Children's Psychological Well-Being

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Citation: Mashak, R. (2022). Investigating the role of mothers' practical adherence to religious teachings on children's psychological well-being. *Journal of Woman and Culture*, 14(53), 13-25.

DOR: [20.1001.1.20088426.1401.14.53.2.7](https://doi.org/10.1001.1.20088426.1401.14.53.2.7)

ARTICLE INFO

Received: 03.04.2022

Accepted: 23.06.2022

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Keywords:

Religious teachings
Practical adherence
Psychological well-being

Abstract

The aim of the current research was investigating the role of mothers' practical adherence to religious teachings on children's psychological well-being. The research universe included all the texts of religious teachings. The research sample subsumed the religious teachings of mothers on their children's psychological well-being. The research design was descriptive-analytical. The library method was used to collect data, texts and references related to the subject. Then the data were analyzed. The findings of the research showed: religious behaviors and ritual practices such as prayer, fasting, trust and supplication, ethics and piety, chastity and modesty, self-improvement, assimilation, rules, participation in religious circles, nutrition, etc. via creating hope and encouraging positive attitude could lead to psychological well-being in children. The family convey their attitudes and beliefs directly and indirectly to their children and they assimilate these influences by observing the actions and behavior of the parents. In families with a religious attitude, the children's attitude is formed based on religious beliefs and these beliefs cause the formation of a religious characteristics in the children. If the mother did not have the intellectual ability and belief necessary to familiarize the children with authentic religious thoughts and beliefs, such children in dealing with striking ideas and thoughts would remain defenseless and their psychological health would be at risk. Mother's moods and traits, family authenticity, heart faith, ethics and mother's nutrition during pre-pregnancy and post-pregnancy could be very effective in the child's upbringing and effectiveness of religious teachings. In religious teachings, there is a lot of emphasis on children's ritual religious practice for their mental health and well-being, which is the responsibility of parents, especially mothers.



Extended abstract

Introduction: The family is the first hub and the foundation of an important part of human destiny. The individuals receive the first environmental impressions from the family to the extent that even the influence from other environments could be originated from the family environment. In the teachings of Islam, there are many recommendations regarding the structure of the family and the way its members relate, facilitating behaviors and ways to increase the health of the members and the efficiency of the family. The efficiency of the family, that is, the adherence of its members to religious beliefs. The observance of Islamic rights and ethics, and providing a context for the development of their capabilities and abilities in cognitive, emotional and behavioral dimensions, including loving relationships, respect and honor, playing the role and performing specific duties of the members, tolerance and flexibility towards each other, patience in problems, comfort and spiritual improvement of each other. Such behavior does not appear in families, unless stable foundations of belief and vision are provided. From the point of view of Islam, the place of mother has superiority in the family and community. Her role in the religious upbringing of her children is very important and decisive because of the children's influence on her. Especially in families that have a natural way of life and in accordance with Islamic patterns and tradition, according to which, mother's milk is the best food for a child and her arms, the best place for raising children. The Holy Qur'an orders parents to persuade their children to pray and obey God and to be the first to do so. In religious teachings, it is emphasized on children's devotional practice that this is the responsibility of parents. Regarding the above mentioned statements the aim of the current research was investigating the role of mothers' practical adherence to religious teachings on children's psychological well-being.

Method: The research universe included all the texts of religious teachings. The research sample subsumed the religious teachings of mothers on their children's psychological well-being. The research design was descriptive-analytical. The library method was used to collect data, texts and references related to the subject. Then the data were analyzed.

Results: The findings of the research showed: religious behaviors and ritual practices such as prayer, fasting, trust and supplication, ethics and piety, chastity and modesty, self-improvement, assimilation, rules, participation in religious circles, nutrition, etc. via creating hope and encouraging positive attitude could lead to psychological well-being in children. The family convey their attitudes and beliefs directly and indirectly to their children and they assimilate these influences by observing the actions and behavior of the parents. In families with a religious attitude, the children's attitude is formed based on religious beliefs and these beliefs cause the formation of a religious characteristics in the children. If the mother did not have the intellectual ability and belief necessary to familiarize the children with authentic religious thoughts and beliefs, such children in dealing with striking ideas and thoughts would remain defenseless and their psychological health would be at risk. Mother's moods and traits, family authenticity, heart faith, ethics and mother's nutrition during pre-pregnancy and post-pregnancy could be very effective in the child's upbringing and effectiveness of religious teachings. In religious teachings, there is a lot of emphasis on children's ritual religious practice for their mental health and well-being, which is the responsibility of parents, especially mothers.



Conclusions: Fathers and mothers are symbols and examples for children. Our thinking patterns, feelings, emotions and values, beliefs and religious beliefs are often established in the family. In religious teachings, there is a lot of emphasis on children's religious practice for their mental health and well-being, which is the responsibility of parents, especially mothers. religious behaviors and ritual practices such as prayer, fasting, trust and supplication, ethics and piety, chastity and modesty, self-improvement, assimilation, rules, participation in religious circles, nutrition, etc. via creating hope and encouraging positive attitude could lead to psychological well-being in children. The prayer, has a constructive role in the education of a person, and the mother, as the most effective person, should strengthen the practicing of this divine duty by the child with a practical model and method. the child should be introduced to fasting little by little from the very beginning of childhood, and since the child spends most of his/her time with his/her mother during his/her childhood, the mother should try to introduce her child to fasting and consider it as a burdensome and painful thing.

Authors Contributions: Dr. Roya Mashak: All stages of the research, from idea generation to data gathering, analysis and review, submission and correction of the article were done by her. The author reviewed and approved the final version of the article.

Acknowledgments: The author expresses her gratitude to all those who cooperated in completing this research.

Conflict of interest: No conflict of interest was reported in this research.

Funding: This article has not received any financial support.