



The Role of Women's Religiosity in Islamic Culture Propagation, Family Sanity and Psychological Disorders Curing

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Citation: Sharifani, M., & Alavinia, N. (2024). The role of women's religiosity in Islamic culture propagation, family sanity and psychological disorders curing. *Journal of Woman Cultural Psychology*, 15(60), 115-125.

<https://doi.org/10.61186/iau.1120750>

ARTICLE INFO

Received: 03.04.2024

Accepted: 29.05.2024

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Keywords:

Women's religiosity

Islamic culture

Family sanity

Psychological disorders

Abstract

The research was intended to study the role of women's religiosity in Islamic culture propagation, family sanity and psychological disorders curing. The research universe enfolded all the texts related to women's religiosity. The sample encased all texts concerning Islamic culture propagation, family sanity and psychological disorders curing. The research was designed as descriptive analytical. To collect data library method was implemented. Data analysis indicated, in the Islamic society, the most important components of the Islamic culture were the values, beliefs and convictions that people organize their lives based on. Religiosity and the values derived from it in women would improve the level of sanity in them. Religiosity and spirituality in women played a significant role in the success and happiness of family life. Women's religiosity, having moral and practical components in family life such as empathy, commitment, religious and legal relations such as respect, faith, doing duty and having moral virtues, kept family members away from harmful issues and problems. Giving importance to culture and spiritual values in women had made them more satisfied with life. Living women with characteristics such as spiritual dimension, having a purpose in life, sanctity in life, altruism and being spiritual in its true meaning made women choose a healthy lifestyle and be physically and mentally healthy, and have more ability to deal with anxiety and stress. Also, women could have a higher life expectancy, health and vitality with their families.



Extended abstract

Introduction: Religiosity is considered as one of the main dimensions of mental sanity, along with biological, psychological and social aspects. Due to the central role of women in the family, the role of women's religiosity in the spread of Islamic culture, family sanity and the curing of psychological disorders could be important. Today, the role and position of culture and values in human life is not hidden from anyone. Women are effective as an influential group in this field; among these, spiritual values have a special place and are very effective in the sadness, happiness and sanity of women. The foundation of these beliefs and actions is based on the values from which the actions originate. Spiritual values could play an critical role in achieving sanity, recovery and improvement. Religious behaviors and beliefs have a certain effect in making meaningful behaviors such as worship, health and people's lives in general and prevent inappropriate behaviors from occurring. Worship, prayer, pilgrimage and trust in God can bring inner peace to women by creating hope and encouraging positive attitudes and prevent them from depression, anxiety and tensions that disrupt health and various actions and offenses. The research was intended to study the role of women's religiosity in Islamic culture propagation, family sanity and psychological disorders curing.

Methods: The research universe enfolded all the texts related to women's religiosity. The sample encased all texts concerning Islamic culture propagation, family sanity and psychological disorders curing. The research was designed as descriptive analytical. To collect data library method was implemented.

Results: Data analysis indicated, in the Islamic society, the most important components of the Islamic culture were the values, beliefs and convictions that people organize their lives based on. Religiosity and the values derived from it in women would improve the level of sanity in them. Religiosity and spirituality in women played a significant role in the success and happiness of family life. Women's religiosity, having moral and practical components in family life such as empathy, commitment, religious and legal relations such as respect, faith, doing duty and having moral virtues, kept family members away from harmful issues and problems. Giving importance to culture and spiritual values in women had made them more satisfied with life. Living women with characteristics such as spiritual dimension, having a purpose in life, sanctity in life, altruism and being spiritual in its true meaning made women choose a healthy lifestyle and be physically and mentally healthy, and have more ability to deal with anxiety and stress. Also, women could have a higher life expectancy, health and vitality with their families.

Conclusions: Religiosity makes the individuals feel better and by increasing resilience, as a result, it gives women more strength to deal with mental disorders, and even if it does not cure the disorders, it might make the patient better and helps the patient to recover or cope with the disorders and feel less discomfort and torment from pain and suffering. Having meaning in life, hoping for God's help in difficult situations, benefiting from social and spiritual support, along with the feeling of belonging to a great source, are all among the ways that religious women and those who adhere and believe in spiritually, feel powerful in facing of issues and problems. Having spiritual sanity among women creates



an environment where parents and children could guarantee the stability and strength of the family and its sanity while growing their religious beliefs.

Author Contributions: Dr. Mohammad Sharifani: design of the general framework and scripting the article, content editing, content analysis and corresponding author. Dr. Nasrin Alavinia: general design of the article, data collection, reediting of the article. All authors reviewed and approved the final version of the article.

Acknowledgments: The authors express their gratitude to all those who have contributed to this research.

Conflict of interest: In this study, no conflict of interest was reported by the authors.

Financial sources: This research did not receive any financial support.