

Lifestyle as the Mediator Factor between Religion and Health

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Abstract

A variety of models are used to explain phenomena and relations among them. A common instance of these models links different variables in the form of a mediation model: a mediator factor links two variables and provides an explanation of why and how they are connected. The present research question is to propose a systematic explanation of the relation between religion and health by using the mediation model. Based on this model, the factor of lifestyle mediates between religion and health, and religious teachings have an indirect impact on the conditions of health. In this view, religious lifestyle is a factor that predicts health and indicates a considered life revolving around religious teachings. It is on the basis of this commitment that it is expected that healthy and virtuous behaviors are shown by the pious, and that religious society and the pious are among the healthiest. However, health, in the religious view, is not specific to bodily and psychological health, but a third type known as spiritual health comes up that is gained through unifying experiences and commitment to an ultimate meaning in life. Furthermore, an objective and moderate assessment of the relationship between religion and health involves taking some ifs and buts into consideration to which the last part of this writing has been allocated. It is noteworthy that this study has been conducted with the descriptive-analytic method.

Key Words: health, religion, spirituality, mediation model, lifestyle, religious adherence.

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