

# Relations between religiousness, mental health and coping strategies in adults

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## Abstract

The aim of the research is to examine the relationship between religiousness, mental health and different coping styles. We assume that there is a significant correlation between religiousness, mental health and coping strategies. Within the gender and age groups, as well as the different categories of subjective religiousness, we also assumed significant differences in what concerns intrinsic religiousness, altruism, disappointment, narcissistic religiousness and mental health. We assume that groups formed on different levels of religiousness develop different coping strategies. 392 volunteer adults participated in the study. They filled in online or paper-based questionnaires. In addition to the personal data sheet, we used the Daily Spiritual Experience Scale, Beliefs - long form Scale, the Spiritual Assessment Inventory, the General Health Questionnaire and the Coping Inventory for Stressful Situations. The research used correlational design resulting in significant positive correlation between intrinsic religiousness, altruism, mental health and narcissistic religiousness. Disappointment showed reverse correlation with mental health, and within that, with successful coping. According to the findings, considering the examined population, women proved higher values of intrinsic religiousness and altruism. Persons older than 45 show the highest intrinsic religiousness compared to other age groups. On the different levels of religiousness there is significant difference between the values of task-centered and emotion-centered coping. Research findings demonstrate that people who live their religion as an inner value have better mental health and are more likely to resort to emotion-centered coping strategies in stressful situations. However, moderately religious people use task-focused and emotion-centered strategies to a similar extent.

## Keywords

religiousness, intrinsic religiousness, mental health, coping, religious coping

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