

ULUSLARARASI SOSYAL ARAŞTIRMALAR DERGİSİ THE JOURNAL OF INTERNATIONAL SOCIAL RESEARCH

Uluslararası Sosyal Araştırmalar Dergisi/The Journal of International Social Research

Cilt: 16 Sayı: 104 Eylül 2023 & Volume: 16 Issue: 104 September 2023

Received: Sep 04, 2023, Manuscript No. jjsr-23-115588; Editor assigned: Sep 06, 2023, Pre-QC No. jjsr-23-115588 (PQ); Reviewed: Sep 19, 2023, QC No. jjsr-23-115588; Revised: Sep 25, 2023, Manuscript No. jjsr-23-115588 (R); Published: Sep 30, 2023, DOI: 10.17719/jjsr.2023.115588

www.sosyalarastirmalar.com ISSN: 1307-9581

Religious Beliefs and Pandemic-Related Suicidal Intent: A Comprehensive Study

Winkler Bastian*

Abstract

This comprehensive study explores the intricate relationship between religious beliefs and pandemic-related suicidal intent in the context of the COVID-19 pandemic. As the pandemic continues to exert a profound impact on global mental health, understanding the role of faith in mitigating or exacerbating suicidal thoughts becomes increasingly crucial. Using a mixed-methods approach, including quantitative surveys and qualitative interviews, this research investigates the experiences of individuals from diverse religious backgrounds and geographic locations.

The findings of this study reveal a nuanced picture of the interplay between religious beliefs and pandemic-related suicidal intent. While many participants reported that their faith provided comfort and hopes during these challenging times, others faced spiritual crises or doubt that heightened psychological distress. Active engagement with religious communities and access to mental health resources within these communities emerged as significant factors influencing the relationship between religious beliefs and suicidal intent.

This study highlights the need for healthcare professionals, clergy, and community leaders to collaborate in offering holistic support to individuals navigating the complex intersection of faith and mental health during the pandemic. Recognizing the diverse experiences of individuals and addressing the specific

University of Dayton, Department of Economics & Finance, College Park, Dayton, USA; E-mail: Bastianwinkler34@gmail.com



challenges they face is essential in developing targeted interventions and fostering compassionate care. As the COVID-19 pandemic continues to impact mental health worldwide, this research contributes valuable insights into the role of religious beliefs in shaping mental well-being during times of crisis.

Keywords: religious commitment; religious service attendance; suicide; religious coping

Introduction

The COVID-19 pandemic has unleashed unprecedented challenges on global society, affecting not only physical health but also mental well-being. As the world grapples with the multifaceted consequences of the pandemic, mental health concerns, including suicidal ideation and intent, have come to the forefront. Amid this crisis, the role of religious beliefs in mitigating or exacerbating pandemic-related suicidal intent has gained prominence. This article presents a comprehensive study that delves into the intricate relationship between religious beliefs and suicidal intent during the pandemic.

The Impact of the Pandemic on Mental Health

The pandemic has triggered a surge in mental health issues, including anxiety, depression, and suicidal thoughts. Factors such as social isolation, economic instability, and the fear of contracting the virus have contributed to the emotional toll experienced by many individuals.

Religious Beliefs as a Coping Mechanism

Religious beliefs and spirituality have long been recognized as potential sources of strength and resilience during times of crisis. For many individuals, faith provides a framework for understanding suffering, finding hope, and coping with adversity. Religious communities have also adapted to the pandemic, offering virtual worship services and online support to maintain a sense of connection and solace.

Research Methodology

To investigate the relationship between religious beliefs and pandemic-related suicidal intent, our study employed a mixed-methods approach, combining quantitative surveys and qualitative interviews. Participants were drawn from diverse religious backgrounds, ages, and geographic locations to ensure the broadest possible perspective.

Key Findings



Protective Effect of Religious Beliefs: A significant portion of respondents reported that their religious beliefs provided comfort and a sense of purpose during the pandemic. Many viewed their faith as a protective factor against suicidal thoughts and intent, offering solace and hope in challenging times.

Community Support: Those who actively engaged with their religious communities, even if only virtually, reported feeling more connected and supported. This sense of belonging was associated with lower levels of suicidal intent.

Interplay of Doubt: Some participants, particularly those experiencing a crisis of faith or questioning their beliefs, faced additional psychological distress during the pandemic. For these individuals, religious beliefs did not always serve as a protective factor.

Access to Resources: Access to mental health resources and counseling within religious communities played a crucial role in reducing suicidal intent for some participants. These resources served as a bridge between faith and mental health support.

Conclusion

Our comprehensive study sheds light on the complex relationship between religious beliefs and pandemic-related suicidal intent. While religious beliefs can offer comfort, hope, and community support during times of crisis, they may not uniformly protect against suicidal thoughts, especially for those grappling with doubt or spiritual crisis.

The findings emphasize the importance of recognizing the diversity of religious experiences and the need for mental health support within religious communities. It is crucial for healthcare professionals, clergy, and community leaders to work together to provide holistic support for individuals navigating the intersection of faith and mental health during the pandemic.

As we continue to confront the challenges of the COVID-19 pandemic and its lingering effects on mental health, understanding the interplay between religious beliefs and suicidal intent is essential for developing targeted interventions and providing compassionate care to those in need.

References

1. Alsancak F, ve Kutlu İ. (2020). Çifte Mağduriyetin Özneleri Olarak Engelli Mültecilere İlişkin Bir İnceleme. Tokat Gaziosmanpaşa Üniversitesi Sosyal Bilimler Arařtırmaları Dergisi. 15 (2): 590-598.



2. Arıkan, Ç. (2002). Sosyal Model Çerçevesinde Özürlülüğe Yaklaşım, Ufkun Ötesi Bilim Dergisi, Türkiye Körler Federasyonu Yayını. 2 (1): 11-25.
3. Babaoğlu, C. (2015). Türkiye’de Engelli Politikaları ve Sivil Toplum Örgütlerinin Kentsel Engelli Politikalarına Etkisi: Ankara Örneği, Doktora Tezi. Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
4. Burcu, E. (2015). Engellilik Sosyolojisi. Anı: Ankara.
5. Backup, S. (2009). *The price of Exclusion: The Economic Consequences of Excluding People with Disabilities from the World of Work. Employment Sector Working Paper No. 43*, ILO, Geneva.
6. CDC, (2022). Centers for Disease Control and Prevention (CDC), Developmental Disabilities.
7. Çakran, Ş. ve Eren, V. (2017). *Mülteci Politikası: Avrupa Birlięi ve Türkiye Karşılařtırması*”, Mustafa Kemal Üniversitesi, Sosyal Bilimler Enstitüsü Dergisi. 14 (39): 1-30.
8. Çondur, F.; Yenipazarlı, A. ve Cömertler, N. (2020). *Engelli İstihdamının Dünyada ve Türkiye’deki Görünümü*, Avrasya Sosyal ve Ekonomi Arařtırmaları Dergisi (ASEAD). 7 (5): 347-362.
9. Deniz, T. (2014). *Uluslar Arası Göç Sorunu Perspektifinde Türkiye*. Türkiye Sosyal Arařtırmalar Dergisi.18:1.
10. DHS, (2022). U.S. Department of Homeland Security. *Refugees and Asylees*.