



HOW RELIGION DEFENDS MENTAL HEALTH IN THE DIGITAL ERA?

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Abstract

This scientific article discusses the important role of religion in maintaining individual mental health in the digital era. The rapid development of technology and digitalization has had a significant impact on people's daily lives, including aspects of mental health. Religion, as a system of beliefs and spiritual values, has a vital role in providing guidance and support for individuals in facing mental health challenges in the digital era. This article will discuss the role of religion in shaping mental health, providing peace of mind, and providing a meaningful purpose in life.

Key words: Religion, Mental Health, Digital Era, Peace of Mind, Meaning of Life

INTRODUCTION

The digital era, characterized by rapid advances in information and communication technology, has brought significant changes to people's daily lives. Modern technology provides unlimited access to information, facilitates global communication, and provides a platform for creativity and innovation, here proven by the world population of 8.1 billion, as many as 5.44 billion people use mobile phones, there are 5.16 billion internet users, Currently There are 4.76 billion social media users worldwide, equivalent to less than 60 percent of the total global population (WeAreSocial: 2023). However, behind it all, the digital era also brings a number of complex challenges that affect various aspects of life, including mental health. This rapid development has triggered anxiety, stress and depression in modern society (WHO:2022). Therefore, it is important to consider how religion, as one of the oldest value and belief systems, can play a key role in maintaining mental health in the digital age. (Connie, dkk: 2023)

One thing that needs to be considered is the role of religion as a provider of peace of mind amidst the onslaught of information and rapid stimulation from technology. In situations where individuals tend to get caught up in digital busyness, religion offers a stable platform to calm the mind and seek spiritual balance. The presence of religion in daily life guides individuals in practicing meditation, prayer and self-reflection to achieve inner peace (Harold: 2012). Apart from that, religion also provides moral and ethical guidelines that guide the wise use of technology. Religious ethical values form behavioral norms

that help individuals to avoid excessive consumption and harmful behavior, encouraging the responsible use of technology. (Evolve : 2022)

It is also important to consider how religion provides life meaning and purpose to individuals in the digital age. When humans are adrift in the endless flow of information, religion guides them to search for a deeper meaning in life and a greater purpose (Mark: 2019). The concept of spirituality and belief in religion helps individuals to understand the meaning of their existence and reflect on their life goals amidst the technological revolution. Additionally, religion creates strong communities and social networks. Participation in a religious community brings significant social benefits, such as emotional support and solidarity among community members. (John: 2011)

It is important to remember that religion is not the only factor that contributes to mental health in the digital age. However, cultivating religious values and active involvement in spiritual practices can provide a solid foundation for individuals in facing mental health challenges in the digital era. By understanding the role of religion in promoting mental and spiritual balance, society can embrace these values as an integral part of its strategy for maintaining good mental health in the digital era. In this article, we will explore in depth the role of religion in addressing the mental health challenges individuals face in the digital era, as well as how religious values can shape a healthy perspective on modern technology and digital life.

METHOD

This research uses a literature review method. The subject of the study discusses the contribution of religious education to the mental health of adolescents in the school environment. Literature review or literature study is an activity that aims to develop theoretical aspects as well as aspects of practical benefit. Apart from that, research is carried out by collecting data or previous scientific papers, and this is carried out to solve a problem which is basically based on a critical and in-depth study of relevant library materials.

RESULT AND DISCUSSION

Religion as a Source of Peace of Mind in the Digital Era

In the midst of the turmoil of the digital era, the need for peace of mind is increasingly urgent. Increasingly sophisticated information technology brings

information quickly and unlimitedly, but also floods the human mind with inevitable demands and stimuli. In these situations, religion comes as a powerful antidote, offering peace of mind through spiritual practice and deep reflection. Prayer, meditation, and contemplation are traditional means used by religious believers to calm the mind and focus attention on the more important things in life. (Isak: 2016)

Clare (2019) also states that spiritual experiences gained through religious practices guide individuals towards a deeper understanding of themselves and their relationship with the surrounding environment. This allows individuals to escape the stress and anxiety that a constant flow of digital information can produce. In this context, religion functions as a tool that helps individuals to gain inner peace, reduces confusion, and creates space for self-contemplation.

In addition, religious practices teach acceptance and fortitude in facing life's challenges. In a world full of uncertainty and change, religion teaches individuals to accept everything as it is and understand that every event has its own purpose and meaning in life. This belief provides a solid foundation for peace of mind and emotional stability in the fast-paced and complex digital era. (Kirk: 2023)

Various religions also provide sacred texts and spiritual teachings that contain wisdom and advice on how to live life wisely. Understanding this teaching guides individuals to live in balance and prioritize the values that are truly important (George: 2020). In this case, religion teaches to limit information consumption, avoid excessive materialism, and emphasize the importance of meaningful human relationships.

Religion also emphasizes the importance of giving time to rest and reflect. The practice of worship and religious rituals provide opportunities for individuals to focus the mind, increase self-presence, and strengthen spiritual connections (Sarah, et al: 2020) In a busy and digitally connected life, time spent contemplating spirituality through religion is invaluable for achieving balance and peace of mind.

More than just relieving anxiety and stress, religion also provides meaning in facing suffering and challenges (Elizabeth: 2018). Beliefs in justice and karma, which are held by many religions, guide individuals to understand that the difficulties they face are a test or learning in their spiritual journey. This understanding allows individuals to accept and grow through these difficult experiences.

In a digital environment that often feels cold and anonymous, religion creates communities that provide deep emotional and social support. Through

participation in religious activities, individuals can feel solidarity with others and have a strong social network. This religious community is a place for individuals to share experiences, find support, and feel accepted (Sandhya: 2023)

Lastly, it is important to recognize that each individual has different religious beliefs, and each religion has a unique approach to providing peace of mind. Therefore, it is important for society to respect and understand the diversity of existing religious beliefs. By making religion a source of inspiration and direction in the digital era, individuals can build a solid foundation for sustainable and meaningful mental health. In this article, we will further examine the role of religion as the main support for mental health in this challenging digital era.

Guide to Religious Morals and Ethics in the Digital Era

Religion has long been a guide in shaping human behavior and social ethics (Van Den: 2017). In this digital era full of innovation and complexity, religion continues to play an important role in guiding individuals in the ethical use of technology. Religious ethics builds a foundation for responsible and wise behavior in accessing and utilizing the digital world.

One of the core aspects of religious ethics is the concept of honesty and integrity. Religion teaches that individuals must speak and act with honesty in the digital world. Sharing accurate information, not spreading fake news, and respecting other people's privacy are values that are highly upheld in religious teachings (Thomas: 2019)

In an era where various social media platforms enable global expression and communication, religious ethics also emphasizes the importance of speaking with compassion and respect. Maintaining polite language, avoiding hatred, and promoting constructive dialogue are ethical principles reflected in religious teachings. (Day, et al: 2021)

Religion also encourages individuals to maintain a balance between the digital world and real life. Excessive involvement in technology or harmful online behavior, such as cyberbullying, is inconsistent with religious ethics that emphasize self-empowerment and the common good. (Lia, et al: 2023)

Religious ethics also underlines the importance of individual responsibility for the use of technology (Richard: 2008). This includes being careful in spreading unverified information, as well as avoiding the spread of slander, hoaxes or morally detrimental content.

Avoiding addiction to technology is also an aspect of religious ethics. Addiction to digital devices and social media can lead to life imbalance, neglect of social responsibilities, and even damage interpersonal relationships. Religious ethics encourages the wise and balanced use of technology for the benefit of individuals and society. (Steven: 2018)

Religion also emphasizes the need to respect diversity of opinions and beliefs in the digital world (Marcy: 2021). Accepting differing views and dialogue with respect are values advocated by religion. This contributes to building a more inclusive and harmonious digital environment.

Finally, religious ethics emphasizes the importance of utilizing technology for purposes that benefit society. The use of technology to spread knowledge, promote humanity, and help those in need is a form of use of technology that is in accordance with religious ethical values. In this article, we will discuss further the role of religious ethics in shaping responsible and wise behavior in the ever-growing digital era.

Social and Community Support in Religion in the Digital Era

In religion, the concept of social and community support plays an important role in shaping individual well-being (Saud, et al: 2021) (Tyler: 2017). In today's globally connected digital era, social support through religious communities remains an important foundation for individuals to feel connected, heard and empowered.

Religious communities provide space for meaningful social interaction. Amid the surge in digital connectivity, sometimes losing quality in human interactions is considered a risk. However, religious communities bring a counterweight, providing a place where people can share values, concerns, and joys together (Jeffrey: 2020).

Social support provided by religious communities includes emotional, instrumental and informational aspects (Marianne: 2015). Individuals can seek emotional support from fellow community members when facing pressure and stress. Instrumental support includes practical help in solving problems, while informational support involves sharing knowledge and helpful guidance.

Through technology and digital platforms, religious communities can expand their reach and accessibility. In the digital era, religious communities can form online discussion groups, hold virtual lectures or discussions, and provide

spiritual resources through digital platforms, so that they can accommodate various needs and preferences (Mark: 2019).

Interaction with fellow members of religious communities in the digital world allows individuals to form strong networks (Acep: 2017). This helps in building positive relationships and reduces feelings of isolation or loneliness that individuals may experience, especially in the busy digital world.

Religion views community as a forum for spiritual growth and character development. In the digital era, religious communities can become a forum for individuals to deepen their spiritual practices, learn together, and seek mentorship in digital experiences that change the way of life (Sally: 2009).

The concept of solidarity and togetherness within religious communities also helps individuals respond better to social and technological changes. In an ever-changing digital era, religious communities provide a stable foundation for individuals to understand these changes and guide them towards positive acceptance (Mark: 2019).

Despite the changes brought about by technology, faith communities remain a place for individuals to seek support, learn, and grow together. Forming an inclusive and supportive community in the digital era is a necessity that will bring great benefits to people's mental and spiritual well-being. In this article, we will delve further into the role of social and community support in religion, especially in this ever-growing digital era.

Emotions in the Context of Religion in the Digital Era

Emotions are an important aspect of the human experience, and religion provides distinctive views on how to manage, understand, and direct emotions. In a religious context, emotions are considered a human response to broader life experiences, and managing emotions becomes an important part of spiritual growth (Finn: 2021)

One of the central concepts in religion is self-control, including emotional control. Religious teachings teach individuals to overcome negative emotions such as anger, hatred, or envy. Unbalanced or negative emotions can hinder spiritual development, so religion guides individuals to manage these emotions wisely (Carol: 2010).

Religion also teaches about the importance of empathy and compassion towards other people (Tania: 2014). Developing the emotion of empathy helps

individuals understand the feelings and experiences of others, opening the door to better responses and deeper understanding of others' difficulties.

In the digital era, where communication often occurs via online platforms, the interpretation of emotions becomes more complex. Religion guides individuals to remain sensitive to emotions, even through digital media, and promotes communication that is full of understanding and respect for other people's feelings (Heidi: 2012).

In addition, religious teachings teach about self-acceptance and respect for the various emotions experienced. There are no emotions that are completely bad or good; religion teaches individuals to understand and embrace their emotions without punishment or excessive evaluation (Eulogy: 1973).

Religion views that achieving emotional balance is a continuous process and requires deep self-awareness. In the fast-paced and complex digital era, religion guides individuals to continue practicing self-reflection and introspection, so they can recognize and deal with emotions better (Mark: 2019).

Social support in religious communities also plays an important role in managing emotions (Neal: 2017). Positive interactions with fellow community members, sharing experiences and feelings, help individuals better manage their emotions and find the emotional support they need.

Finally, religion views that emotional balance not only brings benefits to individuals, but also to society at large. Individuals who are able to manage their emotions wisely tend to make more positive contributions and build healthier relationships with other people in a digital era full of online interactions. In this article, we will discuss more about wise emotional management in the context of religion in the digital era.

CONCLUSION

Religion has a significant role in maintaining individual mental health in the digital era. By providing peace of mind, moral guidance, meaning in life, and community support, religion helps individuals overcome the mental health challenges that arise due to technological developments. Therefore, cultivating religious values and active involvement in spiritual practices can be an important aspect in maintaining mental health in the digital era.

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