

## Relationship Between Disbelief, Health, Well-Being and Social Issues

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**Abstract:** In this article, we demonstrate how medical and psychiatric patients use religious beliefs and practices to cope with illness and other stressful life events. With this study, we intend to create awareness about the connection between mind and body. Thoughts, emotions, beliefs, and attitudes are thought to have a positive or negative effect on our biopsychophysical health. The study also sees moving away from faith as one of the roots of contemporary social problems and revisits the relation of the Amir Timur Suleiman dynasty to Islam.

**Keywords:** society; religion; Amir Timur Suleiman dynasty; disease; immoral behaviour; affection; love; faith; pandemic; negative impact; material and spiritual values; nature and man; society and faith.



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### Introduction

Today's fact of moving away from faith can be considered a social disaster. Faith means believing in a certain worldview and making an internal vow (promise) to be faithful to that belief. Religious teachings usually provide a moral framework that guides behaviour and prevents criminal or immoral conduct.

Faith plays a multifaceted role in people's lives and can create different opportunities. Religious beliefs and practices can provide comfort in difficult times, explain suffering, and help find ways to cope with loss, grief, or illness.

Faith often provides clear moral guidelines, guides behaviour, and motivates ethical decision-making. Faith-based communities offer a sense of belonging and social support. Shared beliefs and rituals can strengthen bonds between people.

Religion connects people to traditions, history, and cultural practices passed down through generations, providing a sense of identity and continuity.

It also helps reduce stress for health. Research shows that religious beliefs and practices, such as prayer or meditation, can help reduce stress and anxiety and improve overall mental and physical health.

## Focus on Practices

Research shows that actively engaging in religious practices can have a stronger effect on well-being than holding general beliefs.

Religious beliefs and scientific explanations can sometimes coexist. People can find comfort in faith, recognizing the role of science in health and understanding the world. There can be conflicts between religious teachings and scientific achievements, especially in matters such as evolution or bioethics.

Human faith can be a powerful source of comfort, guidance, community, and even potential health benefits. It plays an important role in the formation of people's values, behaviour and outlook on life. While this is not a universal solution, understanding the multifaceted effects of religion is essential to assessing its impact on individuals and societies.

Religious belief helps provide a sense of hope and purpose in life, which can be a buffer against destructive behaviours such as drug addiction or violence.

Throughout history, religion has been used to justify war, oppression, and social injustice. Focusing only on faith does not guarantee social harmony. Religious teachings often emphasize personal morality, but social problems often have systemic roots such as poverty, inequality, or lack of opportunity. It is important to respect different beliefs.

Strong social institutions such as education, law enforcement, and social safety nets play an important role in solving social problems. Humanistic principles such as empathy, compassion, and reason also guide ethical behaviour and build a just society.

The population of Uzbekistan is 37 million, 94% of whom believe in Islam. Therefore, we must strengthen our faith and increase our religious knowledge. Questions are asked as to why mature thinkers are not born now. In the absence of parents with strong secular scientific and religious knowledge. We have Amur Temur Turks, when the Suleiman dynasty took over the world, they memorized the Koran from a young age. Temur's attitude to religion was sincere and developed throughout his life. Religious beliefs A. Temur was a devout Muslim and often presented himself as a defender of Islam. Self-proclaimed "Sword of Islam", Amur Temur often presented himself as a defender of Islam and used religious principles in his conquests. He respected Islamic scholars and jurists.

In the last decade, significant developments in the scientific study of religion have begun with an increasing number of studies convincingly demonstrating a positive relationship between religious participation and physical and mental health. Every month, new research on how religious beliefs influence belief in a loving and forgiving God is linked to slower HIV progression; The health of devotees will improve. Research examines different aspects of spirituality and religiosity, as well as different types of health. He showed that it is the main source of solving mental and other life problems.

Faith and prayer can serve as coping mechanisms during difficult times, leading to improved sleep and lower levels of the stress hormone cortisol. Lowering cortisol levels is associated with a reduced risk of high blood pressure, heart disease, type 2 diabetes, osteoporosis, and other chronic diseases.

Many studies have found a positive relationship between religion and health. Researchers have shown, for example, that those who regularly attend religious services live longer. Other studies have focused on narrower health benefits, such as how religion can help breast cancer patients cope with stress. On the other hand, studies have not found a strong relationship between religion and health, and have even shown a negative relationship.

## **The impact of new realities**

The pandemic has changed our outlook on material and spiritual values. Ensuring mutual harmony between nature and man, society and faith remains one of the most urgent problems. Because whether human belief is secular or religious, its positive or negative impact leaves its impact on material and spiritual values. In a society in which faith is properly formed and educated, a person uses material and spiritual values as an ornament in his life and gets rid of values that are surrounded by heresy. However, in the era of globalization and the pandemic that covered the countries of the world in the 20s of the 21st century, correcting beliefs about material and spiritual values, and more precisely, educating them, is becoming very difficult [1].

The President of the Republic of Uzbekistan Shavkat Mirziyoyev in his Address to the Oliy Majlis said, "As we have set ourselves the great goal of building the foundations of the Third Renaissance in our country, for this we need an environment that will educate new Al-Khorezmis, Al-Berunis, Ibn Sinas, Ulugbeks, Navoi and Baburs." and we need to create the conditions. In this, first of all, the development of education and upbringing, the establishment of a healthy lifestyle, the advancement of science and innovation should serve as the main pillars of our national idea" [2]. In the East, including in Movarounnahr, faith education has been the focus of attention of parents in the lectures of state leaders, scientific works of thinkers, and in neighbourhoods and families. Only during the time of the former Soviet government, this process was approached one-sidedly and disrespect for religious beliefs was shown. Secular faith was also misinterpreted. For 75 years, the Soviet ideology tried to inculcate the false belief that the "Soviet people" shall be formed on the basis of the nationalities of today's CIS countries, and that "religion will disappear" as society develops. In the end, the 75-year-old Soviet atheist faith showed that it had lived out its life by 1991 [3].

Twelve centuries ago, Imam Bukhari said, "There is no salvation in the world except knowledge and there will be no salvation" and President Shavkat Mirziyoyev's thoughts that "salvation is in school, salvation in education, salvation in knowledge" are consistent with each other, and it is realized based on theory and practice that enlightenment is the main support point for healthy faith and perfection in society. The badge of faith and perfection is decidedly formed in the educational system. The harmony of education and training is considered the main criterion for spiritual and moral education. Therefore, there is a need to critically analyze the teaching methodology, the types of educational literature recommended for reading and the evaluation system, which is an indicator of students' knowledge, in the entire educational system.

## **Conclusion**

In summary, this study shows how medical and psychiatric patients use religious beliefs and practices to cope with illness and other stressful life events. In this study, we tried to create an awareness of the connection between mind and body. How thoughts, feelings, beliefs and attitudes can positively or negatively affect our biopsychophysical health.

The relationship between faith and social diseases is multifaceted. Although faith can play a positive role, it is not a guaranteed solution. A combination of strong social institutions, shared values, and individual responsibility (religious or secular) is necessary to effectively address social problems.

In our Islamic religion, the main obligations begin with faith. Believing in Allah, believing in His angels and the Hereafter, and believing in Him, begins with "La ilaha illallah".

## REFERENCES

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