

RELIGIOUS AND PSYCHOLOGICAL FEATURES OF DECISION-MAKING

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Abstract

In this article, the religious and psychological features of decision-making were studied and the corresponding conclusions were made.

Keywords: decision-making, religious-psychological feature, yoga, religious orientation.

Introduction

In modern psychological research today, the fact that each category of features of psychology has been scientifically and practically studied enriches this field with more fundamental research. In particular, we can see scientific research on the problem of decision-making that we study, from theory to practice abroad. Psychological analysis of the problem of decision-making, in turn, poses researchers with more complex tasks. In addition to decision-making, the formation of independent decision-making in today's youth, the formation of a healthy mind in all aspects, including today's youth: physically and spiritually attaches great importance to the consciousness of each person before the rapidly developing period.

At present, the growing interest in research on independent decision-making among young people around the world remains one of the highest priorities facing the education system. At the same time, the study of psychological studies of religious and psychological factors of decision-making is one of the most urgent tasks of today. A number of studies on the problem of decision-making by psychologists and other leading scientists from the USA, Europe and Russia on this issue are studied, including: connecting aspects of the cultural environment and ethnopsychological features of decision-making, linking decision-making with the influence of religious and psychological characteristics.

Modern psychological research has shown that adolescents and the main conflict with them arise mainly between parental and family problems. According to Darmodekhin, one of the scientists working in Russia, one of the main reasons for the problematic situations observed between parents and adolescents is the low assessment of the religious worldview. At the same time, the psychological immaturity of religious literacy is characterized by the lack of mutual integration of the knowledge given to them in the educational process with religious and secular sources, the lack of independence in decision-making by students and the low

ability to correctly perceive religious concepts. Such feedback was also received from Darmodekhin in his monograph entitled "Family Policy in Government: Methodology, Theory and Practice". In addition, a number of causes and factors of the above problems are explained, namely, by low compliance with established norms in society, socio-psychological problems, economic difficulties and the lack of systematic implementation of moral rules in the educational process [1; 31].

The active development of socio-religious relations in the world at the end of the 20th and the beginning of the 21st centuries paved the way for modern psychological research of this kind. The main essence of scientific and practical research is to improve the development of personality. Ideological, religious-psychological, cultural-historical approaches serve as a methodological basis for the study of religious relations of an individual. The role of religious leaders in the correct adoption of independent decisions by a person is incomparable. Therefore, in the analysis of decision-making in adolescence, not only socio-psychological characteristics, but also religious factors play an important role. The French philosopher and sociologist E. Durkheim believes that in order for a person to make a decision before the situation arises, it is important that he first focuses on his own views and at the same time looks at his socio-religious knowledge. According to G. Simmel, he claims that if a person faces difficulties in the face of important life situations, his religious knowledge and means of subsistence can help him first of all. Further studies on the intersection of religious factors with the problem of decision-making by D.M. Ugrinovich, V.I. Garadzha, I.N. Yablokov, A.N. Krasnikov, E.S. Elbakyan and I. Eat eto [2; 225-227].

Religious and psychological features of decision-making in psychological research can also be seen in various religious teachings and methods, such as Confucianism, Hinduism, Taoism, meditation, and yoga, among others. Because a person is connected with the consciousness of the whole mind in order to perform religious acts correctly. This is helped by additional funds. One such case is the case of yoga. The lexical meaning of the word Yoga in the Indian language is about fifteen, it is: communication, interest, result, agreement, law, share, treatment, etc. Based on this "... Yoga is a Hindu teaching that serves to restore the eternal unity between God and man. A person who chooses this path usually achieves his goal as a result of renouncing material passion that goes beyond the norm of necessity, gaining control over sensual lusts, and mastering the stages of yoga, which are constantly being perfected from the bottom up." Based on the above, yoga and similar methods help yoga to make and implement the right decisions in the process of performing religious actions [3; 57].

Another religious teaching mentions attributes related to the psychological formation of the personality and the correct adoption of independent decisions during a person's life. The first place in the ideas of Taoism is occupied by the spirit of human nature, and the I Ching - that is, in the "book of changes" - finds its expression. Taoism in its early form was more concerned with practice than with theory. This was associated with shamanism, fortune-telling, and medicine. Truly ancient methods of treatment were closely connected with philosophy, especially with the philosophy of Taoism. Shamans widely used witchcraft and

magic in their methods of treatment, linking the processes in the human body with the influence of external spatial forces and various spirits. For example, in every aspiring person there will be such thoughts as: "I am small for great things, and small things are not for me." Therefore, it is necessary to teach such people to enjoy achieving goals, even from small victories. This is also reflected in the fact that decision-making thus takes place in the past. No work is done quickly. It will take time, patience, confidence, and skill.

Yin and Yang are widely used in all structures of Chinese medicine. Restoration occurs as a result of the adaptation of these two energies. In medicine, the cause of all pathologies is neurosis. That is why the entire practice of modern and classical Chinese medicine in one way or another begins to eliminate the imbalance in the human psyche and, based on this, falls into the ranks of psychotherapeutic methods of treatment. For representatives of Taoism, Tao has a special meaning: Tao is the law of general nature and Genesis, the core of suicide. In general, Tao means an integral being. No one created the Tao, all things came from the Tao and will return to it. Tao is not visible to anyone, the members of intuition cannot move it forward. When it is possible to see, hear, feel, and understand something, it is emphasized that "it is not Tao" [4; 215-216].

Modern religious psychological research presents a psychological analysis of religious conflicts between various interfaith groups. For example, one can see such a study, that is, disputes between religious groups are conducted in a passive and active way. This is mainly due to the fact that various socio-psychological factors in society are mentioned, such characteristics as an attempt to negatively assess these qualities, lack of independent decisions, imposition of a religious tone and misinterpretation are noticeable. The inadequacy of decision-making between religious denominations is the main omen in them that cause the growth of religious fundamentalism. In the 50-60s of the XX century, the approach of "religious orientation", developed by Allport, has been improved by the scientist-psychologist Titov to this day. He noted that in people with an internal religious orientation, the power of decisions is constructively emphasized in people with an external religious orientation, while decisions take a destructive tone [5; 2-9].

In conclusion, it should be said that a person is a social creature in terms of temperament and character. In order for a person to live peacefully and calmly in his social life, he must have such qualities as harmony, responsibility, mutual consent and independence. The most important guidelines in ensuring mental health To achieve spiritual and social harmony, a person must have moral, mental and social qualities. That is, in various processes of everyday life, it is necessary to think correctly, feel responsibility, think independently, make independent decisions, etc. In the end, the values associated with raising mature people with high spirituality acquire an important dimension.

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