

## **Exploring The Impact of Religiosity on Addressing Spiritual and Social Challenges Faced by Farmers in Agricultural Settlements of Tehsil Jaranwala, Faisalabad**

**Khizar Hayat<sup>1</sup>, Laraib Javaid<sup>2</sup>, Dr. Ayesha Chaudhary<sup>3</sup>, Muhammad Furqan Ashraf<sup>4</sup>**

<sup>1</sup> Assistant Professor, Department of Sociology Govt. Graduate College Samanabad Faisalabad, Corresponding Author Email: [qamar.khizar@gmail.com](mailto:qamar.khizar@gmail.com)

<sup>2</sup> Visiting Lecturer, Department of Sociology, Govt. Graduate College Samanabad Faisalabad, [Laraibjavaidrana49@gmail.com](mailto:Laraibjavaidrana49@gmail.com)

<sup>3</sup> Associate Professor, Department of Sociology, GC University Faisalabad, Email: [ayesha\\_noor@hotmail.com](mailto:ayesha_noor@hotmail.com)

<sup>4</sup> Visiting Lecturer, Department of Sociology, Govt. Graduate College Samanabad, Faisalabad, [furqanashrafsoc@gmail.com](mailto:furqanashrafsoc@gmail.com)

### **Abstract:**

Religion is a universal social institution and serves as a powerful force that shapes human beliefs, practices and rituals. It provides guidance in community and a source of spirituality, playing a significant role in determining cultures, ethical values and social dynamics worldwide. The present research was conducted in rural agricultural settlements in Tehsil Jaranwala District Faisalabad with the aim of understanding how religious beliefs can help people deal with spiritual and social problems. The target area of the study was 8 villages from Tehsil Jaranwala which were selected randomly namely. A sample of 200 farmers was selected using convenient sampling technique out of the whole population and an interview schedule was used as tool of data collection. It was prepared in English language, later on it was translated into Urdu and Punjabi for the convenience of respondents. The study revealed that respondents seek help from spiritual and religious leaders especially Peer Sahib and Molvi Sahib from their nearest locality and settlement for their religious and spiritual matters as results showed that 64% farmers acknowledged that religion served as a comprehensive guide for living while 60% strongly agreed that religion offers solutions to both spiritual and social problems. Almost 96% farmers agreed that strong belief and religious participation contribute to a high-quality life, emphasizing the profound impact of religious practices on well-being.

**Key Words:** Religiosity, Jaranwala, Agricultural Settlement, Farmers

### **Introduction:**

Agricultural communities face numerous challenges that extend beyond mere financial and economic hardships. The farming community living in Tehsil Jaranwala District Faisalabad is not exempted as this area is characterized by its rich agricultural heritage, grapples with numerous spiritual and social problems aggravated by economic instability, climate change, and socio-political dynamics. In this context, religiosity – the degree of religious influence on an individual's life – plays a key role in addressing these multifaceted issues. According to Durkheim, religion is a unified system of practices and beliefs related to sacred things which unites its followers. Religion is often associated by people with places of worship, specific practices and guiding concepts that shape their daily lives. Regardless of the specific relationship, religion is universally understood as a mechanism of rituals, beliefs, practices and moral values related to what an individual understands sacred and spiritually significant (Durkheim, 1915). Those individuals, who perceive themselves as spiritual and religious, they

experience less extent of psychological grief, have greater life satisfaction & a high achievement of life goals. It's important to distinguish religiousness, involving participation in a community with shared ways of worship, from spirituality, which involves perceiving oneself as part of a larger spiritual force (Hill, Pargament, Hood, et al., 2000).

Research indicates that religiosity positively impacts mental health by reducing stress and promoting psychological well-being (Koenig, 2012). It also increases social support networks, which are essential for collective action and community resilience (Putnam, 2000). In rural settings, where formal mental health and social services are often limited, the role of religious institutions and practices becomes even more significant.

Religion provides a code of good conduct and morality, and its institutions are pervasive in society. When faced with challenges, illness death or natural disasters, humans often turn to a supernatural power for solace and social adjustment, adopting religion as a means of seeking psychic relief and social harmony. Therefore, Religion is a universal institution found in societies worldwide encompassing a set of norms and values related to sacred objects and holy or evil things (Levin J, et al. 2005).

The sociologists define the term religiosity as the vitality of religion in the society encompassing various factors such as experiential, ceremonial, ritual, ideological, moral and cultural aspects, reflecting an individual's religious beliefs and experiences and the role of religion in society. It has been associated with spirituality, orthodoxy, piousness and religious devotion (Langlais, M.; Schwanz, S. 2017).

Research illustrates that strong religious beliefs can apparently reduce the levels of anxiety and depression through control and hope (Smith et al., 2021). In Jaranwala, where access to formal mental health services is limited, religious practices and community support systems become essential in mitigating stress and promoting psychological well-being. Religious institutions in rural areas often serve as centers for community gathering and support, facilitating social networks that are crucial for collective action and resilience (Cnaan et al., 2018).

Religiosity is multidimensional in nature and is ultimately linked to a better quality of life and protection against diseases. Research has shown that religiosity and spirituality are significant determinants of quality of life, aiding in coping with chronic diseases, promoting optimism and a positive outlook on life, preventing depressive symptoms, and facilitating better stress management. It's important to note that spirituality is distinct from religiosity, focusing on coherence and life purpose independently of faith in a specific religion. While religiosity can serve as a foundation for spirituality, individuals may experience spirituality based on their interpretation of experiences, even if they do not adhere to a specific religion (Gentleman, 2010). Recent data suggests that communities with strong religious ties are better equipped to mobilize resources, support each other in times of need, and maintain a cohesive social fabric (Ebstyn King & Furrow, 2021).

### **Theoretical Perspectives on Religion:**

The present study focuses on the roles of religiosity in society, specifically examining the Functionalist Approach.

#### **Emile Durkheim, s Functionalist Approach:**

The functionalists claim that religion relies on society for its survival, continuation, value and importance as it serves many objectives such as providing emotional comfort, creating the space for social interaction, providing answers to spiritual mysteries and social control. The religion denotes spiritual world & spiritual forces including celestial beings. Religion helps in finding answers and questions like how the world was created. Why do humans suffer? Is there any planning for our lives? Is there any life after death? Moreover it creates the opportunity of social interaction & the formulation of group life providing social support & networking. It offers a place of meeting for those who have same norms and values. It provides a place for seeking help both spiritual and material in the time of lurch. Religion have significance for understanding the concept of people for themselves as there is an “in-group” vs. “out-group”

feeling to the other religions of the society. Religion maintains social control in society by reinforcing the social norms like appropriate style of dressing, abiding by the law and by regulating the sexual behavior.

In his work, *The Elementary Forms of the Religious Life*, Emile Durkheim said that religion is a unifying and binding force within society. He argued that religious rituals and beliefs create a sense of community and solidarity among believers, leading to social cohesion and integration. According to Durkheim, religion plays a crucial role in reinforcing social norms, values, and collective consciousness, thereby contributing to the stability and functioning of society (Durkheim, 1915).

### **Review of Literature:**

Chatters et. Al (2008) conducted a study on the differences in religions of African Americans and Caribbean Blacks. They discovered that both groups were likely to consider prayer important for coping with stressful situations in life, seek power from God and identify religious resources and behaviors as crucial for handling life challenges.

Adams, Lee, Pritchard, and White (2010) analyzed why doctors were reluctant to seek help for depressive symptoms, citing concerns about stigma, confidentiality, and letting down colleagues and patients. In contrast, certain professions, such as psychology and psychotherapy, encourage help-seeking as part of professional development, highlighting the variability in help-seeking attitudes across different professional groups. Gupta, Szymanski, and Leong (2011) demonstrated that endorsement of positive stereotypes within one's group may lead to additional distress and underutilization of help-seeking services. They also noted the importance of religiosity/spirituality in glycemic control, particularly in settings where church attendance was mandatory, emphasizing the influence of cultural and religious factors on health behaviors and outcomes. Zakar et al. (2014) studied traditional marriage systems in Pakistan, highlighting the role of arranged marriages and the influence of family dynamics on marital satisfaction. This research provides insights into the cultural and familial factors that shape individuals' perceptions of marriage and romantic relationships in specific cultural contexts.

Bengston et al. (2015) found that older adults were more likely to consider themselves strongly religious or spiritual compared to younger adults, and religious practices served as coping mechanisms for dealing with life circumstances. This suggests that religious coping may play a significant role in the psychological well-being of older adults, and highlights the potential impact of religious beliefs and practices on mental health across different age groups. Pew Research Center (2020) found that religious beliefs can influence attitudes toward environmental stewardship and sustainable farming practices. In agricultural communities, where climate change poses significant threats, religiosity can motivate collective efforts towards adaptation and resilience. In rural agricultural settings, where access to healthcare is often limited, religiosity can play a pivotal role in promoting health and well-being. Patel et al. (2021) found that religious practices are associated with better health outcomes, including lower rates of substance abuse and higher levels of physical activity, which can be crucial for the physically demanding work of farming. Park et al. (2022) conducted a study that demonstrates how religious faith and practices contribute to resilience by providing individuals with a sense of meaning, purpose, and community support. This is especially relevant for farmers who frequently face economic and environmental uncertainties. Religious leaders often play a crucial role in rural communities by providing guidance, conflict resolution, and support. A study by Asadullah et al. (2022) highlights the influence of religious leaders in promoting social cohesion and addressing communal issues, such as land disputes and family conflicts, in rural agricultural settlements.

## Methodology:

The present research was carried out in rural areas of Tehsil Jaranwala, District Faisalabad with the objective to find out how religious beliefs can support people dealing with psychic relief and spiritual & social problems. The universe of the study consisted of 8 villages from Tehsil Jaranwala which were selected randomly namely (Pindi Essa, Dana Abad, Thatta Haryan, Jhook Mamand, Chak Waseeran, Kot Kabir, Jhook Dalmir and Jhook Hashim). The sample for the present study was 200 farmers (25 respondents from each village). The sample was selected by using convenient sampling technique. Data were collected through a well structured interview schedule. It was prepared in English language but later on, it was translated into Urdu and Punjabi for the convenience of the uneducated respondents. The collected data were analyzed by using the Statistical Package for the Social Sciences (SPSS). The application of SPSS allowed for the use of Chi-Square test to analyze the data providing insights into the associations and differences related to religiosity and its role in addressing social and spiritual problems. Simple percentage and frequency analyses were also employed to gain a comprehensive understanding of the role of religiosity in the context of the study. Overall, the methodology employed in this study aimed to provide a robust and systematic approach to investigate the role of religiosity in addressing social and spiritual issues within the specific cultural and religious context of the selected villages.

## Results and Discussion:

### Socio-economic Characteristics of the Respondents:

Table1: Socioeconomics Characteristics of Respondents (n=200)

Variables	Description	Frequency	Percentage
Age of the respondents	15-25	118	59.0
	26-35	42	21.0
	36-45	23	11.5
	more than 46	17	8.5
Education of respondents	Illiterate	53	26.5
	Primary	47	23.5
	Middle	25	12.5
	Matric	42	21.0
	Inter	23	11.5
	Graduation	7	3.5
	Master	3	1.5
Gender	Male	130	65.0
	Female	70	35.0
Marital Status	Married	113	56.5
	Unmarried	87	43.5
Type of Family	Nuclear	51	25.5
	Joint	149	74.5
Household Size	1-5	73	36.5
	6-10	117	58.5
	more then 11	10	5.0
Income of Family	15001-30000	48	24.0
	more then 31000	152	76.0
Religion of respondent	Muslim	200	100
	Non-Muslim	0	0

The above table illustrates the distribution of respondents regarding various socio-economic and demographic categories. The majority of respondents, approximately 59% respondents were falling into the age group of 15-25 years. Around 21% of the respondents belonged to the

26-35 years age category, 11.5 % respondents age was 36-45 years and 8.5 % respondents were over 46 years of age. In terms of education, the data indicates that approximately 26.5 % of the respondents were illiterate. 23 % respondents' educational level was primary. 12 % of the respondents had pursued education at the Matric level. Regarding gender distribution, the majority of the respondents, comprising approximately 65% of the total sample were male, while the remaining 35% were female. Furthermore, approximately 56.5 % of the respondents were married, with the remaining 43.5 % being unmarried. The distribution of respondents based on family type revealed that around 75% belonged to joint families, while the remaining 25% were from nuclear families. Approximately 58.5 % respondents belonged to households with 6-10 members, with 36.5 % respondents belonging to households with 1-5 members, and 5% being part of households with more than 11 members. The data also depicted the family income distribution, with approximately 76% of respondents falling within the family income category of more than 31,000, and 24% falling within the 15,001-30,000 income category. Religious affiliation was also assessed, revealing that 100% of respondents were Muslim.

**Table 2: Measurement of the Religiosity in the life of the people:**

Table # 2 illustrates that the majority of the respondents, almost 51%, prayed once every day,

No	Measurement of the Religiosity	Never		Once a week		A few times a week		Once everyday		Multiple times a day	
		F	%	F	%	F	%	F	%	F	%
1	How many times do you pray?	00	0	24	1	13	6.5	102	51	61	30.5
2	How many times do you consult religious scholars for seeking guidance regarding issues?	24	1	100.0	5	56	28.0	10	5.0	10	5.0
3	How many times do you visit religious ceremonies at shrines to achieve blessings?	44	2	130	65.0	22	11.0	2	1.0	2	1.0
4	How many times do you attend religious services for treatment of your problems?	38	1	96	48.0	46	23.0	16	8.0	4	2.0
5	How often do you pray alone?	120	6	48	24.0	8	4.0	10	5.0	14	7.0
6	How many times do you participate in the religious activities?	14	7	60	30.0	80	40.0	40	20.0	6	3.0

30.5 % of the respondents prayed multiple times a day. Only 6.5% of the respondents prayed a few times in a week. The distribution of the respondents regarding how many times they consulted with religious scholars for seeking guidance regarding their issues reveals that almost 50 % of the respondents consulted once in a week and 28 % respondents consulted few times in a week. Attending or participating in religious activities is important for strong religiosity. 65 % of the respondents expressed that they attended religious institutions for achieving blessings once a week. 48 % respondents attended religious services for their treatment once in a week. 60 % respondents said that they never prayed alone while 24 % respondents replied

that they prayed alone once in a week. 40 % respondents participated in religious activities once in a day.

**Table 3: Role of religiosity in the treatment of social and spiritual problems**

No	Role of religiosity	Agree		Disagree		Strongly agree		Strongly Disagree		Not Sure	
		F	%	F	%	F	%	F	%	F	%
1	According to your opinion participation in religion activities are based on the belief system of the religion?	104	52	84	42	480	240	00	00	00	00
2	According to your opinion religion provides a complete guideline of living.	128	64	00	00	720	360	00	00	00	00
3	Religion provides the way to solve the spiritual problems.	88	44	00	00	1120	560	00	00	00	00
4	Religion provides the way to solve the social problems.	80	40	24	12	80	40	24	12	00	00
5	Is spiritual father helping you to solve your problems?	96	48	8	4	72	36	16	8	8	4
6	According to your opinion people with strong beliefs have more satisfaction in their life's then other?	66	33	16	8	128	64	00	00	00	00
7	Is religion providing a way to make your life more satisfied and comfort?	120	60	00	00	64	32	8	4	8	4
8	Is religion providing a path to control the behavior of the individuals regarding to good and bad deeds	80	40	00	00	120	60	00	00	00	00
9	Religion provides the stage of gathering where peoples develop their social relationships?	72	36	00	00	120	60	00	00	8	4
10	With strong belief and participation in religion activities you can live highly quality life?	192	96	00	00	00	00	00	00	8	4
11	In your opinion religion gives the solution of the spiritual struggle	192	96	00	00	00	00	00	00	8	4
12	Religious practices make you free from all spiritual problems such as Saya Evil eye etc	184	92	16	8	00	00	00	00	0	0
13	Is Religion providing the services to remove fear and anxiety?	184	92	16	8	00	00	00	00	0	0

<b>14</b>	Religion provides the way to understand the relation between Man and the Universe:	192	96	00	00	00	00	00	00	8	4
<b>15</b>	Religion provides the ways to differentiate between right and wrong?	200	100	00	00	00	00	00	00	00	00
<b>16</b>	Is Religion providing the hope to its followers?	200	100	00	00	00	00	00	00	00	00
<b>17</b>	Religion provides ways to Creates Purity and Cleanliness	200	100	00	00	00	00	00	00	00	00
<b>18</b>	Religion provides socialization for the smooth functioning of the society	200	100	00	00	00	00	00	00	00	00
<b>19</b>	Religion provides the way to build better relation and solidarity	200	100	00	00	00	00	00	00	00	00

Table 3 illustrates the distribution of respondents' opinions regarding participation in various activities of religion which are based on belief system of the religion. The majority 52% respondents agreed with the statement that participation in religious activities is based on the belief system of the religion. Almost 24% respondents were strongly agree with this statement. On the other hand, 20% of respondents were not sure about this statement, and only 4% disagreed with it. Regarding the opinion of the respondents on whether religion provides a complete guideline for living, the data shows that 64% of the respondents agreed with this statement, while 36% strongly agreed with it.

Furthermore, 56% of the respondents strongly agreed that religion provides a way to solve spiritual problems, and 44% agreed with this statement. In addition, 40% of the respondents agreed that religion provides a way to solve social problems, while another 40% strongly agreed with this statement. However, 12% strongly disagreed with the statement, and 4% were not sure about it. Another 4% disagreed with the statement. The majority of the respondents, 48%, agreed that a spiritual father helped them solve problems, and 36% strongly agreed with this statement. On the other hand, 8% strongly disagreed with it, and 4% were not sure. Another 4% disagreed with the statement. In addition, 64% of the respondents strongly agreed that people with strong beliefs have more satisfaction in their lives than others, while 28% agreed with this statement. However, 8% disagreed with it.

Moreover, 60% of the respondents strongly agreed that religion provides a way to make life more satisfied and comfortable, and 32% agreed with this statement. On the other hand, 4% strongly disagreed with it, and 4% were not sure. Additionally, 60% of the respondents strongly agreed that religion provides a path to control the behavior of individuals regarding good and bad deeds, and 40% agreed with this statement. Furthermore, 60% of the respondents strongly agreed that religion provides a stage for gathering where people develop their social relationships, and 36% agreed with this statement. Only 4% of the respondents were not sure about it.

The respondents strongly agreed with the following statements: 96% agreed that with strong belief and participation in religious activities, one can live a high-quality life; 96% agreed that religion provides a solution to spiritual struggles; 92% agreed that religious practices free individuals from spiritual problems such as the "Saya" and the Evil Eye; 92% agreed that religion provides services to remove fear and anxiety; 96% agreed that religion provides a way to understand the relationship between man and the universe; 100% agreed that religion provides ways to differentiate between right and wrong; 100% agreed that religion provides hope to its followers; and 100% agreed that religion provides ways to create purity and

cleanliness. Finally, 100% of the respondents agreed that religion provides socialization for the smooth functioning of society and that it provides a way to build better relations and solidarity.

**Table 4: H1: Higher the level of religiosity, lower will be the level of depression and anxiety**

Chi-Square Tests	Value	DF	Sig. (2-sided)	Frequency
Pearson Chi-Square	63.173	3	.000	200
Likelihood Ratio	13.938	3	.003	
Linear-by-Linear Association	14.589	1	.000	
N of Valid Cases	200			

**H<sub>1</sub>:** There is significance association between variable.

Table provides an insightful depiction of the relationship between various variables, specifically focusing on the rates of depression and anxiety, and their correlation with religiosity. Data depicts a significant association between the level of depression, anxiety & religiosity. This association is supported by results of Chi-Square where Pearson value is considered to be 63.173, df is determined to be 3 and significance value is recorded at .000. These statistics indicate clear conclusion: the calculated value of  $P < 0.05$  which leads towards the rejection of the null hypothesis. Rejection of null hypothesis is a key outcome. It shows that there is a meaningful relationship between variables under consideration. The levels of depression and anxiety are significantly linked to religiosity. As This study's results provide valuable insights into the intricate interplay between mental health indicators, such as depression and anxiety, and religiosity. The findings may help for understanding the complex dynamics between mental well-being and religious practices.

**Table 5: Higher the level of religiosity, lower will be the rate of suicide**

Chi-Square Tests	Value	DF	Sig.	Frequency
Pearson Chi-Square	5.469 <sup>a</sup>	3	.000	200
Likelihood Ratio	3.899	3	.000	
Linear-by-Linear Association	.375	1	.000	
N of Valid Cases	200			

**H<sub>1</sub>:** There is relationship between level of religiosity and rate of suicide.

This table depicts the association between religiosity and the level of suicide. The data reveals an important relationship between the rate of suicide and religiosity which is supported by the Chi-Square test where the Pearson value is calculated to be 5.469. The degree of freedom is 3. The value is recorded at .000. The calculated value of  $P < 0.05$  leads to the rejection of the hypothesis. Moreover, this association indicates the impact of religiosity on mental well-being. The religious rituals, practices and beliefs can play a role in mitigating factors associated with suicide.

**Table 6: Higher the level of religiosity, higher will be level of life satisfaction**

Chi-Square Tests	Value	DF	Sig.	Frequency
Pearson Chi-Square	86.853 <sup>a</sup>	3	.000	200
Likelihood Ratio	95.808	3	.000	
Linear-by-Linear Association	.375	1	.000	
N of Valid Cases	200			

**H<sub>1</sub>:** There is relationship between religiosity and level of life satisfaction.



This table presents the relationship between life satisfaction and religiosity. It is an important visual picture of the relationship between a person's happiness and their level of religiosity. The data shows that there is a significant relationship between life satisfaction and religiosity. The chi-square test with a Pearson value of 86.853a, 3 degrees of freedom and significance value of 0.000 highlights this relationship, moreover, P-value is less than from 0.05 which leads to the rejection of hypothesis. The religious beliefs play a vital role in formulating an individual's life perception and life satisfaction. If the null hypothesis is rejected, we can then look more deeply into the socio-cultural factors that influence this relationship. In conclusion, this study, based on sociological principles, finds a significant relationship between life satisfaction and religiosity and encourages further research into broader social influences and their underlying mechanisms.

**Table 7: Higher the level of religiosity, higher will be the level of healthy life**

Chi-Square Tests	Value	DF	Sig.	Frequency
Pearson Chi-Square	66.53 <sup>a</sup>	3	.000	200
Likelihood Ratio	55.808	3	.000	
Linear-by-Linear Association	.93	1	.000	
N of Valid Cases	200			

**H<sub>1</sub>:** There is relationship between religiosity and level of healthy life.

The table correlates healthy living rates and religiosity by providing sociological insight into this relationship. The data in the above table shows a significant association, with a chi-square test yielding a Pearson value of 66.53a, 3 degrees of freedom, and a significance value of 0.000, rejecting the null hypothesis ( $P < 0.05$ ). This suggests that there is a significant association between maintaining a healthy life and religiosity in the studied population. From a sociological perspective, this encourages us to consider how religious beliefs may affect lifestyle choices. The rejection of the null hypothesis suggests that differences in religiosity contribute significantly to differences in leading a healthy life. This finding calls for further research into the social influences and cultural factors that shape the interface between religion and health. In conclusion, this study, based on sociological principles, finds an important association between healthy living and religiosity and encourages deeper exploration of their complex indication. Table presents the correlation between the rates of a healthy life and religiosity, offering a sociological lens into this relationship. The statistical analysis underscores a significant association, with a Chi-Square test revealing a Pearson value of 66.53a, a degree of freedom of 3, and a sig value of .000, rejecting the null hypothesis ( $P < 0.05$ ). This implies a meaningful link between maintaining a healthy life and religiosity within the studied population. From a sociological standpoint, this prompts an exploration of how religious beliefs may influence lifestyle choices. The rejection suggests that variations in religiosity significantly contribute to differences in leading a healthy life. This insight calls for further research into the societal implications and cultural factors shaping the intersection of religiosity and health. In summary, this study, grounded in sociological principles, establishes a significant association between a healthy life and religiosity, encouraging deeper exploration of their intricate interplay.

**Table 8: Higher the level of religiosity, lower will be the level of Spiritual struggle**

Chi-Square Tests	Value	DF	Sig. (2-sided)	Frequency
Pearson Chi-Square	91.470 <sup>a</sup>	1	.000	200
Likelihood Ratio	91.165	1	.000	
N of Valid Cases	200			200

**H<sub>1</sub>:** There is association between religiosity and level of spiritual struggle.

Above table explains connection between religiosity and number of waves against spiritual complex. Chi square value is 91.470a and df is 1 with significant values that is calculated which is less than 0.05 (0.000). These values describe association between variables as religiosity and spiritual struggle, the value in case directs the rejection of null hypothesis. Therefore, statistical values shows religious contribution differentiates the level of variation in spiritual struggle. The context of the study also highlights its sociological importance denoting relationship between religious actions and spirituality.

**Table 9: Higher the level of religiosity, higher will be the level of smooth functioning of the society**

Chi-Square Tests	Value	DF	Sig. (2-sided)	Frequency
Pearson Chi-Square	471.307 <sup>a</sup>	4	.000	200
Likelihood Ratio	184.406	4	.000	
N of Valid Cases	200			200

**H<sub>0</sub>:** there is no significance association between rate of religiosity and smooth functioning of society.

**H<sub>1</sub>:** There is significance association between rate of religiosity and smooth functioning of the society.

Data values in above table highlights the importance of two variables as religiosity and smooth functioning of society with chi-square test statistic is a, while df and p values are 4, 0.000. It leads toward rejecting null hypothesis and acceptance. Social functioning of society is integrated with beliefs in religious values that guide individuals in their daily routine that become more dynamically functional society itself.

### **Conclusion:**

Religion has strong and diverse impact on people life and behaviour of individuals also shapes overall picture of society following religious values and beliefs. Religion always helps and guides society to promote integration in thoughts that are helpful for resolving social and spiritual problems, on this way society work smoothly and remain functional and promote overall socio-cultural wellbeing. This research examines the impact of religion on society which has its ultimate purpose is to solve spiritual and social problems of farmers. The study concluded that religion had significant impact on farmer's life and it would be a rich source of purification of negative and old thoughts that further lead to dismantling disfunctioning of society. Religion also plays a significant role in promoting religious believes, thoughts by services provider or scholars deputed in religious institutes. It was noted that respondents agreed that religious practices always supported them to solve various issues among farmers. Being a farmer community they have strong affiliation with religious beliefs and they get practice of various religious duties and getting help from it in their daily life. Findings of the study anxiously encourage for further research to explore relationship between religiosity and spirituality on social functioning of society.

To fully understand the broader societal impact, it is important to understand how religion not only shapes behavior but also guides individuals and provides important services. Furthermore, this study highlights the important role of religion in resolving social and spiritual problems, contributing to the smooth functioning of society, and promoting overall cultural well-being. This study serves as a comprehensive exploration of the various influences religion exerts, providing valuable insights into both current understanding and future research into the deep relationship between religion and society. Religion emerged as a major source of support, as the majority of respondents acknowledged that religious services help in problem solving. Religion provides a meaningful way to deal with spiritual issues. Furthermore, participants

agreed that religion offers solutions to a variety of problems, highlighting the complex role religion plays in people's lives. Many respondents emphasized the importance of strong beliefs in resolving challenges. The study also sheds light on the important role that religious figures such as Ulema-e-Ikram and Pehle Sahib play in supporting individuals. Beyond the immediate findings, this study lays the foundation for future research and encourages exploration of the complex relationship between religiosity and social functioning.

### **Suggestions:**

- Engage in regular spiritual practices like prayer and meditation for internal satisfaction and a sense of connection.
- Actively participate in religious communities to receive emotional support from families, peers, and relatives.
- Seek spiritual healing and treatment within a religious framework to find life satisfaction and control over challenges.
- Emphasize the significance of social support networks within religious communities for healthy social interactions and a sense of belonging.
- Advocate for integrating spiritual practices into healthcare interventions to promote overall well-being.
- Address barriers like fear of exposing weakness and stigma, highlighting supportive environments in religious communities.
- Promote interfaith understanding to reduce "in-group" versus "out-group" dynamics and foster a more inclusive society.
- Encourage further research and education on sociological aspects of religious coping, help-seeking behaviors, and the impact of cultural and religious factors.
- Create awareness about religious beliefs, values, and rituals to foster understanding and participation.
- Regularly engage in religious activities to strengthen personal connection and commitment to one's faith.
- Attend daily religious rituals consistently to enhance the depth of religiosity and spiritual connection.
- Stay informed about genuine spiritual leaders and be cautious about fraudulent ones to maintain authentic religious practices.
- Seek treatment for spiritual and mental well-being from legitimate spiritual leaders within the framework of one's religion.
- Rely on religious guidance for decision-making and navigating daily challenges.
- Actively promote religious values and beliefs to strengthen overall religiosity.
- Utilize religious standards to distinguish between morally right and wrong actions.
- Turn to religion for spiritual comfort during challenging times, fostering a sense of peace and solace.
- Address psychological and physical issues through religious guidance, viewing it as a source of solutions.
- Use religious platforms to build and nurture social relationships within the community.

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