MAIN FACTORS IN THE DEVELOPMENT OF RELIGIOUS AND PSYCHOLOGICAL IMMUNITY IN YOUTH

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Abstract

This article deals with the formation of religious-psychological immunity as a principle of peace and stability, which is a fundamental principle of world religions. In the conditions of global challenges faced by mankind, this principle acquires special significance. Also in the article the factors of formation of religious-psychological immunity and practical measures to strengthen religious-psychological immunity are given.

Keywords: Psychological immunity, formation, strengthening, peace principle, critical thinking, interreligious dialogue, religious teachings, tolerance.

Introduction

The formation of religious and psychological immunity in young people is a multifaceted process that is influenced by a number of factors. These factors determine how stable the perception of religious values will be in young people and how much they will be protected from destructive interpretations of faith. Let's consider the key aspects.

1. Religious education and enlightenment

A thorough knowledge of the fundamentals of one's religion is the most important tool for protecting oneself from distorted interpretations and manipulations. When young people receive a systematic and academic religious education, they learn to distinguish between genuine spiritual meanings and extremist ideas. In this context, a special role is played by:

- Courses of religious education in educational institutions.
- Access to the classic works of theologians explaining the ethical norms of religion.
- Development of skills for independent study of religious texts in their historical and cultural context.

Studies show that religious education contributes to the formation of spiritual and moral immunity of young people, reducing the likelihood of involvement in extremist ideas [1, pp. 56-61].

2. Development of critical thinking

Critical perception of information is one of the key factors in protecting young people from religious radicalism. Young people should be able to analyze religious texts, compare different points of view and distinguish traditional teachings from destructive interpretations. To do this, it is important to:

- To teach methods of information analysis, especially on the Internet.
- To form the ability to ask questions and conduct meaningful discussions.
- To encourage a conscious and personally significant perception of religious norms.

The development of critical thinking contributes to the strengthening of psychological immunity, which plays an important role in the formation of a mature personality [3, pp. 6-9 2015].

3. Influence of family and religious environment

The family is the first institution of socialization, where the attitude to religion is formed. Parents and the immediate environment play a key role in transmitting spiritual values and creating an atmosphere of respect for religious tradition. A supportive environment fosters the development of a mature religious identity, and a lack of support or authoritarian imposition of dogma can lead to alienation or uncritical acceptance of destructive ideas.

Psychological research confirms that family upbringing has a direct impact on the formation of religious beliefs and resistance to external threats [Moskalenko, Zelinskaya].

4. Social environment and the impact of the Internet

Today, the Internet has become the main source of information for young people, including religious information. However, on the Internet you can find not only authentic knowledge, but also distorted information that promotes extremist views. Importantly:

- To train young people in digital literacy and the ability to check sources.
- To create high-quality religious content that is accessible to young people.
- Develop online platforms for constructive discussions and knowledge sharing.

As A. Olah notes, psychological immunity helps a person to cope with external information threats and strengthens his ability to critically comprehend the knowledge he receives [5, Olah 2009].

5. Interreligious dialogue and tolerance

The formation of religious and psychological immunity is impossible without understanding other traditions. Young people brought up in the spirit of interreligious dialogue are less susceptible to radical views and perceive religion as a factor of unity rather than division. To do this, the following are important:

- Joint educational programs with the participation of representatives of different faiths.
- Dialogue platforms for discussing issues of religion and society.
- Cultural and historical projects that strengthen respect for the diversity of religious traditions.

Thus, religious and psychological immunity among young people is formed on the basis of education, critical thinking, family values, responsible consumption of information and dialogue with representatives of different traditions. Its strengthening is not only protection from destructive influences, but also a contribution to peace and stability in society [2. Grachev, 2003].

Practical measures to strengthen religious and psychological immunity

The formation of religious and psychological immunity among young people requires an integrated approach, in which educational institutions, religious organizations, the family and society as a whole participate. Let us consider the key measures that can contribute to strengthening this immunity and, as a result, strengthening peace and stability.

1. Development of the system of religious education

Education plays a decisive role in the formation of a mature religious consciousness among young people. It is important to ensure access to high-quality religious education, which provides:

• In-depth knowledge of tradition and religious texts.

• Skills of critical analysis of information.

• Awareness of religion as a source of morality and harmony, not division.

Practical steps:

✅ Introduction of religious studies courses into educational programs.

✅ Supporting academic research in the religious sciences and humanities.

✅ Development of textbooks and teaching materials that take into account modern challenges.

2. Popularization of traditional theology and spiritual heritage

It is important to create conditions under which young people turn to authentic sources of religious knowledge, and not to dubious Internet resources. This may include:

• Publication and dissemination of accessible and understandable commentaries on sacred texts.

• Conducting lectures and seminars with the participation of authoritative theologians.

• Creating digital platforms where young people can receive reliable information.

Practical steps:

✅ Development of YouTube channels, podcasts, and online courses in traditional theology.

✅ Organization of meetings of young people with representatives of the clergy for an open dialogue.

✅ Translations of classical theological works into modern languages.

3. Development of critical thinking and media literacy

Since today's young people get most of their information from the Internet, it is important to teach them how to analyze sources and distinguish between reliable religious knowledge and extremist propaganda.

Practical steps:

✅ Introduction of media literacy courses in schools and universities.

✅ Teaching young people the skills of critical comprehension of religious texts.

✅ Development of mobile applications and online courses on information analysis.

4. Support for dialogue between religious communities

Interreligious interaction helps young people to form respect for different traditions and to realize that religion is not the cause of conflicts, but, on the contrary, is designed to prevent them.

Practical steps:

✅ Organization of youth interfaith forums and conferences.

✅ Development of cultural exchange programs between representatives of different religious traditions.

✅ Creation of dialogue platforms for discussing topical problems of society through the prism of religion.

5. Involvement of family and religious communities

The family and religious communities remain the main institutions influencing the religious education of young people. Their task is to create an atmosphere in which religion is perceived as a source of morality, harmony and inner stability.

Practical steps:

✅ Organization of family educational programs.

✅ Developing mentoring, in which experienced representatives of religious traditions help young people realize the value of faith.

✅ Creating platforms for the interaction of families, religious leaders and youth.

The formation of religious and psychological immunity is possible only with a comprehensive approach, including:

✅ Development of quality religious education based on authentic spiritual sources.

✅ Fostering critical thinking in young people, which allows them to meaningfully perceive religious ideas.

✅ Support for interreligious dialogue that promotes tolerance and mutual understanding.

✅ Strengthening the role of the family and religious communities in the education of young people.

All of us – representatives of various religious traditions, scientists, spiritual leaders – bear a common responsibility for the formation of a spiritually mature, peace-loving generation. There is no place for religious radicalism, discrimination or enmity in this process. On the contrary, our task is to affirm religion as a source of harmony, morality and creation.

Let us continue to work together in this direction, preserving the traditions of wisdom and peace embedded in our religions.

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