

Impact of Religious Struggles on Life Satisfaction among Young Muslims: The Mediating Role of Psychological Wellbeing

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Abstract : The impact of religiosity on people's lives has always been found complex because some of them turn to religion to get comfort and relief from their fear, guilt, and illness, whereas some become away due to the perception that God is revengeful and distant for their conduct. The overarching aim of this study was to know whether the relationship between religious struggles (comfort/strain) and life satisfaction is mediated by psychological well-being. The participants of this study were 529 Muslim students who provided their responses on the measures of religious comfort/strain, psychological well-being, and life satisfaction. Results revealed that religious comfort predicted well-being and life satisfaction positively, while religious strain predicted negatively. Findings showed that psychological well-being mediated the prediction of religious comfort and strain for life satisfaction. These findings have implications for students' mental health because their teachers and professionals can enhance their well-being by teaching them positive aspects of religion and God.

Keywords : attitude towards god, religious comfort, religious strain, life satisfaction, psychological wellbeing

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