

Editor's Note

Throughout human history, religion and spirituality have functioned as foundational frameworks through which human beings have sought to understand existence, discover meaning in life, and confront physical, psychological, and existential challenges. In recent decades, alongside major advancements in the sciences, scholarly attention has increasingly turned toward the spiritual dimensions of mental health. As a result, religion and spirituality now occupy a significant place in the humanities literature, particularly within psychology.

A growing body of research demonstrates that religion and spirituality play an essential role in coping with stress, trauma, and life crises. Spiritual psychology extends beyond the restoration of psychological balance; it aspires toward a transcendence-oriented and virtue-expanding understanding of the human psyche—one that emphasizes meaning, purpose, and moral growth alongside mental well-being.

The human need for spirituality cannot be understood as merely one need among others. Rather, spirituality permeates human motivations, actions, and aspirations. The form of spirituality capable of responding to these needs most comprehensively is one that is integrated and rooted in religion. In this regard, **God-oriented spirituality** provides a unifying framework that connects the individual's worldview, ethical commitments, social relationships, and understanding of truth and reality. The effectiveness of such spirituality lies precisely in this integrative and meaning-generating capacity.

Empirical research has consistently shown that religious spirituality plays a vital role in promoting mental health and enhancing quality of life (Koenig, 2018). As a constellation of beliefs, values, and devotional practices, religious spirituality strengthens key psychological resources such as resilience, adaptive coping, and a sense of meaning (Pargament, 2007). Studies further indicate that faith in transcendent realities and ethical commitments is associated with lower levels of anxiety and depression, higher life satisfaction, and greater psychological resilience (Smith & Denton, 2020).

From a theoretical standpoint, religious spirituality functions as a systematic framework for emotional regulation and behavioral guidance and can facilitate psychological development across the lifespan (Koenig & Larson, 2021). The interaction between psychology and spirituality thus creates fertile ground for the development of evidence-based psycho-spiritual interventions applicable at both individual and societal levels.

Given the cultural, ethical, and existential significance of spirituality, future research must attend not only to psychological outcomes but also to spiritual and social dimensions in order to offer comprehensive psycho-spiritual models. Such an integrative approach enables both scientific evaluation and practical application of religious spirituality in fostering mental well-being and deepening meaning in human life (Koenig, 2022).

Religion and spirituality serve as powerful vehicles for transmitting values, beliefs, and practices that shape an individual's worldview and provide a coherent framework for navigating the full spectrum of human experience. Within this framework, spirituality appears in diverse forms, ranging from secular and human-centered interpretations to explicitly religious and **God-oriented spirituality**, which situates psychological growth within a transcendent and theocentric horizon.

Spirituality must therefore be recognized as an inherent and authentic dimension of human existence. Many psychological disturbances arise from the neglect or weakening of this dimension. At its core, the most profound human inclination is toward spiritual growth and the realization of true perfection—understood, within religious traditions, as proximity to the Divine.

Historically, spirituality and psychology were often viewed as competing or even opposing domains: spirituality emphasizing inner, non-material dimensions of human life, and psychology focusing on empirical observation and behavior, sometimes reducing the human being to purely naturalistic terms. This period of separation, however, has gradually given way to dialogue and convergence.

In recent years, psychology has increasingly acknowledged the profound impact of spiritual concepts on mental health, while spirituality has benefited from psychological insights into human cognition, emotion, and behavior. The result has been the emergence of integrative approaches that view mental health as inseparable from meaning, values, and inner orientation. Today, many scholars and clinicians agree that psychological growth remains incomplete without attention to the spiritual dimension.

The launch of *The Journal of Psychology and Religious Spirituality* reflects a deep scholarly commitment to the role of religion and spirituality—particularly religious and God-oriented spirituality—in psychology and the broader humanities. The journal seeks to contribute to human growth and transcendence by offering spirituality both as a vital complement to psychological interventions and as an independent, rigorous field of scientific inquiry.

In a world increasingly marked by violence, suffering, and ethical confusion—often rooted in fragmented or distorted understandings of reality—spirituality has the potential to serve as a bridge between reason and emotion, science and faith, and the individual and society. This journal aims to illuminate the connections between psychology, spirituality, and religious values, opening new horizons for inner peace, ethical clarity, and peaceful coexistence.

Ultimately, this journal is founded on the policy of producing, supporting, and advancing spiritual science as a cornerstone of the humanities—one that seeks to uncover the inner dimensions of human existence within both personal psychological processes and social relationships.

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