

## Can Religion Impact Happiness?

Posted on November 30, 2015

[http://www.huffingtonpost.com/2014/02/04/religious-beliefs-happier-\\_n\\_4725269.html](http://www.huffingtonpost.com/2014/02/04/religious-beliefs-happier-_n_4725269.html)



College is a time young adults take to find their true selves. It is a time for them to focus on their future, their wants and their needs. With this, comes a lot of struggle as well. College students face an immense amount of pressure and can easily feel lost. According to several studies depression in college is one of the top five mental illnesses that college students deal with. It is a time where it is common students feel lost and overwhelmed with life. At the same time, religion has been shown to make people feel overall happier and improve their quality of life. Is it possible that a young adult who is involved in a religion can live a happier life?

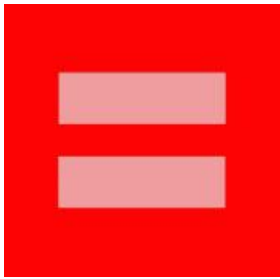
While researching this topic, a research discussion video by the Huffington Post titled, "Religious Beliefs Make People Happier," came up. In this video a girl named Hidaya Nawee, who is nineteen years of age discusses how religion has significantly impacted her life and has saved her at a time of need. She goes on to discuss how she has been dealt a rough set of cards and at such an early age. Without her religion she feels as if she would have no desire to live and she would be very depressed. The support she felt made all the difference in her life. This is just one example that supports the thought that religion can make people happier and improve their lives. David Myers, a psychology professor at Hope College talks about how religion can offer a sense of community and can really help people in a time of need. He goes on to discuss that people who aren't religious of course can find this comfort different ways but the sense of religion is very powerful. Since there is such a huge issue when it comes to the mental health and sense of happiness amongst college students, religion is such a powerful remedy that should be recognized for how impactful it can be. Included in this post is the link to the video and article from the Huffington Post that further discusses this topic.

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## Today's Young Adults Changing Religion and Society

Posted on November 18, 2015

With the fast pace change of society issues and the progression toward a more liberal world there have been several conflicts between what religions teach and people's personal beliefs about political and societal issues. An example of this is the legalization of gay marriage. The younger generation has tended to be more accepting and supportive of this law however, this poses as a conflict for some people with strong religious views. Christianity, for instance, has been known to have strict beliefs that marriage should be kept between a man and a woman. Does this mean that a young adult is less religious because they believe people should have the freedom to marry



whomever they please?

Young adults have struggled with wanting to be loyal to their religion, however societies views have changed and today's youth doesn't want to be confined to being told what their views should and shouldn't be. As a result, young adults have been starting to hybridize their views. Someone who attends church service every Sunday and reads the Bible on a consistent basis can still support same sex marriage. The culture of religion in regards to societal views is changing and it is all because of the new generation. The fact that people have some views that are not exactly aligned with their religion is not a sign of someone's religious views being

weakened. In fact, it strengthens their views and this generation as a whole because they are actively expanding their views. Society and culture is simply just evolving and moving forward. Young adults are just embracing this change.

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## Religious Organizations on College Campuses

Posted on [November 11, 2015](#)

Many college students join religious organizations and clubs to strengthen their religious views and meet other students with their same beliefs. This allows for students to be active in their religion and community while at school.



An example of this kind of organization is Cru. Cru stands for the campus crusade for Christ and it is a nation wide ministry with groups all over college campuses. This kind of organization is built to help college students strengthen their beliefs and to provide them with a religious community on their campuses. The mission of this organization is, "Win, build, and send Christ-centered multiplying disciples who launch spiritual movements." This organization meets on a weekly or monthly basis at college campuses and holds a worship service. They also bring in guest speakers to speak to the students about their lives and how they can be better Christians. As a group they also go on mission trips to other places and do charity work for others. The great thing about organizations like Cru is that it is specifically geared towards college students. Many times religious groups lose the interest of young adults because there is a lack of effort to make it inclusive towards college students. For example, Cru takes on an accepting and realistic view on which they are speaking to. They understand that these young Christians who are apart of the organization are also college students and they very likely drink, and go out at nights. Instead of turning the other cheek or shaming that aspect, they acknowledge it and other aspects of a college lifestyle.

These kinds of organizations like Cru on college campuses have made a tremendous impact on students have allowed them to practice their religion and have a religious community at their college.

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## Florida State University's Students and their

# Religious Beliefs

Posted on [November 3, 2015](#)



Every day at precisely twelve and five o'clock church bells at the Co-Cathedral of Saint Thomas More on West Tennessee Street ring. Constantly I find myself questioning if I walked into that church how many college students would I find. Located directly across the street from the Union at Florida State University, thousands of students walk, drive or scoot past this church every single day. According to college niche.com the dominant religion at Florida State is Christianity. Yet as a part of that statistic, I myself don't actually attend service on a regular basis, which leads me to question if the percent of college students who practice their religion has declined.

College niche.com took a poll of students in an effort to gage their religious views. The result of this was that 82% of college students at Florida State University said that their religious views have not changed since attending school here. Contrary, to my initial belief, 10% of students actually responded that since attending college at FSU they have become more affiliated with their religion and their beliefs have become stronger than ever. When I interviewed several acquaintances of mine their responses supported those statistics. One student said, "Leaving home was a huge change for me and at first I never thought about how it affected my religious views. But after some hardships and soul searching I realized just how important my religion is to me." After, researching this topic I came to the conclusion that students at FSU have not strayed from their religious views at all, in fact their life experiences here have helped them grow in their religion.

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## Does Being a College Student Affect Your Religion?

Posted on [October 15, 2015](#)

As you grow older and enter college, everything changes. You suddenly are responsible for things like waking yourself up for class and preparing your own meals. You make your own decisions for the first time ever but does that transition affect the way you view religion? There are several factors that tend to lead college students away from their organized religion. Young adults no longer have their mother

making sure they go to church. If they want to be an active member in their religion its their responsibility to make that time in their schedule to go to church.

In the article, "Why College Students are Losing Their Religion" the author talks about how when a young adult leaves his or her home they are also leaving their community and often their churches. On top of that, students are exposed to so many diverse people of all different religions and some who don't identify with any religion at all. Peers can be very influential and those components of the college lifestyle can further widen the gap between a young adult and the religious views that were instilled in them as a child. A lot of research has been conducted on the subject and researchers have also discovered that people who seek higher education naturally tend to stray from organized religion while they still are very spiritual. They also have found out that young people don't put organized religion as a priority, and they tend to be more open minded and liberal about it.

The independent and social environment that college students live in has shown to cause students to alter the way they practice religion. It also causes them to stray from their organized religion. Which leads to the conclusion that being a college student does, in fact, impact a student's view of religion.

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