

**Hannah Morfey**  
**Legacy Project Rough Draft**

**The Role of Religious Behavior in Health Self-Management: A Community-Based Participatory Research Study**

Religion and health self-management have a positive correlation. Self-regulation skills and abilities and religious behaviors jointly affect health promotion among socio-economically challenged populations (Pfeiffer et al., 2018). The Salvation Army has recognized the relationship between religion and self-regulation skills and has programs set up to impact the people involved positively. They believe that when trouble occurs, many seek the love of God through spiritual guidance and healing. There is a positive impact of religious behaviors towards healthy eating behaviors and lifestyles (Pfeiffer et al., 2018). The Salvation Army cares for the physical well-being of the clients and their spiritual well-being. Religiosity is often associated with health-promoting behaviors such as improved diet, attendance to preventive care, exercise, and moderate drinking (Pfeiffer et al., 2018). The Salvation Army looks at the overall goals for the client and accommodates their needs.

**Human Values and Religion: Evidence from the European Social Survey**

Values guide social actions and behaviors. The Salvation Army contributes to the guidance of values by providing worship services and Sunday school classes to further the religious values of individuals. Age and religious practice are the variables that significantly contribute to the variance of openness to change (Carneiro et al., 2021). Religious variables contribute very moderately to explaining human values, which The Salvation Army has recognized. The Salvation Army serves those in need to enhance their values based on the Bible without discrimination. Contributing to value enhancement provides clients with the confidence and organization skills to get back on their feet and continue their personal growth, spiritually and physically.

References:

Carneiro, A., Sousa, H. F., Dinis, M. A., & Leite, A. (2021). Human values and religion: Evidence from the European social survey. *MDPI*, 10(2), 1-18. <https://doi.org/10.3390/socsci10020075>

Pfeiffer, J., Li, H., Martez, M., & Gillespie, T. (2018). The role of religious behavior in health self-management: A community-based participatory research study. *Religions*, 9(11), 1-15. <https://doi.org/10.3390/rel9110357>