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Religion as the Primary Motivating Force for Self-Control over Human Behavior and Thoughts toward Others

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Abstract

This paper examines the contemporary crisis through the lens of its spiritual dimension, with particular emphasis on its implications for human behavior, interpersonal relationships, and environmental ethics. It is grounded in the premise that the erosion of moral and spiritual values is associated with increasing ethical challenges manifested in both social interactions and humanity's relationship with the natural environment. Within this framework, religion is examined as a normative and motivational force that fosters self-control, moral responsibility, and prosocial behavior.

The study investigates the relationship between religious belief, cognitive processes, and human behavior, focusing on the extent to which a religious worldview shapes moral identity, personal character, and ethical decision-making. Particular attention is given to the role of internalized religious convictions in influencing attitudes and actions toward others and the environment. It is argued that ecological responsibility is closely linked to an individual's moral and spiritual formation, reflecting the integration of ethical values into everyday conduct.

Methodologically, the research employs analytical, comparative, and investigative approaches, integrating contemporary scholarly literature with the analysis of relevant Biblical and Qoranic sources. This interdisciplinary framework enables a critical evaluation of the influence of religious principles on self-regulation, ethical responsibility, and environmental stewardship. The paper argues that religion, understood as a normative framework for moral formation, has the potential to strengthen self-control, promote responsible social behavior, and encourage sustainable engagement with the natural environment. In doing so, it contributes to current scholarly discussions on the relationship between religion, ethics, and ecological responsibility.

Keywords: Self-Control; Human Behavior; Spiritual Crisis; Environmental Ethics; Moral Responsibility.