Religion and Religiosity

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Abstract
This study examines the close relationship between religious understanding and religiosity and the factors that influence the manifestation of religiosity in everyday life. Religion, as a structured belief system, provides moral and ethical guidelines that shape individual attitudes and behavior. Meanwhile, religiosity reflects the implementation of religious teachings that include not only ritual aspects, but also social and ethical values. The results showed that religiosity is influenced by family environment, education, and media. A supportive environment can strengthen religious commitment, while negative influences from the social environment can weaken religious understanding. Globalization is a challenge that can shift religious values, which in some cases can lead to extremism or intolerance. Therefore, moderate and inclusive religious education is important so that individuals can face this challenge with an open and tolerant attitude. This study concludes that a deep understanding of religion and balanced religious practices play an important role in creating a harmonious society. By prioritizing moderation and tolerance, religion can be a means of building a more peaceful and inclusive social life.

Keywords: *Religion; Religiosity; Moderation; Tolerance*

A. Introduction

Religion plays a crucial role in human life, both individually and socially. As a guide to life, religion provides direction and meaning in living, shapes character, instills moral values, and offers inner peace amid various challenges. In social life, religion serves as a unifying force that connects people through values of togetherness, solidarity, and care for others. Thus, religion not only shapes individuals with good morals but also fosters a harmonious and respectful society. (Durkheim, 1995).

In Islam, religiosity is not only reflected in ritual worship such as prayer, fasting, almsgiving (zakat), and pilgrimage (hajj) but also in everyday life. Islam teaches its followers to always do good (amar ma'ruf) and prevent wrongdoing (nahi munkar) in every aspect of life. In the workplace, Islam emphasizes the importance of professionalism, a strong work ethic, and seeking lawful and blessed sustenance. Meanwhile, in family life, Islam provides guidance to create a household that is *sakinah* (peaceful), *mawaddah* (full of love), and *rahmah* (compassionate), ensuring that family relationships remain harmonious and filled with affection (Manshur, 2017).

In the modern era, which is rich in cultural and religious diversity, the role of Islam has become increasingly complex. Globalization brings various challenges, including differences in perspectives and values that can influence religious life. Therefore, Islam emphasizes the importance of a moderate attitude (wasathiyah), tolerance, and interfaith dialogue to maintain harmony amid diversity. Moreover, Islam encourages its followers to master knowledge and technology as part of civilizational progress, as long as it remains grounded in the values of tauhid and sharia. Thus, Islam remains relevant as a guiding principle that promotes peace, prosperity, and progress for all of humanity in the modern era. (Rahman, 1982).

This research aims to explore the understanding of religion and religiosity, as well as their concepts within the context of Islam and society. By analyzing the relationship between religion and religiosity, it is expected to gain a deeper understanding of the role of religion in daily life and the challenges faced by individuals and communities in practicing their religious teachings. Through this study, it is hoped to contribute to the development of thoughts on moderate and inclusive religiosity amid the ever-evolving social dynamics.

B. Method

This research employs a qualitative approach to explore a deeper understanding of the concepts of religion and religiosity. This approach is chosen because it allows the researcher to examine the meanings and subjective experiences of individuals in a religious context. Through this approach, it is expected to gain a more comprehensive insight into how individuals and society practice religious teachings in their daily lives (Sugiyono, 2013).

The data sources used in this research come from relevant literature, including books, journal articles, and other academic sources that discuss religion, religiosity, and the challenges faced in the modern context. These sources are selected based on their credibility and relevance to the research topic. The researcher conducts a literature review to gather information from various sources related to the research theme and analyzes relevant documents to identify key themes, concepts, and arguments related to religion and religiosity. (Miles et al., 2015).

The data analysis technique used in this research is descriptive analysis. Data obtained from the literature review are analyzed descriptively to illustrate the understanding of religion and religiosity, as well as the challenges faced. The researcher identifies patterns and relationships between concepts found in the literature. Additionally, the analyzed data are categorized into relevant groups, such as the definition of religion, the definition of religiosity, and challenges in religiosity. This categorization helps structure arguments and conclusions in a more organized manner. (Waris, 2022).

To ensure the validity and reliability of the research, the researcher conducts source triangulation by comparing information from various literature sources. Cross-checking of the obtained data is also performed to ensure consistency and accuracy. This study is limited to analyzing the concepts of religion and religiosity within the context of Islam and society, so the findings may not be generalizable to other religious contexts. Through this method, the research is expected to provide in-depth insights into the role of religion and religiosity in daily life, as well as the challenges faced in the modern context. (Iryana & Kawasati, 2020).

C. Results and Discussion

The results of the research show that the understanding of religion and religiosity are closely related and mutually influential. Religion, as a structured system of belief, provides guidance and moral values that form the foundation for individuals in living their daily lives. (Naan, 2018). Religion not only provides rules regarding the relationship between humans and God, but also governs relationships among humans and with the surrounding environment. Religious teachings form a value system that guides individuals in determining attitudes and behaviors in accordance with the norms upheld in those teachings.

In the context of Islam, religion has a broader function than just the spiritual aspect. Islam governs various aspects of life, including social, economic, legal, and ethical matters. Islamic teachings provide guidance on how an individual should behave in society, uphold justice, and treat others with compassion and honesty. Therefore, religion in Islam not only serves as a guide for worship but also as a framework for building a harmonious and civilized life. In this way, religion becomes the main foundation in shaping the character and morality of individuals within society. (Fuad, 2010).

Religiosity, on the other hand, is the manifestation of religious teachings reflected in the actions and attitudes of individuals. Religiosity is not only about belief or understanding of religious teachings but also about how a person practices the values of religion in their life. (Haris, 2017) It is stated that religiosity encompasses various aspects, such as adherence to religious rituals, social concern, and the application of moral principles in daily interactions. Therefore, religiosity cannot be measured solely by how often a person performs religious rituals but also by how they apply religious teachings in their social and personal life.

Furthermore, religiosity can be influenced by various factors, such as family environment, education, culture, and technological development. Individuals who grow up in a religious environment tend to have a stronger understanding and practice of religion compared to those who have had less exposure to religious teachings from an early age. (Araniri, 2020). In addition, good religious education can help an individual understand religious teachings more deeply and avoid deviations in practicing religion.

However, in the modern era, the challenges in maintaining religiosity have become greater, especially with the influence of globalization and an increasingly secular lifestyle. (Sahdin, 2020).

Thus, the relationship between religion and religiosity is very close and mutually influencing. Religion provides guidance and moral values, while religiosity reflects how those religious teachings are implemented in daily life. Good religiosity will reflect a deep understanding of religious teachings and a commitment to practicing them consistently. Therefore, efforts to enhance religiosity should not only rely on ritual aspects but also consider education, environment, and other social factors, so that individuals can internalize religious values well in their lives. (Fahri, mohammad, 2022).

The analysis shows that an individual's religiosity is strongly influenced by various factors, including the family environment, education, and media. The family environment plays a crucial role in shaping the foundation of an individual's religiosity from an early age. Parents who set a good example in practicing religious teachings become role models for their children. Moreover, a supportive family atmosphere, such as regular worship together and discussions about religious values, can strengthen an individual's understanding and practice of religiosity. On the other hand, families that pay less attention to the spiritual aspect may lead individuals to be less directed in understanding and practicing their religious teachings. (Boty, 2015).

In addition to the family, education is also a crucial factor in shaping an individual's religiosity. Good religious education, both in formal environments such as schools and non-formal settings like religious study groups and pesantren, can help individuals understand religious values more deeply. An educational curriculum that teaches religion comprehensively will not only enrich religious knowledge but also help individuals develop attitudes of tolerance and moderation in practicing their faith. Thus, quality religious education not only instills doctrinal understanding but also shapes an individual's moral character and ethics. (Araniri, 2020).

On the other hand, the influence of media and social environment also plays a significant role in the development of religiosity. Media, whether in the form of television, the internet, or social media, can be a tool that either supports or hinders

an individual's religiosity. Educational and religious content can strengthen religious understanding, while misleading information or negative content can weaken an individual's commitment to religious teachings. A social environment that does not support religiosity, such as associations that stray from religious values, can also have a negative impact on an individual's religious practices (Azman, 2022).

In this context, creating an environment conducive to the positive development of religiosity becomes essential. Moderate and inclusive religious education needs to be implemented so that individuals can understand religious teachings in a balanced way, without fanaticism or extremism. Additionally, it is important to instill values of tolerance and moderation from an early age, so that individuals can practice their faith with an open attitude and respect for differences (Fahri, mohammad, 2022). With a supportive environment and good education, individuals can build a strong religiosity and be able to face the challenges of the times without losing the fundamental values of their religious teachings.

The challenges in religiosity have become increasingly complex along with the development of the times and the forces of globalization. In this digital era, individuals are exposed to various cultures, ideologies, and ideas, both aligned with and in opposition to religious values. The influence of global culture can lead to shifts in religious practices, which sometimes result in extremism or, conversely, a more lenient attitude toward religious teachings. (Aminuddin, 2016). This shift often occurs unconsciously, especially when individuals adopt mindsets and lifestyles that are not aligned with the spiritual values they uphold.

One of the main challenges in religiosity in the modern era is the rise of intolerance, which arises from a narrow or biased understanding of religion. The use of social media as a means of spreading religious information, if not accompanied by proper literacy, can strengthen exclusive attitudes toward other groups. Individuals who lack a deep understanding of their faith are more likely to be influenced by extreme narratives that create a division between "us" and "them." This phenomenon shows that, without the right approach, religiosity can evolve in a direction that is less harmonious in social life (Kurniasih et al., 2023).

To address this challenge, religious education that emphasizes moderation and inclusivity becomes essential. Moderate education not only teaches religious doctrines in a textual manner but also encourages a broader contextual understanding, allowing individuals to align religious teachings with existing social dynamics. Inclusive religious education also teaches the importance of respecting differences and building interfaith dialogue with a more open and tolerant attitude. (Casram, 2016). With this approach, religiosity not only becomes a means to strengthen personal beliefs but also serves as a tool to create harmony in an increasingly diverse society.

This research emphasizes that a deep understanding of religion and balanced religious practices play a crucial role in creating a harmonious society. Religiosity based on values of moderation and tolerance not only helps individuals practice their faith more wisely but also strengthens social cohesion amidst diversity (Susanto, 2014). Thus, an inclusive understanding of religion can become a key factor in building a more peaceful and respectful social life.

Furthermore, this research shows that religiosity is not only about rituals or formal obligations, but also reflects attitudes and behaviors in daily life (Hasni & Kambali, 2022). Therefore, it is important for each individual to develop a religious understanding that is not only dogmatic but also relevant to the social and cultural challenges faced in modern life. Religious education that instills values of openness, justice, and empathy will help individuals face various changes with a more positive and adaptive attitude (Octaviana & Ramadhani, 2021).

Furthermore, the results of this research contribute to the development of thought on religiosity that is more inclusive and responsive to the evolving social dynamics. A moderate and tolerant understanding of religion can serve as a foundation for building more harmonious social interactions, both within the family, community, and the broader society (Hasni & Kambali, 2022). With this approach, religiosity not only becomes a means to strengthen the relationship with God but also serves as a tool to create a better social life.

As an implication of this research, joint efforts from various parties family, educational institutions, religious leaders, and media are needed to instill healthy and inclusive religious values. In this way, individuals can practice their beliefs without

falling into exclusive or extremist attitudes. With a broader and deeper understanding of religion, it is hoped that society can face various social challenges more wisely and maintain harmony in religious and social life. (Potutu & Djafri, 2023).

D. Conclusion

This research shows that religion and religiosity are closely related, with religion as a belief system providing moral guidance and values that influence individual behavior, while religiosity is the manifestation of religious teachings in daily life. Various factors, such as family environment, education, and media, play a crucial role in shaping the understanding and practice of religiosity. Amid the challenges of globalization, which can influence religious values, it is important to prioritize education that emphasizes moderation and tolerance. Therefore, a deep understanding of religion and religiosity can contribute to the formation of a harmonious and inclusive society, where individuals can practice their religious teachings positively and benefit the community.

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