

# The Role of Religion in Everyday Life during the middle Ages

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**Abstract:** *In the development of behavioral changes among humans the factors of the environment act as vital steps. In that, the performing of spiritual activities acts as one of the most influential activities for improving behavioral and emotional changes in humans. The aim of the research is to describe the impact of religious practices and beliefs on the daily lifestyle of humans in the medieval period. Following the impact of religious practices in the medieval period acted as a pathfinder to humans to lead to a successful life. The reflection of the primarily collected data from modern-day historians gives the best information of the people's lifestyle in the medieval era. It finds all the descriptive and statistical analyses of the collected primary data. The statistical representation is done by the application of the SPSS tool as statistical analysis for the hypothetical testing. The collected data and examined data from the statistical analysis show the relation between the hypothetical relationship between the dependent variable and the independent variable. It shows all the effective impact of religious beliefs in the behavioral and emotional changes of humans in their daily lifestyle.*

**Keywords:** *religion, medieval age, religious practice, mental health, spiritual inheritance.*

## 1. INTRODUCTION

In the modern-day world, the changes in the environment impact the behaviors of the humans living in society. In this change, the impact of lifestyle practices also gets influenced. This impacts the personalities of the people in the growth and development era and gets influenced by some beliefs and behavioral practices. The impact of lifestyle changes on humans in the medieval period was also got influenced by these factors. In that, the religious beliefs and the practices of the norms made a huge impact on their life (Whitaker, 2019). These practices and beliefs in their daily life made them realize the reality and survival techniques in that environment in that era. Especially the spiritual inheritance made their living environment more comfortable and made them communicate and express their emotions for their welfare and influenced others to follow those for succeeding in life. .

## 2. RESEARCH OBJECTIVES

1. To describe the idea of following religious beliefs and norms in the daily life
2. To state the impact of the religious influences on the people of the medieval period and their lifestyle
3. To identify the behavioral changes of the people in the medieval period
4. To state the religious factors and spiritual practice mitigating the issues of the medieval age's people's problem

## 3. RESEARCH QUESTIONS

1. What is the impact of religious practices on the lifestyle of humans?
2. How do the following religious beliefs make an impact on the behavioral changes of people in the medieval age?
3. Why is it necessary to examine the cultural beliefs of the people?
4. What are the factors influencing the humans of the medieval ages to follow religious practices?

## 4. LITERATURE REVIEW

The impact of lifestyle changes on humans in the medieval period was also got influenced by these factors. In that, the religious beliefs and the practices of the norms made a huge impact on their life. According to a study, several people believing in religious beliefs and norms face spent a happy and familiar life with their relatives as pointed out in Figure 2. They also face fewer problems in the daily lives of the working activities. As per the views of Campbell & Evolvi (2020), the behavior of human being gets impacted by their surroundings. These changes in the behavior of humans can also affect the society and the culture of them. In that situation, the performing of religious practices makes the human being happily get engaged in the community and also promotes others to follow that path.

Especially among adults the changes in behaviors and in their mindset impact society, family and their environment. According to a study, 65 per cent of adults get impacted by religious norms and practices to stay familiar with their community (pewresearch, 2023). However, as opposed by Peihar (2021) the influence of religious beliefs and confessions makes humans stay positive in their life and focus on their goals. This religious practice makes the follow the right path in this life and also makes others follow the same path to get success in their behavioral changes. This also gets impacted their working activity and way of managing their marital and earning status.

The impacts of the religious traditions and cultures of the people in the medieval era made them follow some of the spiritual practices. These practices made them tackle all the situational hurdles that faced in their daily life as shown in Figure 3. In the medieval age of the world, the churches acted as one of the main centers for spreading knowledge to the people. Based on the views of Sutanto et al. (2020), the influence of spiritual activities helps humans to get rid of some of the worst addictions. In India the Bhakti saints and the Sufi saints made the people follow the spiritual path of finding their ethical development of them. This includes the performing of some religious songs to preach love and dignity among all communities. As the songs of the saints were composed in the local language so they became one of the effective factors in spreading knowledge easily among the local communities. This acted as one of the main sources of spreading impactful lifestyle techniques to the humans of the medieval period. On the other hand, Whitaker, (2019) argued that the spreading of the life teachings to all the communities of the people made them spread love and dignity among all. These actions made the people of that era live a happy life.

In the medieval ages, the lack of practices made them tackle all the situational hurdles that faced in their daily life. In the medieval age of the world, religious centers acted as one of the main centers for spreading knowledge to the people. In the medieval ages, people became totally confused about their environment and their lifestyle of them they actually got confused by their working activities to reach their goal in life. Based on the views of Caplan (2019), religious and cultural beliefs make the growth and development in the mental health of people. These practices of religious activities acted as one of the best ways to encounter the life challenges occurring in daily life. The performing of religious practices makes the human being happily get engaged in the community and also promotes others to follow that path.

## **5. METHODOLOGY**

The methodologies used in this study make the collection of the data from the primary sources for reflecting a better view from the people. This process of data collection includes the conducting of a survey among 65 responders after taking their consolation acceptance. These responses are collected from modern-day historians for collecting better ideas about the lifestyle of the people living in the medieval era. This collection of the data includes conducting a survey consisting of 13 questions related to the behavioral change of people in the medieval period by religious practices. The collection of the information is examined through the application of the SPSS software a statistical tool for creating the relation among the hypotheses. It also consists of making the demographic and descriptive analysis of the collected data. The procedures of the collected data are examined through descriptive analysis consisting of a deductive approach and interpretivism philosophy (Kothari, 2004). This procedure helps in constructing the relationship between the hypotheses in the hypothesis testing.

### **Religious beliefs and norms in the daily life**

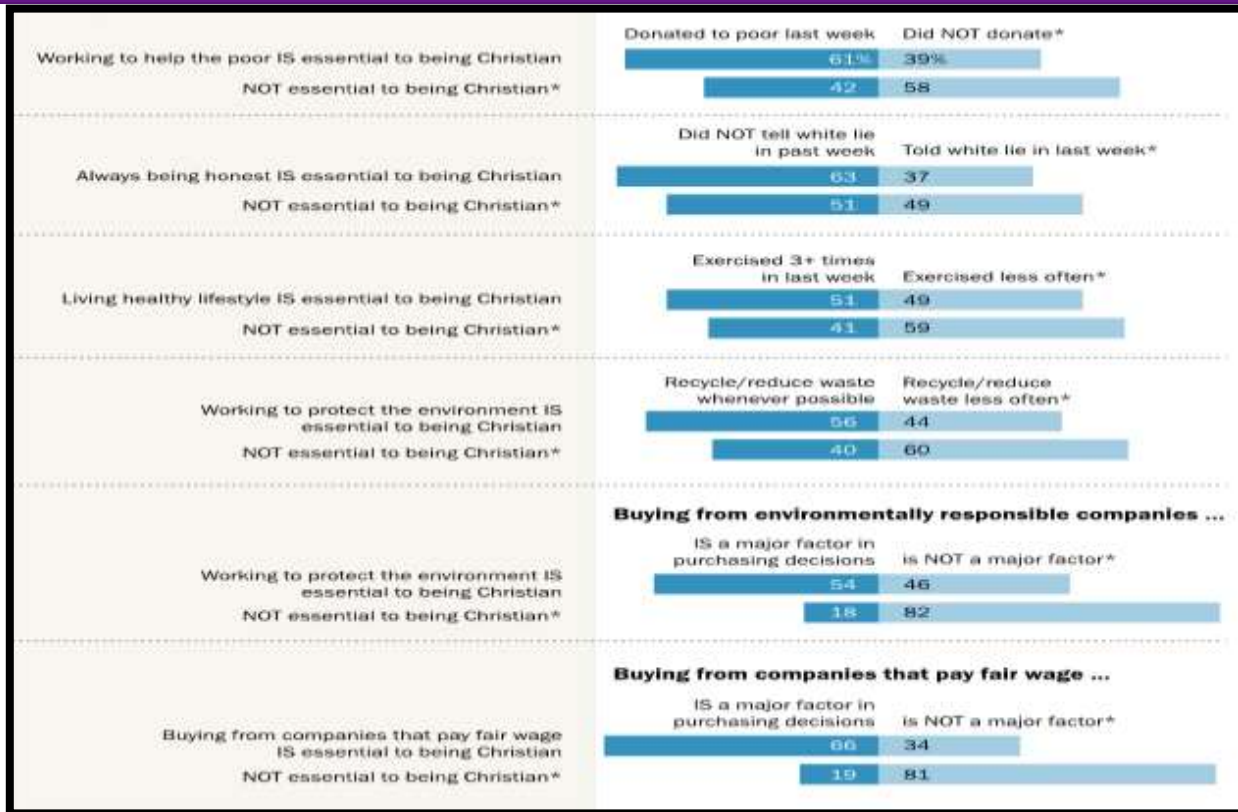


Figure 2:

**Religious beliefs and norms in the daily life**

(Source: Influenced by Campbell & Evolvi 2020))

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Especially among adults the changes in behaviors and in their mindset impact society, family and their environment. According to a study, 65 per cent of adults get impacted by religious norms and practices to stay familiar with their community (pewresearch, 2023). However, as opposed by Pehar (2021) the influence of religious beliefs and confessions makes humans stay positive in their life and focus on their goals. This religious practice makes the follow the right path in this life and also makes others follow the same path to get success in their behavioral changes. This also gets impacted their working activity and way of managing their marital and earning status.

**Religious influences on the people of the medieval period and their lifestyle**

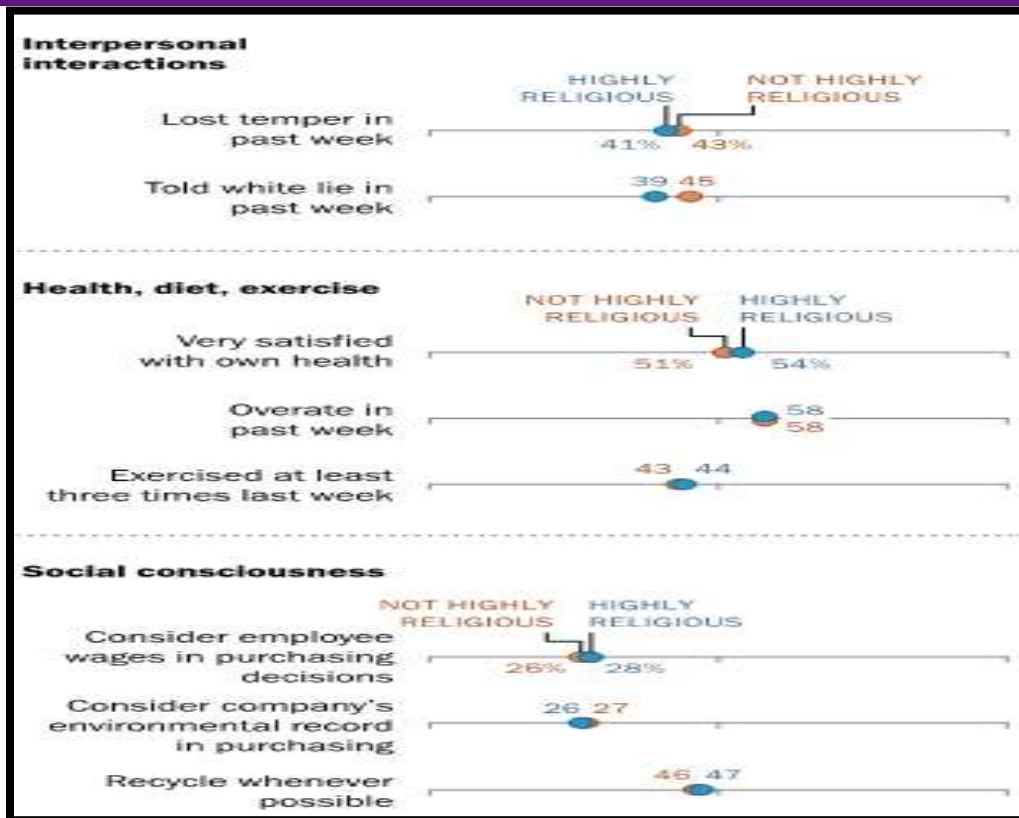


Figure 3: Religious influences on the people of the medieval period and their lifestyle

(Source: Influenced by Sutanto et al. 2020)

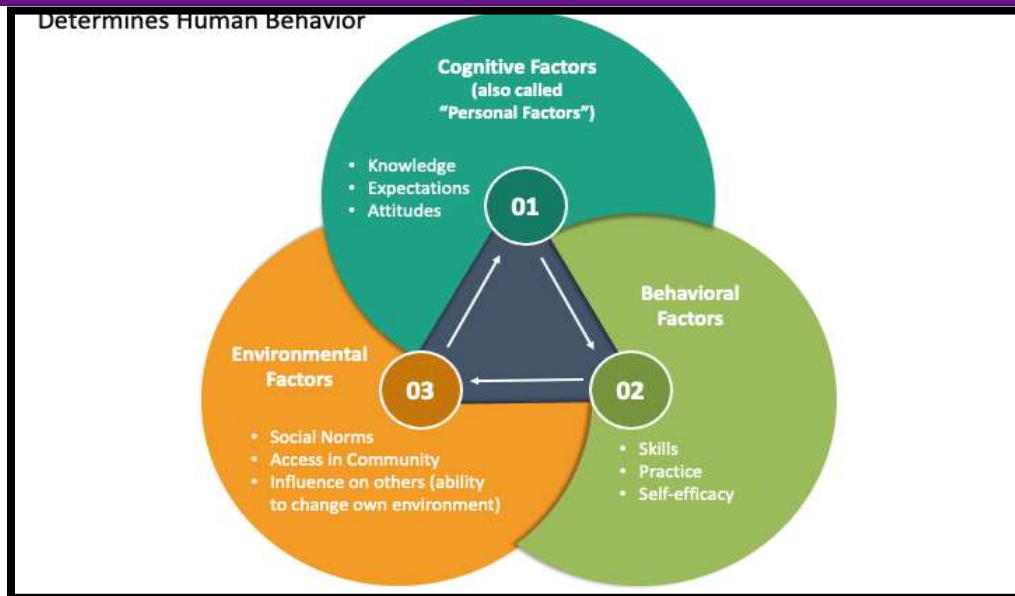
The impacts of the religious traditions and cultures of the people in the medieval era made them follow some of the spiritual practices. These practices made them tackle all the situational hurdles that faced in their daily life as shown in Figure 3. In the medieval age of the world, the churches acted as one of the main centers for spreading knowledge to the people. Based on the views of Sutanto et al. (2020), the influence of spiritual activities helps humans to get rid of some of the worst addictions. In India the Bhakti saints and the Sufi saints made the people follow the spiritual path of finding their ethical development of them. This includes the performing of some religious songs to preach love and dignity among all communities. As the songs of the saints were composed in the local language so they became one of the effective factors in spreading knowledge easily among the local communities. This acted as one of the main sources of spreading impactful lifestyle techniques to the humans of the medieval period. On the other hand, Whitaker, (2019) argued that the spreading of the life teachings to all the communities of the people made them spread love and dignity among all. These actions made the people of that era live a happy life.

### Behavioral changes of the people in the medieval period and spiritual practice mitigating the issues

In the medieval ages, the lack of practices made them tackle all the situational hurdles that faced in their daily life. In the medieval age of the world, religious centers acted as one of the main centers for spreading knowledge to the people. In the medieval ages, people became totally confused about their environment and their lifestyle of them they actually got confused by their working activities to reach their goal in life. Based on the views of Caplan (2019), religious and cultural beliefs make the growth and development in the mental health of people. These practices of religious activities acted as one of the best ways to encounter the life challenges occurring in daily life. The performing of religious practices makes the human being happily get engaged in the community and also promotes others to follow that path.

### Theory

#### Social cognitive theory



**Figure 4: Social cognitive theory**

(Source: Influenced by Whitaker, 2019)

In this theory, the behavior and the mindset of humans are collected from different situations of them. This may vary from person to person but this may affect the changes occurring in the environment of the society (Whitaker, 2019). The examination of the religious practice and behaviors of the people of the medieval ages impacts their activities of them in society. This also impacts the interactions of the people with their families and community. Religious practices and spiritual activities make the construction of a better decision-making mindset of humans for leading a successful and happy life.

## 6. FINDINGS AND ANALYSIS

### Hypothesis testing

#### Hypothesis 1

**H1:** Religion can make effective changes in the lifestyle of the humans

**H0:** Religion does not make effective changes in the lifestyle of the humans

#### Hypothesis 2

**H1:** Religious practices made impactful lifestyle changes in the lifestyle of the people in the medieval ages

**H0:** Religious practices did not make an impactful lifestyle change in the lifestyle of the people in the medieval ages

#### Hypothesis 3

**H1:** People's behavior in the medieval ages was impacted by the religious factors

**H0:** People's behavior in the medieval ages was not impacted by the religious factors

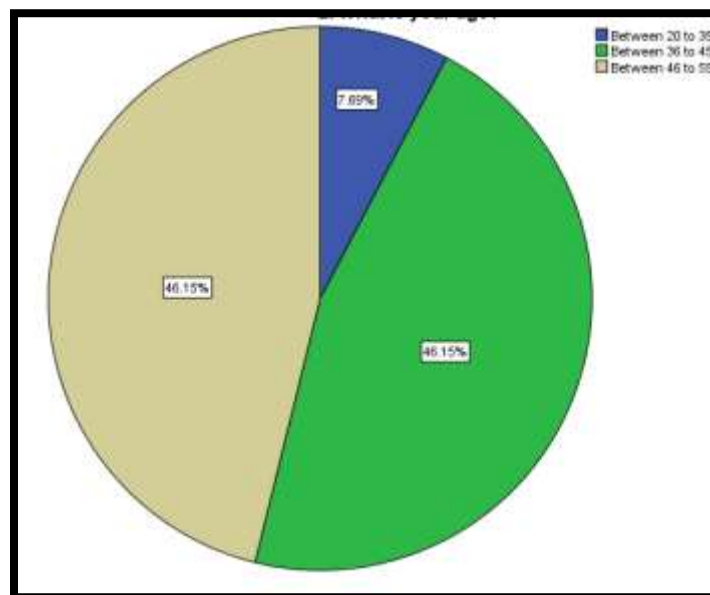
### Demographic data

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Between 20 to 35	5	7.7	7.7	7.7
	Between 36 to 45	30	46.2	46.2	53.8
	Between 46 to 55	30	46.2	46.2	100.0
	Total	65	100.0	100.0	

**Table 1: Age analysis**

(Source: SPSS)



**Figure 4: Age analysis**

(Source: SPSS)

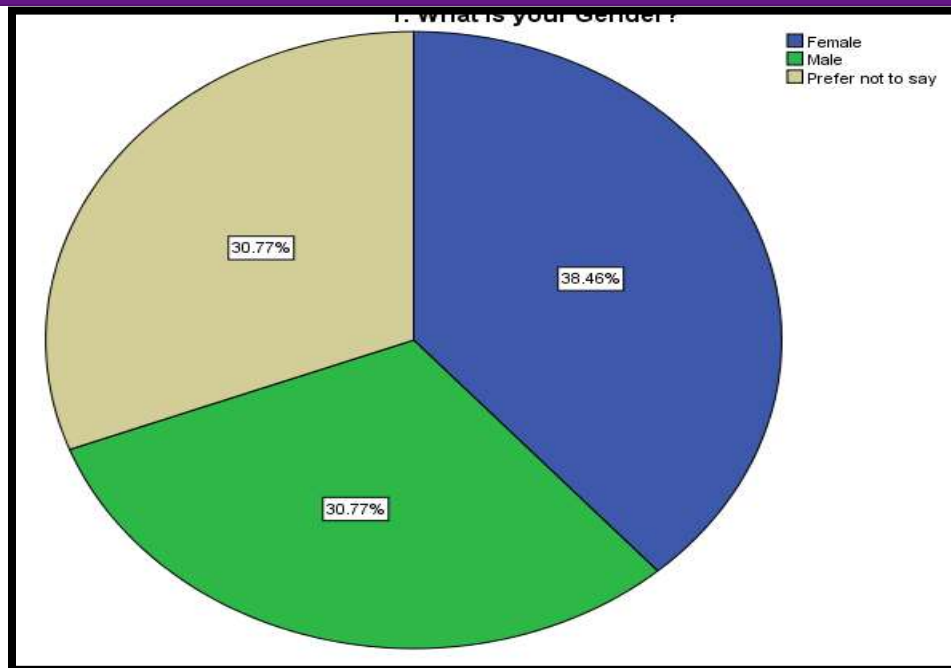
As shown in the above figure 4 and table 1 it represents the age divisions of the responders responding to the survey. Among this, the major amount of the people were from the age group of 46 to 55 and 36 to 45 amounting to 30 people in each group among the 65 responders of the respondent. This gets followed by the age group of 20 to 35 consisting of 5 people.

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	25	38.5	38.5	38.5
	Male	20	30.8	30.8	69.2
	Prefer not to say	20	30.8	30.8	100.0
	Total	65	100.0	100.0	

**Table 2: Gender analysis**

(Source: SPSS)



**Figure 5: Gender analysis**

(Source: SPSS)

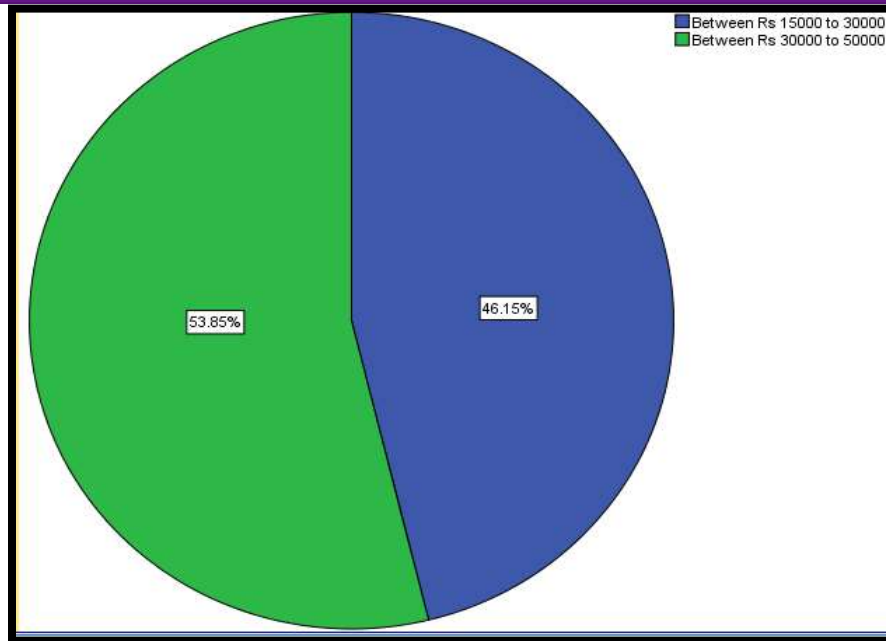
As shown in the above figure 5 and Table 2 it reflects the gender analysis of the responders responding to the survey. Among the 65 responders, major people were from the and female gender divisions with a percent of 38.46 and a number of 25 responders. This gets followed by the male gender amounting to 30.77 percent and a number of 20 responders.

**Monthly income**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Between Rs 15000 to 30000	30	46.2	46.2	46.2
Between Rs 30000 to 50000	35	53.8	53.8	100.0
Total	65	100.0	100.0	

**Table 3: Analysis of monthly income**

(Source: SPSS)



**Figure 6: Analysis of income**

(Source: SPSS)

As shown in the above figure 6 and Table 3 it represents the income analysis of the people responding to the survey. Among the responders, the major amounts of the respondents were from the earning group of Rs 30000 to 50000 amounting to 53.8 percent. This gets followed by the earning division of Rs 15000 to 30000 amounting to 46.02 percent of the total responders.

**Descriptive analysis**

**Hypothesis 1**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.340 <sup>a</sup>	.116	.102	1.48045	.116	8.247	1	63	.006	1.898

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	18.075	1	18.075	8.247	.006 <sup>b</sup>
	Residual	138.079	63	2.192		
	Total	156.154	64			



Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	5.039	.554		9.102	.000
	IV1	.145	.051	.340	2.872	.006

**Table 4: Hypothesis 1**

(Source: SPSS)

As pointed in the above table 4 it presents the descriptive analysis of hypothesis 1. In this regression analysis, the value of R and R square shows the amount of .340 and .116 which shows the relation between the independent variable and dependent variable. It also shows the value of Durbin Watson to 1.898 with a significance amount of 0.006 which is less than the significance value of 0.5. Therefore it shows a strong relationship with the lifestyle of medieval people with religious practices thus the hypothesis testing is significant and correlated.

**Hypothesis 2**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.327 <sup>a</sup>	.107	.092	1.48808	.107	7.518	1	63	.008	1.797

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	16.647	1	16.647	7.518	.008 <sup>b</sup>
	Residual	139.507	63	2.214		
	Total	156.154	64			

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.891	.629		7.779	.000
	IV2	.146	.053	.327	2.742	.008

**Table 5: Hypothesis 2**

(Source: SPSS)

As represented in the above table 5 it presents the descriptive analysis of hypothesis 2. In this regression analysis, the value of R and R square shows the amount of .327 and .107 which shows the relation between the independent variable and dependent variable. It also shows a significant amount of 0.008 which is less than the significance value of 0.5. Therefore it shows the strong relationship with the lifestyle of medieval people with religious practices thus the hypothesis testing is significant and correlated.

## Hypothesis 3

Model Summary <sup>b</sup>										
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.423 <sup>a</sup>	.179	.166	1.42656	.179	13.732	1	63	.000	1.755

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	27.945	1	27.945	13.732	.000 <sup>b</sup>
	Residual	128.209	63	2.035		
	Total	156.154	64			

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.456	.589		7.563	.000
	IV3	.276	.075	.423	3.706	.000

Table 6: Hypothesis 3

(Source: SPSS)

As represented in the above table 5 it presents the descriptive analysis of hypothesis 2. In this regression analysis, the value of R and R square shows the amount of .423 and .179 which shows the relation between the independent variable and dependent variable. It also shows a significant amount of 0.000 which is less than the significance value of 0.5. Therefore it shows a strong relationship between the lifestyle of medieval people with religious practices thus the hypothesis testing is significant and correlated.

## 7. DISCUSSION

The description of the role of religious practices and the spiritual activities of the people in the medieval era made a strong impact on the mindset of the people. This also makes the development of their decision-making capability to much efficient (Pehar, 2021). For this, a survey has been conducted among the historians of the modern era. The majority of the responders were from the female gender and also from the age divisions of 36 to 55. These responders reflected their effective opinion based on their research on the culture and environment of the medieval era and the influential factor improving their involvement and communicating capability with their community. This descriptive analysis makes a strong connection between the impact of religious beliefs and practices and the changes in the lifestyle of the people in the medieval period.

## 8. CONCLUSION

In the examination of the religious impacts on the behavioral and emotional changes in humans affected in their working ability, a detailed examination is done. The practices and beliefs in their daily life made them realize the reality and survival techniques in that environment in that era. Especially the spiritual inheritance made their living environment more comfortable and made them communicate and express their emotions for their welfare and influenced others to follow those for succeeding in life.

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## Appendices

### Appendix 1: Survey questions

#### Survey link:

[https://docs.google.com/forms/d/e/1FAIpQLSe4Shm92uW2TIARWhmgqyVGBhkqQ\\_-eB5INx5OAPhTqjZWODg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe4Shm92uW2TIARWhmgqyVGBhkqQ_-eB5INx5OAPhTqjZWODg/viewform?usp=sf_link)

1. What is your Gender?

Male

Female

Prefer not to say

2. What is your age?

Between 20 to 35

Between 36 to 45

Between 46 to 55

Above 55

3. What is your monthly Income?

Below Rs 15000

Between Rs 15000 to 30000

Between Rs 30000 to 50000

Above Rs 50000

#### DV: People in medieval age

4. Religion acts as one of the effective factor of personality development

5. Religion varies on the basis of environment and the preferences on the humans in the world

#### IV 1: Lifestyle

6. Religion can make the effective changes in the lifestyle of the humans

7. The impactful developments in the life of people living in this generation can be made by religious factors

8. Do you agree the following of the religious practices can develop the lifestyle of civilized human beings?

#### IV 2: Religious practices

9. Religious practices made impactful lifestyle changes in the life style of the people in the medieval ages

10. Involvement of the religious practice can makes the development in the life style of the humans in the society

11. Do you agree the practices of the religious acts in the daily life can impact on work performance of the humans in the daily life?

**IV3: Environment and the culture of the society**

12. People's behaviour in the medieval ages was impacted by the religious factors

13. Do you agree that the practices and policies of the religious beliefs impacted in behavioral habits of the humans in medieval ages?