Discussion 10

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Religion has control over the beliefs and faith of the people. Following are the five ways through which religion provides social control in the everyday world:

1. Abstinence from unethical choices and decisions

People tend to leave bad habits or choices just for the sake of religion and it's a positive gesture which brings good result, making a society morally correct, just and fair. The imperative ethics are incorporated into the lives of people who follow a religion, thus it makes them pious and virtuous which in turn makes a society less corrupt ethically (Keirns et al., 2015).

1. Not eating junk food or drinking excessively

The religion is evident while making the minor choices of life as such a selection of food and beverages according to health. Therefore religion induces self-control in the people who follow it properly or practically. They abstain from eating junk food and drinking alcohol excessively, which induces positivity within them and it also benefits the society or community by not having a higher number of drunk and obese people.

1. Avoidance of bad and hoping for good

Religion regulates the presence of hope and optimism in the life of a person, and it brings positivity in the life of a person along with the avoidance of bad and wrong things. Hope is like a regulating factor of the person’s actions and beliefs, therefore if there is no hope there would be no good actions followed by the wrong ones.

1. Increases self-esteem

It makes a person feel better about him or herself and it further enhances the sense of being the part of a larger culture or community. Hence religion’s control over the society is positive in this sense that makes people think highly of themselves and their gestures (Keirns et al., 2015).

1. Eases anxiety and depression

It also reduces the depression and anxiety but linking the thinking of a person to the God, an individual links all his worries and problems to the God and waits patiently for the decision of God regarding his life. This impacts the person in a very positive manner.

**References**

Keirns, Nathan J., et al. *Introduction to sociology*. OpenStax College, Rice University, 2015.