

Religious Coping – what, how, why

Summary

In stressful situations such as the illness and the death of a loved one, the question of the sense often arises. Many then turn to religion as a resource of strength, support, and coping. Religion is viewed as a mediator of relationship between stress and stress outcomes. The aim of the paper is an overview of the insights and research about religious coping. We discussed the K. I. Pargament's theory through an explanation of the model of religious coping, styles of religious coping, religious orientation, and positive and negative religious coping. We especially emphasized the positive and negative outcomes of religious coping. The insights on religious coping have found its application in clinical practice. Finally, we pointed out the need for future research.

Key words: Pargament's theory of religious coping, styles of religious coping, religious orientation, positive emotions, negative religious coping