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The Relationship between Happiness, Religious Faith, and Subjective Freedom

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Dear Sir,

The relationship between happiness and many other factors, including religious faith and subjective freedom, has been explored in different studies. We know that both subjective freedom and religious faith ultimately increase happiness. In countries where happiness is more closely related to religious faith, it is less strongly associated with subjective freedom, and *vice versa* [1].

We think that the laws of the place of residence and the type of personality seem to directly affect degree of religiosity and subjective freedom and indirectly affect happiness. Hence, we have three comments in this field:

1. It seems that for evaluating the extent of being religious, asking directly and clearly is the best way [2]. We suggest that the extent of religiousness should not be evaluated by the actions of individuals, because sometimes the extent to which people follow the rules of their religion has little to do with being religious. In some countries religious rules are also accepted as social rules and people have to follow those rules. The item that determined the degree of religiosity in Minkov et al., [1] study was the extent of obeying from religious rules, which is not exactly true in our opinion.

2. Minkov et al., [1] says: "Rising individualism and emancipative values, as an outcome of modernization, diminish the importance of religious faith for people's happiness, while increasing the importance of subjective freedom." We think that modernization does not always lead to individualism and that depends on the circumstances. For example in current situation of covid19, we see that using modern routes of communication has led to better inter-personal connections.

3. Lim and Putnam [3] argue that: "religiousness enhances subjective well-being through the support networks in which religious individuals participate". However, Cain [4] suggests that extrovert and introvert individuals have different outcomes. Cain [4] says that around one-third to one-half of each population is introverted and introverts are who don't feel good in participations. We believe that participation in religious rituals doesn't lead to subjective well-being in introverted people but it leads to a better spiritual feelings.

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