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The utility of spiritual psychology to reduce mental disorders

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Since in early history, the word "spiritual" has used in religious context as well as it has represented the concept soul or matters relating to the soul. The word "spiritual" originated from the word "spirit" which means live and vital nature of the man and animals. Ancient and modern contexts word spiritual has employed for different purposes. In psychological context, spiritual psychology has developed as branch of psychology. The spiritual psychology focuses to study the multiple status of body, mind and soul of the man as well as it directs to survey the human skills in relation to the soul. According to Viktor Frankl, man lives in three worlds, they are, 01. biological world, 02. the world of interrelationship and 03. the world of identity. In this category, the world of identity means spiritual world. Victor Frankl emphasized the important of the spiritual world and he insisted the person who has not developed the spiritual world has unethical behaviours. Existentialists stressed that due to the undeveloped spiritual status of the life there arises a "spiritual void" (vacuum). Consequently of the "spiritual avoid" there arises emptiness and void in the life and it may effect to come up diverse of behavioural conflicts and problems of the life. For exemple suicide, mental dépression Anger, indulgent in alcohol etc,

By referring libraries and E-libraries, here it expects to analyze data related to the topic. Accordingly, following methods can apply to reduce mental conflicts arise due to the spiritual void. 01. paying intellectual attention to the challenges of life. 02. developing spiritual intellect. 03. counselling on spirituality 04. implimenting mental therapies based on spirituality. The world is rapidly developing. Human being is distance from spirituality and tenders to materiality therefore there arises different forms of mental problems but by developing the spirituality of the life, it is possible to reduce mental problems and conflicts of the life.

Key words - *spiritual psychology, mental disorders, psychological counselling*

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