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REVIEWER'S REPORT

Manuscript No.: IJAR-56039

Title: The Influence of Religious Practices Observed During Ramadan on Motivation to Quit Smoking

Recommendation:

Accept as it is
Accept after minor revision.....
Accept after major revision
Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity		Good		
Significance	Excellent			

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

1. Religious practices, including prayer, meditation, and community worship, profoundly influence individuals and societies by fostering better mental and physical health, strengthening social cohesion, and shaping cultural norms. Regular practice is associated with lower stress, higher happiness, increased altruism, and better lifestyle habits, while providing a sense of purpose and identity.
2. Religious practices have a profound and measurable influence on both individual lives and broader society, acting as a source of meaning, social structure, and behavioral regulation. Evidence indicates that regular, active, and sincere engagement in religious practices (as opposed to just nominal identity) correlates with better physical and mental health, stronger social bonds, and increased life satisfaction.
3. Ramadan, the ninth month of the Islamic calendar, profoundly influences observers by fostering intense spiritual growth, self-discipline, and community solidarity. Through daily fasting (sawm), increased prayer (including Tarawih), and charitable acts (Zakat/Sadaqah), Muslims aim to strengthen their connection to

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God, practice empathy for the less fortunate, and cultivate self-restraint.

- 4. Religious practices, such as prayer and community, profoundly influence motivation by providing a sense of purpose, moral framework, and emotional stability, often enhancing resilience and reducing stress. These practices drive both intrinsic (inner faith) and extrinsic (social belonging) behaviors, fostering prosocial acts, increased longevity, and improved mental health.**
- 5. Religious practices and, more broadly, religiosity (the intensity of religious belief and involvement) have a significant positive influence on smoking cessation by providing motivational, social, and spiritual resources that encourage quitting. Studies consistently show that higher levels of religious attendance, private prayer, and adherence to faith-based teachings are associated with lower rates of smoking and higher rates of successful quitting.**
- 6. Key words must be given.**
- 7. Methodology part is good.**
- 8. Result part for tables can be made graphs.**
- 9. Summary points must be included.**
- 10. References should be in alphabetical order.**
- 11. After those changes good to publish in your journal.**