

I. Pajevic¹, M. Hasanovic¹

¹Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina

Aim of this paper is to establish what kind of influence may have regularity of Namazs' performing on mental stability and health of adolescents, in order that how these may have influenced on preventing of their social excluding.

Methodology: The sample was consisted from 240 mentally and physically healthy secondary school adolescents of both genders, of age 15-18 years, equal in regard of school achievements, conduct, family structure and level of exposure to psychosocial distress. Participants were assessed in regard of regularity and frequency of prayer performing. Personality profile was assessed with Freiburg questionnaire of personality. Statistical analysis was done in SPSS 10.00 program; we used Pearson's correlation test (*r*).

Results indicated that regularity of prayer performing and earlier acquired basic instruction about prayer was in positive correlation with mental stability during adolescence, particularly among boys.

Conclusion: Performing of Namazs engages physical, mental and spiritual potentials of personality on individual and also on social plan; so it helps that developmental potentials direct to the way of forming emotionally more stabile person and in that way these will diminish risk of appearance of different forms of unadjusted behavior, in other words these preventing social excluding of young people.

Key words: Namaz – adolescence – mental stability – social excluding