

# 宗教与心理学:导论

Religion and Psychology: Introductory Reflections

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章 梅 译

[**Abstract**] The point the author wants to state through this essay is that applying a psychological perspective can help us in getting a better understanding in the study of religion, but it is important to be aware of the relation between religion and psychology and the way they function to each other, so that people could have better comprehension and more accurate judgement about the theories of religion and psychology.

Several major psychological theories of religion from four famous psychologists were introduced. These works revealed the close and subtle relativity between religion and psychology-how the individual's religious thoughts, feelings, and actions are related to the total psychology of the individual; how personality influences religion.

The author also asserted that it was inevitably that contextual factors like religion would exist in the fundamental element of psychology, all these hidden factors would influence the objective and scientific nature of

psychology, the authority and value of psychological theories for the study of religion can only be determined when their own inner religious, philosophical, and ethical elements have been identified and critiqued. So while psychology claims to be able to analyze and interpret religion in certain ways, religion may be able to analyze or interpret psychology as well.

在这篇短文中我所要阐明的是,叩询心理学的观点对全面充分地理解宗教是非常必要的,尽管它自身还不够完善。同样还要指出反之亦然:心理学作为一门科学,经常隐含着宗教的思想和假设,所以也需要从宗教的角度进行评判。所以,研究宗教与心理学之间关系的学术工作就不再是“宗教心理学”(psychology of religion)这个为大家久知的术语所能涵盖的了,现在它应该更明确地指向“宗教与心理学”(psychology and religion)这个领域。

1. 对于宗教的心理学理解。要从心理学的角度理解宗教,就要用非常概括的术语来表明人们所讲的宗教是什么。这是一个难题,因为关于宗教的定义在当今西方世界没有任何共识,这是由于世界上的宗教种类繁多,而且还有许多社会运动和哲学思潮也有着与宗教相似的性质。尽管如此,休斯顿·史密斯教授已经提出了一对非常简单的定义,可以用于我们此处的阐述。史密斯说,可以最广义地将宗教解释为“一种围绕人们终极关怀而形成的生活方式”;或较狭义地将它称之为“把人性与生存中的先验性依据合为一体的一种愿望”。<sup>①</sup> 这些定义称宗教信众怀有“终极的”或“最高的”愿望,它们涵盖并主宰其他所有愿望,而且人们试图围绕这种

<sup>①</sup> 休斯顿·史密斯,《世界宗教》(*The World's Religions*)、《人类的宗教》(*The Religions of Man*)全部修订的最新版本(旧金山:哈勃旧金山,1991),第183页。