



Psychological Profile and Moral Values in Christian Identity: Between Faith, Cognition, and Behavioral Regulation

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Abstract

The relationship between psychological functioning and moral values represents a central theme in understanding religious identity. Within the Christian tradition, moral conduct is not only a normative framework but also a psychological process shaped by beliefs, internalized values, and self-regulatory mechanisms. This paper explores the psychological profile of the Christian individual, focusing on the interaction between faith-based values and cognitive, emotional, and behavioral processes.

Drawing on perspectives from moral psychology, personality theory, and the psychology of religion, the study examines how core Christian values—such as compassion, humility, forgiveness, and responsibility—are integrated into individual identity and influence decision-making and social behavior. These values function as internalized moral standards that guide behavior, contributing to self-regulation, emotional stability, and prosocial orientation.

Particular attention is given to the role of moral internalization and conscience formation, highlighting how religious teachings shape cognitive schemas and moral judgments. The analysis also addresses the potential tensions between doctrinal norms and individual psychological needs, especially in contexts involving moral dilemmas, social pressure, or identity conflict.

Empirical and theoretical insights suggest that individuals with a strong integration of religious values tend to demonstrate higher levels of behavioral consistency, moral commitment, and resilience in the face of adversity. At the same time, the study acknowledges variability in the degree of internalization, emphasizing the importance of personal meaning-making processes.

The paper concludes that the Christian moral framework, when internalized at a psychological level, contributes not only to ethical behavior but also to the development of a coherent and adaptive personality structure. This interdisciplinary perspective offers valuable implications for education, counseling, and the promotion of prosocial values in contemporary society.

Keywords: christian values; moral psychology; religious identity; moral development; conscience; prosocial behavior; self-regulation; spirituality; personality; ethics