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**THE ROLE OF ISLAMIC FAMILY THERAPY ON THE QUALITY OF THE COUPLE
RELATIONSHIP IN IRAN**

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ABSTRACT

In recent years many methods offering for family therapy especially for couple relationships. But in some country like Iran because of Islamic matters there are some problems for application these new family therapy methods without considering the situation of our clients attitudes and values. The recent methods of family therapy focus on the relation between couple with together, but in Islamic family therapy more than the relationship between couple together there is an intermediate relation between couple and Allah. These relationships according to Quran are based on three dimensions; these dimensions are Maveddat, Rahmat and Taskin (M.R.T). In this paper we are trying to interpret the role of these three factors (M.R.T) on the quality of couple relationship in Iran. The result of implementation of M.R.T method as one the Islamic family therapy methods showed that more than 80 percent family that has an Islamic believes and attitude by applying M.R.T method in their family therapy consultation the quality of the couple relationship was better than before.

KEYWORDS: Islamic family therapy, M.R.T method, Maveddat, Rahmat, Taskin.

INTRODUCTION

Nowadays many family therapy methods such as systematic family therapy, structure family therapy and so on are offering for helping the quality of couple relationship. Kordi said that, but in Islamic countries like Iran have been reported that the families needed to find an Islamic method for helping them [1]. From view point of Islamic psychology is so Deep that Imam Mohammad Bagher quoting prophet Mohammad (S) says: no Foundation in Islam before almighty God is more popular that [2, 3].

According to Islamic literature and based on Islamic researcher, family is the most important foundation in society and the core of family are Maveddat, Rahmat, Taskin [4]. In Islamic psychology which is inspired by routine scientific movements and heavenly revelations and through realistic attitude, explorations and studies begin. The answer to aforesaid question returns to "ignorance" of man, which is the source of all human troubles are attributed to it; an ignorance which for self is intuitive (Ezra\ 25; Gagh\16) [2].

Family with Maveddat, Rahmat, Taskin (M.R.T) is the best foundation for happiness and relaxation then the quality of couple relationship by M.R.T will be more better than without it [1, 4]. Contains four attributes i.e. weakness, envy, lust and unawareness out of which stem pleasures and fancies can arbitrarily take human to here and there [2], [5-7].

M.R.T Method

Maveddat, Rahmat, Taskin are three dimension of family function according to Quran. There are many concepts regarding to family foundation, structure and functions in Quran[4]. But regarding to qualification of couple relationship there are three concepts in Quran Maveddat, Rahmat, Taskin (M.R.T)[1,4]. In case of Maveddat as function of family for couple relationship it means the intemacay and love connection between couple. The meaning of Rahmat means the forgiveness and kindness between couple and the final one Taskin mean happy relaxation of family on couple [1, 4]. These three factors are the results of family formation according to Quran [4].

RESULTS AND DISCUSSION

In this research we have trained 40 couple regarding to these tree concepts Maveddat, Rahmat, Taskin (M.R.T) for couple relationship in 10 sessions. 32 couple reports that their relationship qualification has been better after using M.R.T in their communication. 8 couple did not report any differences before and after family therapy sessions.

CONCLUSION

In recent world all families are facing with many problems such as increasing the age of marriage, decreasing the stability of couple communications and losing the quality of couple relationship. Islam has special suggestions and concepts for family for stabilizing the family communication, family empowerment and the quality of couple relationship. In this paper we investigated the application of three concepts of Islamic point of view regarding to couple communication. These three concepts were Mavedat, Rahmat and Taskin M.R.T. the results showed that by implementation of M.R.T method, the qualification of 80 percents of couple have been better after 10 sessions.


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