

# EVALUATION OF IRANIAN COUPLES ATTITUDE REGARDING TO ISLAMIC FAMILY THERAPY (IFT): CASE STUDY OF 850 COUPLES IN IRAN

ABDOLREZA KORDI

Research deputy of Iranian Family Studies Association, Tehran, IRAN

## ABSTRACT

*In order to solving families' problems, there are a lot of family therapy methods. In these methods Islamic family therapy (IFT) has been able to solve a lot of families' problems. The young couples are more vulnerable rather than other groups. For these reasons there are a lot of psycho-educational methods for empowering new couples. If these new couples learn how to solve these problems they will be more stable and powerful in any situation. The results of researches proved that the majority of divorce has been happen in the first of marriages in Iran. In this paper the Islamic family therapy method have been evaluated according to the young couples. 850 couples in the age of 18-40 participated in Islamic family therapy (IFT) psycho-educational courses. After finishing these courses the attitude of the couples have evaluated and the result proved that 89% are satisfied by this method and they mentioned this method is necessary for the Muslim couples as an empowerment and developing family stability. In addition 80% of these couples are believed that this method has direct method on family stability.*

*Keywords: Islamic family therapy (IFT), Strengthening families, M.R.T method, psycho-educational.*

## INTRODUCTION:

In recent years many family therapy methods such as cognitive family therapy, systematic family therapy, structure family therapy, behavioral family therapy and so on are offering for helping the quality of couple relationship and strengthening families. Kordi said that, 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 in IFT

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 Mavedat as function of family for couple relationship it means the intimacy 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].

### Evaluation of Islamic family therapy

In this part of paper the results of couple's attitudes regarding to psycho-educational curses based on Islamic family therapy (IFT) have been evaluated. The statistical societies are including 850 young couples in the range 18-40. In the table1 the results of couple's attitude have been showed.

Table1- The results of couple's attitude

Number	Question	The level of satisfaction (%)
1	Islamic family therapy (IFT) increasing your knowledge for solving your family's problems?	78
2	Is Islamic family therapy (IFT) of family therapy useful for other families?	89
3	Can Islamic family therapy (IFT) decrease the rat of divorce?	82
4	Can Islamic family therapy (IFT) improve the couple relationship?	79
5	Can Islamic family therapy (IFT) increase strengthening families?	80
6	Do you like to participate again in Islamic family therapy (IFT) courses?	91
7	Do you offer Islamic family therapy (IFT) to other couples?	94

In addition for better comparing the questions' results show in the figure 1.

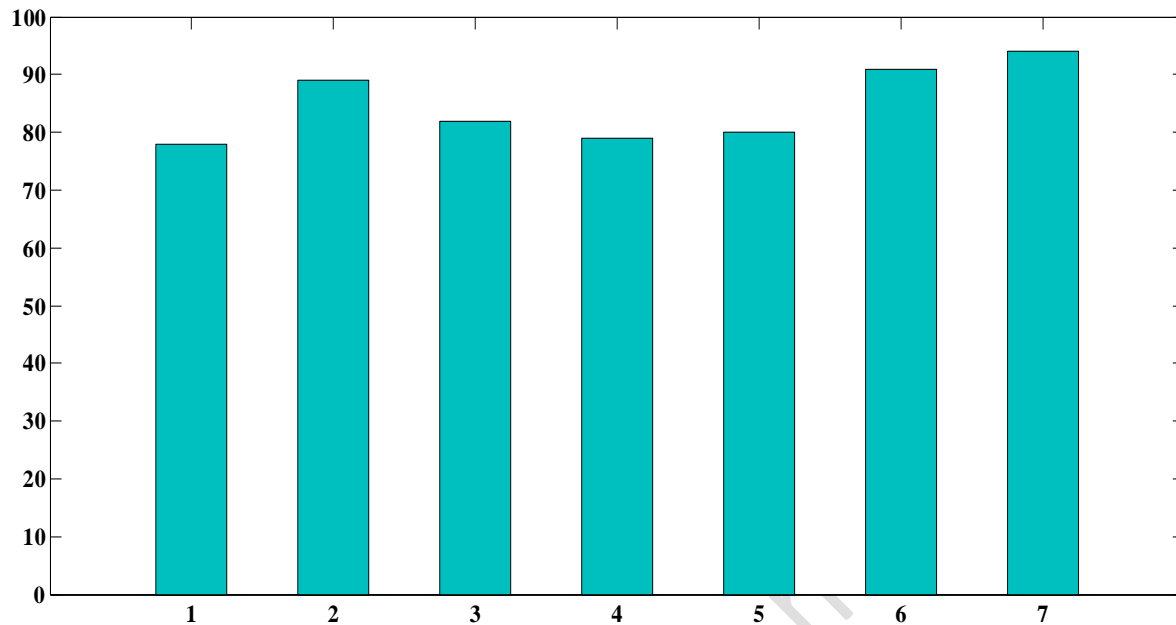


Figure 1. The Islamic family therapy (IFT) questions' results

Figure 1 shows that the high level of couples' satisfaction regarding Islamic family therapy (IFT) method. Moreover they are interested to participate in this method again and offering Islamic family therapy (IFT) method for other young couples.

### Conclusion

The Islamic family therapy (IFT) method is an affective and useful way for empowering and strengthening families. The Islamic family therapy (IFT) method is based on Maveddat, Rahmat and Taskin (M.R.T). In this paper we evaluated the opinion and attitude of Iranian young couples (850 couples) about Islamic family therapy (IFT) and its affection on empowering and strengthening families. The statistical societies are including 850 young couples in the range 18-40. The results showed couples relationship improved and qualified by Islamic family therapy (IFT). 79% of young couples reported that Islamic family therapy (IFT) help them for improving their relationship to be more qualified and better in comparison with before participating in Islamic family therapy (IFT) courses.

## References

- Kordi, A. The need of Islamic family therapy (IFT) as a comfortable method for families in Iran (2014), Iranian journal of family studies.
- Danesh, E. (2005). The efficacy of Islamic counseling on improving marital adjustment levels of incompatible couples.
- ImamKhomeyni, R. Translator: Abdolkrim Byazare Shirazi. (1982). Modern thesis: Family problems. Anjam ketab Press. Tehran. Iran.
- Kordi, A. Islamic family therapy (IFT). Family studies publication. (2015). Tehran. Iran.
- Beheshti, A. (1981). Training from Islamic viewpoint. Payam Press. Tehran.
- ImamKhomeyni, R. (1989). Forty anecdote. Raja Press. Tehran.
- Shargavy, H, M. Translator: Mohammad Bagher Hojjaty. (1987). A pace despite of Islamic psychology. Islamic culture press office. Ghom.
- Kordi, A. (2015). The role of Islamic family therapy on the quality of the couple relationship in Iran. International Journal of Engineering Sciences & Research Technology. 4 (8). 1-2.