

THE FAMILY BEHAVIOR PATTERNS BASED ON ISLAMIC LIFESTYLE AND ITS RELATION WITH THE MENTAL HEALTH

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ABSTRACT: One of the most important and complex and intricate issues in today's world is the mental health of peoples and its relation with faith. In a world that little faith's effect can be found in the communities. Most people have suffered from psychological abnormalities and problems. Despite all efforts that have been done to treat the mental patients by psychiatrists and counselors, the average treatment does not exceed 70%. Thus, many of them have been sometimes worse after therapy and after sometime it will back. So the psychologist were looking for the reason and they found that the most important factor in treatment of mental illnesses is "religion" and the percentage of people's development who believe in religion are much higher than others. Therefore, they concluded that for the patient's therapy, the most effective treatment is the religious and faith drug.

Keywords: behavioral patterns, lifestyle, mental health

INTRODUCTION

Chapter one: The research plan

The Research aim

the purpose of the present study is the examining the relation between religious faith and mental health. Understanding the foundations of religious faith can help to prevent the mental disorders, in this regard, etiology can be a factor for reconstruction and rehabilitation of mental patients and it can protect the human capital from the risk of such disorders.

Research topic: the family behavioral patterns based on Islamic lifestyle and its relation with the mental health

Research problem statement

In this research, the basic question: is there a significant relation between the family behavior pattern based on family-based lifestyle and mental health?

The research usefulness and importance

Understanding the determinants of mental health and its relation with faith and using the optimization techniques can prevent of mental disorders. So by doing careful scientific studies, it can identify the origins of mental illnesses and it can guarantee the mental health.

Chapter two: Research topics

What is the Islamic lifestyle and mental health?

Human is a beings that have both physical and mental dimensions that its illness or health can effect on the other. Also understanding of mental health is necessary for the fully understanding of human health. The mental health are a harmonious behavior with community and recognition of social realities

and the power for adaptation, satisfying their needs, balanced and have a purpose in life and understanding their talents.

A person who has the mental health, he/she has the following characteristics

1.he/she has the ability to communicate with others in the community.

2.he/she has the ability to accept the social rules.

3he/she has the relief and has no permanent fear.

4.he/she has the competent and confident feeling.

5.while he/she like others, but does not have an extreme dependence.

6.he has the moral and spiritual virtues such as benevolence and compassion to others and humble.

7.he/she considers the current life as a divine and purposeful life that he/she wants to achieve the goals of a healthy life. It should be noted that the mental health of the notion depends on the mental health of children and adolescents in the community. And we should promote the mental health of students by the numerous tutorials. Because otherwise, a person will has the psychological and psychosomatic illness.

STRESS AND STRESS SYMPTOMS

stress is a situation that a person faced with in the workplace and these situation do not fit with the existing requirements and facilities. And he will has imbalance, conflict and internal strife. In today world, stress is a big problem. It is stated that 75% of physical illness have a relation with stress and it is one of the effective factors in heart disease and cancer that they are two main causes of death across the world. It seems that

stress has an important role in many unhappiness, restlessness and frustrations. On the other hand, increase of cardiovascular disease and cancer, debauchery and drug addiction and urbanization and rising tension have relation with stressful situations. So the equilibrium dynamics of organism and their adaption with the external environment is disrupted. Hence, in recent years, the attention to the stress sources and the coping strategies among various groups, especially in patients with organic illness and mental health problems, patients with obsessive-intellectual, depressed veteran, amputation with limb pain spooky families with mentally retarded children, caregivers of schizophrenic patients are highly regarded and considered. These studies have shown that use of effective coping strategies play a major role in reducing imposed stress on this group. Attention to the stressful life events dating back to the 1930s that Meyer suggested the utilizes of personal records and medical history in medical diagnosis. Du hent et al in 1949 and hulmez brought the social re-adjustment rating scale and it is an assessment of stressful life events have been widely used in 1970 s. on the other hand, studies have shown that there is a high correlation between value systems and mental health and this issue indicates the effect of value system and beliefs in life style. Richard G in 1990 found that the religious peoples feel that life is meaningful and satisfying. Dunken believed that believed people suffer less than others from emotional separation because they believe that a powerful source of undying support them and hence they can easily leave home. Religious people consider the relation with God as a supportive source, religious behaviors have a significant positive effect on life. Behaviors such as prayer, pilgrimage and trust in god can create hope and positive attitudes in person's life and have the inner peace in persons. Belief that God controls the situations and in plight he assists people, and this think reduce the anxiety that religion people express the relationship with god as a relation with a friend and they believe that rely on God is a effective way to control the situation and adverse events. One of the strategies that have been considered is the religious beliefs and religious coping strategies. Providing the religious insights and religious beliefs has an effective role in reducing anxiety, depression and providing mental health. Due to this issue that reliance is a part of person's religious faith so the reliance is an Islamic trust, belief, faith and behavior. and in Holy Quran and Nahj have been approved by Islamic religious and scholars. Reliance is the work assignment to who has full

confidence and it is the attachment and trust in the Lord and break away from others to what God wants and it is the faith and devotion of the Prophet Muhammad who is dedicated to perfection. By relying on God, we can use the right living way and we can ignore the stressful factors.

FAITH FROM THE PHILOSOPHERS AND PSYCHOLOGISTS PERSPECTIVE

American psychologist and philosopher William james says that faith is a force that must exist to support human life. Lack of faith is a n alarm that declare the human inability against the life hardships. This word does not be expressed by a spiritual and religious fanatics but an American psychologist says that without any discrimination. In fact, it is a honest confession about the effect of religion and its effect on human psyche. This words are stated by a scientist that live in a land and examined all ways for treatment of psychiatric patients but the desired result is not obtained and here he use the religion judgment for helping the human or karl lang believed that by his exposure to different patients with different nationalities, he did not see even a patient that is in half-life and his/her problem is the religious attitudes in life. Thus we can see that in western societies, people for treat their emotional pain, refuge in religion. In the world full of war, oppression and thousands misery, it is obvious that people are anxious, uneasy, unbalanced, distress and worry. Being lost in nuts and bolts of thick of factories and cars are the lowest recorded conclusions in the faith. So it is obvious that we consider a drug above all of these origins and all these ways will be a dead-end and we should resort to an eternal force. No doubt that the most important spiritual faith drugstore which is available for all is at the heart of Quran, because Allah explicitly considers the quran as the cure for human diseases.

«قَدْ جَاءَ تَكْمُ مَوْعِظَةٍ مِنْ رَبِّكُمْ وَ شَفَا لِمَا فِي

الصدور» [آيه ٥٧ سوره يونس]

"it is a letter full of advice and guidance and mercy to believers that came from Allah to save you."

Or he states in another place

«وَمَنْ أَعْرَضَ عَنْ ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَ نَحْشُرُهُ يَوْمَ الْقِيَمَةِ أَعْمَى»

Vol 15. Al mizan interpretation, Vol 11.

Allameh Tabtabai in this verse interpretation says that the cause of live hoods narrowing and blindness in the day of resurrection is forgetting

God. Or he says that everyone forgets God in the world, God will forget him in the resurrection. And if he says that if anyone forgets me, he will have a difficult life. It is because if anyone forgets God, there is nothing for him except world and this human try for his world life and he entertains with his life and expands it more and this life does not satisfy him if his earning is low or high, he always wants to have more and his greed does not arrive to a point so such person is always in poverty and always wants things which he/she does not have the, regardless the depression and fear and stress that he has and the death and unhappy events of life gives him more stress and he always among the unmet hopes and it is obvious that all these ups and downs is deal with human spirit and these factors make him more tired and his avarice become an obstacle for him. And all of these problems ate the results of separation of God that affected on people and the culprit is the human, himself.

We read another verse from Quran
 أَلَا يَذْكُرُ اللَّهُ تَطْمَئِنُّ الْقُلُوبُ (رعد-٣٨)

Be aware that only that the remembrance of god calms the human.

Allameh Tabataba'i in his interpretation says that: sometimes the heart's situation is a critical situation and we can not name it a heart. Thus, such heart forgets God and does not have any blessing and so hearts only calm with the remembrance of God. And such person has confidence in facing the harm and evil and he believes that if God gives him anything, his benefaction is in this work and if god does not give him anything, his benefaction is in this work. Such person cannot be relaxed until he will have faith to his God and this is only thing that can make him happy in the life. also God give him a natural life as he says:

مَنْ عَمَلْ صَالِحًا مِنْ ذِكْرًا وَأَوْثَقَى وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهُ
 . لَنُجِزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ (نحل-٩٧):

Everyone, man or woman conducts good deeds, we resuscitate him in a good life and we award him more than his acts.

هُوَ خُسْبَةٌ إِنْ اللَّهُ بَلِغَ بِأَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا

Whoever puts his trust in Allah, it is sufficient for him. In this verse, one of the ways for obtaining repose and solves the problems, is reliance on God. In this situation, human try for his life and participates in his life dynamically but he entrust all the things to God and this act provides him a kind of inner calm and mind peace

خَلِقَ الْإِنْسَانَ ضَعِيفًا

Human is created weak.

This weakness can effect on human and his mental health. If this person feels alone and he does not see any powerful support, the context of stress emerges. In the divine religions (especially Islam), this need has been answered and an appropriate solution has been proposed. And it is encourage to prayer and intimacy with God, this emotional link escape him from the loneliness because human considers God as problems disentangling, God invites him peacefully

وَإِذَا سَأَلَكَ

عِبَادِي عَنِّي فَانْتَبِهْ فَاقْبَلْ دَعْوَةَ الدَّاعِي فَيَسْتَجِيبُهَا إِلَيَّ وَلِيُؤْتِيَهُمْ مَنُوبَى لَعَلَّهُمْ يُرْسُدُونَ

In fact I am close to you and I answer to prayers that call me and he should accept my "invite" and he should believe me to be fortunate.

This invited person from the God, how he does not reach to this real calms? And how he sees himself alone? This divine delight is so high that God sys if my servants know my delight, they will be dead from this divine delight.

Is there any calm higher than that for servants? Imam Sajjad knows the God's love as a heart's calm and he says: you are my destination, chant with you is happiness for me and it is my calm and my disease medicine and a healing of my burning heart. (Mafatih Al jinan-Al momenin chant)

- آيَةٌ إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ -

Indeed, god's friend doesn't afraid and depress.

In vol 10 of almizan interpretation, it is stated that: God's friend does not afraid from anything and as it is wanted from them to afraid from their God and they should be sadness from the loss of divine dignity. And all of them are the steps for surrender to God. So it is obvious that fear is one of the obstacles for inner calm and this obstacle creates when the spiritual relation with god is stopped.

But when this fear becomes a fear of God and a spiritual favor and so it transforms to fear of God, meanwhile this person finds comfort and we consider the epitome life of faith and practice in the humanity world such as saints and prophets and Prophet Muhammad, we find them as undisputed evidence which are a mixture of faith and practice with psychological comfort. They welcome the hardship and tragedies with open arms and in despite of a skillful hurricane struck, they deliver their body and soul to the peace and tranquility beach. And this patience is clearly visible in their place. Prophet's life was full of ups and downs. Life of prophet Yusuf (AS), Hazrat ayyub(AS), Prophet Yunus (AS) and

many other prophets are the obvious examples, these are peoples that in spite of all trials and hardships have been at the pinnacle of comfort and confidence.

THE PERSPECTIVE OF HOLY QURAN

We briefly review the perspective of Holy Quran's perspective which is the greatest miracle of Prophet and it is the richest source for guidance and maximizes the human happiness.

1. Faith

تَوَمَّنُوا وَلَكِنْ قُولُوا أَسْلَمْنَا وَلَمَّا يَدْخُلِ الْإِيمَانُ فِي قُلُوبِكُمْ

(AL-HUJRAAT, verse 14) the arabs declare: 'we believe. ' say: 'you do not', rather, say: 'we submit, ' because belief has not yet found its way into your hearts. if you obey allah and his messenger, he will not reduce a thing from of your deeds. allah is the forgiving and the most merciful.

So Islam is saying these words and performing pretended look but faith depends on heart and exterior.

2-Repentance (AZ-ZUMAR- verse 53)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ ... وَاللَّهُ غَفُورٌ رَحِيمٌ

say: 'o my worshipers, who have sinned excessively against themselves, do not despair of the mercy of allah, surely, allah forgives all sins. he is the forgiver, the most merciful.

Martyr Motahari knows the virtue as immunity no limits and he believes that virtue gives the man spiritual freedom and release him from the bondage and slavery. In the sermon 228 of Imam Ali (AS) is stated that virtue is indeed the correct key and resurrection luggage and freedom from any bondage and deliverance from ruin, virtue creates the feel to desire piety, purity, charity and disgust feel to the filth and sin. Virtue is like steel shield against a storm of humanity enemies.

4-mention

(AL-RAD, verse 28) those who believe, and whose hearts find comfort in the remembrance of allah. is it not with the remembrance of allah that hearts are satisfied.

5- Repentance: it is an inner feel that person experiences grief and regret after sin sweetness and converts it to a bitter sense.

فَمَنْ تَابَ مِنْ ظُلْمٍ وَاصْلَحَ فَإِنَّ اللَّهَ يَتُوبُ عَلَيْهِ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

(AL-MAEDA, verse 39)

but whoever repents and mends his ways after committing evil shall be pardoned by allah. allah is forgiving, most merciful.

6-Familiarity with Quran

قَالَ وَمَنْ يَقْنَطُ مِنْ رَحْمَةِ رَبِّهِ إِلَّا الضَّالُّونَ

7- Hope (AL-HIJR, verse 56) he replied: 'and who despairs of the mercy of his lord, except those that are astray?

The faithful human never give up to hardships and troubles and knows them as divine wisdom and he does not afraid of them. So he does not stay at home and not be disappointed but he knows them as an opening introduction.

8-Refuge: it means the refuge to God of evil. In Majma Al Bayan this noble narrative reported from Prophet Muhammad that the devil be wares the faithful's heart and if he see, the human remember God, he escapes. Holy Quran considers this issue so important and he vowed with the human not to follow devil and explicitly defines him as an open enemy .

10-Patience

إِنَّمَا يُوفِي الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ الْحِسَابِ

(AZ-ZUMAR , verse 10) say: 'my worshipers who believe, fear your lord. for those who do good in this world there is good and the earth of allah is wide surely, those who are patient will be recompensed in full without count. "impatience in the tragedy finds it and sustainability in tragedy destroys it" (Mizan al hekame). Sustainability creates satisfaction sense in human and he considers this tragedy, as an good event and this interpretation can reduce the depress and stress sense and prepares human for an active life.

11- Prayer: prayer creates comfort sense in human and in brain activity excites a type of powerful sense.

(Albagharah, verse 186)

12-Worship

يَا أَيُّهَا الْإِنْسَانُ أَنْتَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَاقِيهِ.

(AL-INSHIQAQ, verse 6)

o human, you are working hard towards your lord and you will meet him. Sustainability creates satisfaction sense in human and he considers this tragedy, as a good event and this interpretation can reduce depress and stress sense and prepares human for an active life.

Elkis Carl: Worship flourishes the individual talents.

Napoleon was never comfort in spite of fame and power, I never had 6 fun days in my life but the person who was deaf and dumb from two years old was satisfaction with life and declared life was more beautiful than I saw.

In America, from each four households, one of them suffers from mental illness and a family of three marriages end in divorce (Mental health in Islam).

Prophet Muhammad: the cleverest person in one who remembers death, more.

Meeting of the Lord: real worship as a kind of exit and transfer from 3D world and go to another world. This world is full of motion and heart pleasure. And this pleasure never compare to material and worldly pleasures. This verse says about comfort that the human's heart become calm at its pick is meeting the Lord.

13-chastity

14- Love and Kindness to others

احفض جناحك للمؤمنين : (AL-HIJR, verse 88)

do not stretch your eyes to that we have given pairs of them to enjoy, nor sorrow for them, and lower your wing to the believers.

This interpretation is a beautiful ironic of humility, kindness and gentleness, as birds are going to love their chickens, keep them under its wings.

Ali (AS): the person who is believed the peoples, attracts their loving.

According to the above verse, the godly person not afraid of anything and if he feels fear, it is the fear of divine will.

If the person does not have mental health and his needs for physical, mental and social don't well satisfied he will has mental disorders and also he will has psychosomatic diseases. These diseases are those physical diseases that caused by psychological factors especially anxiety and worries, some of these diseases can be noted as compulsions.

CONCLUSIONS

Mental illness includes disorders in behaviors, feeling, emotions and thoughts. For example, a

kind of disorder is the hyperactivity disorder in children. An example of emotional disorders is depression and an example of thought disorder is obsessive-compulsive disorder.

Several factors can cause the mental illnesses such as physical, mental and social factors. There are physical factors such as eating disorders, problems in utero, genetics and brain trauma. There are psychological factors include individual's struggle within himself to solve the various problems. There are social factors such as unbalance to right communicate with others. It should be noted that this disease are not contagious and don't spread from person to person.

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