

THE PSYCHOLOGY OF MEN AND WOMEN IN ACCORDANCE QURAN AND SUNNAH

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Abstract: *This research aims to explain the important aspects related to the psychological aspects between men and women as mentioned in the Qur'an and Sunnah. This research deals with the nature of men and women with regard to marital life, in addition to mentioning the individual differences between them and the impact of that on marital cohabitation and family life. The main goal of this research is to study the psychological and biological differences between men and women with evidence from the Prophet's hadiths while strengthening them with verses from the Noble Quran. The research adopts the inductive approach and Analytical approach to trace and extrapolate texts and other sources related to social psychology and family psychology, in addition to that, it mentions the relationship between individual differences of men and women in contemporary marital life. The research will address several aspects, namely: psychological nature of men and women, level of mental abilities and skills of men and women, level of sensory perception of men and women, characteristics of women in physical functions, psychological and physical symptoms, how to deal with the wife. The research concluded that there are individual differences between men and women, and knowing that is one of the important matters recognized by Islamic law and considered in the legal rulings, furthermore; mastering that has a positive impact on the management of marital cohabitation and family life.*

Keywords: *Abilities, Characteristics, Functions, Perception, Physical, Psychological, Symptoms*

Introduction

The issue of psychological aspects between men and women has been described as a topic related to the beginning of human life in different races, peoples and tribes; with great interest by various groups, Islamic and non-Islamic, an objective and analytical study. This is either to derive instances rulings related to psychological aspects and the habits that concern the spouses in their marital life, which is what the majority of psychologist have done in their books; or to clarify Sharia-related differences between men and women through answers to Fatwas related to Islamic activities and idolization, which is what the majority of scholars have done in many of their books and Fatwas related to Islamic studies and to decisions issued in Sharia and non-Sharia courts; or to clarify the needs and tendencies of men and women in marital cohabitation and family life, which is what the majority of family psychologists have done as well as some foreign writings devoid of Islamic morals and values; or to search for the methodology of the Qur'an and Sunnah in individual differences between man and women that have advantages and disadvantages on marital cohabitation and family life; It is a topic that still needs more specialized study in order to derive Islamic and social features in the guidance of the Qur'an and Sunnah, and showing it to people so as to emulate and follow them in dealing with marital life.

In order to do that It is very important for one of the spouses to know the psychology, nature and characteristics of his spouse, because ignorance of such matters would create many problems between the spouses. It could even be a cause of anxiety and tension in their married life especially if we look at the fact that Allah created man and woman from one soul, and made in their nature common characteristics as well as peculiar ones of which the man has what the woman does not, and the woman has what the man does not, in order to achieve the purpose of marriage. Hence it becomes more important knowing the nature and characteristics of each of them in order to make it easier for them to tolerate some inappropriate behaviours that may come from one towards the other. Consequently, the differences between them decrease and get replaced by affection and mercy, then marital happiness. In this section, Allah the Almighty says:

“And the male is not like the female”.

(Al Imran: 36)

Ibn Kather (1999), may Allah have mercy on him, said, when interpreting this verse: the intention of Imran's wife is clarified in the difference that exist between male and female: “i.e.: in strength, steadfastness in worship, and serving Al-Aqsa Masjid”.

Psychological Nature of Men and Women

Recent studies have proven the psychological differences that exist between men and women in their psychological behavior in several ways. It indicated that this is not only due to the nature of the society and social upbringing and education to which they are exposed; but these differences are clearly due to much deeper causes than that. It is the difference between the physical and mental composition of both men and women, just as a woman has a feminine body, she has a feminine brain, and just as a man has a masculine body, he has masculine brain. And the brain is the central administrative and emotional organ of human life, its form differs in men from that in women. Thus, it results in differences between them in mental processes, intellectual abilities, skills, and behavior (al-Rawi, 2008). Those studies show that these psychological differences between men and women remain in them in all different stages of life from childhood to old age. So, it is necessary to present only what is related to marital life, or what is needed in that as follows:

Table 1: Childhood Stage

First: Childhood Stage:	
Males behavior	Females behavior
Most male children tend to move more and have some violence and a love of discovery and aspiration	Most girls who tend to be calm, cool and less mobile
Busy playing ball, dismantling toys gifted to them, to know what is inside them	Cooking, arranging the room, raising children, playing with brides, relieving them and taking care of them (al-Bar, 1992)
Imitating their father in his behavior inside the house, or at workplace or in the profession he practices	Imitating their mothers from what they see in the housework

Furthermore, is rarely you find a male child imitating his mother in the private matters of femininity, even though he accompanies her throughout his childhood stage, rather you find him imitating his father, although his companionship with him is less than that of his mother.

Table 2: Advanced Stage of Life

Second: Advanced Stage of Life:	
Males behavior	Females behavior
The qualities of men's, which distinguish them from women: aggressiveness, adventure, risk taking, discussion, firmness, persistence, determination and fondness to authoritarianism	the intensity of jealousy, frequent complaints, strong tenderness, tenderness of the heart, and inclination to satisfy emotions appear more in women than men
these qualities were mountainous and unearned traits, psychologists justified the dominance of men to a large degree throughout history.	women are more exposed than men to psychological and behavioral disorders because of the menstruation, puerperium, pregnancy and childbirth, and the psychological phenomena
Men did not acquire adventurous behavior but scientists who specialize in the field of gender differences acknowledge that these qualities are distinct in men because their testosterone levels are 10 times more than that of women (al-Rawi, 2008)	psychological phenomena that accompany those conditions, including: feelings of depression and distress, mood swings, irritability, lack of endurance, a tendency to worries, and sorrows (al-Rawi, 2008)

The prudent husband should settle himself in receiving the results of these positive and negative traits. He should try to control his behavior and the behavior of his wife if she exceeds the legal limit because most of the differences and problems in marriage arise from excessiveness or carelessness in this regard. He is the first and last person responsible in such cases, for his distinction with the qualities of manliness and strength that are not found in women.

Table 3: Marital Cohabitation and Biological Nature of Males and Females

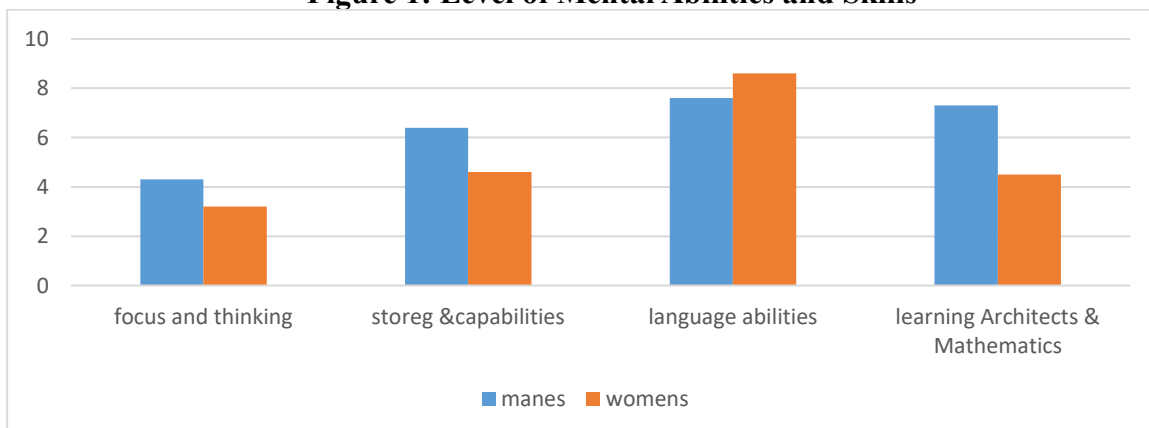
Third: Marital Cohabitation and Biological Nature of Males and Females	
Males habits	Females habits
The man's sperm that runs towards the ovum, while the ovum,	The woman's sperm, is still and quiet, walking and wobbling stylishly in its place without leaving it (Ibrahim, 2006)
Mane's desire is very strong begin to show interest and call, he can fight to prevail over the opposite sex	Woman's desire is very sensitive, delicate and quickly fades and breaks if she feels unwilling on the part of the man (Ibrahim, 2006)
when he desires even if he feels unwilling on the part of the woman, his urge still continues for up to 12 hours	When she desires if finds cruelty, violence, or even an unpleasant smell, or unwilling her urge disappear within 15 minutes
As a result, you find him more worried than a woman when his desire is rejected in this regard.	As a result, you find women has less worried compared to man
When a man gets family problems, he prefers silence and never speaks of what he is worried about and does not involve anyone in his problems.	When woman prefers sharing her problems with others to help in solving it, so she resorts to talking, searching for who can help her to solve her problems (al-Juaitheh, 2017)

It is important for the spouses to understand the psychological nature of men and women; this is because the wife, for example, may think a man's distance from her in such circumstances is evidence of a lack of love and care towards her or lack of interest to solve their problem, and this may obstruct and amplify matters, while the truth is otherwise. The man's distance from her could even be for no reason; for a man in his relationship with a woman sometimes finds him very close to the woman and then moves away for no reason, then comes close again. This is a normal thing in the psychological nature of a man. Rather, it is one of the things that renews the love between a man and a woman and removes toxicity existing between them because of the long period of cohabitation.

Level of Mental Abilities and Skills of Men and Women

The ability of women to focus is less than that of men, as distraction predominates over their thinking, as it controls both sides of the brain, the right and left, in all the issues of women together, which increases the degree of distraction and reduces the degree of concentration. So, for example that is why female architects are less than the male (al-Rawi, 2008).

Figure 1: Level of Mental Abilities and Skills



The information storage center and capabilities in the brain differ between men and women. In men, the place of verbal abilities is different from the geometric and spatial abilities, while they are present in both hemispheres of the brain in women, and this means that a boy's brain is more specialized than the brain of his sister (al-Bar, 1992), ' so he found that women are less prepared than men in learning and comprehending Mathematics, especially at higher levels of study, because a rate of (13) to (1) only of women is found in postgraduate studies of mathematics in the United States of America. As for women's abilities to learn and master a language, recent studies have proven that women outperform men in their education (al-Rawi, 2008).

One of the distinguishing features of women is the increased thickness of their rigid bodies, which works in exchanging information by passing between the two hemispheres of the brain, it gives women some abilities, including helping her in work that requires closeness in her hands and coordinating, as in knitting, embroidery, and household chores. It also increases their ability to mentally connect things and thoughts. It also helps them to accomplish multiple activities at the same time.

Knowing the Level of Sensory Perception of Men and Women

It has been proven in recent studies that the brain deals with the knowledge received through sensory perception, which comes from the five senses, and researchers found that the female brain is completely different from the male brain in terms of sensory perception as follows:

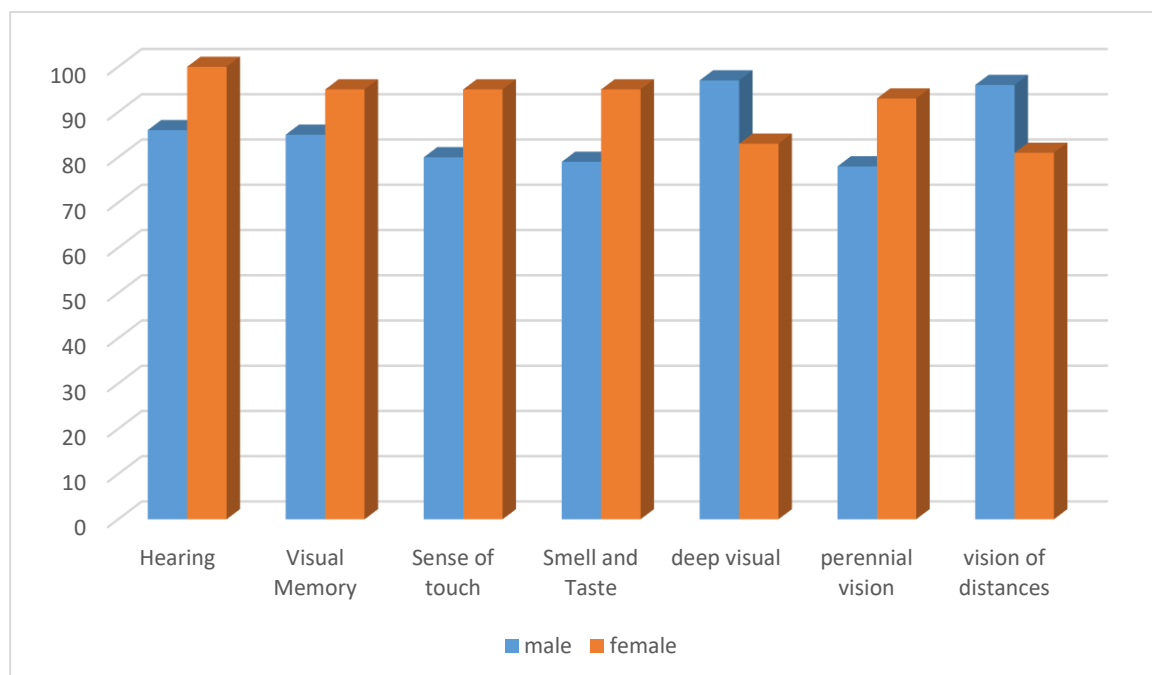


Figure 2: Level of Sensory Perception

Therefore, you find that female children learn pronunciation before males, and females learn languages faster than males because of their superiority in hearing and verbal memory. Likewise, females outperform males in visual memory. Therefore, women have a greater ability to recognize people's faces and names. vision of what surrounds the visible object, which helps them to accurately estimate distances, and from this it can be said that this superiority in night vision helps the mother take care of her children at night.

As a result, women are superior to men in performing precise manual tasks and they feel pain faster than males and endure it for a longer period than men. females are more sensitive and widespread than males. As a result, women are superior to men in performing precise manual tasks and they feel pain faster than males and endure it for a longer period than men, it is to enable them to perform the functions of motherhood and other delicate house chore (al-Rawi, 2008).

The importance of knowing these differences comes at the level of sensory perception between a man and a woman, as the husband may feel lack of light in the room and needs to turn on the light, for his vision during the day is stronger than his vision at night, while a woman does not need that, for her vision at night is stronger than her vision during the day. So, Satan takes advantage of this opportunity and opens the door to evil thought: such as being accused of lack of vision or lack of economy in the use of electricity, and the like. As it may be with regard to hearing, the wife may complain about the crying of her child last night, while the husband may not feel that even though he stayed with her in the same room.

This is because his wife's sense of hearing is stronger than his, so the wife accuses him of not paying attention to them, or the husband denies her suffering with children and the like; and from there, marital quarrels and problems begin between them. Also, the husband may try persuading his wife to do a certain specialty or profession that is contrary to her nature and inclinations, that would be a reason for her not responding to his desire, and he would not get it if he has no knowledge of the nature and characteristics of women. Satan takes advantage of such situations to fuel hatred and animosity between them. The same could be said about the differences in the rest of the senses.

The characteristics of women in organic functions:

The woman specializes in many of the organic functions that her body performs in contrary to the man. This is due to the nature of the role assigned to the woman for which Allah created her; among these functions are:

The Woman's Blood Circulation:

The average woman's heart rate per minute is (94), and in the case of pregnancy, the woman's blood circulation varies apparent, resulting from the presence of the fetus... Also, the woman's blood contains (4,5) to (4.8) million red blood balls per cubic millimeter, the percentage of hemoglobin in women is between (12-14%), and the blood pressure in a woman's body is lower than that of a man. It is also found that the breathing of a woman is chest breathing, and is more spacious in the chest when inhaling, and occurs in the upper ribs. Allah has made it like that because a woman during pregnancy cannot extend her chest towards the lower part. As for a man, his breathing is abdominal or veil (Wasfi, 1996). Glory be to Allah the Almighty, and this is included in the meaning of His saying: (The work of God who perfected everything), (Al-Naml: 88).

Presence of the Ovary for a Woman, not a Man:

The ovary is the female sexual reproductive organ, and it forms and releases eggs, in addition to secreting feminine hormones (Estrogen - Progesterone - Relaxing), and these hormones are responsible for the proliferation of tissues for reproductive organs and other tissues related to reproduction, as it is also responsible for increasing the concentration of fat for women which makes her body nature fat. In general, the presence of the ovary affects the growth of the breasts, reproductive organs and other secondary signs of femininity (al-Zzandani, 2000).

There is no doubt that these are the things that make the woman different from the man in her walking, her voice, the way she sleeps and other ways of marital life that a man may be surprised or disturbed by. So, observing these differences gives the husband the ability to deal with her according to her nature.

Menstruation, Pregnancy, Delivery and Breastfeeding:

All of these are also matters that are specific to women and not men, and they have great effects on the woman's psyche and body at a time. This is due to the accompanying physiological and psychological changes, which make women more susceptible to psychosomatics. These psychosomatic, psychophysiological or physiological disorders are a group of diseases that arise from psychological and social causes and factors, and take a physical or organic form, and this is based on the presence of a close link between the soul and the body, and recent studies have proven that females are more affected by psychosomatic diseases. This is perhaps due to the presence of more emotional sensitivity in the female than in the male, likewise what the female is exposed to such as menstrual pain, accompanying physiological and psychological changes as well as pregnancies and childbirth can be explained in this regard (al-Zandani, 2000).

Knowing the Psychological Symptoms:

First: Many women experience a state of depression and distress during menstruation, especially at its beginning, and women are usually fickle, temperamental, irritable and with low endurance.

Second: Many women during menstruation tend to be isolated and calm, feeling lethargic, and not talking; and there are among women who are the opposite during this period (al-Bar, 1992).

Perhaps this is what made the wise Lawmaker to permit men to play and relate with women during menstruation without intercourse, in order to relieve them of these symptoms and of the distress and anxiety that accompany them in that period. It is from the teachings of the Prophet, peace be upon him, that he used to play with his women over the garment while menstruating; and a prudent husband should not be disgusted by his wife during this period, or shows displeasure with it; this is because it is a natural thing that Allah made in all women, and it is a sign of their health.

Third: Medical scientists have noticed that the menstrual cycle has a great impact on a woman's brain, as contemporary research has proven that women are more active and energetic during the first fourteen days of the menstrual cycle, or the first half of the cycle, for the presence of estrogen alone, which is a hormone that stimulates the estrous cycle and increases the activity of brain cells: its alertness and the alertness of the senses together; so the behavior of a woman at the end of menstruation is characterized by activity, positivity, enthusiasm, joy and sexual excitement.

As for the second half of the menstrual cycle and when the menstruation process occurs, the woman's behavior is characterized by stagnation and negativity. This is due to the secretion of another hormone which is progesterone (Issawi, 1997).

Fourth: Pre-menstrual troubles, as contemporary research proved the existence and spread of many problems among women in this period. However, these studies showed that 040% of

women suffer from some psychological symptoms, and about 2-10% of women need medical help to overcome these premenstrual symptoms which begin to disappear with the onset of menstruation or a few days after it (Issawi, 1997). It has been noticed that because of these troubles and symptoms, there has been an increase in the rates of hospitalizations, accidents, crimes, and suicide, in the pre-menstrual period, when the woman is in a state of high psychological sensitivity.

Thus, a prudent husband should be aware of these psychological changes in these two periods, because they may draw the woman into words and actions not desired by men. And if the husband is aware of that, he would leave a lot of blame on his wife -blames which might lead him to marital problems or disagreements. Perhaps this is why the wise Lawmaker forbid divorce during menstruation, considering the psyche of women and what comes out of them in such a period.

Fifth: During pregnancy, a woman is more sensitive than any other period, sensitive, irritable and prone to worries and sadness for the slightest reason, due to the physiological change in all parts of the body (al-Bar, 1992).

Sixth: A woman may sometimes be infected with (Pica) during pregnancy, which is the woman eating some unusual substances, such as clay, starch, sand, chalk and dirt. This situation exists in some societies, especially in poor rural communities.

Seventh: Sometimes during pregnancy, a woman may have a fever, which is: the pregnant woman's longing for some types of food in particular, and abstaining from other foods, for example: she may long to eat apples, cucumbers, or grapes - even when it is not in their season - while she may refrain from other types of foods such as: meat, so she would not eat it, or hate the taste of tea and its smell, and repels the smell of some perfumes, or cigarettes (al-Mahdi, 2017).

There is no doubt that each of these psychological symptoms may cause anxiety and tension in marital life from which marital disputes or family problems begin; especially if the man or woman is ignorant.

Knowing the Physical Symptoms:

First: Most women suffer from pain and aches in the lower back and lower abdomen during menstruation. Some get headaches close to the beginning of menstruation, and the pain is excruciating, accompanied by blurred vision and vomiting.

Second: A woman loses a certain amount of blood during her period, which makes her vulnerable to anemia, and when pregnant, she is exposed to severe anemia especially in the second half of pregnancy, due to the transfer of important blood-making substances from the mother to the fetus.

Third: The digestive system is affected from the beginning of pregnancy, so vomiting increases, appetite decreases, nausea intensifies, then the burning and stinging increases and stomach infections; as the pregnant woman usually suffers from constipation, the endocrine glands are disturbed in their functions.

Fourth: During pregnancy, the heart bears multiple times what it can bear before pregnancy, as it must perform two complete blood cycle: the cycle of the mother and the cycle of the fetus. So, the speed of the heart and its pulse increases.

Fifth: As for the pain of childbirth, it is greater than any other pain, because it contains anxiety, pain, groaning, weakness, fatigue, and then slumping (al-Mahdi, 2017).

All of these matters are undoubtedly very important for a man to know, so as to know how to deal with his life partner, and what she needs of care, attention, and endurance during this period, to make their married life happy.

Conclusion

The research concluded that knowing the psychology of women and their characteristics for men, as well as knowing the psychology of men and their characteristics for women, are among the things that positively affect marital relations and family life. There are many things that spouses see as unimportant in their marital life, but they have a great positive effect in providing a happy marital life between them.

There are individual differences in the psychological makeup between men and women. Although they share all the characteristics, each has his or her own characteristics. Women are distinguished from men by a number of innate characteristics that are not found in men. Therefore, the Islamic law has considered the nature of women and their characteristics that distinguish them from men in personal matters and legal rulings. It is therefore more appropriate for us to take this into consideration in married life.

Both men and women have natures and characteristics that may bother their life partner. If either of them does something that weakens or contradicts them, it will be difficult for him to bear that. Mastering the knowledge of the individual differences between spouses is one of the things that helps him accept those natures and deal with them correctly, and gives the person new skills in dealing with family members.

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