

The Role of Emotional Silence in Family Stability

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CHAPTER ONE: THEORETICAL BACKGROUND

Research Problem: God Almighty has legislated marriage for man, as he is the expert in the secrets of the soul and the instincts, inclinations, emotions and desires that have been deposited in it. The Almighty says: (And among His signs is that He created for you from yourselves spouses to find repose in them, and He made between you affection and mercy. Indeed, there are signs in that for people who reflect. (Al-Rum: 21), Islam has given attention and care to the family (legislation, regulation and direction), and laid the rules of family building, defining its goals and drawing a platform for family emotional interactions between the two pillars of this building (husband and wife) and because the family represents the first educational media that embraces the child to gain the basics of life Knowing his rights and duties, and from them he acquires feelings of intimacy and human brotherhood, as social construction depends on family construction, and when the family structure is disrupted, the structure of society is disrupted, and then the community has not succeeded in achieving its goals in creating the personality of its members, and has not achieved its proper development goals, so the interactions The pillars of the family reflect positively or negatively on the family structure, especially the compatibility relations between parents, which are reflected in the methods of social and moral upbringing of the children, which in turn will affect the personality of the family members. And then on the movement of society and its development strategies (Hadi, 2010: 4) Marriage is considered the most important social bond and a life and social system for organizing human life, and its essence is the emotional exchange between spouses, which should be a psychological organization that has the character of

permanence and stability, and despite what I have reached Studies and research from results such as the study (Hadi, 2010), (Al-Obaidi and Al-Abbasi, 2010) and the study (Hadi, 2012), but its diagnosis and treatment of the problem of emotional divorce is insufficient, as there are great difficulties in knowing the causes of emotional divorce, and arriving at an accurate diagnosis. It, and then finding comprehensive programs to teach married couples the art of learning the skill of family relationship to elevate marital and family life to a sound psychological maturity that includes improvement and progress, and not just change (Al-Majali, 2000: 137). The president who destroyed the previous nations and peoples, namely discord and division, and the wisdom in that is that God - the Almighty - wanted the nation of Muhammad, may God's prayers and peace be upon him and his family, to draw the lesson from this scourge so that it does not fall into it, the Almighty said: (And hold fast to the rope of God all together And do not separate) (Al Imran: 103), in this verse, the Lord of the worlds commanded his Muslim servants to adhere to the community, one of its manifestations is marriage, and he forbade them from separation and one of its manifestations is divorce (Hadi, 2010: 12). Weakness of the relationship between spouses to its lowest level, and the emotional atmosphere between them is cold and devoid of affection, love and sharing, which negatively affects them in particular and the children in general. And society from being lost, and the researcher felt the problem of her research among the employees of Al-Mustansiriya University by virtue of her contact with them. And their resort to it to help them reach a solution to their personal problems, which prompted her to study this problem.

Based on that, this research aspires to answer the following question ((What is the role of emotional silence in family stability between spouses?))

The importance of the research: The family is the first human social institution that makes up society, and it is a general and widespread social condition. We do not find a society devoid of the family system, and this is what achieves stability for social life and society. Marriage is the nucleus of the family, and the family is the nucleus of society. The family atmosphere was stable and understanding prevailed. Marriage contributes positively to strengthening the mental health of spouses due to the fulfillment of psychological, biological and social needs. The results of the study (David and Brooke, 2000) indicated that couples with good interaction and satisfaction with the sexual role and avoiding criticism They had a feeling of joy, interaction and a general sense of happiness (Al-Khatib, 1994: 65).

As for incompatible spouses, the behavior of each harms the other or deprives him of satisfying his needs and does not help them achieve their goals of marriage or spoil their marital relationship, which leads to a state of lack of love and sympathy in which the spouses live separately from each other despite their presence in the same house, and they live in isolation Completely emotional, and each of them has his own world far from the other party, until the presence or absence of one of them from the house does not mean much to the other, and may reach at an advanced stage a feeling of comfort and reassurance when absence or travel, as it is known as distance and gradual loss of a feeling of affection, love and desire Between the spouses, although they are still under one roof (Sharabi, 1992: 95).

The reasons for this phenomenon may be multiple and different according to the different models of life around us, one of which could be the inability of husbands to renew themselves, neglecting the emotional and sexual aspect of the partner, indulging in economic, social and professional activities, or caring for children at the expense of the life partner, and miserliness in expressing feelings towards the partner, Not paying attention to the romantic moments that bring the spouses together and ignite emotions

between them, such as expressing love with words or bringing gifts on different occasions, or because one or both spouses are ignorant of the importance of the emotional side and sexual life between spouses, which is greatly affected by attention to the body, external appearance and elegance, and not slack, as It is affected by the turnout for life in general and the exchange of moments of joy in the family through group sessions, recreational trips and the participation of other relatives and friends in social events, which leads to the renewal of souls and the improvement of the emotional relationship between the spouses. And routine and boredom in them, and this leads to a low desire for life and a lack of money Happiness and start contempt for reality and events, especially the partner, and the low desire to do anything and the reluctance from life in general (Al-Khatib, 1994: 5). Disagreements between spouses negatively affect the children. In a study (McNeil, 1998) on the long-term consequences and effects of marital violence between parents on children, the results showed that marital violence had negative effects on aspects of mental health and relationships with parents and violence in social relationships among children. In the stage of adulthood, which indicates a strong relationship between children's exposure and witnessing of marital violence between their parents due to the cold relationship between spouses and the lack of dialogue between them, the low level of mental health and poor relations with parents, which leads to high levels of violence in social relations among children in the adulthood stage. (Sharabi, 1992: 46), so this research is one of the serious scientific attempts to find an understanding of the sensory perception of the marital emotional relationship. This is because of the information it contains that can benefit from psychological specialization, family counseling, marital counseling, and family organizations in particular.

RESEARCH OBJECTIVES: THE CURRENT RESEARCH AIMS TO KNOW:**The role of emotional silence in family stability**

Research limits: The current research is limited to married employees and married female employees at Al-Mustansiriya University, who have been married for five years or more for the year 2020-2021.

CHAPTER TWO: THEORETICAL BACKGROUND

The concept of emotional silence: It is one of the problems that appear after the first year of marriage, as disputes accumulate between the spouses and the man remains silent, which disturbs the wife greatly, and it is a divorce that is not publicly announced, but sometimes it is one-sided while the other party can be ignorant of it. Totally, and the seriousness of this divorce varies according to its different causes, and that the possibility of reforming it is directly related to the extent of the seriousness of the reasons leading to it, which requires long standing. The wife is in front of him, and it is sometimes called non-practicing marriage, and by it we mean that continuous marriage without sexual relationship, and this is usually a prelude to divorce or perhaps desertion that precedes the final divorce (Noraini, 2003: p.31)

Emotional silence occurs as a result of the successive pressures of various actions within the marital life. The assumption of responsibilities and changes in the nature of the sexual relationship is usually less quantitative and fewer in number, with the erosion of positive communication that affects the stability and stress of marriage, which is often **accompanied** by a decrease in and a complete severance of sexual contact.

Introductions that precede emotional silence:

In marriage there are introductions that occur before emotional silence, such as: -

1 - The partner who does not enjoy sexually.

2 - The partner who has heavy debts or worries and problems does not speak

~3 - The partner who does not disclose the developments of the diseases he suffers that threaten his life.

~4 - The existence of a secret sexual relationship or a series of illegal sexual relations. ~ In the previous examples, there is a partner who is oblivious to what is going on with the party. The other person is suspicious of what is happening and categorically lacks information and evidence

Causes:

1. The material and professional pressures that the husband bears as a result of the difficult living conditions that make the man prefer to think all the time about solving such a problem instead of talking to his wife.

2. The boredom that occurs in the marital relationship and at home, given the lack of a renewal factor in the relationship, makes a man want to know another woman to start the journey with her again. ~

3. The husband is one of the shy, introverted personalities who tend to isolate, and this will not differ before marriage from after him.

~4. The absence of a good word, the scarcity of expressing good feelings, and the scarcity of physical contact between them, which inflames the feelings of both of them, so that each of them begins to feel resentment and reluctance of unknown reason to deal with the other, and the rejection of all attempts to be courteous.

5_ Failure to get the other party's attention. It leads to a gradual psychological separation between the spouses, and the psychological gap between them continues to increase until it becomes difficult to solve

6. The spouses do not adopt the principle of frankness between them and avoid discussions that deal with analyzing the problems faced by the spouses leads to the establishment of a barrier between them,

this barrier continues to increase Thicker than not Frankness in dealing (Al-Ghanim, 1998: 65).

Theories that explain emotional silence:

1 - Theory of symbolic interaction: The owners of this theory assume that the symbolic and cultural world differs according to the linguistic, ethnic, or even class environment of individuals. Determining the expectations of their roles and the course of interaction between them, and studies in this regard have confirmed that the more the symbolic world is different and different (as happens in marriages between individuals belonging to different linguistic and cultural environments, that is, the more weak and slow the expectations of roles between them crystallize, the more tension is experienced between them). And conflict and the opposite occurs in the case of the two parties participating in one symbolic world (Mohamad, 2003: p, 70)

2 - Theory of the Self - Rogers-: Rogers emphasized that psychological compatibility is available when the individual is consistent with the concept of himself, so the positive self-concept It expresses psychological adjustment and mental health, and that self-acceptance and understanding is a major dimension in the process of personal adjustment (Al-Faisal, 1991: 85)

This theory focuses on the importance of respect and appreciation and that it is a general requirement for all human beings, and everyone seeks to obtain on a positive appreciation from others, just as love, respect and appreciation are both complementary to the other, so love cannot live without respect and respect cannot live without love. Violence in all its forms, verbal, physical, sexual and social, leads to a lack and lack of respect between spouses (Al-Faisal, 1991: 121).

~3 - The Theory of Power: This theory believes that strength stems from the resources that the individual possesses in his quest to meet the partner's needs and to enhance His ability to issue decisions, and these sources are determined in light of the individual's status, roles and public achievements, such as his membership in official or voluntary

organizations, and that the individual's high status and the multiplicity of his roles and achievements are positively related to his strength and influence on the set of situations that the family encounters in their married life, such as the choice of work For example, interest in the power of women appears, who often derives part of her strength from men, especially in traditional societies, and derives another part of her strength from productive and domestic activities that It, for example, is the ability to Procreation is a source of real power for women, while economic power is a source of power for either party, the man or the woman if the woman is working (Al-Ghanim, 1998:40). Social behavior is based on the reciprocal relationship between its two parties, as social exchange consists of voluntary actions carried out by individuals and driven by the return or gain that they expect to obtain.

Homans emphasized the principle of distributive justice, as the costs of social justice must be equal to the profits of the relationship for both sides. Its relationship with the other side, as well as what is related to rivalries and disputes and the use of violence and force between members of groups, distributive justice stipulates that the use of force and threats by the other side, and if the threatening side does not use a method Violence and threats on his part, this will lead to the waste of his rights, and this is absolutely incompatible with the principle of distributive justice and with the principle of human and group dignity (Al-Majali, 2000:40). Jurj Humanz ^~^Bitar Bilaw, 1990) by defining the stages of the family, for some of them begin with the beginning of married life and end with the death of the spouses or one of them, and for others it begins with the birth of the first child and ends with the couple reaching an advanced stage of life with a difference here and there in the number of stages Whatever the number of stages in the life cycle of the family, each of them has its own burdens and special responsibilities. At the beginning of the family's life, the roles of the spouses are linked to adapting to the new life, and then, after the children are born, the burdens of socialization appear in them, which are burdens that decrease with the age of the children. At the end of the family life cycle, it turns into a family of guidance for the married family formed by the children, and there is no doubt that all these burdens and changing roles vary according to a number of

variables such as residence (rural - urban - desert), work, and the nature of productive and non-productive activities in which the family engages. Two spouses, family size, the nature of the woman's work, and the educational level of the spouses (Al-Majali, 2000:39). The two researchers adopted the theory of social exchange of George Homans and Peter Blau for the following reasons: -

1- This theory is one of the most important theories that explain the marital relationship ~2- This theory explains the variables that affect the marital relationship.

RECOMMENDATIONS AND SUGGESTIONS:

1. Married people and young people who are about to get married should raise the balance of their religious and psychological culture related to family affairs, so that they worship God with knowledge in their family life.

2. Institutions interested in educational affairs in our Islamic societies should hold training courses for young people It does not suffice with stating the legal and psychological conditions necessary for the success of the family-building project. In addition, it presents real experiences, both successful and unsuccessful in particular, and puts them up for discussion, because the correct experience is achieved by benefiting from the wrong experiences.

3_Continuous training to ensure the continuity of the family unit. Establishment of psychological and social centers specialized in treating family problems.

4_Dissemination of an authentic psychological culture within the community by psychologists and social workers,

5_aimed at strengthening the family unit.

~6. Creating family research units in universities.

7. The husband and wife should take into account renewal and change in marital life to get rid of monotony and boredom, and not allow Silence reigns supreme in order to ward off the dangers that apathy and silence will leave behind.” ~

8. Adopting the principle of frankness and understanding in the marital relationship, to create a calm atmosphere that prevails in cordiality and love. ~

9. Avoiding the use of violence and clinging to opinion. The other has flaws and advantages, and they should be well aware that each of them has rights and duties that they must abide by for the success of the marital relationship. Marital relationship.

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