



Psychological behavior of Male and Female and its dynamics in Islam

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ABSTRACT

Despite the considerable modifications in the life style of last decade, the need to discuss the psychology of man and woman and its implications on society is persistent. Over the past decades, industrialization of world shifted the major trends of a family structure. We can see the postponed marriages, late childbearing and declining fertility rates, less than the level required for the replacement of population. This transformation of trends has resulted in complex family composition, and consequently patterns of gender roles are changed. Especially escalated responsibilities of woman as economic supporter of family and restructured of man's role, including involvement of man in family responsibilities like look after the children. Family has attained the status of dynamic entity and set of well-defined roles cannot be described now. Daily roles are negotiable on daily basis by the interaction between both partners. Both men and women are engaged in earning and house hold activities that influence the work and family lives. The role of woman as her responsivities has enhanced, which has is

adversely affected the life of child at home. A mother used to be the sole caretaker of her kids. Attention has to be given to the fact that the responsibilities towards adults and minors altogether different. The need and attention required for the kids, is different from that of adults.

Keywords: attention, psychology, responsibilities, interaction, family.

INTRODUCTION

The lifestyle in the entire world is going under continuous modification. Such modification is either, can be considered as good or bad, from case to case. The issue of gender roles, in a society have always been subject of controversies, misconceptions and open for debate. The trend in the lifestyle and psychology of human being also have changed the family structure and socio-economic life human being. The psychology of man and woman have direct implication on the society. It's noticeable that due to such trends, parents prefer to avoid early marriages of their children, development of skills, education, focus on employment Etc. The priority is always the socio-economic aspect, which make pivotal role in setting the trends in the society. The role of man and woman have also drastically changed. The woman has shaped as to support his partner. The cultural values also changed whereas, the role of woman on political stage also varied. Now the phenomenon that man has to earn bread of the family has totally changed and both the partner has to work for the livelihood of their family.

Quran and Sunnah have given detailed guidelines to regulate the rights and duties of man and woman. Human beings are created to obey and pray to Allah. When human being follow the instruction and life style explained by the Holy Prophet (Peace be upon him), they will get eternal bliss in heaven. Allah dictates the purpose of mankind in following words,

إِيَّاهُ كُنْتُمْ إِن خَلَقَهُنَّ الَّذِي لِلَّهِ وَاسْجُدُوا لِلْقَمَرِ وَلَا لِلشَّمْسِ تَسْجُدُوا لَا ۚ وَالْقَمَرُ وَالشَّمْسُ وَالنَّهَارُ اللَّيْلُ ۚ وَإِيَّاهُ
تَعْبُدُونَ

(surah Fussalat volume 41: 37) ¹“Among His signs are the day and the night, the sun and the moon. Do not prostrate to the sun or the moon, but prostrate to Allah, Who created them ‘all’, if you ‘truly’ worship Him ‘alone’.”

In another place Allah says that

لِيَعْبُدُونِي إِلَّا وَالْإِنْسَ الْجِنَّ خَلَقْتُ وَمَا

"And I (Allah) created not the jinn and men except they should worship me (Alone)".

In another place, Allah says that Chapter (98) sūrat l-bayinah ²

وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ حُنَفَاءَ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الزَّكَاةَ وَذَلِكَ
دِينُ الْقِيَمَةِ ۝

"And they were not commanded except to worship Allah , [being] sincere to Him in religion, inclining to truth, and to establish prayer and to give zakah. And that is the correct religion."

Islam makes no difference in men and women as for as spirituality is concerned. Men and women were created for same objectives of life. Both are assigned to their religious obligations and answerable to Allah. Both have to face the day of Judgment. The Holy Quran has specified what is to be done and from what to be refrain from. The discretion is with the human being, either to follow the teaching of Islam or lead life as per his / her own wish and whim. Nevertheless, the reward and punishment is certain on the day of judgment. This reality is mentioned in Quran (chapter V. 4:124) as follows:

"Whoever does well and believes -whether he is male or female - such shall enter the Garden, and they shall not be wronged in the slightest."³

Whenever the Quran highlights the gardens of bliss and rewards of the good doers/pious ones, men women are both mentioned there.

Translations from few verses from Holy Quran is mentioned here.

1. "Whoever works righteousness whether male female while he (or she) is a true believer (of Islamic Monotheism) verily, to him we will give a good life (in this world with respect, contentment and lawful provision), and we shall pay them certainly a reward in proportion to the best of what they used to do (i.e., Paradise in the Hereafter)."
(chapter V.16: 97)⁴
2. "The believers, men and women, are Auliya ' (with different meanings like helpers, supporters, friends, protectors) of one another; they enjoin (on the people) Al-

Ma'ruf (i.e., Islamic Monotheism and all that Islam orders one to do), and forbid (people) from Al-Munkar (i.e., polytheism and disbelief of all kinds, and all that Islam has forbidden); they offer their prayers perfectly (Iqamat-as-Salat), and give the Zakat, and obey Allah and His Messenger. Allah will have His Mercy on them. Surely, Allah is All-Mighty, All-Wise." (V.9: 71)⁵

3. "Verily, the Muslims (those who submit to Allah in Islam) men and women, the believers men and women (who believe in Islamic Monotheism), the men and the women who are obedient (to Allah), the men and women who are truthful (in their speech and deeds), the men and the women who are patient (in performing all the duties which Allah has ordered and in abstaining from all that Allah has forbidden), the men and the women who are humble (before their Lord Allah), the men and the women who give Sadaqat (i.e., Zakat and alms), the men and the women who observe Saum (fast) (the obligatory fasting during the month of Ramadan, and the optional Nawafil fasting), the men and the women who guard their chastity (from illegal sexual acts) and the men and the women who remember Allah (SWT) much with their hearts and tongues (while sitting, standing, lying, etc.); Allah has prepared for them forgiveness and a great reward (i.e., Paradise)."
(Chapter: V. 33:35)⁶

Hence, this reality is very well explained in the Quran that each individual either men or women have to bear the burden of his or her action and will be rewarded for his bad actions or good.

PSYCHOLOGICAL BEHAVIOR OF MALE AND FEMALE

The purpose of education is no longer known to be "literate or get awareness", although it is described so. The real purpose of today's education is to prepare work force or professionals for different fields. The professionals are designed to be skillful in the relevant field. The time has arisen, where focus is in specialized personals. That's why, vision is inoculated in little minds since, childhood that what will you do in future? If you choose one subject in studies, then it's aimed at what career will you adopt? When someone enters in any educational system, it is not a man or woman, rather he is reflected as student. He/she is trained to be able for the practical life. He/she is to be trained for domestic responsibilities. Therefore, boys and girls appear with the mind "the interpretation of dreams". The generation so prepare has to shoulder the

responsibilities of the practical life and to manage the affairs of society. It is not possible that you read "anything", and then adopt "any" profession. The relevant training in the education, set the good professional. Qualification for each and every field, requires strenuous and untiring efforts, because of specialized fields. You do not have time to stop and take interval. The must gap, in struggle. Since, trends and norms are changing day by day, with advancement of technology and industrialization. It is the need of the hour, human nature in general and nature of men and women, in this changing world be studied. It is noticed that woman do work in better in stress and keep in touch with her friends. The research also find man do not react positively in stress. How the responses of men and women and their interactions are impacting family set up and society. It is necessary to know the Islamic rules for both genders, and how those will be implemented so that a prosperous society can be established.

Man and woman are treated alike, in Quran. Allah say that ,

يٰۤاَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا
وَنِسَاءً وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا

“O mankind! Be dutiful to your Lord, Who created you from a single person (Adam), and from him (Adam) He created his wife (Eve), and from them both He created many men and women...” (Chapter (4) sūrat l-Nisaa)⁷

. In another place Allah in Holy Quran says that “(Does man think that he will be left neglected without being punished or rewarded for the obligatory duties enjoined by his Lord (Allah) on him? Was he not a mixed male and female discharge of semen pouring forth? Then he became a clot; then (Allah) shaped and fashioned (him) in due proportion, and made him into two sexes, male and female. Is He not able to raise to life those who are dead?) [chapter 75:36-40]⁸

Like right of education, duty of worship, to perform charitable acts are the same. However, right to inheritance and ownership of property are on different footings. Both have equal right of freedom to express their opinion. Only man go to the battlefield, to have custody of kids. They stand on equal footing to extend cooperation for promotion of good deeds and elimination of evil. *Allah in Holy Quran says that Chapter (16) sūrat l-naḥl (The Bees)*

مَنْ عَمِلَ صَالِحًا مِّن ذَكَرٍ أَوْ أَنثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً
وَلَنَجْزِيَنَّهُمْ أَجْرَهُم بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ ﴿٩٧﴾

“Whoever does righteous acts, whether male or female, while he is a believer, verily, to him We will give a good life, and We shall pay them certainly a reward in proportion to the best of what they used to do”.[16:97].⁹

Quran says about equality of man and woman in words “And for women are rights over men similar to those of men over women.”¹⁰ (volume 2: verse 228) The prophet (PBUH) said about equality of human being in words, “Verily, women are the twin halves of men”. [Abu Dawood No.234, Tirmidhi No.113].¹¹

Islam also provides equal opportunity and right of education for both sexes. Messenger of Allah, Muhammad (PBUH), in respect of right of education, said that “*Seeking knowledge is compulsory for each and every Muslim (both male and female)*”. [Ibn Majah No.224].¹²

Women also contributed towards collection and projection Hadith. Hafsa(R.A). Islam dictates that both men and women are slaves of Allah. They have the duty to serve and obey Him. Islam gives collective social responsibility. Quran says that” The believers, men and women, are helpers, supporters, friends and protectors of one another, they enjoin all that is good, and forbid all that is evil, they offer their prayers perfectly, and give Zakah (Obligatory Charity) and obey Allah and His Messenger. Allah will bestow Mercy on them. Surely Allah is All-Mighty, All-Wise”. (Chapter: 10 Surah Tauba, 9:71)¹³. Men and women should pray, keep fast, give zakkah, perform Hajj, avoid adultery, avoid forbidden, preach good and forbid from evil, and the list goes on. The

reason for that is that, the role of woman being a mother, she gives full time to her kids. Women have been exempted to attend Mosque for five times prayers and Jumu'ah prayer. Nevertheless, if they opt to go, they cannot be restrained to go to mosque. Islam also guaranteed the dignity and honor of women in these words, *that*

أَبَدًا شَهَدَةً لَهُمْ تَقْبَلُوا وَلَا جَلْدَةَ تَمْنِينَ فَأَجْلِدُوهُمْ شَهْدَاءَ بِأَرْبَعَةٍ يَأْتُوا لَمْ تُمْ الْمُخَصَّصَاتِ يَزْمُونَ وَالَّذِينَ
الْفَسِقُونَ هُمْ وَأُولَئِكَ ۖ

“and those who accuse chaste women, and produce not four witnesses, flog them with eighty lashes, and reject their testimony forever. Indeed, they are those who are disobedient to Allah”[SURAHAN-NUR AYAT 24:4].¹⁴

Islam based the quality of man in comparison to his dealing with women. The Prophet (Peace be Upon Him) said that *“The most complete believer is the best in character, and the best of you is the best to his womenfolk”*. (Tirmidhi No. 1162)¹⁵

Islam put obligation on the rich to support poor girls. The Prophet (PBUH) said that

وَصَمَّ «كَهَاتَيْنِ وَهُوَ أَنَا الْقِيَامَةِ يَوْمَ جَاءَ تَبْلُغًا حَتَّى جَارِيَتَيْنِ عَالَ مَنْ» :مرفوعاً عنه الله رضي - مالك بن أنس عن
أَصَابِهِ

“Whoever takes care of two girls until they reach puberty, he and I will come on the Day of Resurrection like this.” The Messenger of Allah (peace be upon him) then joined his fingers to illustrate this”Muslim No. 2631.¹⁶

Woman is allowed to spend from the money of her husband. Abu Huraira narrated that

صلى النبي عني - عنه الله رضي - هُرَيْرَةُ أَبَا سَمْعَةَ قَالَ هَمَامٌ، عَنْ مَعْمَرٍ، عَنْ الزُّرَّاقِ، عَبْدُ حَدَّثَنَا يَحْيَى، حَدَّثَنَا :
” أَجْرُهُ نِصْفُ فَلَهُ أَمْرُهُ غَيْرَ عَنْ زَوْجِهَا كَسْبٍ مِنَ الْمَرْأَةِ أَنْفَقَتْ إِذَا “ قَالَ وَسَلَّمَ عَلَيْهِ اللهُ

"If the wife gives of her husband's property (something in charity) without his permission, he will get half the reward." (Sahih al-Bukhari 5360 | Book 69, Hadith

10)¹⁷

Woman has the right to own property alone as well as in association with others. This right was admired for women, very recently, in Western society. Indian women waited long for such right till 1956. There is an impression that, to gain the right to own property Muslim women had always been taken for granted. Regarding, right to human

wages, the Quran states,

“Do not covet what Allah has conferred more abundantly on some of you than others. Men shall have a share according to what they have earned, and women shall have a share according to what they have earned. Do ask of Allah His bounty. Allah has full knowledge of everything.”

(Chapter No. V, Surah Al-Nisaa. 4:34).¹⁸

It is noticed that few communities exist where average citizen face the emperor and challenge his policies, if cruel, harsh and unjustified. There is encouragement of women in few societies to be bold, however, the freedom granted by Islam is always dynamic. It is illustrated by the famous incident, involving Hazrat Umar (R.A), the second Righteous Caliph, who once stood in the pulpit, sharply rebuking the people and admonishing them not to spend much on the wedding ceremony. A woman stood up and stated, "Umar! You have no right to interfere in the matter which Allah Almighty has already decreed in the Quran:"

مُسِيئًا وَإِنَّمَا هِيَ تَأْخُذُ بِهِ ۖ شَيْئًا مِّنْهُ تَأْخُذُوا فَلَا قَنْطَارًا إِخْذْهُنَّ وَأَتَيْتُمْ زَوْجَ مَكَانَ زَوْجٍ أَسْتَبْدَالَ أَرَدْتُمْ وَإِنْ

(surah-i-Nisa verse 20) “If you desire to replace a wife with another and you have given the former ‘even’ a stack of gold ‘as a dowry’, do not take any of it back. Would you ‘still’ take it unjustly and very sinfully¹⁹?” After being reminded of this Verse, 'Umar retracted by saying that “I am wrong and you are right”²⁰

ASPECTS IN WHICH WOMEN AND MEN ARE NOT TREATED ALIKE

Most of the criticism and questions are raised on the aspects on which man and women are not treated alike. i.e. Hijab, by observing Hijab, the woman looks more decent and her dignity remains intact. Her look depicts that she is not an object of show piece, not available for advertisement of her beauty or satisfy men's lusting eyes, now a days, we need little reminders, in the society which with little moral values, where men and women mingle wearing indecent clothes.

Dr. Alex Carrel, Nobel Prize winner, concludes in her book that men and women are biologically different so that two genders cannot perform same duties, cannot play the same role and are unable to behave in similar manner. However, they complement each other, by exercising their particular abilities and strengths, hence coping up their partners' weaknesses. It is an understood fact, woman is a home maker. The setup of a family cannot be managed well if woman does not take interest. However, in changing world, gender roles are not specified anymore. If women are financially supporting their families, working as professionals in industrialized world, they must be supported psychologically, physically and by providing comfortable environments at their educational institutes and work places. Moreover, they should be facilitated at their work place by giving them targets to complete with time.

The other aspect in which man and woman are treated different are: A man is permitted to marry four women at same time, if he can treat them with equality and justice and if he couldn't he will be answerable. The purpose of polygamy is to provide support or shelter to the widow and orphan. Whereas woman is allowed to tie knot with one man at a time. The logic behind this law is that Islam does not leave a woman un-protected and imparts the complete responsibility of woman and her offspring to a man, otherwise it will be impossible to figure out the true maintainer of the family.

There is also different criteria in the distribution of inheritance. A sister received half the share of inheritance as compared to her brother as brother is maintainer to the family and a woman do not have to fulfill the economic requirements of her family.(Bihar al-Anwar, vol. 104, p. 326; Surah Nisa' 4:34.) Muslim woman is kept free from administration responsibilities of state as the Head of the Islamic state. If is entrusted with such role, she will not only administer the affairs of government but has to fulfill other connected affairs with the administration of government. If a woman deals with the affairs of state, she has to do multiple tasks. She would be required to meet the official of the state, Moreover, she would be required to meet the foreign delegates in order to meet, the country at international level. In such capacity, she would be required to handle critical, crises situations in the likes of war. She would be required to lead to be congregational prayer. A woman cannot perform all such rules because of certain reasons. She has to look after her children and maintained her home.

The traditional role of women in families have a direct impact on the overall health and well-being of families. A woman being custodian of home has to do a number of

tasks. She has to ensure that their family members are safe and have proper nutrition. The kids also under the direct supervision of mother. She has to take care of not only their health, education but also to see about their health. Therefore, the role of mothers in the family is directly related to the health of the family, especially the health of young children. In the absence of mothers, the health of the children and the health of the whole family are adversely affected. In addition to the stated responsibilities, mother has to prepare free food for the family and serve it. The types of foods that mothers choose and prepare for family consumption are essential, to a child's health. The entire health of the family, depends on the woman. She not only cooks the food but also decide what is to be cooked. Lack of proper nutrients, consisting on multiple vitamins, minerals, iron etc which are necessary for the good health, if not, provided to the children, may result in deficiencies and would become easy pray for deceases.

Role of woman is closely related to, her educational achievement, more she is educated, better will be the result. Unlike the past, literacy rate of women, increased in last decades. It is observed that women have superseded the men in formal education. The saying that “to educate a girl, is to educate a family” is getting popularity. The dynamics of education, economy and social relations too change with education of women.

One may well ask that if there is such a complete and comprehensive spiritual equality between the two sexes, why this identical treatment is not found in other rights, duties and privileges. Muslims and especially non-Muslims question why men go out to work while women are encouraged to stay at home, why women have to wear the Hijab (veil), why a brother receives larger share of inheritance than his sister, why a man can be a ruler but a woman cannot, etc., and they then conclude that Islam treats women as inferior beings. Laws can never be discussed without being explained first, so we must first consider the fundamental Islamic ethos that men and women are two different yet complementary sexes. It is an established medical fact that men and women have different biological compositions and temperaments. Allah the All-Mighty created and knows this biological difference better than we do, and has thus assigned to men and women the roles that each excels in due to its nature. Neither gender is inferior or superior to the other; instead they complement each other like the two halves of a

whole. In everyday life we see that society consists of many different kinds of people, all of whom play their particular roles to keep society intact. The farmer and the doctor make different contributions to the society, but both are equally important. Each excels in his own field, and each provides a service for the other. Similarly, men and women are different sexes and play vital roles in their own areas of excellence. Human psychology directly relates to surrounding environment. such concept is known as Neuroticism which includes the aptness to develop negative emotions and thoughts. Such is like depression, anger, anxiety, self-consciousness and emotional liability, in response to un favorable conditions like threat and punishment etc. on the other hand, empathy and kindness, cooperation, social harmony etc provides favorable scenario for emotional stability.

Weisberg YJ, *et al.* (2011) *investigated* gender differences in personality traits. They concluded that women have higher extraversion, agreeableness, neuroticism scores as compared to men. However, no extensive differences could be measured in aspects of conscientiousness and openness.

INTERACTION OF BOTH GENDERS AT EDUCATION INSTITUTES AND WORK PLACE AND IT'S PHYCOLOGICAL IMPACT

Women's education is centered on discourses, calling for the development and modernization of Muslim communities. It is based on ethnographic data collected from female teachers from rural and low-income communities in Pakistan. It is settled that educated woman can achieve the status of a particular subject and put her role in the prosperity of her family and society at large. The out put is can only be achieved with woman get experience and do her effective role for the betterment of the society. Nevertheless, it's complicated in the society, in the prevailing narrative of current modernity as women's education and gender empowerment as an expression of individual women's choice and free will against the oppressive structures of family in particular and society at general.

The existence and importance of gender in the workplace is widely accepted. Gender affects the type of business, position in the organizational hierarchy, salary, work value, work behavior and many other aspects of the job. Consider the following factors that affect gender and relationships at work.

- First, in a relationship, gender is both a personal variable and an arousal variable. In relationship research, the gender of participants can influence outcomes, and the gender of participants in relationship research can also influence outcomes.
- Second, a person's actions are understood by others in terms of their gender. A woman and a man engaged in the same behavior must not be considered or evaluated equally by others.
- Third, office gender is different. A female or male may work with many similar others (e.g., a female nurse, a male engineer) or some similar others (e.g., a male nurse, a female engineer). As office friendships develop by sharing physical space and work-related issues or tasks. (Sias & Cahill, 1998). The availability of women or men in the work setting can have an impact on the overall performance of the work place.
- Fourth, workers may have more or less positions of power, autonomy, control, and prestige, and these occupational / professional characteristics may affect office relationships.

\These four factors, at least, affect gender and relationships at work place (Winstead B.A., Morganson V. (2009)-

CONCLUSION

Men and women are complementary to each other, depending on the structure of the society. Men are physically stronger sex as compared to women. In the modern world the understanding of human psychology is an important subject. It goes under modification and flourished with the passage of time. As the world has converted into Global Village which has also changed the dynamics of role of male and female within the family. The role of women has changed from domestic affairs into the social and economic support of his male members of the family. Islam gives specified, distinguished and well-defined rights and duties of man and women. Such duty starts from to obey Allah and follow the Holy Prophet (peace be upon him). In spirituality, the role of a woman is not distinguishable from that of a man. There may be differences in certain worships, like women are not under obligation to go to Mosque to pray. The

psychological behavior of male and female depends on the environment in which he or she is living or facing. An environment which provides harmony, peace and tranquility give emotional stability. An environment which give depression, anger and compulsion can never to give psychological comfort. However, environment which is filled with kindness and mutual Corporation give a better result in human phycological comfort. It has to be understood that the response of a male and female is altogether different to the surrounding environment. It is noticed that a female work better than a male in environment which is of stress. She is blessed with sacrificing, patient and caring nature, which makes her enable to look after a child. With all this, to burden a woman with economic responsibility is really an injustice to her. In Quran a man is described as maintainer of family, by putting extra responsibility to work outside of home, have a career, earn for family and support family in all aspects of life. Physiological processes are automatically impacting human bodies and we have to accept them as they are. We can't change them by human wishes.

Man and woman are like a garment for each other, and are bounded by love, affection and mercy. Instead of the sexes contesting against each other, Islam directs a mutual co-operation to form a harmonious and just society, the bedrock of which is a stable family life. The ultimate goal of both men and women is to win Allah's Pleasure and His countless favors in the Hereafter.

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