

ALI 485: The Family: A formation ground for personalities

Session Four

What is one personality trait in yourself that you have been trying to change? How are you working on it?



Case study - Anger

Maryam has four children, two older ones who are 12 and 10 and two younger ones 4 and 1 years old. She is busy with her family and has little help from outside. Her oldest daughter is displaying signs of random anger. The anger is affecting the family and her husband believes they have been too soft with her.

- 1) What could be the causes of the anger?
- 2) How can Maryam help her child control her anger?
- 3) What strategies would diffuse the tension at home caused by the child's anger?

From the Readings

The person with a healthy personality views life as meaningful and loves prayer for the purpose of elevating his soul and understanding the truths in the universe.

From the Qur'anic perspective, those who have a deep belief in God, prayer, the Unseen, and Resurrection, are accustomed to worship of God and prayer.

These enjoy a good mental health and amazing peace of mind. In the most difficult conditions, they do not give up performing prayers, and even their diligence and hard work are the fruits of their constant spiritual connection with God because prayer and all religious behaviours are formed in the context of deep knowledge and awareness.

Religious faith changes how the world seems to man and offers man new elements in addition to the tangible ones in the structure of the world. It changes the lifeless and cold material world into a world replete with life, reason, and awareness.

Today's western people have reached the conclusion that life without spirituality brings about mental suffering and pain and makes man's soul lifeless and feeble. It deprives man of sustained pleasure and happiness. The high rate of crime, sexual offence, and moral corruption; the disintegration of the family and the great number of street adolescents and young adults driven out of home, the resort of liberal societies to drugs, alcohol, ecstasy pills, and violence to provide false joy for people all indicate this fact and show the relentless pain the West is suffering from.

Developing a healthy personality goes hand in hand with the development of **morality** and **spirituality**.

وَالْبَلَدُ الطَّيِّبُ يَخْرُجُ نَبَاتُهُ بِإِذْنِ رَبِّهِ ۗ وَالَّذِي خَبِثَ
لَا يَخْرُجُ إِلَّا نَكِدًا ۗ كَذَلِكَ نَصْرِفُ الْآيَاتِ لِقَوْمٍ
يَشْكُرُونَ

The **good land**—its vegetation comes out by the permission of its Lord, and as for **that which is bad** it does not come out except sparsely. Thus do We explain the signs for a people who give thanks.

Sura A'raaf, no.7, verse 58

Frustrating personality development

- 1) Pressure to conform
- 2) Over protection
- 3) Constant conflict

Humans cannot exist without families, whatever the form—from extended to nuclear, from polygamous to monogamous—but at the same time families often maim, harm, hurt and damage. Because of the close contact, the unspoken bonds, and the intuiting of others' feelings, the family is often a place where individual differences are *least* tolerated.

<https://www.psychologytoday.com/ca/blog/am-i-right/201404/the-astonishing-power-social-pressure>

Conflict

There will always be some conflict to a certain extent in a family. This is normal when people with unique minds and personalities live together.

Some important things to consider;

- 1) Frequency: How often does conflict occur?
- 2) Intensity: Rate it, ranging from mild to very strong
- 3) Duration : How long does the conflict drag on?
- 4) Expression: How do members express themselves during a conflict?
- 5) Non conflict moments – How loving are they?