

Behavioral and Emotional Components of Marital Sexual Satisfaction in the Framework of the Teachings of Imam Reza (A.S.)

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Article info

Abstract

Article type:

Research Article

Received:

29 December 2024

In Revised form:

13 February 2025

Accepted:

11 March 2025

Published:

29 May 2025

This research aims to explicate the intellectual framework of Imam Reza (A.S.) concerning marital sexual satisfaction, focusing on narrations attributed to him. Given the scarcity of systematic studies on the perspective of the Infallible Imams (A.S.) in this area, this study seeks to identify the most significant factors contributing to sexual satisfaction through a systematic analysis of narrations and present them within a comprehensive behavioral model. The central research question is founded on identifying these factors and how they are explained within a coherent framework. The research method employed is qualitative content analysis with a documentary-analytical approach, and data were gathered from primary Shiite hadith sources. The findings indicate that, from the Razavi perspective, sexual satisfaction is based on multidimensional components encompassing biological, affective, ethical, and spiritual aspects. Key factors include the principle of moderation, the priority of emotional intimacy and prelude, recognition of the wife's sexual rights, mutual adornment, observance of hygiene and purity, attention to nutrition, and respect for privacy. Together, these elements form a balanced and nature-centric model. This model not only provides a comprehensive response to the multidimensional needs of couples but can also be proposed as a novel framework in interdisciplinary studies on family and sexual health.

Keywords: Razavi Teachings ,Couples ,Marital Intimacy ,Sexual Moderation ,Sexual Health.



Reference: Hamediyekta, Sahar. Emami Rad, Ahmad (2025). Behavioral and Emotional Components of Marital Sexual Satisfaction in the Framework of the Teachings of Imam Reza (A.S.) .Imam Reza (A.S.) and Contemporary Sciences. 2(7). 102-134.

Publisher: Imam Reza (A.S.) International University

DOI: <https://doi.org/10.22034/ijs.2025.313748.1006>



1. Introduction

The family, as the primary nucleus of human society, has always been a focal point for heavenly religions and various schools of thought. Among social institutions, the family is the only one that simultaneously possesses multiple functions: emotional, economic, educational, and biological. Islam, as a comprehensive religion, by presenting a transcendent model of the family institution, seeks to realize “tranquility” (sakan) and “psychological peace” (araamesh-e ravani) for its members. Within this context, marital relations, as a fundamental pillar in consolidating the family foundation, hold such a significant status that the Holy Quran refers to it as a “solemn covenant” (mithaqan ghaliz).

The sexual instinct, as one of the most powerful and profound human instincts, can play a decisive role in providing the psychological and emotional health of spouses when properly and moderately guided. Therefore, “sexual satisfaction” is not merely a biological need but a key factor in the stability, elevation, and balance of the Islamic family. Despite the abundance of religious sources and contemporary research in the field of marital relations, what has been neglected is a systematic and analytical examination of the views of the Infallible Imams (Peace Be Upon Them)-particularly Imam Reza (A.S.)-regarding spousal sexual satisfaction.

2. Research Objectives

This research aims to explain the intellectual framework of Imam Reza (A.S.) concerning spousal sexual satisfaction, focusing on narrations attributed to him. The secondary objectives of the research are:

Identifying the most important factors affecting the realization of sexual satisfaction from the perspective of Imam Reza (A.S.).

Explaining how these factors interrelate within a comprehensive behavioral model and presenting an operational model for enhancing the quality of marital life based on the Razavi conduct.

Conducting a comparative analysis of Razavi perspectives with findings from modern psychology.

The central research question is based on identifying these factors and explaining them within a coherent framework.

3. Methodology

This research was conducted using qualitative content analysis and a documen-

tary-analytical approach. The research population includes primary Shiite hadith sources: *Al-Kāfi* by Kulayni, *Man Lā Yaḥḍuruh al-Faḳīh* by Shaykh Saduq, *Wasā'il al-Shī'ah* by Al-Ḥurr al-'Āmilī, and *Bihār al-Anwār* by Allamah Majlisi. The required data were collected through library study and systematic searches within these texts, focusing on narrations issued by Imam Reza (A.S.) or attributed to him within the research domain. The data analysis process was conducted in three stages:

1. Extraction and compilation of narrations related to sexual satisfaction.
2. Comparison, analysis, and categorization of these narrations based on key concepts and themes.
3. Qualitative content analysis of these themes to reconstruct the intellectual framework of Imam Reza (A.S.).

The key concepts central to this analysis include moderation in sexual relations, the importance of foreplay, mutual adornment between spouses, observance of hygiene and purity, and attention to the emotional and sexual needs of both parties.

4. Findings

Based on the systematic analysis of narrations, the most important components of sexual satisfaction in the intellectual framework of Imam Reza (A.S.) were identified as follows:

The Principle of Moderation and Balance in Sexual Desire: In the intellectual framework of Imam Reza (A.S.), the principle of moderation is emphasized as a fundamental axis for managing sexual desires. He refers to “frequent sexual approach” (*kathrat al-tarūqah*) as one of the practices of the prophets, while simultaneously specifying its framework with the phrase “unless due to necessity” (*illā min ḥājah*). This balanced view avoids both excess (indulgence) and deficiency (monasticism).

The Primacy of Affection and Foreplay: Imam Reza (A.S.), with profound insight, points to the most subtle components for strengthening marital relations. He emphasizes that before intercourse, one should engage in arousing behavior with one’s spouse as much as possible, as this act intensifies her sexual desire and its effects become apparent on her face. This guidance demonstrates a deep understanding of the inseparable connection between the emotional and sexual dimensions of the marital relationship.

The Sexual Right of the Wife and the Prohibition of Abandoning Relations: According to an explicit narration from Imam Reza (A.S.), a husband’s abstention

from intercourse with his wife for more than four months-except with the wife's consent-incurs sin (ithm). This religious ruling clearly recognizes the wife's sexual right within the marital relationship and is based on the jurisprudential principle of "negating hardship and distress" (nafy al-usr wa al-ḥaraj).

Mutual Adornment and its Role in Strengthening Chastity: Razavi teachings explicitly explain the direct connection between a husband's adornment and a wife's chastity, stating that a husband's adornment for his wife is among the factors that increase her chastity. This approach removes adornment from the realm of a one-sided duty and transforms it into a shared responsibility.

Health-Consciousness and Purity in Marital Relations: Imam Reza (A.S.) stated regarding post-coital hygiene: "When you have performed intercourse, do not stand or sit upright immediately; rather, lie on your right side, then get up to urinate." These hygienic recommendations, provided centuries before the development of modern medical sciences, demonstrate Islam's deep attention to the health aspects of marital relations.

Dignity-Centeredness and the Prohibition of Harm in Types of Intercourse: In the Islamic intellectual framework, spousal sexual satisfaction holds such a high status that anal intercourse is considered strongly reprehensible (karāhat shadīd). Imam Reza (A.S.), in response to a question on this matter, stated: "The woman is a means of intimacy and delight for a person; she must not be harmed."

The Effect of Nutrition on Strengthening Sexual Potency: Imam Reza (A.S.) stated eloquently: "Eating meat with eggs increases sexual desire." This recommendation is embodied within a set of nutritional guidelines found in the conduct of the Infallible Imams (A.S.).

The Sacredness of the Place and Time of Intercourse: Based on narrations attributed to Imam Reza (A.S.), even astrological and celestial factors can influence intercourse and the formation of the fetus. He also explicitly stated: "Do not enter a mosque while you are in a state of major ritual impurity (junub)," indicating attention to the sanctity of specific places.

5. Conclusion

This research, through a systematic analysis of narrations attributed to Imam Reza (A.S.) in the domain of spousal sexual satisfaction, presents a comprehensive, multidimensional model wherein the biological, emotional, ethical, and spiritual dimensions of the marital relationship interact dynamically with one another. The

findings indicate that, from the Razavi perspective, sexual satisfaction is not merely a physiological process but a complex construct composed of behavioral, cognitive, and emotional components that form and solidify within the context of marriage. The centrality of “moderation” as a guiding principle reflects Islam’s balanced view of the sexual instinct. The emphasis on the “primacy of affection and foreplay” indicates a deep understanding of the inseparable connection between the psychological and biological dimensions of sexual relations. The recognition of the “wife’s sexual right” and the stipulation of a legal limit for abstaining from relations serve as a mechanism to prevent emotional deprivation and guarantee the dynamism of the marital relationship.

Suggestions:

- Developing educational programs for young couples based on this model.
- Utilizing this framework in family counseling and therapies related to sexual disorders.
- Designing training workshops for family counselors based on Razavi teachings.
- Conducting comparative research between this model and findings of modern psychology and medicine.
- Field research to measure the impact of implementing this model on marital satisfaction.
- Incorporating Razavi teachings into family education curricula.
- Using this model in designing divorce prevention programs.

Keywords: Razavi Teachings, Marital Intercourse, Cohabitation, Sexual Moderation, Sexual Health.