



## Infrastructures of Internalization and Maintaining of Sexual Restraint for Adolescents Based on Islamic Sources

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### ABSTRACT

**Background and Aim:** In general, sexual desire and behavior are more likely to grow in adolescence than in other periods and since the sexual desire has a delicious function, and given that the sex industry and its associated branches, especially the Internet, have accelerated this trend, it can expose teenage to mental and psychological damage. Therefore, the aim of this study was to investigate the infrastructures of internalization and maintaining of sexual restraint for adolescents based on Islamic sources. **Methods:** the type of this research was applied in terms of purpose and the type of this research in terms of the method of collecting components, taking into account the family of religious texts, internalizing and maintaining sexual restraint components with the aim of regulating behavior toward sexual emotions was extracted and Islamic and psychological teachings related to sexual restraint were investigated by descriptive-analytical method. **Results:** the results showed that considering moral sense when facing sexual provocations, and enhancing adolescent's psychological abilities in sexual struggles and its internal pressure are among the topics that have been emphasized. The elements related to the internalization and maintenance of restraint, especially during adolescence, which were extracted from Islamic and psychological teachings are as follow: 1. Acquiring inhibitory control skills by disregarding internal stimuli, enhancing behavioral inhibition, delaying satisfaction and resisting temptation, 2. Increasing inhibitory capacity with psychological tools such as patience, resilience and positive foresight and 3. Creating love and kindness maintaining self-esteem, god-friendliness, compassion and spiritual connection with God. **Conclusion:** considering the existing gap in individual regulation of sexual behavior with emphasis on internalizing and maintaining sexual restraint based on Islamic texts, this study explains and identifies its elements and infrastructure.



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## Introduction

Among the sexual injuries and abnormalities of today's society is the increase in illicit relationships with the opposite sex, which ranges from a simple chat in the virtual space to sexual intercourse (Imani, 2017) and is part of the abnormalities and injuries. Most are related to single people (teenagers) (Shafi'i, 2015). The period of adolescence is characterized by puberty crisis. the timing of sexual maturity varies from one adolescent to another, so its range is approximately five years (10 to 15 years for girls and 11 to 16 years for boys). The term puberty describes the two-year gap before sexual maturity, during which changes occur that lead to physical and sexual maturity (Whiten, 2014, Mohammadi).

In the West, including sexual abstinence programs based on the control of sexual behaviors, especially for the period of puberty, various groups, institutions, and organizations were recruited to implement the following programs, which can be considered as a special background we will mention: among promotional measures: "Virginity Covenant" (Rector, Johnson, & Marshall, 2004); "True Love Waits" (National Association of Catholic Young Priests; 2006); "Silver Rings" (NC, 2015) "Best Friend" (Best Friend Foundation; 2015c) "Teaching the Skill of Saying No" (Radhakrishnan, 2015)

According to the characteristics of the research, the difference between the present research and the previous research is significant in several ways: one is that it focuses on Islamic tools to control sexual stimulation effectively and lead to the empowerment of sexual abstinence, and also the design of this research with Expression is a kind of method that will have a certain coherence that some introduced books lack these advantages. Second, the content of this research is specific to adolescence. Third, the design in this research will proceed in a phased, step-by-step, coherent, and integrated manner in a certain area and era.

The most important issue is a healthy sexual lifestyle, choosing a policy that can propose the most appropriate rules for human sexual life: A policy that is based on authentic anthropology, not hedonistic, power-oriented anthropology, etc. Therefore, we need to operationalize a lifestyle based on chastity and sexual restraint for the following reasons: 1- Lust and sexual desire differ from other human desires and needs due to their complexities. What is used from the sources of Quran and Hadith, sexual desire is different from

other human desires and needs. Therefore, it is necessary to look again at the mechanism of sexual activity. 2- Today, healthy life, related to sex drives, is faced with serious questions and problems; The strength of families, the efficient relations of spouses, the education of children, the presence in the community, etc., have become problematic. 3- The lack of a coherent program under the native culture based on Islamic teachings about the individual regulation of sexual behavior is another issue that explains the necessity of research on this matter. It is going on in various institutions for sexual health, and the place of the Islamic approach in this direction is empty, and this research can be an effective ground for applying this issue with the Islamic approach, particularly for the special period of adolescence. Furthermore, it is hoped that this work will be a step toward sexual well-being, especially in the lives of teenagers.

We realize that more basic issues must be addressed by examining these issues. The studies that have been done in the West for the sexual abstinence of teenagers have dealt with issues that are forbidden in Islamic literature. Moreover, in the Iranian studies that we have observed, in several cases of education, the supervisor has been looking at sexual education in general without the verses and traditions in this field being presented in a coherent and integrated manner, while in this research, This issue has been taken care of, and in addition to that, we will present the current research step by step, each of which has separate and independent steps. From the Islamic point of view, the goal of sex education is to create healthy attitudes that lead to mental health and social adaptation and to minimize the consequences of social incompatibility and moral abnormalities (Faqihi, 2007).

Therefore, sexual abstinence is a purposeful choice to avoid inappropriate sexual activity. The concept of self-restraint implies two components: "restraint" and "resilience". In other words, the concept of self-control is based on "piety" and "patience". Piety is responsible for the function of restraint, which has the role of internalization, and patience is the consistency of restraint and is related to resilience, which provides the role of protection of sexual restraint. They are responsible for the overall goal of individual regulation of sexual behavior .

Therefore, to solve this problem, we refer to the authentic Islamic culture, and the way out of this

problem for adolescence is in the approach of chastity. Therefore, with the method of analytical description in Islamic concepts, we intend to present infrastructure with an Islamic approach with the aim of individual regulation of sexual behavior. This goal includes increasing patience against the occurrences of lust, increasing the control power against lust, methods of controlling sexual stimulation, and increasing the psychological capabilities of adolescents in moderation, which are the aspects of interest in this research. Moreover, as for the dimensions that are carefully considered in this research, one is the internalization of sexual restraint, after which one acquires the skill of restraint, and the other is the maintenance of sexual restraint, which increases the capacity of restraint according to its factors and infrastructure. Therefore, the research aims to develop the infrastructure of internalization and protection, especially sexual restraint, with the aim of individual regulation of sexual behavior for adolescence. We intend to focus on creating the skills for individual regulation of sexual behavior based on Islamic concepts in adolescence. These teenagers find abilities that if they are faced with environmental or non-environmental stimuli (sexual fantasies), how to use these psychological abilities and control themselves.

### Methods

According to the scientific research division, the current research is in theoretical, analytical, and applied research. The descriptive-analytical method is also used; after collecting and classifying the verses and narrations, the topics are described, analyzed, summarized, and concluded in a library manner. The community of documents in this research is the verses of the Quran and the traditions of the Shia hadith books. The manner of this connection was determined by the words and concepts of sexual restraint in the verses of hadiths, and in that, the open and hidden content of Islamic texts were analyzed (Mominirad et al., 1392). For this purpose, verses and narrations related to internalization and protection of sexual abstinence were extracted in order to find a suitable infrastructure focusing on piety (restraint) and patience (resilience) to search for its examples in Islamic sources and the type of attention given to them in order to discover internalization. Moreover, care was taken for individual regulation of sexual behavior. In the current research, in order to formulate the infrastructure of internalization and maintenance of sexual

restraint, especially for adolescence based on Islamic texts, an attempt has been made to study the Islamic and psychological teachings related to internalization and maintenance of sexual restraint with the descriptive-analytical method and to extract essential elements. In this research, on the one hand, the focus is on the discussion of Islamic teachings; on the other hand, with an ethical and psychological approach, the researcher has paid attention to both areas.

### Results

In the Quranic literature, sexual abstinence and abstinence have been introduced as the main reason for facing sexual dangers and problems. According to hadiths, the most thing that causes people to go to hell is the stomach and sexual drive (Kulayni, 1986). On the other hand, God has not been worshiped in anything better than chastity in the belly and sexual drive (Kulayni, 1986). In religious literature, lust is considered one of the realms of self-control, and chastity operates in the two realms of financial and sexual desires and desires (Pasandideh, 2011). The nature of chastity is self-restraint and turning away (Ibn Fars, 1983; Tareehi, 1996). In fact, chastity is restraint and self-restraint in requests and wishes that appear in low-value and low-value things. (Ibn Manzoor, 1993 AH; Mustafavi, 1430 AH). Sexual abstinence is a purposeful choice to avoid inappropriate sexual activity. This strategy is for people who do not have the conditions for marriage and those after marriage. It is not as hard as before marriage since, in the case of sexual arousal, it reduces the tension due to the possibility of satisfying the need. Moreover, it is not easy to bear the hardships of chastity during adolescence; Unless psychological structures of self-restraint have been internalized in the scope of a chaste lifestyle and managed sexual desire with coping skills and harmony against external stimuli.

In religious literature, self-control is considered one of the two functional components of intellect, and by examining hadith texts, three meanings for intellect are obtained: the power of discernment, rationality, and knowledge, and the other is a stable state and attribute that can be used to choose virtues, benefits, and avoiding evils and losses. According to this opinion, the functions of the intellect are classified into two distinct categories: thinking and cognition, which include recognition, reasoning and knowledge (first and second meaning). Furthermore, the second category can be considered the self-control function, which

includes choice and avoidance (Abbasi, 2017). Moreover, based on the words and narrations of Imam Baqir (peace be upon him), can be considered as the explanation for this function (Burghi, 1992). Therefore, the place of self-control is in moral reasons, and restraint, restraint, avoidance, choice, and compliance also arise from reason and lead to self-management. Moreover, self-restraint implies two components: "restraint"

### Conclusion

The main question of this research is the infrastructure of internalization and protection of sexual abstinence in adolescents based on Islamic texts, and the primary approach in it is focused on moral reason, and its purpose is to facilitate sexual abstinence. By analyzing and examining Islamic and psychological teachings related to the main infrastructures and foundations of internalization and maintenance of sexual restraint, the three main steps are a) acquisition of restraint skills, b) increasing the capacity of restraint, and c) creating love and compassion and at least ten issues, i.e., ignoring internal stimuli, behavioral inhibition, delaying complacency, resistance to temptation, patience and resilience, positive future outlook, self-esteem, love of God, love of others and The spiritual connection with God was identified, and by receiving them, the teenager becomes susceptible to internalization and protection of sexual restraint.

In general, the form of internalization and maintenance of sexual restraint is implicitly or explicitly paid attention to restraint (piousness) and patience, which all originate from moral reason and the characteristic of experiencing sexual control with the understanding of moral reason such as avoidance (abstinence) and choice (passion) are recognized (Abbasi, 2017). The experience of sexual abstinence is explained and investigated based on the verses of the Holy Quran (renunciation) in Abbasi's research (2017), which is in line with the present research.

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