

BENEFITS OF KEEPING RELATIONSHIP INTACT:

WHY HAS ISLAM LAID STRESS ON KEEPING RELATIONSHIP (KINSHIP) INTACT?

The Hayward University conducted a study, and found after a decade-long study that the quality of our relationship has a profound influence on our health.

Dr. Robert Waldinger, a clinical professor of Harvard Medical School for psychiatry, says: 'What we found is that relationships actually protect our health and happiness, and they enter into the body and help it to prevent diseases and slow the ageing process.'

The reason he says is, keeping relationships helps us to weather the stress and problems which are normal. 'Like if something happens to me, I have the feeling that I can go home and share my troubles with somebody, or I can talk to my partner, who would help me. This will literally help my body to calm down. It is this calming effect that protects us from the ravages of time.' While the study tackles all kinds of relationships, we also know that those who neglect their own people are notoriously miserable with the type of friendship they have. This is because ties of friendship can have reason of selfishness behind them, and people usually move on and forget the past. While ties of relationship are something else. Any disruption between family members cannot heal in the same way. Thus, the best relationships are those between family, and maintaining relationships is a sure way to add to your years.

These findings align with the words of our dear Prophet ﷺ: "Whoever would like his Rizq (provision) to be abundant and his life span to be extended, let him uphold his ties of kinship." We find that Islam has always placed a great value on strong family bonds.

Allah, in the fourth chapter of the Quran, recalls our duties to our family.

"Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away, the companion at your side, the traveller, and those whom your right hands possess. Indeed, Allah does not like those who are self-deluding and boastful." 4:36

وَأَعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا ۚ وَبِالْوَالِدَيْنِ إِحْسَانًا وَبِذِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسَاكِينِ وَالْجَارِ ذِي الْقُرْبَىٰ وَالْجَارِ الْجُنُبِ وَالصَّاحِبِ بِالْجَنبِ وَابْنِ السَّبِيلِ وَمَا مَلَكَتْ أَيْمَانُكُمْ ۗ إِنَّ اللَّهَ لَا يُحِبُّ مَن كَانَ مُخْتَالًا فَخُورًا

This verse *refers especially to our relatives, both close and extended*, as well as any acquaintances we may come across in our lives; our behaviour with all should be courteous and kind. By including it with the same verse *as the command to worship Allah Alone*, the Quran underscores the importance of maintaining family ties and respecting our elders.

'The religion for centuries has emphasised the importance of positive and compassionate connections and places upholding ties of kinship, among the highest priorities of the believer.'

While we Muslims do not act only based on a study, this discovery can help those who are intellectually curious to realise that every command of Allah Subhanat'alah and the example of the life of our Prophet ﷺ is for the benefit of mankind.