

Love and marriage (is love a necessity for married couples?)Shahram Malekzadeh¹ and Shaghayegh Malekzadeh²¹. Assistant professor of Qazvin University². Family counselor, Instructor of Payam-E-Nour University of Sarimalekzadeh.shahram@yahoo.com

Abstract: In our long years of practicing as a physician, we had been encountered with many married couples complaining of lack of love in their relationships, or unfortunately plenty cases of break-up referred to that. It seems that a great misunderstanding exists here. In this article a description is given, regarding marriage and love, and we will conclude that marriage is something like a contract for building a family. As Mina chin also depicted of course if love (real love-which is a very rare thing) exists there between, it would be much better, but it isn't a necessity. In the treatment of the family according to the systematic view, we make family as a consonance system and organization and emphasis that every member of the family are acting the roles of spouse, parents, child, as the same as their job. In a system, the laws create a contract for the present responsibilities and the families without laws, discipline and cooperation may break up. So they increase the respect with preserving the suitable mental distance and formal relationship, and sincerity can be defined logical. Therefore it's necessary to instruct couples the skills of controlling their thrills and increasing EQ (Bradberry et al. 2009) between them. We believe that with respect to Ellis theory for cognitive therapy, there is a need to change many couples "Central Schema" (McGinn and Young, 1996) according to necessity of love for serendipity in common life, and teach them in real world, marriage is a contract and responsibility and it differs from a romantic and imaginary life. At last the article will conclude that, a very important thing in married couple's relationship is to learn, tolerance of differences and accepting each other, and that, love (of human origin) should be experienced before marriage. After marriage, other kinds of love, like love current which is hidden in nature, music, and so on, should be sake.

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1. Introduction

"Love" is a very especial thing, rarely experienced in lifetime of a natural human being and is accompanied by a especial sense of light hearting, flying, tingling and a deep need for not hurting the lover (so the phrase "Do you love me?" seems not be right! Instead a phrase like this seems to be better. "Do you experience love since you found me?"). It should be differentiated from terms like; settlement, liking each other and adaptation. The first; (love) can be experienced in rare cases of seeing a sight of nature, listening a very especial song, embracing a partner and even praying, but not in all of them.

Actually every healthy human being always seeks for love (we mean falling in love with something or someone). Here between, novels and stories about exaggerated experiences of love -of human origin- have made idealistic expectations in our daughters and sons.

2. Results and Discussion

Making a family which is projected by something we call "Marriage" is nothing more than a contract (Whitaker, 1976). Let's make a (rough) example; imagine you have got enough money and you want to build a house. You would find a good

and suitable architect, and make a contract; you put in between money and your partner, his or her ability of making a house. We should accept that something like this happens in marriage. Of course if you experience love in your bilateral relationships, it would be much better but if not, it does not mean, divorce (Amato and Rogers, 1997; Gottman, 1993). Girls and boys should learn that; they can only experience the "love of human origin", before (with other partner), or at the beginning of their appointment.

After marriage, they can feed their soul (which is always hungry for love) with other sources of love which is hidden in loving children or, loving any kinds of art or, loving nature and even God!

In this kind of Rational Emotive Behavior Therapy (R.E.B.T) (Ellis and Blau, 1998; Ellis and Harper, 1986), we want to teach the unsuccessful couples that they can control the stresses of the fear of not having beloved and not being loved of anybody with controlling thoughts and thrills, so the intruder concepts don't repeat anymore and every couple acts her or his role as a spouse or parent calmly and meanwhile, increase external surface of their behavior, that is flexibility and consistency (more on studies by Glaser, 1998).

These couples change their mental image and cognitive beliefs with increasing understanding and apprehending each other and they control and hide inappropriate and persecutor repulsive qualities with convenient reviewing, as Glasse said “Inner controlling yourself is easier than changing the others”.

At the same time this kind of cognitive conversions teaches the couples that how unique and particular God created them, and with understanding this sensible difference they can reach to reciprocal apprehending and consistency, and fill their source of mental energy (Huebner et al., 2009).

3. Conclusion

Family therapy with systematic sight, believes the existence of power hierarchy in family, regarding of mental boundaries, acting the roles of (spouse, parents,...), reciprocal apprehending, presenting new laws to system, controlling (thoughts, thrills, behaviors, and tensions). Due to that, we don't respect the belief of the need of love as a necessity and less important, the point that many of our couples marry with a romantic life dream in their mind (Leahy, 2003a; Leahy, 2003b).

Many of our young couples complain of lack of love in their bilateral relationships, and this, can be changed to a great complain, especially from the female side (because the female gender is a little bit more hungry for love of human origin. Why it is so, and why the origin of love is not, only from an especial human or thing, should be talked in another article).

The love, we called “love of human origin” is not a necessity for a stable, long lasting family, with healthy children, although if it exist (as it does rarely), it would be much better. What our young couples should know is that; the prerequisites for stable family are, to be able to tolerate each other, be patient, and have cooperation. They should learn to dance close to each other with freedom and there is no need to be stuck together.

In this way at the beginning of every common life, the partners should also fix some new “extra-human” origin for love, and experience the love currency which is hidden in art works, nature,

child bearing and even studying about supra-natural matters, and of course, don't think unilateral and don't leave common life.

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