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| Love Marriage |
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Love marriage is a term used basically in South Asia, to symbolize a marriage that takes place with the consent of the individuals themselves, primarily for the fact they love each other, with or without considering the consent of their families. The origin of this term comes from South Asian countries, as the percentages of arranged marriages are quite high in this region of the globe. The trend of arranged marriages is quite resisted by today’s youth, because of the Western influence in the culture.

Marriage, being an important step in the lives of individuals, for it is lifelong step requires the consent of individuals, should at least be given another thought. But for years this dilemma was forsaken, and chaos prevailed. We propose that the only possible way there is, for a marriage to be successful, is the understanding and compromise for the loved one, which plays an important role in today’s life. A marriage that can retain itself for a much longer period of time would thus be a successful marriage. Love marriage would prove itself to be quite sustainable and long lasting, but considering the certain conditions that come into being, when the controversial topic of Love marriage is discussed. Islam questions the validity of love marriage, from all aspects considering Quran, Hadith, and Scholarly opinion.

We will also discuss this topic under the light of Neurological and Psychological surveys of human brain and anatomy, and thus mental conditions which play an important part in a person’s well-being and thus in the sustainability of a marriage.

**Neurological survey of Human body in Love:**

Love is really a beautiful phenomenon of a human’s Psychology and Neurology, it being a biological phenomenon is what makes us human. Thus first we will study it from Neurological point of view.

Love is often represented as a feeling that has no explanation, because it is abrupt and seems as if a person has been drowsed. Well, in all certainty, that is what happens to a person, as the release of Dopamine occurs from one’s brain, which causes the feeling of comfort. And the unexplainable excitement is the courtesy of Adrenaline.[[1]](#endnote-1)The hormonal release is quite strong when a person falls in love, so a person can go through many emotional responses.

Love, thus has its stages, being,

1. **Lust:**

Lust is the stage in which a person gets the feeling of having emotions regarding someone.[[2]](#endnote-2) Moreover, it is the stage involved with the hormonal release, being Testosterone in case of Males and Estrogen in case of Females. Thus lust is thus self-explanatory.

It is then followed by the second stage being, attraction.

1. **Attraction:**

The second stage of love is far stronger than the first one, at this stage an individual, cannot sustain without getting a glimpse of his or her loved one. As this stage goes off with the release of stronger hormones such as Adrenaline, Norepinephrine, and Dopamine, an individual goes through a set of emotions.

Thus, a person feeling attraction becomes prone to excitement and alertness, and stays in a state of continuous pleasure. And he or she loves it, and thus this attraction evolves into attachment.

1. **Attachment:**

The final stage of love, attachment is the one in which a person becomes totally immersed in love and thus, the hormones which were strong enough previously don’t really work anymore but a much stronger hormone Oxytocin comes into action. This hormone is so strong that it leads a person into a complete trance, and one cannot differentiate between realities. And thus, the release of this hormone occurs in the presence of each other, and a deep connection is formed between individuals. When they seek comfort in each other’s closeness.

Thus, a couple finds happiness together and looks forward to lead a life in one another’s presence, and thus love is completed, and two individuals are one both emotionally and physically.

**Psychological aspects that come into being when one falls in Love:**

Love, as has deep roots in Neurology, it also affects a person psychologically. Human psychology is quite fragile in this respect, as if a person grieves about something that person becomes detached from the world and thus gets lost in depression. Love makes a person happy, thus being bliss but it also makes a person forsake the world and thus being a plague, considering the conditions.

So, love acts as a necessary evil in certain scenarios, thus a person falling in love and going through the Neurological conditions as stated above, faces a certain set of Psychological and emotional responses, that can make him or her vulnerable in quite slight difficulties and strong in certain calamities. So, emotional response of one’s brain goes haywire.

A person craves for happiness and thus, seeks to get it. And if a person cannot get happiness thus human psychology says that he or she grieves and in this procedure, a person can be forceful, raging, and even depressed. Thus, society can’t handle such a person and he or she could become a cast out.

**Love Marriage in the Light of this knowledge:**

Thus, marriage requires the consent of the individuals and their mental satisfaction. For it is really important, for it to sustain. Marriage is a decision that takes one’s life in accordance, thus should not be done without total commitment.

Psychology plays an important part in such a scenario, as a person in love as long as things go accordingly, feels happy. Thus, a marriage that proceeds in the guidance of this love is fueled by it and thus lasts longer. Love marriage would give comfort to both participants of the wedding for they had wished to get close and they did. As getting something one wishes for is a moment of truce for him or her, so getting the chance to marry a loved one is also bliss.

Marriage can also be depressing in certain scenarios and can lead to life threatening decisions. One’s mental condition depends upon him or her being happy and satisfied with life, and thus having a marriage that’s arranged already and having no capability of deciding one’s own fate sometimes leads to depression, and thus a person could even resort to lethal ways, such as suicide, physical torture to one’s own self and in some cases even others. Love marriage primarily provides one the mental relief one seeks in life. And other than that it makes a person think more about the future and thus makes one a better member of the society, for he or she would now take responsibility for their life partner and would become responsible people, and if anything does go wrong, or any misunderstanding occurs, they would stand responsible for it, because, they were the ones who made the decision in the first place.

Well, in arranged marriages, the relationship is weak and requires a lot of work, the factor of compromise is not strong enough, and thus the marriage goes off as an infant in need of attention. The mutual understanding has to be built from scratch and thus is quite stressful for a couple to proceed. So, in comparison to a love marriage arranged marriages go off with a difficult and rather slow start but the time and the belief encompassing the fact that they have married to spend the rest of their lives together, kind of makes a connection and thus affection develops from closeness.

**Marriage in Islam:**

Islam is a versatile religion and it provides individuals the choice to make their decision till the end, beyond which there is no turning back and only option available is divorce. And in Islam the marriage is an important matter and it keeps the will of the individuals at number one priority.

Marriage is an important phenomenon as it is a Sunnah of Holy Prophet (P.B.U.H), moreover to that it is something Allah has brought upon us, for our own happiness. Marriage in Islam is basically focused on the well-being of the couple and their satisfaction with each other. Thus, the decision of getting married also lies in the hands of the ones getting married. As in Islam, men and women are not allowed to look at each other, but in case of an accident, if a feeling of affection is triggered then, Islam doesn’t criticize it.

But as in the western world, to know someone in a much better way, meetings often referred to as “dates” are made, but such an event in Islam can get very controversial, as in the closeness and the point of understanding that exists in the two individuals, requires a good history.

So, marriage in Islam is a bit more conservative with respect to the western ideals.

**Marriage in the Light of Quran:**

In Islam, marriage’s significance can be seen through this verse,

وَأَنْكِحُوا الْأَيَامَىٰ مِنْكُمْ وَالصَّالِحِينَ مِنْ عِبَادِكُمْ وَإِمَائِكُمْ ۚ إِنْ يَكُونُوا فُقَرَاءَ يُغْنِهِمُ اللَّهُ مِنْ فَضْلِهِ ۗ وَاللَّهُ وَاسِعٌ عَلِيمٌ

***"Marry the single people from among you and the righteous slaves and slave-girls. If you are poor, Allah (SwT) will make you rich through His favor; and Allah (SwT) is Bountiful, All-Knowing."*** [[3]](#endnote-3)

This proves the significance of marriage as it is almost mandatory on the Children of Adam. And the closeness that they seek in each other saves them from walking the wrong paths and gives them bliss in the form of blessing from God. For two individuals to grow close marriage is the only way in Islam.

Islam even explains the fact that, an individual requires his or her desires fulfilled in this life and that marriage is the righteous way. And moreover to that, it also provides the sense of righteousness, for it is the religion of greater good.

وَلْيَسْتَعْفِفِ الَّذِينَ لَا يَجِدُونَ نِكَاحًا حَتَّىٰ يُغْنِيَهُمُ اللَّهُ مِنْ فَضْلِهِ ۗ

***"And let those who cannot find someone to marry maintain chastity until Allah (SwT) makes them rich through His favors ..."***[[4]](#endnote-4)

Thus, prohibiting mankind from getting indulged into evil, and sinister ways. Love Marriage although requires the understanding and love to exist before marriage but the fact that meeting someone, although is not haraam but is disliked as expressed by the Prophet (P.B.U.H). This suggests that a set of individuals can only have an attraction for each other while keeping a distance, or more simply by keeping their intensions and actions in the limits of the Quran and Sunnah.

Sometimes the western culture leads man to think of this attraction as having a long lasting relationship, but in our religion this thing is strictly restricted.

**Marriage in the Light of Hadith:**

Love can occur at any time or place, without letting even the lover realize it, but to keep the society from falling into corruption, Holy Prophet (P.B.U.H) suggested,

***“We do not think that there is anything better for those who love one another than marriage.”*** *[[5]](#endnote-5)*

In Islam, the illicit love relation is forbidden, but due to this influence from the religions that are unlike ours, and are faulty, this misconception has risen in the society that the only way to be truly happy is to be as close as possible, to that person. Thus now having an illicit love relationship is not considered a taboo at all. And it is now considered as the best way to truly understand each other, but this is where Islam contradicts with the western culture and thus gets convicted of being hateful in nature and having no love. But Islam is the religion that brought forward the name of love in the first place for everyone, whether be children, wives, and parents when none of these relations mattered to that world of chaos. And most importantly the love for God, which was forsaken in that era of ignorance, and Islam taught man about the most important fact of this world, the existence of a Creator, and made him enamored for Him.

But, Islam states that, it is not love that drives a marriage but a marriage that drives love, thus the individuals bonded through a wedding and who are in marital relationship, if they follow the orders of Allah Almighty, then and only then shall their marriage be truly happy and will their love truly grow. Looking at an individual before marriage is disliked but under appropriate conditions it’s not forbidden at all as Holy Prophet (P.B.U.H) stated that,

***“Go and look at her, because that is more likely to create love between you.”*** [[6]](#endnote-6)

Thus, love is required for a marriage to exist but then all rests in the hands of the individuals to enshrine their love. So, Islam defies all the false believes of affairs before marriage, and to have a sinister relationship before marriage. To have a chat and a meeting in the presence of both families is thus not restricted, the individual do get chances to share their point of views and their motives before marriage, so as to get a better understanding of each other’s outlooks. But a long term relationship beyond the limits as explained in Quran and Sunnah beforehand, will cause nothing but corruption and suspicion, because, the individuals as they themselves had an evil relationship before their marriage, would assume that their partner might still not be indulged into a relationship as the one they had, unreal, false and sinister in all respects to begin with before the matrimony.

قالَ رَسُولُ اللهِ (صَلَّى اللهُ عَلَيهِ وَآلِهِ وَسَلّمَ): مِنْ سُنَّتِي أَلتَّزْوِيجُ فَمَنْ رَغِبَ عَنْ سُنَّتِي فَلَيْسَ مِنِّي.

***The Messenger of Allah (S) has said, "Of my tradition is to marry. So then whoever turns away from my tradition (Sunnah) is not from me (my nation)."***

Thus, marriage is not only a part of life but is a Sunnah of our Holy Prophet (P.B.U.H.). For, it plays an important role, bringing people together, leading a life, and getting to know families.

**Love Marriage according to Scholars of Islam:**

As, it has become a dilemma, whether to think of an act as hillal or haraam, people start losing faith in Islam, and think of it as cruel and filled with hate, but that is not true at all, as the definition of love as stated in the American Heritage Dictionary is the Love of God, for man and the love man feels in return for God. Thus Islam is presenter of love, love that we feel for our family, our siblings, our parents, our children etc. all of it was proposed by Islam, this world was lost in misery and chaos but that didn’t stop the Holy Prophet (P.B.U.H) from putting his efforts and he went to countless difficulties before he could ever complete this religion for us and all this not for us to just abandon it, and to walk along with this world of indecency and immorality but for us to follow and lead ourselves to a better future.

And that definition of Love is same as the definition proposed by Quran, and thus Islam does not condemn love, but it promotes it, but the only thing Islam condemns and thus restricts us from is sin and evil deeds. And from doing a deed that would stain our lives in this world and the hereafter.

***"Don't even come close to fornicating."*** [[7]](#endnote-7)

It is thus said, that flirt and come in touch with the opposite gender is not allowed in Islam considering the limits, thus before the marriage taking steps of closeness are prohibited, again considering the circumstances, right before marriage it is definitely allowed to look and talk to each other and to consider the will of the other person regarding the decision of marriage. So as to omit the chance of forcefully binding two individuals who don’t want to live together, as at the end of the day the marriage doesn’t sustain for too long and thus the end result is divorce. And as Holy Prophet (P.B.U.H) stated,

***“Among lawful things, divorce is most hated by Allah.”[[8]](#endnote-8)***

Thus, it proves that divorce is never the solution, the decision is supposed to be made in time considering the time given to the individuals to decide their fate, and divorce should always be the last resort. So, arranged marriages, though don’t have the mutual understanding already and thus are weaker in strength but still, as they come into being under the laws of Islam.

**Conclusion:**

In conclusion to all the discussion about the topic of Love Marriage, I would state that it is definitely not haraam, but it is not so easily summarized as hillal or haraam. There is so much more to it, as the basic principles of Islam state that looking or touching opposite sex is not appreciated and by not appreciated, I mean is restricted in our religion. And thus anything involved in something like this is thus disliked, but is not haraam. As Holy Prophet (P.B.U.H) showed his confidence regarding this topic of looking at an opposite gender before marriage, so it does not become that much of an issue, but the state of being in a forbidden relationship more commonly referred as affair is prohibited because of its indecency and immorality, and that is thus haraam, for the issue of having pre-marital sexual relationship was already resolved in the days of Prophet (P.B.U.H) and he expressed his disgust to such an act and it was then rated to be haraam.

This, when omitted from a relationship’s definition brings forward the idea that, if two individuals do fall in love with each other and want to marry one another then the only thing that remains to be considered is the consent of their elders as in Islam, elders are given quite an authority. And as in the beginning of the discussion, we proposed a definition of love marriage, so the point of “with or without” the consent of their families being their parents thus has to be omitted from this definition because, Islam has always mentioned the importance of respect for elders, primarily the parents for they have been given the status of being authorized next to the Prophets, so their will matters a lot. But in Islam, no one is forced, so if one can make it up to his or her parents and family and get them to agree, that’s up to him or her. What matters is the blessings and a marriage progressed under the effect of blessings from family and parents gets blessings from Allah as well and thus it lasts longer and thus love prevails. But in the absence of these blessings a marriage can never last long, as Satan corrupts mankind in the first place.

So, in final words, i would say that Love Marriage is thus not a forbidden thing to do, from Psychological point of view; love is what keeps a marriage long lasting and that is what provides eternal happiness to the couple. For they can truly be happy if they love each other and keep loving each other to fulfill the promises they made with each other the day they were married. Sometimes love exists before marriage and that is what we refer to as a Love Marriage and in the rest love evolves after marriage and thus that too is a love marriage, for a marriage can only be if there is love. So, love marriage being a controversial issue still is a pretty straight forward idea.

Thus, to give a final decision about Love Marriage, being much more reliable or the arranged, what we propose is that, as compared to Arranged marriages, Love marriages don’t last longer. Even though, it doesn’t seem like a fact, but it is, so in all certainty Arranged marriage is just another name for compromise and that is what drives a long lasting relationship, and in Love marriage sometimes, openness proves to be conflicting and hostile, and thus can lead to a divorcing end.

1. Dr. Samuel Low*, Clinical Director Parkway Hospitals,* 18 Jan 2018 [↑](#endnote-ref-1)
2. *Nicole Cross, Counseling Program Director, 30 Jan. 2012* [↑](#endnote-ref-2)
3. *(****Surah 24, Verse 32)*** [↑](#endnote-ref-3)
4. *(****Surah 24, Verse 33)*** [↑](#endnote-ref-4)
5. *(Narrated by Ibn Maajah, 1847; classed as saheeh by al-Busayri and by Shaykh al-Albaani in al-Silsilah al-Saheehah, 624)* [↑](#endnote-ref-5)
6. *(Narrated by al-Tirmidhi, 1087; classed as hasan by al-Nasaa’i, 3235)* [↑](#endnote-ref-6)
7. *(*[*17:32*](http://www.islamicity.com/mosque/arabicscript/Ayat/17/17_32.htm)*)* [↑](#endnote-ref-7)
8. *(Reported by Abu Dawud)* [↑](#endnote-ref-8)