

Self-care motives in Quran and Hadith

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Abstract:

Background and Purpose: Self-care is behavior that the person relying on your knowledge, ability and skills, take care of your health And it is directly related to people's desire and motivation. Because, the motives are the causes of behavior and lead Person's activities to the beginning and continue. On the other hand, religious leaders, in order to improve the behavior and lifestyles of their followers, always have to explain the causes of behavior expected of their religion and expression Philosophy of Religion as well as the effects and benefits of religious practice, motivation of people to repeat and reinforce the desired behavior, have increased. This article, in order to define and categorize motivation for self-care behavior that is mentioned in the verses and hadiths, was developed.

Materials and Methods: This study have been carried out library research and the study of the Holy Quran and Islamic traditions. First "Encyclopedia of Medical Traditions" by Ayatollah Mohammadi Reyshahri and book of "Prophet medicine"(PBUH), were studied and traditions, according to the purpose of this study was selected. Then go to the original sources, the traditions were studied.

Results: In this study, fifteen motivated self-care behavior were derived from the Qur'an and the hadiths and according to the source of their motivation was classified in four general categories of Source of spiritual, source of material motivation(physical), source of to get joy motivation, source of avoid illness motivation.

Conclusion: Islam to strengthen self-care behavior in people applied different types of motives. In other words, the religious teachings used of different sources of motivation (inner-outer or five categories of personal motivation) and has thus strengthened its audience behavior has been discussed at different levels. Understanding these motivations, will help health officials and policy makers to strengthen the religious beliefs of individuals, to culture and to promote a culture of self-care in the community to take effective steps.

Keywords: motives, Self- care, The Holy Quran, Islamic Traditions.Results:

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