

Concept of TAWAZN in Family Planning

The concept of TAWAZUN is derived from the Islamic belief of balance and moderation, it encourages parents to decide the size of their family based on their resources. It is further in line with the rights-based approach that emphasizes on family planning as a human right where every pregnancy is planned by the couple with their free will and everyone has the right to choose the contraception method which suits them the best. Furthermore, it involves voluntary family planning which includes, unwanted and unintended pregnancies, unmet need for family planning and modern contraception.

Islam teaches us to be moderate and balanced in all aspects of life, whether it is religion, worship, relationships, ideas, or daily activities. Principled moderation is one of the defining characteristics of good character in Islam. Allah in Quran says:

لُؤْسُرِلَا نَوُكِيَّوَسَانِلَا يَلَعَاءَدَهْشَاوُنُوكْتَلَا طَسَوَقَمَامُكَا نَلَعَجَ كَلذَكَو
اَدِيَهْشَا مَكِيَلَعَا

Thus, We have made you a justly balanced community that you will be witnesses over the people and the Messenger will be a witness over you.

Surat Al-Baqarah 2:143

مُتَدَخَا نِإَقَا اَدِيَعَبَا اَوْبَسَا مُتَوْبَسَا دَوَقَا اومِيْقَتَسَا اَرُوْلَا رَشَعَمَا اِي
اَدِيَعَبَا اَلَاَصْ مُتَلَدَصْ دَوَقَا اَلَامَشْوَا اَنِيْمِي

O people, remain straight upon the path and you will have taken a great lead, but if you swerve right or left then you will be led far astray.

Source: Sahih Bukhari 6853, Grade: Sahih

In fact, it is Satan who sets up his partners along the straight path to call people away from it. The devils intend to mislead humanity into the extremes of any direction as long as it is away from the straight and middle path.

اَلِيْبَسَا كَلذَا نِيْبَا غَتَبَاوَا هَبَا تَفَاخْتَا اَلَوَا كَتَا لَصَبَا رَهَجْتَا اَلَوَا

Do not recite too loudly in your prayer nor too softly, but seek a way between them.

Surat Al-Isra 17:110

In the light of the above Quranic verses and explanation from the sahih bukhari, it is clear that Islam highlights the significance of balance in every sphere of life which includes family planning either being a key component to make a happy and healthy family.

In addition, unwanted and unintended pregnancies need to be controlled through proper counselling and fulfillment of unmet need this will support the health of both mother and children.

In a nutshell, the concept of Tawazun teaches us to create balance between the resources and family. the number of the children must be mutually decided by any couple and unintended, unwanted pregnancies must be managed and unmet need of the couples must be fulfilled for a healthy family which helps to create a a happy and healthy society.