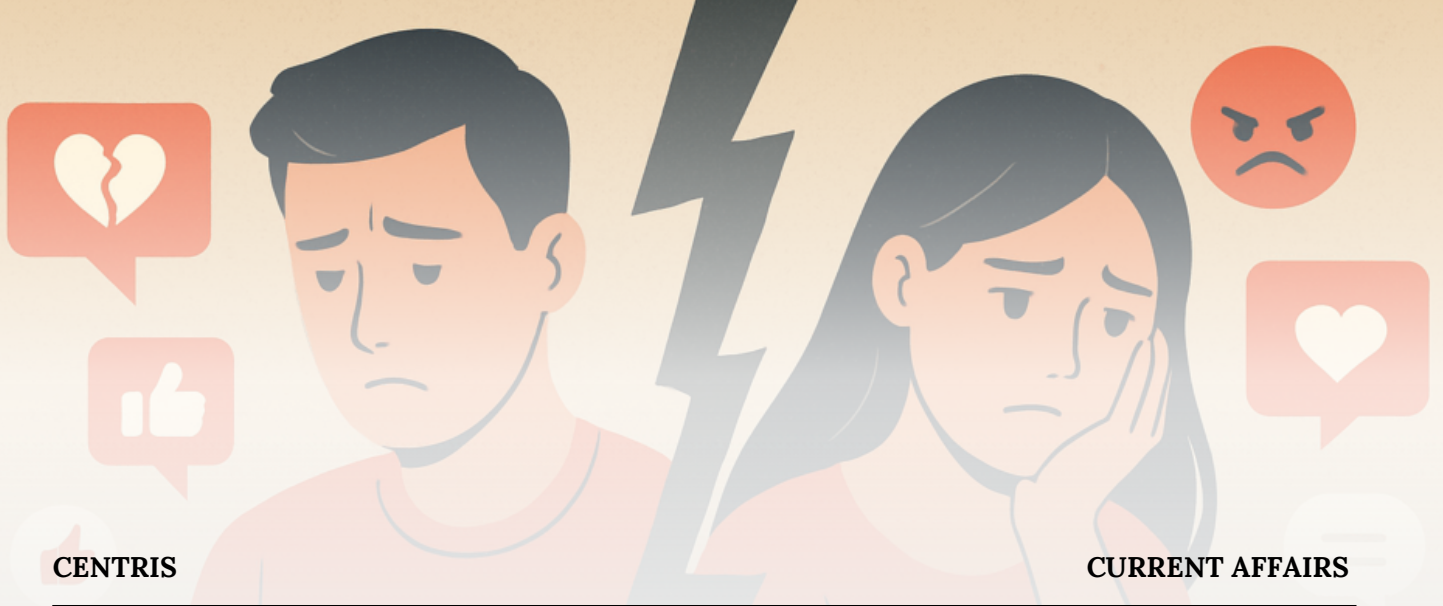




JEALOUSY AND MISUSE OF SOCIAL MEDIA IN MARRIAGE

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INTRODUCTION

Social media has become a part of our daily lives. Platforms such as Facebook, Instagram, TikTok and Twitter allow us to connect with our friends, family and even people we don't know. As we know, social media has a significant impact on its users. Nowadays, it helps people a lot in many ways and makes it easier for people to communicate with each other wherever they are. However, we also cannot deny that social media has negative impacts on our lives, especially on marriages. This is because people spend a lot of time using it. Couples who spend a lot of time on social media can create feelings of distrust in each other. In fact, some people admitted that they have posted something on social media that they have hidden from their partner. As a result, it can create a breeding ground for adultery. Many divorce lawyers say social media is a major contributor to the destruction of marriages. This issue not only affects both spouses but also affects the children and the overall harmony of the family. Frequent arguments between parents can cause emotional stress and affect children's mental development. If this issue is not addressed, it will become worse and eventually lead to divorce. Therefore, it is very important to understand the effects of jealousy and the misuse of social media to help families build trust, improve communication, and maintain healthy relationships.

MARRIAGE IN ISLAM IS BUILT UPON THE FOUNDATIONS OF LOVE, MERCY, TRUST, AND MUTUAL RESPECT

Marriage in Islam is built upon the foundations of love, mercy, trust, and mutual respect between husband and wife. Allah states in the Qur'an, ***“And among His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy.”*** This verse shows that the purpose of marriage is to create *sakinah* (tranquillity), *mawaddah* (love), and *rahmah* (mercy). However, the misuse of social media in modern society has become one of the factors that harm marital harmony. Inappropriate online communication, excessive interaction with *non-mahram* individuals, secret conversations, emotional affairs, and the sharing of private marital matters online can lead to jealousy, suspicion, mistrust, and conflict between spouses. Islam strongly emphasizes honesty, loyalty, and the protection of dignity within marriage.

Social media itself is not prohibited in Islam, but its misuse may open the door to harmful behaviour that damages family relationships. Islam warns believers against actions that may lead to suspicion and conflict. Nevertheless, suspicious behaviour may arise when one spouse engages in secretive or inappropriate online interactions. Constant messaging with unrelated individuals, hiding conversations, or intimate communication through social media can weaken trust and create insecurity within marriage.

Furthermore, Islam commands believers to lower their gaze and guard their modesty. In the context of social media, lowering the gaze not only applies to physical interaction but also includes digital communication and online behaviour. Islam discourages flirting in conversations, sharing inappropriate content, or engaging in emotional intimacy with *non-mahram* individuals through online platforms because such actions may eventually lead to temptation and betrayal. The Prophet Muhammad also emphasized the importance of good treatment between spouses. He said: ***“The best among you are those who are best to their wives.”*** (Narrated by **al-Tirmidhi**). This hadith shows that kindness, respect, and emotional care are essential qualities in a successful marriage. A spouse who neglects their partner emotionally while giving excessive attention to others online may indirectly harm the marriage. Emotional betrayal through social media can create feelings of rejection, jealousy, and emotional distress, even if no physical relationship occurs.

Overall, Islam does not reject technological advancement or social media usage, but it requires responsibility and ethics. Spouses should strengthen communication, maintain mutual trust, and observe Islamic boundaries in online interactions. By practicing Islamic values and applying the principles of *Maqasid Shariah*, marital conflicts caused by jealousy and misuse of social media can be reduced, leading to a healthier and more harmonious family life.

CHALLENGES OF JEALOUSY AND MISUSE OF SOCIAL MEDIA IN MODERN MARRIAGE

Marriage is an important institution that provides emotional support, trust, and stability within family life. However, rapid technological development and widespread use of social media have introduced new challenges affecting marital relationships. In modern marriages, jealousy and misuse of social media have become a significant concern because they may weaken trust, increase conflict, and reduce emotional intimacy between spouses. Recent studies suggest that digital communication patterns and online interactions increasingly influence marital satisfaction and relationship stability.

Firstly, jealousy and trust issues have become a major emotional challenge in modern marriages due to increased exposure to social media activities. Features such as likes, comments, followers, and interactions with other individuals may trigger suspicion and insecurity between spouses. Excessive jealousy can lead to controlling behaviours, frequent arguments, and emotional distress within marriage. According to Metellus et al. (2025), social media jealousy and online surveillance are associated with lower relationship satisfaction over time. Therefore, unmanaged jealousy may negatively affect emotional stability and harmony within marriage.

Besides that, the misuse of social media has emerged as another important challenge affecting marital relationships. Excessive use of social media may reduce quality time between spouses and shift attention away from family relationships. Some individuals may engage in secretive online behaviour, maintain inappropriate online relationships or become overly dependent on virtual interactions.

Such behaviours may increase the risk of emotional infidelity and reduce marital satisfaction. According to Abbasi & Dibble (2025), inappropriate online engagement is associated with greater relationship conflict and lower satisfaction among couples. Consequently, irresponsible use of social media may threaten commitment and stability within marriage.

Furthermore, communication breakdown has become increasingly common in contemporary marriages due to constant digital engagement. Healthy marriages require openness, emotional support, and effective communication between spouses. However, excessive use of digital devices may limit meaningful face-to-face conversations and reduce opportunities for emotional expression. Poor communication can make conflict resolution more difficult and gradually weaken emotional intimacy between partners. According to Norton et al. (2018), digital communication behaviours that reduce responsiveness and healthy interaction between partners may contribute to lower relationship satisfaction and a weaker emotional connection.

In conclusion, modern marriages face various challenges resulting from jealousy and the misuse of social media. Although social media offers convenience and connectivity, irresponsible usage and excessive jealousy may damage trust, communication, and emotional intimacy between spouses. Building mutual understanding, practising open communication, and establishing healthy digital boundaries are important steps in strengthening marital relationships.

ISLAMIC SOLUTIONS AND RECOMMENDATIONS TO JEALOUSY

1

Digital Integrity and Transparency as a Foundation for Harmonious Relationships

In addressing marital jealousy issues caused by social media, Islam provides a holistic approach by encouraging truthfulness and avoiding suspicion. Marital conflicts often arise from secret chats and online communications behind the spouse's back, which can lead to *su' al-zann* (negative assumptions). To prevent this, couples must practise digital integrity and be open with each other, such as by sharing phone passcodes and establishing tech-free time for the family. By removing secrecy, couples remove the potential for unnecessary doubt and instil *husn al-zann* (positive assumptions) in one another. Knowing that their partner's online interactions are visible brings a sense of peace and reassurance to both spouses, removing the feelings of anxiety and discomfort that arise from suspicious online behaviour. When both husband and wife are willing to be open with each other, a solid sense of mutual trust is built, maintaining a harmonious marriage relationship.

2

Spiritual Empowerment

Another important approach in reducing digital jealousy within the household is through spiritual empowerment. Islamic teachings highlight that spiritual practices such as *dhikr*, *sabr*, *tawakkal*, and *istighfar* serve as effective methods to regulate emotions and avoid jealousy.

When applied to social media usage, this spiritual foundation encourages spouses to practice lowering their gaze on social media as they believe in the concept of *Muraqabatillah* (mindfulness of Allah), whereby it increases spiritual consciousness, as all human actions are always being monitored by Allah, whether they are hidden or visible. On the other hand, social media often shows an idealized image of relationships and lifestyles, which can lead to harmful comparisons and emotional dissatisfaction between spouses.

By fostering spiritual strength, spouses learn to practice gratitude for their own marriage and chosen partner, rather than chasing after artificial realities online. Being mindful of Allah strengthens a person's ability to control their emotions, helping them to resist the temptation to get involved in an inappropriate digital relationship or react recklessly out of jealousy. This spiritual discipline helps in using the media correctly, turning digital restraint into an act of worship that protects the harmony within the family.

3

Integration of Maqasid Shariah and Fiqh Principles

Finally, a practical solution for promoting harmony and removing jealousy within the household can be achieved by integrating the *Maqasid Shariah* framework into the couple's digital practices. Applying these principles offers a holistic defence by aligning social media usage with the protection of the five essential aspects of human well-being, which are religion (*din*), life (*nafs*), intellect (*aql*), lineage (*nasl*), and wealth (*mal*). Faith can be protected by using social media in a way that pleases Allah, while avoiding unlawful communication. Life and mental health are preserved by removing spying habits (*tajassus*) that could trigger any form of anxiety or depression within the marriage. Intellect is protected by engaging with healthy online platforms rather than with content that distorts the reality of marital life. Lineage is protected by avoiding the sharing of private family issues online. Oversharing could invite the evil eye that may harm the family. Lastly, wealth is protected by being mindful of spending habits and not being easily manipulated by extravagant marital lifestyles flaunted by online influencers. *Maqasid Shariah* should also be accompanied by fundamental *fiqh* maxims, such as "Harm must be eliminated" (*Al-Darar Yuzal*) and "Blocking the means to evil" (*Sadd al-zara'i*), as they are closely related. If a specific app, platform, or digital habit continuously exposes harm and jealousy within the marriage, these principles require that the harmful behaviour be removed immediately to protect the sacred sanctity of family life.

CONCLUSION

In conclusion, jealousy and the misuse of social media have become significant challenges in modern marriages by affecting trust and emotional stability between spouses. Although social media provides various conveniences in our daily lives, its uncontrolled use, such as online interactions with non-mahram individuals, disrupts the harmony of marriage. From an Islamic perspective, marriage is built upon the foundation of love, mercy, trust, and mutual respect. Islam does not oppose technological advancement or the use of social media, but it teaches people to use it responsibly and ethically. People who practice Islamic values and apply the principles of Maqasid Syariah can reduce conflicts caused by jealousy and the misuse of social media and create a harmonious and peaceful family life. They can preserve trust and maintain a harmonious relationship by practising open communication, strengthening faith, and establishing boundaries on social media. Therefore, the integration of Islamic values and the ethical use of social media are very important to ensure that the institution of marriage remains stable, harmonious, and blessed in this era.

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Summarize

Jealousy and mistrust in marriage may arise when one spouse engages in inappropriate or secretive communication through social media. Excessive online interaction with non-mahram individuals can weaken trust, create emotional distance, and lead to conflicts between husband and wife



Maqasid Syariah

- Hifz al-din : Avoid unlawful communication
- Hifz al-nafs : Avoid actions that may cause anxiety and depression.
- Hifz al-aql : Engage in healthy online platform
- Hifz al-nasl : Avoid sharing private family issues online
- Hifz al-mal : Being mindful of spending habits

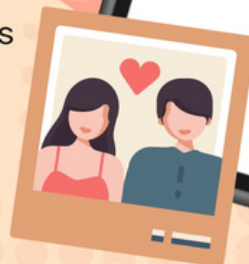
Fiqh principles

- Al-Darar Yuzal:
Remove harmful behaviours in marriage
- Sadd al-Zara'i:
Avoid actions leading to jealousy & conflict.

Islamic Solutions and Recommendations



- Digital Integrity and Transparency as a Foundation for Harmonious Relationships
- Spiritual Empowerment



Qur'anic verse

“And among His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy.”
(Surah al-Rum 30:21).

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