



## فایده حجاب برای خود خانم‌ها

**شبهه:** اگر ما بانوان حجاب داشته باشیم آیا برای خود ما هم فایده‌ای دارد یا فایده‌اش فقط به دیگران و خانوادهٔ ما می‌رسد؟!
آیا فایدهٔ حجاب فقط این است که مردها می‌توانند نگاهشان را کنترل کنند و خودشان را حفظ کنند و خانوادهٔ ما از سستی و از هم‌پاشیدگی در امان بماند یا در حفظ حجاب، برای شخص زن نیز فایده‌ای نهفته است؟!

**پاسخ:** حجاب در قدم اول، برای شخصی که حجاب دارد مفید است؛ برخی از فوائد حجاب برای بانوان چنین است:
۱. حجاب برای خانواده مفید است؛ چرا که خانواده، در حقیقت کانون آرامش خود شخص است. وقتی آرامش خانواده از بین برود، به این معنا است که آرامش خانمی که حجاب نداشته است، از بین رفته است.

### حجاب برای دفع آزار و اذیت و تعرض بیگانگان و مردان نامحرم است؛ چه تعرض فیزیکی و چه تعرض روحی و عاطفی و روانی یا چشمی؛ و فایدهٔ این نکته نیز به خود خانم بازمی‌گردد.

اگر خانواده‌ای از هم بیاشد و به طلاق منجر شود، بیشترین کسی که در طلاق آسیب می‌بیند، خود خانم است. معمولاً در طلاق آسیبی که به مردان وارد می‌شود چه از نظر روانی و عاطفی و چه از نظر اقتصادی، آسیب گسترده‌ای نیست؛ در حالی که خانم‌ها پس از طلاق، هم از نظر اقتصادی به مشکل می‌خورند؛ هم از جهت عاطفی، خیلی شکسته می‌شوند و هم از نظر اجتماعی با مشکل مواجه می‌شوند و به‌علت نگاه منفی به زن مطلقه، ارتباطات اجتماعی‌شان مختل می‌شود و شرایط ازدواج برای آنها، به‌مراتب کمتر فراهم می‌شود.

پس فایدهٔ حفظ کانون خانواده، به خود خانم‌ها برمی‌گردد.
۲. حجاب برای دفع آزار و اذیت و تعرض بیگانگان و مردان نامحرم است؛ چه تعرض فیزیکی و چه تعرض روحی و عاطفی و روانی یا چشمی؛ و فایدهٔ این نکته نیز به خود خانم بازمی‌گردد.
۳. یکنی دیگر از فوائد حجاب، این است که همهٔ موجب کرامت زن می‌شود و عزّت و وقار او را در جامعهٔ افزایش می‌دهد و دیگران به اذیت احترام به او می‌نگرند.

۴. حجاب وسیله‌ای برای مدیریتٔ احساس خود زن و توانمندی او در برابر هیجانات و تمایلات عاطفی بی‌جهت است. این نکته را باید در نظر داشت که مسئلهٔ مدیریتٔ احساس، تأثیر بسیار زیادی در رشد فردی خانم‌ها دارد.
۵. حساب موجب در امان ماندن از چشم‌زخم و تأثیرات نفوس دیگران است.
۶. از جمله مزیت‌های حجاب این است که وقتی کسی حجاب نداشته باشد، شیاطین از او دور می‌شوند؛ چون شیاطین به زن بدون حجاب علاقه دارند و اطراف او جمع می‌شوند؛ اما وقتی زنی حجاب بر سر می‌کند، ملاکه در کنار او، حضور پیدا می‌کنند و نوراتّیبت به‌همراه می‌آورند.

۷. یکی از حسن‌هایی که در خانم‌ها بسیار فغال است، حسّ جلب توجه است. زنان دوست دارند که همیشه دیگران را به‌طرف خود جلب کنند و به‌گونه‌ای باشند که دیگران از آنها تعریف کنند. این، حسّی منفی است و فکر و ذهن انسان نباید همیشه به سخن و نگاه دیگران باشد.

با این توصیف، حجاب یکی از ابزارهای مهمی است که کمک می‌کند این حسّ در وجود انسان مدیریت شود.

زن، با حجاب خود می‌تواند به این توانمندی برسد که وقتی در جامعه حضور پیدا می‌کند، نسبتی به فضات دیگریان، بی‌تفاوت باشد و آن‌طور که واقعاً هست، زندگی و رفت‌وآمد کند.

نتیجه آنکه فواید حجاب، همگی برای خود خانم‌ها است.

در این میان اگر نفعی هم از این موضوع، به دیگران می‌رسد در رتبه‌های بعد قرار دارد. پس قدر این نعمت را خود خانم‌ها باید بیشتر از هر کس دیگری بدانند.

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