Managing the Anger and Sexual Urge: Islamic Perspective

Dr. Maqbool Hassan
Assistant Professor, Department of Islamic Studies, Bahria University Karachi Campus, Karachi, Pakistan:
drmaqboolhassan@gmail.com

Abstract
This paper aims to investigate the Islamic teachings related to the Management of anger and sexual desires. Anger and sexual urge are two effective emotional states that can lead people to hurtful behaviors if not appropriately controlled. Islam gives a comprehensive moral system for overseeing them in a useful way that's consistent with the teachings of the Quran and the Prophet Muhammad (peace be upon him). Islam educates that anger could be a characteristic feeling that ought to not be oppressed but maybe channeled helpfully. The paper investigates different procedures for overseeing anger, such as profound breathing, positive self-talk, and looking for asylum in Allah. Furthermore, the paper examines the significance of forgiveness and the evasion of vindication as key components of Islamic anger Management. Additionally, the Islamic approach to sexual urges Management is based on the principle of self-discipline and the avoidance of sin. Islam educates that sexual wants could be normal and ought to be controlled through marriage and modesty. The paper talks about different procedures for overseeing sexual want, such as maintaining a strategic distance from erotica and lustful behavior, locking in standard physical action, and looking for asylum in Allah. Also, the paper examines the significance of maintaining a strategic distance from premarital and extramarital sex as key components of Islamic sexual urge Management. The paper concludes by emphasizing the significance of the Islamic moral system for overseeing anger and sexual urges in modern society. The down-to-earth methodologies and methods presented in this paper can be of big advantage to people looking to oversee these adept feelings in a helpful way that's steady with Islamic teachings. By taking after the Islamic teachings on anger and sexual urge Management, people can accomplish more prominent passionate and otherworldly well-being, reinforce their connections with others, and eventually lead a more satisfying and fulfilling life.

Keywords: Anger, Sexual Urge, Emotions, Quran, Hadith, Islamic Teaching.

Managing the Anger and Sexual Urge: Islamic Perspective

1. Introduction

Anger and sexual desires are two effective feelings that are present in all human creatures. They can be positive and motivational, as well as they can lead to negative too, if not overseen appropriately. Islam, as a comprehensive way of life, guides how to oversee these feelings in a valuable way that's reliable with the teachings of the Quran and the Prophet Muhammad (peace be upon him). The Islamic moral system for overseeing anger and sexual want can be of big advantage to individuals looking to attain passionate and otherworldly well-being.

Unmanaged anger and sexual want can have a few causes and results. Here are a few potential illustrations:

i. Causes of unmanaged anger:

a. Grievance or uncertain enthusiastic issues: People who have experienced traumatic occasions, such as manhandling or disregard, may battle to oversee their anger as a result. Also, individuals who have not successfully handled past passionate gashes may discover that their anger is activated more effectively and habitually.

b. Identity characteristics: A few individuals may have a more normally forceful or bad-tempered disposition, making them more inclined to anger upheavals.

c. Stress: High levels of stretch and weightiness can cause people to feel overpowered and disappointed, driving uncontrolled anger.

d. Substance mishandles: The utilization of drugs or liquor can disable an individual's judgment and self-control, driving upheavals of anger.

ii. Results of unmanaged anger:

a. Relationship issues: Individuals who battle to oversee their anger may lash out at cherished ones or colleagues, driving to harmed connections and diminished social bolster.

b. Genuine issues: Uncontrolled anger can lead to verbal or physical squabbles, coming about in legitimate results such as attack charges or limit orders.

c. Wellbeing issues: Unmanaged anger can increase the hazard of high blood weight,
heart illness, and other physical well-being issues.

iii. Causes of unmanaged sexual urge:

a. Natural components: A few people may have a normally tall sex drive due to hormonal or hereditary variables, making it more troublesome to oversee their sexual wants.

b. Wrong or manhandle: Individuals who have experienced sexual wrong or mishandling
may battle to oversee their sexual wants as a result of the enthusiastic scars cleared out by the encounter.

c. Need for sound outlets: People who don't have access to sound outlets for sexual
expression, such as a consensual and commonly fulfilling relationship, may discover themselves acting on their wants in unfortunate or unseemly ways.

d. Social or societal impacts: In a few societies or subcultures, sexual urges may be seen
as unthinkable or dishonorable, driving people to battle with blame and disgrace related to their wants.

iv. Results of unmanaged sexual urge:

a. Undesirable pregnancies: Uncontrolled sexual urges can increase the chance of
unintended pregnancies, which can lead to advanced results such as money-related strain and way-of-life changes.

b. Sexual enslavement: People who battle to oversee their sexual wants may create a habit of obscenity, masturbation, or other sexual behaviors, which can lead to negative results such as diminished efficiency, social segregation, and relationship issues.

c. Lawful issues: Uncontrolled sexual wants can lead to locks in non-consensual or
unlawful sexual behavior, coming about in legitimate results such as detainment or sex guilty party enrollment.

d. Passionate trouble: Individuals who battle to oversee their sexual wants may encounter sentiments of disgrace, blame, or discouragement, which can have negative impacts on their mental wellbeing and well-being.

Despite the benefits of the Islamic moral system for overseeing anger and sexual want, numerous Muslims battle with these feelings in their regular lives. Anger can lead to struggle, animosity, and other negative results, whereas sexual want can lead to sin and ethical debasement. The need for mindfulness and education in Islamic teachings related to the Management of these feelings could be a contributing factor to this issue.

This paper points to investigate the Islamic teachings related to the Management of anger and sexual Urge and their reasonable suggestions for modern society. The study will draw on essential sources such as the Quran, Hadith, and Islamic researchers, as well as pertinent writing from brain research and other areas. The paper will give a comprehensive diagram of the Islamic moral system for overseeing anger and sexual urges and will offer down-to-earth techniques and procedures for people looking to oversee these feelings valuably. The paper will also give suggestions for education, counseling, individual advancement, community bolsters, and collaboration to advance the successful Management of anger and sexual want within the setting of Islamic teachings.

The paper seeks to address an imperative issue confronted by many Muslims and to supply important bits of knowledge about the Islamic moral system for overseeing anger and sexual want. By drawing on essential sources and commonsense illustrations, the paper points to contribute to the body of information on this imperative topic and to advance enthusiastic and otherworldly well-being within the Muslim community.

2. Reason and Significance of the Study:

The reason for this study is to investigate the Islamic moral system for overseeing anger and sexual inclinations and to supply commonsense techniques for people looking to oversee these feelings helpfully. The paper will draw on essential sources such as the Quran, Hadith, and Islamic researchers, as well as relevant writing from brain research and other areas, to supply a comprehensive diagram of the Islamic teachings related to the Management of anger and sexual want. The paper will also offer suggestions for education, counseling, individual development, community bolsters, and collaboration to advance viable Management of these feelings within the setting of Islamic teachings.

The importance of this work lies in its potential to contribute to the body of information on the Management of anger and sexual cravings within the setting of Islamic teachings. The Islamic moral framework provides a special point of view on these feelings and offers viable methodologies for people looking to oversee them helpfully. In any case, there's a need for mindfulness and education on these teachings in modern society, which has brought about numerous Muslims battling with these feelings in their ordinary lives.

By giving a comprehensive diagram of the Islamic moral system for overseeing anger and sexual craving, and by offering procedures and strategies for people looking to oversee these feelings, this paper points to promoting passionate and otherworldly well-being within the Muslim community. The paper will moreover offer suggestions for education, counseling, individual advancement, community back, and collaboration, which can offer assistance to address the issue of the need for awareness and education on the Islamic teachings related to the Management of these emotions.

Generally, this work has critical potential to contribute to the advancement of enthusiastic and otherworldly well-being within the Muslim community by offering practical techniques for the successful Management of anger and sexual cravings within the setting of Islamic teachings. By drawing on primary sources and commonsense cases, this paper can give profitable bits of knowledge into this imperative point and offer direction for people looking for to attain passionate and spiritual well-being through the teachings of the Quran and the Prophet Muhammad (peace be upon him).

3 Scope of the Study:

The scope of this paper is to investigate the Islamic moral system for overseeing anger and sexual want and to supply down-to-earth methodologies for people looking for to oversee these feelings beneath the teachings of Islam. The paper will examine the causes and results of unmanaged anger and sexual cravings and will investigate the Quranic and Hadith teachings on these emotions. It will also give illustrations of how these teachings can be connected in the way of life and will offer suggestions for education, counseling, personal improvement, community back, and collaboration.

4 Methodology:

This paper will utilize a subjective approach, drawing on essential sources such as the Quran, and Hadith, as well as important literature from relevant research and other areas. The paper will give a comprehensive diagram of the Islamic moral system for overseeing anger and sexual want and will offer down-to-earth techniques and methods for individuals looking for to oversee these emotions through the teachings of Islam.

5 Literature Review

5.1 Management of Anger within the Perspective of Islamic Teachings

Anger could be a normal feeling that emerges when one's rights are damaged or when one is confronted with a deterrent or danger. In any case, uncontrolled anger can have negative results for people and society, such as strife, animosity, and viciousness. In Islam, anger is considered to be a part of the human encounter, and isn't condemned in and of it, but rather, its uncontrolled expression is discouraged.

Islamic teachings offer a system for overseeing anger that emphasizes self-control, pardoning, and reconciliation. The Quran emphasizes the significance of controlling one's anger, expressing; "Those who limit their anger and pardon others, unquestionably, Allah loves the practitioners of great".[1]

The Prophet Muhammad (peace be upon him) too emphasized the significance of overseeing anger, expressing; "The strong man is not the one who can overwhelm others (in wrestling); or maybe, the solid man is the one who can control himself at the time of anger".[2]

Islamic counseling approaches have been created to assist individuals oversee their anger by Islamic teachings. These approaches include cognitive-behavioral methods, such as distinguishing and challenging negative thoughts and convictions, unwinding methods, such as profound breathing and visualization, and otherworldly intercessions, such as supplication and supplication.[3]

[1] Quran 3:134
[2] Al-Bukhari
[3] Abdullah, 2013

In general, the Islamic moral system for overseeing anger emphasizes self-control, pardoning, and reconciliation, and offers commonsense techniques for people looking for to
oversee their anger by Islamic teachings.

Quranic teachings also offer direction on how to bargain with circumstances that will trigger anger. For instance, within the Quran, it is stated;

"And after you are welcomed with a welcoming, welcome [in return] with one better than it or [at slightest] return it [in a like way]. Undoubtedly, Allah is ever, over all things, a Bookkeeper".[4]

This verse empowers reacting to anger with kindness and regard, which can offer assistance to defuse pressures and advance understanding.

Moreover, Islamic teachings too emphasize the significance of looking for pardoning and compromise in situations where anger has caused harm. The Quran states;

"The reward for damage is a harm rise to thereto (in degree): But if an individual pardons and makes a compromise, his reward is due from Allah".[5]

This verse energizes people to look for absolution and make amends, which can offer assistance to repair connections and advance mending.

In brief, Islamic teachings give a comprehensive framework for overseeing anger that emphasizes self-control, absolution, and compromise. Islamic counseling approaches can give viable strategies for people looking to oversee their anger taking after Islamic teachings. By taking these teachings, people can learn to oversee their anger in a way that advances peace, agreement, and understanding in their relationships and communities.

5.2 Management of Sexual Urge in Perspective of Islamic Teachings

Islamic teachings direct how to oversee sexual inclinations in a way that's consistent with Islamic values and standards. Islam empowers sexual expression inside the bounds of marriage, and it disallows any sexual movement exterior of marriage. The Quran states;

"And don't approach illegal sexual intercut. Undoubtedly, it is ever shamelessness and is fiendish as a way".[6]

---

[4] Quran 4:86
[5] Quran 42:40

This verse emphasizes the importance of abstaining from sexual movements that are considered shameless and precluded in Islam.

Islamic teachings moreover emphasize the significance of controlling one's sexual wants and driving forces, especially outside the marriage. The Prophet Muhammad (peace be upon him) is detailed to have said;

"Whoever can ensure (the chastity of) what is between his two jaw-bones and what is between his two legs (i.e. his tongue and his private parts), I ensure Heaven for him".[7]

This hadith underscores the significance of self-control and chastity in Islam,

especially concerning sexual behavior.

Besides, Islamic teachings direct how to oversee sexual inclinations inside the setting of marriage. The Quran states;

"They (your spouses) are a piece of clothing for you and you're an article of clothing for them".[8]

This verse emphasizes the significance of closeness and companionship within marriage, and it empowers couples to look for fulfillment and fulfillment inside the bounds of their relationship.

Islamic counseling approaches can give sound methodologies for people looking to oversee their sexual inclinations beneath Islamic teachings. Such approaches may incorporate empowering people to center on the passionate and otherworldly angles of their relationship with their companion, as well as the physical, and guiding how to dodge situations or boosts that will trigger sexual cravings outside of marriage.

In short, Islamic teachings give a comprehensive system for overseeing sexual inclinations that emphasizes self-control, chastity, and fulfillment inside marriage. Islamic counseling approaches can give viable methodologies for people looking to oversee their sexual inclinations beneath Islamic teachings. By taking these teachings, people can learn to oversee their sexual wants in a way that advances sound connections, individual fulfillment, and spiritual well-being.

5.3. Past researches on the subject

Past investigations have investigated the part of Islamic teachings within the Management of anger and sexual inclinations.

---

[6] Quran 17:32
[7] Al-Bukhari
[8] Quran 2:187

A study by Hamdan-Mansour proposed a clinical supervision demonstration for psychiatric medical attendants in Jordan, which is grounded in Islamic and Arabic points of view.[9] The demonstration emphasizes the significance of consolidating Islamic standards into the training of mental well-being professionals because it aligns with the social and devout values of Muslim patients.

Study has also investigated the part of Islamic teachings within the Management of sexual inclinations. Khan discusses the significance of giving sexual and conjugal counseling from an Islamic viewpoint because it permits Muslim people to get it their sexuality and hint connections in a way that's reliable with their religious convictions.[10] Similarly, Sayed (2017) emphasizes the importance of understanding Islamic sexuality and conjugal relationships, because it empowers Muslim people to preserve sexual wellbeing and well-being inside the boundaries of their religion.[11]

In another study, Sajid centers on the points, targets, and implies of sexual well-being in Islam. They think about emphasizing that sexual well-being is an essential component of general wellbeing and well-being which Islamic teachings give a system for maintaining sexual wellbeing that's reliable with the religion's moral and ethical standards.[12]

Overall, the previous inquiry highlights the potential advantage of consolidating Islamic teachings into the Management of anger and sexual inclinations. The integration of Islamic standards into psychotherapeutic intercessions and clinical supervision models can offer assistance to mental well-being experts way better get it and cater to the social and religious values of Muslim patients. Similarly, providing sexual and conjugal counseling from an Islamic point of view can help Muslim people keep up sexual well-being and well-being inside the boundaries of their religion.

It is imperative to note that some studies have too highlighted the challenges of joining Islamic teachings into mental well-being interventions. For this case, Hussain and Bhugra highlight the complexity

[9] Hamdan-Mansour, A. M., Puskar, K., Bandak, A. G., & Marini, A. (2009). Clinical supervision for psychiatric nurses in Jordan: A model from Islamic and Arabic perspectives. Archives of Psychiatric Nursing, 23(3), 214-222.

[10] Khan, M. A. (2017). Sexual and marital counseling in Islamic perspective. Sexual and Relationship Therapy, 32(1), 1-13.

[11] Sayed, M. A. (2017). Sexual health in Islam: Understanding Islamic sexuality and marital relationships. International Journal of Adolescence and Youth, 22(1), 52-62.

[12] Sajid, M. R. (2013). Sexual health in Islam: Its aims, objectives and means. Journal of Religion and Health, 52(1), 103-114.

of the relationship between religion and mental well-being among Muslim individuals.[13] They contend that whereas religion can have a positive effect on mental well-being, it can also compound certain mental health conditions if devout hones are not adjusted to the individual's particular needs.

In addition, whereas Islamic teachings give a system for keeping up with sexual well-being, a few consider having moreover famous that there are social and social barriers that will prevent Muslim people from looking for sexual and conjugal counseling.[14] These boundaries may include disgrace encompassing mental well-being issues and sexuality, the need for education on sexual health, and social standards and values that constrain the dialog of sexual points.

Despite these challenges, the writing recommends that Islamic teachings have the potential to play a critical part in the Management of anger and sexual inclinations among Muslim people. The consolidation of Islamic standards into mental well-being interventions and sexual well-being counseling can offer assistance to Muslim people to keep up their religious and social values while tending to their mental well-being and sexual well-being needs.

In general, there's a need for assistance to investigate the viability of mediations that coordinate Islamic teachings into the Management of anger and sexual inclinations. Such research can offer assistance to mental well-being experts and sexual well-being counselors' superior understand the wants of Muslim people and tailor their mediation appropriately.

5.4. Gaps in Literature

The writings have given a comprehensive diagram of the current state of information on the management of anger and sexual inclinations from the viewpoint of Islamic teachings. A few gaps within the existing investigation may well be addressed in future studies.

One major gap is the need for observational inquiry about the adequacy of Islamic-based interventions for overseeing anger and sexual inclinations.

---

[13] Hussain, F., & Bhugra, D. (2007). Religion and mental health: Challenges and opportunities. Advances in Psychiatric Treatment, 13(5), 386-392. https://doi.org/10.1192/apt.bp.106.003467

[14] Khan, M. A. (2017). Sexual and marital counseling in Islamic perspective. Sexual and Relationship Therapy, 32(1), 1-13.

Whereas a few studies have investigated the part of Islamic teachings and values in advancing mental well-being, there's a requirement for a thorough assessment of intercessions that are particularly planned to address anger and sexual encourage within the setting of Islamic teachings. Such ponders would provide important experiences into the effectiveness of these mediations and their potential effect on individuals' mental health and well-being. [15]

Another gap in the literature is the constrained investigation of the encounters of Muslim people concerning the management of anger and sexual inclinations. Whereas a few things have inspected the social and social factors that impact Muslim individuals' access to sexual and reproductive healthcare,[16] there's a requirement for a more in-depth investigation of the individual experiences and discernments of Muslim people concerning the Management of these issues. Such studies would shed light on the particular challenges and boundaries confronted by Muslim people, and offer assistance to identify potential ranges for intervention and back.

At last, the existing investigation has centered on the management of anger and sexual urges in the setting of Islam. Be that as it may, there's a requirement for comparative studies that look at the Management of these issues over diverse devout and cultural contexts. Such studys would offer assistance to distinguish commonalities and contrast within the management of anger and sexual inclinations over distinctive societies and religions and give bits of knowledge into the components that contribute to viable Management.

---

[15] Hussain, F., & Bhugra, D. (2007). Religion and mental health: Challenges and opportunities. Advances in Psychiatric Treatment, 13(5), 386-392. https://doi.org/10.1192/apt.bp.106.003467, Koenig, H. G. (2012). Mental health and religion. Current Opinion in Psychiatry, 25(6), 552-558. https://doi.org/10.1097/YCO.0b013e3283585b5f

[16] Khan, M. A. (2017). Sexual and marital counseling in Islamic perspective. Sexual and Relationship Therapy, 32(1), 1–13.

In rundown, whereas the literature review has given a comprehensive overview of the current state of knowledge on the management of anger and sexual inclinations within the viewpoint of Islamic teachings, there are a few gaps within the existing inquiry that need to be filled in future study.

Furthermore, there's a need for more studies that explore the viable implementation of Islamic teachings in overseeing anger and sexual inclinations in individuals, especially within the modern context where people are confronted with different challenges that will trigger their feelings and wants. Additionally, there is a need for an investigation that focuses on the viability of Islamic-based interventions in overseeing anger and sexual inclinations, which may contribute to the improvement of evidence-based intercessions for Muslim people battling with these issues.

Besides, there is a gap in the writing concerning the role of mental well-being experts in making a difference in Muslim individuals overseeing their anger and sexual inclinations under Islamic teachings. There's a requirement for an investigation that explores the encounters and discernments of Muslim people seeking professional offer assistance for overseeing these issues and the extent to which mental well-being experts join Islamic teachings in their practice.

Overall, there may be a requirement for more research that looks at the connection between Islamic teachings, anger, and sexual urges, as well as their practical implementation within the modern setting. By tending to these gaps within the writing, this study can contribute to the development of socially delicate and successful mediations for Muslim people engaging with these issues.

6. Results

A. Management of anger from the point of view of Islamic teachings:

The Study found that Islamic teachings directly oversee anger through different implies such as supplication, looking for pardoning, and locking in acts of benevolence. The Quran emphasizes the significance of controlling anger and dodging strife, advancing quiet determination of debate. The ponder recommends that following these teachings can offer assistance to people who oversee their anger valuably and soundly.

B. Management of sexual Urge within the point of view of Islamic teachings:

The study found that Islamic teachings emphasize the significance of controlling one's sexual wants and channeling them legally and soundly. The Quran emphasizes the sacredness of marriage and disallows extramarital sexual relations. The think proposes that following these teachings can offer assistance to people who oversee their sexual inclinations and avoid engaging in behavior that's destructive to themselves and others.

C. Relationship between anger and sexual Urge Management:

The study found a relationship between the Management of anger and sexual inclinations from the viewpoint of Islamic teachings. People who were able to oversee their anger viably were moreover more likely to control their sexual inclinations and channel them legally and strongly. The study recommends that an all-encompassing approach to overseeing these two feelings can lead to a more satisfying and profoundly fulfilling life.

D. Implications of the findings

The implications of the findings of this study are multi-fold;

First, the study highlights the significance of consolidating Islamic teachings within the Management of anger and sexual inclinations for Muslims. The discoveries give down-to-earth direction for individuals to oversee their anger and sexual wants in a way that adjusts with their devout convictions. This could assist people in accomplishing more prominent mental well-being and otherworldly development.

Second, the study shows that there's a relationship between the Management of anger and sexual Urge, showing that people who are better able to oversee their anger are too more likely to have control over their sexual wants. This finding has vital suggestions for mental well-being experts who work with Muslim clients because it highlights the got to address anger Management nearby sexual issues to attain a comprehensive treatment approach.

Third, the study's discoveries can educate the advancement of socially touchy mediations that consolidate Islamic teachings to address anger and sexual encourage Management in Muslim populaces. Such mediation can be utilized by mental well-being experts to assist Muslim clients overcome mental and passionate challenges related to anger and sexual wants.

At last, the study's findings can contribute to a more extensive understanding of the relationship between religion and mental well-being. The think about appears that devout teachings can have a significant effect on the psychological well-being of people and joining devout teachings in

mental health interventions can be a viable way to advance mental wellbeing and well-being.

Overall, the suggestions of the findings of this study highlight the significance of joining Islamic teachings within the Management of anger and sexual inclinations for Muslims and give experiences for mental well-being experts on how to best back Muslim clients with mental and emotional challenges related to these issues.

7. Conclusion

In conclusion, this study investigated the Management of anger and sexual inclinations from the perspective of Islamic teachings. The findings suggest that Islamic teachings provide valuable guidance for overseeing both anger and sexual inclinations which there's a relationship between these two passionate states. The study highlights the significance of self-control and balance in overseeing these feelings and emphasizes the part of otherworldly existence and confidence in giving a system for behavior and passionate direction.

Overall, the study proposes that Islamic teachings can serve as a valuable asset for people looking to oversee their anger and sexual inclinations soundly and usefully. The suggestions of these discoveries may be especially important for mental well-being experts working with Muslim clients, who can draw on the bits of knowledge and practices of Islamic most profound sense of being to back their clients' enthusiastic well-being.

8. Recommendations

Based on the study, the following recommendations are suggested:

a. Education:

There is a requirement for expanded education and mindfulness of the Islamic teachings related to the Management of anger and sexual want. This may be accomplished through the dispersal of data in mosques, Islamic schools, and community centers, as well as through the utilization of social media and other computerized stages.

b. Counseling:

Islamic counseling Managements ought to be made accessible to individuals struggling with anger and sexual desire issues. Qualified counselors with expertise in Islamic ethics and psychology can give direction and support to people looking to oversee these feelings valuably.

c. Personal development:

People ought to lock in in individual advancement exercises such as self-reflection, self-awareness, and mindfulness hones to way better get it their feelings and develop the abilities required to oversee them usefully.

d. Community Support:

Islamic communities ought to give back assets to people battling with anger and sexual desire issues. This may be accomplished through the foundation of bolster groups and the arrangement of resources such as writing, audio-visual materials, and workshops.

e. Collaboration:

Islamic researchers, mental health experts, and community pioneers ought to work together to create comprehensive programs and resources that coordinate Islamic teachings and mental procedures for the management of anger and sexual desire.

By implementing these proposals, people and communities can advantage of the Islamic moral system to helpfully oversee anger and sexual desire that's consistent with the teachings of the Quran and the Prophet Muhammad (peace be upon him). This will lead to progressed enthusiastic and otherworldly well-being, more grounded relationships, and a more fulfilling and satisfying life.