

ICSS/13/OP/314

## **Buddhist point of view on married life**

HR Nishadini Peiris<sup>1</sup>

Role of husband and wife in the main society has become more complicated in the modern society. As a result, tendency to separate and divorce is becoming a common factor. Most religions are discussing about the married life in their teachings. Some religions are having separate laws regarding this aspect. According to Buddhism one who want to attain Nibbana should abandoned all the worldly bonds he may have. Therefore there may be a misunderstanding that Buddhism does not give much attention to the stability of the married life. But study of Tipitaka clearly shows that Buddhism is having broader point of view regarding married life. Purpose of this research is to find out the Buddhist point of view on married life.

Buddhism advices its followers, the Sangha community as well as the lay community, to respect and obey the law and value system of the society. Regarding the married life also it is having the same application. Many incidences in Tipitaka show that, Lord Buddha advised to obey to some practices in the society regarding married life, even though they do not match with the Buddhist teachings. Therefore, according to Buddhism marriage means, the way it is practiced in the society. Hence it dose not have separate rules and regulations for marriage. But it gives different interpretations to the existing practices.

Buddhist teachings on married life can be summarized into following sub topics:

- The qualities of the ideal married life
- Limitations of married life - focusing to physical and mental disciplining
- Relationship between married life and spiritual development of the person

Study of teachings on married life in Buddhism makes it clear that it is focusing the spiritual development of the person.

**Key words:** *Ideal marriage, Spiritual development, Physical disciplining, Mental disciplining*