

# CHAPTER I

## PROLOGUE

### A. BACKGROUND

If we talk about life, many things those related to it: happiness and sadness, success and failure, progress or surrender. Today, we are required to adapt to social changes. Rapid social changes as a consequence of modernization, industrialization, science advancement and technology have influenced value system and way of life or psychosocial. Not everyone is able to adjust to the changes and he may fall down or has an adjustment disorder. The psychosocial changes are as follows:

1. The peoples' life style from the socio-religious to be individual, materialistic and secular society,
2. Simple and productive to be luxury and consumptive life style,
3. Extended family to be nuclear family, moreover single parent family,
4. Tight family relationship to be loose family relationship,
5. Religious values and traditional societies to be secular and permissive society,
6. Institution of marriage began to doubt, and people choose the free life or living together without marriage,
7. Career and material ambitions that embraced the principles of laws, morals and ethics, to be permitted all of ways: for example by KKN (Corruption, Collusion and Nepotism).

Those changes of psychosocial and all of related to that, various problem of life, for some person can be burden or mental pressure as psychosocial stressor. When he disables to handle it, it can decrease his immunity and disturb his physical and mental health.<sup>1</sup>

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<sup>1</sup> Dadang Hawari, *Manajemen Stres, Cemas dan Depresi*, Balai Penerbit FKUI, Jakarta, 2003, p.1-3

These changes also occur on women who are experiencing menopause. In the period of menopause, appear physical and psychological changes. The change is a potential stressor in improving an individual's stress level is menopause. However, in reality, not all women who have undergone menopause will have the same level of stress. This case suggests that stress is not usually caused by a stressor, but also influenced by the individual's perception of a stressor.

Every person ever gets and feels the stress. Stress of work has double effects; a positive effect and negative effect. Positive stress is able to encourage the spirit and person feels it by insensibly. This positive effect is temporary and the beginning of the negative effects of job stress. Initially, a person feel enjoy and over spirit to finish work, after that he do it unexciting, bored, and loss of power body and mental. By negative stress of work, person can have bad performance in work and decreasing in productivity.

According to the dictionary of psychology, the meaning of the stress is tension, mental pressure, tension, and conflict. It also can be interpreted as follows:

1. A stimulus that strain the power of psychological or physiological organism,
2. It is kind of frustrating , where activity is focused on achieving the goal has been made difficult, these events are usually accompanied by anxious and worry in achieving goals,
3. Power that applied to a system, the physical and psychological pressure that is placed in body and mental person,
4. A tension of physical or psychological condition is caused by the perception of fear and anxiety.<sup>2</sup>

The meaning of stressor is the emphasis or something that produces physical and mental pressure<sup>3</sup>. In a short; we can be stressed

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<sup>2</sup> DR.Kartini Kartono dan Dali Gulo, *Kamus Psikologi*, CV Pionir Jaya, Bandung, 1987, p.488

while we are not ready to accept it and the effect are anxious, scared and depressed.

Stress causes a person cannot enjoy the blessing of God. Delicious food cannot be eaten by him. Big house and fancy are not enjoyed. Super expensive car that ready to take anywhere and beautiful wife cannot make him be happy. Moreover, the high and honorable position could not mask his anxiety and restlessness.

In addition, stress is caused of several of mental illness; social problems, moral decadence, and suicide are highest in the case of developed countries. Beside of that, the developed countries has guaranteed to its citizens a road material prosperity and social security from birth to death. A Facts mentioned in 1982, actually the French have to consume more than 100,000,000 sleeping pills, and tranquilizers. Beside of that, in the United States, there is special sedative that can make calm the person.<sup>4</sup>

Remembering that life cannot be avoided from stress, the important things in human life are the ways that related to stress coping management.

Coping is strategy to manage the behavior of the simplest and realistic problem solving, serves to liberate themselves from the problems of real or unreal and coping are all cognitive and behavioral efforts to overcome, reduce, and resistant to the demands.<sup>5</sup>

According to *Kamus Besar Ilmu Pengetahuan*, there are some meanings of the management are as follows:

1. Based on the goals and objectives, subordinates and superiors set the clear goals together for each unit and individual. The managers and subordinates gather and dialogue at the beginning of a period to

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<sup>3</sup> *Ibid.*, p.489

<sup>4</sup> Mursito, *Mengatasi takut dan sedih: Interpretasi Menurut al-Qur'an*, PT Pustaka Widyasmana, Medan, 1994, p.83

<sup>5</sup> Triantoro Safaria, Nofrans Eka Saputra, *Manajemen Emosi: Sebuah Panduan Cerdas Bagaimana Mengelola Emosi Positif dalam Hidup Anda*, PT Bumi Aksara, Jakarta, 2009, p.96

approve shared goals to be achieved, and subordinates are given the opportunity to set the targets of them.

2. Based on the system, there are five basic management dimensions: optimal decision making, achieving flexibility, organizational, integrative attitudes development, achievement graciousness and introduction the fair values.
3. Based on science, science who obtains a deep understanding of handling organization issue, especially enterprise organization, using of resources effectively to achieve the target, the responsible leader toward the company and the organization.
4. Official management includes of planning, organizing, implementing, controlling, and monitoring.<sup>6</sup>

The function of management is for managing, planning, organizing, coordinating and controlling.<sup>7</sup>

So, the meaning of stress coping management is strategy to manage stress that is useful for human life and there is no negative effect on human lives.

Islam as the religion that blessed by Allah certain has another great way to manage stress. We must realize that human beings are creatures of God, and He certainly knew more about the problems of the human being. Allah SWT says:

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ بِهِ نَفْسُهُ وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ (16)

Verily we have created man and know what is whispered by heart. We were closer to him than his neck vein (surah Qaf: 16).<sup>8</sup>

In this verse explains that God who knows all things related to humans, if there is a problem then Allah knows the solution, if there is a disease that Allah knows the best medicine, included mental illness like stress. The Prophet Muhammad is the messenger of Allah, there are a lot

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<sup>6</sup> Save Dagon, *Kamus Besar Ilmu Pengetahuan*, Lembaga Pengkajian Kebudayaan Nusantara (LPKN), Jakarta, 2006, p.610-611.

<sup>7</sup> *Ibid.*, p.280

<sup>8</sup> Departemen Agama RI, *Al-Quran dan Terjemahnya*, Pelita, Jakarta, 1985, p.1022

of secrets about his behavior in everyday life that are successful in managing his heart and mind in order to balance with the body that is far from the stress. The Qur'an mentioned that the Prophet Muḥammad is a good role model for mankind, especially Islam.<sup>9</sup>

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِمَنْ كَانَ يَرْجُو اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ

اللَّهُ كَثِيرًا (21)

As Ibn Hazn said that: "Anyone who wants the good of the Hereafter, the regularity of the world lives, balance in behavior, as well as having all moral goodness and glory, should follow the Prophet Muhammad's manners and behavior and practice as much as possible (Surah al-Ahdzab: 21).<sup>10</sup>

Examples of ḥadīṣ of stress management, is:

حَدَّثَنَا مُحَمَّدُ بْنُ بَشَّارٍ حَدَّثَنَا أَبُو عَامِرٍ حَدَّثَنَا أَبُو مُصْعَبٍ عَنْ عَمْرِو بْنِ أَبِي  
عَمْرٍو مَوْلَى الْمُطَّلِبِ عَنْ أَنَسِ بْنِ مَالِكٍ رَضِيَ اللَّهُ عَنْهُ قَالَ كَثِيرًا مَا كُنْتُ أَسْمَعُ النَّبِيَّ  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَدْعُو بِهِؤُلَاءِ الْكَلِمَاتِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ  
وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَضَلَعِ الدِّينِ وَغَلْبَةِ الرِّجَالِ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ  
غَرِيبٌ مِنْ هَذَا الْوَجْهِ مِنْ حَدِيثِ عَمْرِو بْنِ أَبِي عَمْرٍو

Anas ibn Malik said, "The Prophet, may Allah bless him and grant him peace, used to often say, 'O Allah, I seek refuge with You from worry, sorrow, incapacity, laziness, cowardice, avarice, being overburdened by debt and being overcome by other men.'"<sup>11</sup>

In this ḥadīṣ is shown that Prophet Muhammad SAW always pray in order to be avoided by Allah SWT from worry, sorrow, incapacity, laziness, avarice, being overburdened by debt and being overcome by other man. Thus, he always calm every time.

Many books have revealed on the psychological management, almost study of the Qur'an. There were many discussing of the ḥadīṣ about the biological sciences, the natural secrets but no one reveals about stress management. The writer would like to discuss this because they want to

<sup>9</sup> *Ibid.*,p.1324

<sup>10</sup> Adnan Syarif, *Psikologi Qurani*, Pustaka Hidayah, Bandung, 2002, p.119

<sup>11</sup> Tirmizī, no.3406.3407, topic: ما جاء في جامع الدعوات عن النبي صلى الله عليه وسلم. Bukhārī, no. 5886 الحيس. التعوذ من غلبة الرجال. 5005. التعوذ من غلبة الرجال. 5892 التعوذ من المأثم والمغرم. 5894 التعوذ من أرذل العمر 5886 من غلبة الرجال (CD Hadits Lidwa, Jakarta: Lidwa Pustaka. 2003)

uncover the mystery that all Muslims could follow the result of research by searching for the Arabic term in indications at each step, then search meaning of ḥadīṣ̄. The purpose is reducing the negative effects and victim of stress. So, we can manage it well.

From the reasons above, the writer takes the title “Relevance of Stress Coping Management To Prophet Muḥammad SAW’s Tradition (Study Kutub al-Tis’ah)”. Through reading the indications of stress, then look for the arabic term, finally look in the book of ḥadīṣ̄ of the prophet to get its answer.

## **B. Research Question**

1. What are the attitudes in coping with stress according to Prophet Muḥammad SAW’s tradition?
2. What are the strategic actions in coping with stress according to Prophet Muḥammad SAW’s tradition?

## **C. Aim and Significance of Research**

1. Aim of Research
  - a. To know the attitudes in coping with stress according to Prophet Muḥammad SAW’s tradition
  - b. To know the strategic actions in coping with stress according to Prophet Muḥammad SAW’s tradition
2. Significant of Research
  - a. Theoretically, the result of this research is expected to contribute thought that is useful to develop treasures of Islamic studies, primarily for Uṣuluddīn (theology) faculty in Qur’ān and Ḥadīṣ̄ Studies Department and to be referred for further research in the same topic
  - b. Practically, the result of this research can add storage area for valuable objects and firmament of thinking and can practice the stress coping management according to Prophet Muḥammad SAW in this modern era, especially Islamic societies in Indonesia.

#### D. Limitation of Problem

Prophet Muhammad never used the term stress clearly, especially on its management. However, the Prophet Muhammad had experienced the stress indications and done some ways to manage it. The writer gives limitation some Arabic terms those represent the indication of stress in its each step.

Restrictions Arabic terms in this study are the following:

No	Arabic Term	The Indications of Stress
<b>Stress Coping Management Step I</b>		
1.	<b>عجلة</b>	The spirit work is great and over acting.
2.		Uncommon sharp of eyesight.
3.		To feel able to finish job more than as usual. Unaware of running out of energy and accompanied with unusual nervous.
4.	<b>ظالم لنفس</b>	To feel happy with her or his job and get more and more spirit, but the supply energy is running out.
<b>Stress Coping Management Step II</b>		
1.	<b>كسل</b>	To feel fatigue when wake up in the morning, that should be fresh
2.		To feel easy exhausted after lunch
3.		So tired in the afternoon
4.		Discomfort side and stomach
5.		Heartbeat is more rapid.
6.		Strained in the back muscles and the nape of neck
7.		Not relax
<b>Stress Coping Management Step III</b>		
1.		Gastritis and intestines disturbing

2.	غضب	Straining of muscles
3.		Unsteadiness feeling and emotional
4.	خوف	Insomnia
5.		Bad health
	بأس	
<b>Stress Coping Management Step IV</b>		
1.	حزن	Very difficult holding out along day
2.		Fun and easy activities to be boring and more difficult.
3.		Suffering from the ability to respond adequately
4.		Inability to carry out daily activities
5.	هم	Disruption of sleep patterns accompanied by nightmares
6.		Often refuse an invitation (negativism) because there is no passion and excitement
7.	غم	The power of concentration and remembrance is decreased
8.		Fear and anxiety without reason
	حلم	
<b>Stress Coping Management Step V</b>		
1.	عجز	Physical and psychological exhaustion
2.		Inability to finish light and simple daily activities
3.		Disorder of digestive system
4.	جزع	High fear and anxiety; easily confused and

		panicked.
<b>Stress Coping Management Step VI</b>		
1.	مرض  أذى  بلاء  مصيبة	Palpitation very hard
2.		Shortness and gasping for air
3.		The body is shaking, cold and sweating profusely
4.		There is no power to light something
5.		Collapse

#### E. Prior Research

1. Rohayanti Pellupesi. *Hubungan antara Religiusitas dan Konsep Diri dengan Tingkat Stress Individu yang sedang Menopause di RW 16 Kelurahan Bunulrejo-Blimbing-Malang*. 2008. Fakultas Psikologi UIN Malang.

This research is quantitative research that uses descriptive correlative approach, which is looking for a relationship between religiosity and self-concept toward stress level of menopause women. Subjects in this research are 35 (thirty five) women is 16 (sixteen) old. They are resident of RW Bunulrejo, Malang. This is the population research that not uses sampling techniques. Data was collected by the scale, which measured three variables. Analysis techniques in this study used a simple linear regression analysis.

2. Zhuria Rochmatus Sa'adah. *The Relationship between Emotional Intelligence and Stress Coping Strategy against Learning Difficulty toward Students of Islamic Senior High School (MAN 1) of Malang*. 2008. UIN Malang.

This research is correlative quantitative research that uses 111 students of MAN 1 Malang as the sample of the research by using stratified proportional random sampling method. The research

instruments are questionnaire and interview. Questionnaire is used to measure emotional intelligence, problem focused coping strategy, and emotional focused coping strategy. The data analysis form uses product moment with SPSS for windows 14.0. From the result of the research, there are positive relationship between emotional intelligence and stress coping strategy that shows with correlation co-efficient mark ( $R_{xy}$ ) about 0,344. There are three kinds of relationship between emotional intelligence and stress coping strategy. First, high emotional intelligence disposed to have relationship between high emotional focused coping strategy. Second, emotional intelligence seems to have relationship between medium problem focused coping strategy. And the last, low emotional intelligence seems to have relationship with low emotional focused coping strategy.

3. Ilhamuddin. *The Effect of Reading Holy Al-Qur'an Intensively to the level of Job Stress in Lecturer of the State Islamic University of Malang*. 2007. Psikologi. UIN Malang.

The purpose of this study is to find the influence of the intensity reading of the Qur'an on the level of job stress in teachers UIN Malang who memorize the Qur'an. The reason for making the research subjects who memorize the Qur'an is they are the ones who have read the Qur'an intensities higher than those who did not memorize the Qur'an. The experiment is conducted on 8 lecturers UIN Malang who have memorized the Qur'an at least 6 chapters. Type of research is quantitative explanatory; use the independent variable is the intensity of reading the Qur'an and the dependent variable levels of job stress. Sampling is conducted using purposive sampling method, the criteria works as a lecturer at UIN Malang and has memorized the Qur'an about 6 (six) chapters and to measure the validity and reliability of each using the Pearson product moment formula and alfacronbach.

4. Basuki Rohman (1100103). *Konsep Sabar Dalam Islam Dan Implikasinya Terhadap Pencegahan Stres (Tinjauan Konseling Islam)*. Fak. Dakwah. IAIN Walisongo.

This research is qualitative research. As for obtaining the necessary data in this study, the author use the method of literature research (library research), then it will be analyzed using descriptive methods of analysis (static analysis), interpretive descriptive analysis method, and the inductive method.

This research makes a new concept of the patient that related to the human soul that patient as one of the Islamic concept of personality and mental attitude to face all sorts of problems in our life. Patience has positive implications in shaping mental health. Patience is placed as a human shield to face all the problems of life as a strong soul toward many life storms and eventually it will achieve success and glory easily.

From this research it is known that human problems are always influenced by the state of mind and mental distress and instability will affect physical health easily (psychosomatic) so it is needed the strength of the fort as a self-defense. Patient in the Islamic concept of guidance and counseling approach is a guarded process and the formation of healthy mental.

5. Rizal Muttaqin (1100094), *Pemikiran Al-Ghazali Tentang Sabar dan Implikasinya Terhadap Pencegahan Stres (Tinjauan Konseling Islam)*. Fakultas Dakwah IAIN Walisongo Semarang

This research result a new concept of the patient in relation to the human soul that patient as one of the Islamic concept of personality and mental attitude in the face of all sorts of problems in your life. Patience has positive implications in shaping mental health. Patience is placed in human beings as human shields in the face of all the problems of life as a mental attitude that is robust

against a wide range of exposure to the storms of life and ultimately it will be easy to achieve success and glory.

Finally, in this study it is known that human problems are always influenced by the condition of the soul, and the soul of the depressed conditions will be unstable and will easily affect physical health (psychosomatic) then the required strength of the self as a fortress. The concept of patient according to al-Ghazali with guidance and counseling approach is a process of self-fortify a healthy mental and forming.

6. Dyah Kartika Poespitasari (NIM 173 03 035), *Fasilitas Day Spa Dan Terapi Stress Kerja Di Jakarta*. 2007. Fakultas Desain. Institut Technology Bandung.

This research describes the lifestyle of the busy modern man and does not have a lot of time, tends to have a myriad of problems. A problem of modern man is never far from the way and how they perform their activities. Modern human activity itself is full of pressure every day, from the pressures that motivate him to pressure damage; both mental and physical damage someone.

Although the works above related to the same object of research, but this study has a different concern with the above studies, this research is focused on understanding the ḥadīṣ about stress coping management.

## **7. Research Method**

In order to research the thesis that will be able to achieve a scientific degree, so the authors can't be separated from using of some means and methods those are relevant to the issues at the contents of this research. In this writing paper the author uses the following methods:

### **1. Types Data**

This research uses a qualitative approach, which is applicable for humanistic knowledge or interpretative technically more

emphasis on the research of texts, participant observation or grounded research.<sup>12</sup>

## 2. Source of Data

### a) Primary Data

Primary data is taken from Kutub at-tis'ah (Book of Sahīh Bukhārī, Shahīh Muslim, Sunan Turmuzī, Sunan Nasāī, Sunan Abū Dāud, Sunan Ibn Mājah, Sunan Aḥmad bin Ḥanbal, Muwaṭṭo Mālik and Sunan Dārimī. The way to look through the Software CD Ḥadīṣ Lidwa. Jakarta: Lidwa Library, 2003.

### b) Secondary Data

Secondary data is supporting data from primary data that related to the title of this research. Secondary data from this research were taken from the journals, papers, and dictionary associated with the title above.

## 3. Data Collection Method

Data collection methods those used in this research are a thematic method, the method of collecting the ḥadīṣ of the same topic, and then look for the conclusion of the ḥadīṣ that have the same message.<sup>13</sup>

The steps of data collection:

1. Describing the steps of stress and its indications.
2. Looking at each Arabic terms.
3. Looking ḥadīṣ according to the Arabic term that is bounded by the writer,
4. Ḥadīṣ analysis.
5. Making conclusions.

As mentioned above, the object of the problems those is examined in this research is qualitative research literature by

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<sup>12</sup> Tim Revisi Buku Pedoman Skripsi, *Pedoman Penulisan Skripsi Fakultas Ushuluddin IAIN Walisongo*, Fakultas Ushuluddin, Semarang, 2007, p.23

documenting data both primary and secondary as well as complement, subsequent studies also collect data in the form of articles and other texts related to the object being studied as a problem of comparative material.

#### 4. Method of Data Analysis

After the author obtains the data from the library through books, articles and other data by the author, then classified or grouped according to the subject matter covered, only then the data is compiled, analyzed by the method of analysis. In this paper the authors analyzed using descriptive method. It is a method of determining and interpreting such data exist about something experienced, the relations activities, views, or describe attitude about the ongoing process and so on. Implementation of the descriptive method is not limited only to the collection of data, but data analysis that seeks to find solutions through the analysis of causal relationships that factors related to situations or phenomena were investigated and compared with the other factors.<sup>14</sup> Descriptive method can be interpreted as a problem-solving procedure investigated by depicting or describing the state of the subject or object of research. The method used to analyze the data is a moving discussion of general ideas, and then summarized in a special sense or commonly known by the term deduction. This kind of analysis is also called content analysis.<sup>15</sup>

#### 8. Systematic of Writing

To make easy in the understanding of this thesis and get the whole content of the research, the author uses a systematic writing as follows:

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<sup>14</sup> Winarno Surahmad, *Dasar dan Teknik Research: Pengantar Metode ilmiah*, Tarsiro, 1972, p. 131

<sup>15</sup> Sutrisno Hadi, *Metodologi Research*, Andi Offset, Yogyakarta, 1993, p.85.

*First Chapter*, it is introduction. In this chapter researcher describes the general content of the writing or the content and limits of the problem. It expected to be more easily understood in bringing ideas to the point. This chapter consist of background selection of the titles, the formulation of the problem, purpose of the research, literature review, theoretical framework, research method and systematic of writing.

*Second chapter*, this chapter is focused on the discussion of the meaning of management, coping, stress and stress coping management itself, and matters that related to the management and stress in order to obtain a deep understanding.

*Third chapter*, this chapter is a result of exposure data of ḥadīṣ observation that become focus of the study, it is about the exposure of the ḥadīṣ that discuss stress coping management of the Prophet style and then followed by the discussion in the next chapter

*Fourth chapter*, this chapter is a discussion of the data that has been poured earlier.

*Fifth chapter*, this chapter is the end of the process of writing the results of research based on the previous chapters, and then followed by suggestions that are relevant to the research object.