

CHAPTER V EPILOGUE

A. CONCLUSION

After doing research on the ḥadīṣ discussing about stress coping management, the researcher can conclude that stress has many the indicators, they are: rashness, despotism self, laziness, angry, fear, sad, difficulty, worried, sorrow, nightmare, weakness, beef, and sick. According to Prophet Muḥammad SAW's tradition, that indicators must be managed by specific coping, such the table as follow:

No.	The Indicators	(1.) Attitudes	(2.) Strategic Actions
1.	Rashness	Deliberateness	-
2.	Despotism self	-	Keep rest and eating time
3.	Laziness	Spirit	1.Ṣalāh tahajud 2.Praying
4.	Angry	1.Ẓikīr 2.Silent 3.Forgive	1.Ablution, 2.While standing, a person should sit down 3.While sit down, a person should lie down
5.	Fear	1.Be Patient 2.Be Riḍa	1.Ṣalāh 2.Praying
6.	Sad	1. Be Patient 2.Be Riḍa 3.Be Calm 4.Good Prejudice to Allah SWT	1.Praying 2.To eat talbinah
7.	Worried	1.Be Patient 2.Be Riḍa 3.Good Prejudice to Allah	1.Ṣalāh 2.Praying
8.	Sorrow	1.Be Patient 2.Be Riḍa 3.Good Prejudice to Allah	Praying
9.	Nightmare	-	A person should spit without

			saliva, thrice on his left and seek refuge with Allah from Satan
10.	Weak condition	1.Be Patient 2.Be Riḍa 3.Spirit 4. Żikir	Praying
11.	Beef	1.Be Patient 2.Be Riḍa 3.Good Prejudice to Allah	-
12.	Difficulty	1.Be Patient 2.Be Riḍa 3.Good Prejudice to Allah 4. Żikir	Praying
13.	Sick	1.Be Patient 2.Be Riḍa	1.To eat three date palms every morning 2.To eat talbinah 3.To consume black seed (habbatus sauda) 4.To consume honey 5.To consume cow milk 6.Cupping 7.Praying

B. SUGGESTION

We as human beings were created by God must always pray to him and follow the Prophet Muhammad's habit; and forms of worship that is running a healthy lifestyle. Treat your body and mental well and do not waste the opportunity that exists, because our bodies and mental have a right that must be fulfilled by us. In other side, for preservation the habits of Rasulullah SAW as Uswatun Ḥasanah to Islamic Society, this research is very important to be practiced by us.