

**RELEVANCE OF STRESS COPING MANAGEMENT TO
PROPHET MUHAMMAD SAW'S TRADITION
(STUDY KUTUB AL-TIS'AH)**

THESIS

**Submitted to Ushuluddin Faculty in Partial Fulfillment of the Requirement
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MOTTO

مَا مِنْ عَبْدٍ تُصِيبُهُ مُصِيبَةٌ فَيَقُولُ إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْرِنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا إِلَّا أَجْرَهُ اللَّهُ فِي مُصِيبَتِهِ وَأَخْلَفَ لَهُ خَيْرًا مِنْهَا

If any servant (of Allah) who suffers a calamity says: " We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it," ' Allah will give him reward for affliction, and would give him something better than it in exchange.

DEDICATION

The thesis is dedicated to:

My dear parents; Mr. Izzul Ma'ali Tholhah and Mrs. A'izzah love and respect are always for you. Thank you for the valuable efforts and contributions in making my education success.



My beloved brothers and sisters

(Ummi Hanik, M.In'amullah, Uswatun Chasanah, M.Akmaluddin, and M.Ahla Nihal)

Keep spirit for your life, may Allah give success for your life and study.



MATAN Walisongo Semarang, PMII Walisongo Semarang and Rayon Ushuluddin, RGM One FM "The Young Intellectual's Radio", HMJ Tafsir Hadits IAIN Walisongo Semarang, and KSMW IAIN Walisongo Semarang.

Being with you is an unforgettable adventure.



My classmates. We have made a history guys.



A big family of FUPK, it is an honor to be part of you.



All of my families and friends thanks for lovely friendship.

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Semarang, November 25 2013.

The Writer,

Aufal Khima

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TRANSLITERATION

VOWEL LETTERS

Ā	a long spelling
Ī	i long spelling
Ū	u long spelling

ARABIC LETTER	WRITTEN	NAME
ا	A	Alif
ب	B	Ba
ت	T	Ta
ث	ṡ	Sa
ج	J	Jim
ح	ḥ	Ha
خ	Kh	Kha
د	D	Dal
ذ	Ḍ	Zal
ر	R	Ra
ز	Z	Zai
س	S	Sin
ص	Sy	Syin
ض	ṣ	Sad
ط	ṭ	Dad
ظ	ẓ	Ta
ع	ʿ	Za
غ	ʿa	ʿain
ف	G	Gain
ق	F	Fa
ك	Q	Qaf
ل	K	Kaf
م	L	Lam
ن	M	Mim
و	N	Nun
هـ	W	Wau
حـ	H	Ha
ء	ʾ	Hamzah
ي	Y	Ya

TABLE OF CONTENT

PAGE OF TITTLE	i
ADVISOR APPROVAL	ii
RATIFICATION	iii
A THESIS STATEMENT	iv
MOTTO	v
DEDICATION	vi
ACKNOWLEDGEMENT	vii
TRANSLITERATION	ix
TABLE OF CONTENTS	x
ABSTRACT	xii
CHAPTER I : PROLOGUE	
A. Background	1
B. Research Question	6
C. Aim and Significance of Research	6
D. Boundaries of Problem.....	7
E. Prior Research	9
F. Research Method	12
G. Systematic of Writing	14
CHAPTER II: STRESS COPING MANAGEMENT	
A. Definition of Stress Coping Management.....	16
B. Types of Stress	19
C. Step of Stress	19
D. Stress Measuring Instrument	21
E. Immunity Stress Measurement	23
F. The Manner to Cope with The Strain.....	25
G. Stres Reduction Food.....	26
H. Models of Therapy.....	29
I. General Stress Coping Management.....	30

CHAPTER III: STRESS COPING MANAGEMENT ACCORDING TO PROPHET MUHAMMAD SAW	
A. Stress Coping Management Step I.....	34
B. Stress Coping Management Step II.....	37
C. Stress Coping Management Step III.....	40
D. Stress Coping Management Step IV.....	50
E. Stress Coping Management Step V.....	61
F. Stress Coping Management Step VI	65
CHAPTER IV: ANALYSIS	
A. Using Stress as Energy.....	82
B. Preventive Stress be Depression.....	106
CHAPTER V: EPILOGUE	
A. Conclusion	118
B. Suggestions	119
BIBLIOGRAPHY.....	120
APPENDIX.....	125

ABSTRACT

If we talk about life, many things are related to it: happiness and sadness, success and failure, progress or surrender. Today, we are required to always 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.

Many persons don't know how to manage stress well and General Stress Management from medical doctor and psychology is not suitable for all of human being to manage their stress. 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. So, human being needs the stress management to get positive stress in their life. 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.

The purposes of this research are to know the attitudes in coping with stress according to Prophet Muhammad SAW's tradition and to know the strategic actions in coping with stress according to Prophet Muhammad SAW's tradition.

This research use content analysis method by a method of determining and interpreting such data exist about something experienced, the relations activities, views, or descry 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.

The result of this research, the coping with Rashness by deliberateness; despotism self by keep rest and eating time; laziness by spirit, ṣalāh tahajud and praying; angry by dikir, silent, forgive to other, ablution, while standing should sit down, while sit down should lie down; fear by be patient, riḍa, ṣalāh, praying; sad by be patient, riḍa, calm, good prejudice to Allah, praying, to eat talbinah; worried by be patient, riḍa, good prejudice to Allah, ṣalāh, praying; sorrow by be patient, riḍa, good prejudice to Allah, and praying; nightmare by should spit without saliva, thrice on his left and seek refuge wit Allah from Satan; weak condition by be patient, riḍa, spirit, praying, and dikir; beef by be patient, riḍa, good prejudice to Allah; difficulty by be patient, riḍa, good prejudice to Allah, dikir and praying; and sick by be patient, riḍa, to eat three date palms every morning, talbinah, consume black seed, honey, cow milk, cupping and praying.