

Coping Stress in Islamic Perspective

Abidah Ayu*, Suhendar**

Sekolah Tinggi Ilmu Tarbiyah Hamzah Fansuri Subulussalam Aceh, Indonesia.

Corresponding author

*abidahayus@gmail.com, **endan.arisandy@gmail.com

Abstract: In everyday life, humans cannot be separated from stressful conditions. Therefore, humans need to have stress coping skills and cognitive training to stay in a sane condition. Stress coping is a process that individuals go through in resolving or managing circumstances that cause stress in response to situations that threaten them both physically and psychologically. This topic has great attention in the study of Psychology. Furthermore, this paper aims to examine stress and stress coping in an Islamic perspective whose sources will be taken from the Qur'an and Hadith as an effort to obtain a better life. This paper also seeks to bring harmony between psychological concepts and Islamic concepts to become a meeting point in studying stress coping. In Islam, coping with stress is through sincerity, patience, remembrance, repentance, prayer, positive thinking and optimism. In line with the concepts in Islam, in psychology, coping stress strategies include self-activity, strategic planning, self-control, seeking social support, acceptance, and religiosity.

Keywords: Stress, Coping Stress, Islamic Perspective.

Introduction

In everyday life, every individual must have experienced an unpleasant situation. The consequences of this situation also vary, it can be in the form of feelings of discomfort, sadness, excessive anxiety, confusion or even cause other physical disorders. This condition is known as stress. Quoted from the definition put forward by Unicef, stress is a feeling you feel when you are under pressure, feel overwhelmed, or have difficulty dealing with a situation. Unicef also continued, excessive stress will be difficult to control, so it will have a negative impact on mood, physical and mental health, and can interfere with our relationships with other people.

The World Health Organization (WHO) defines stress as any change in an individual that causes physical, emotional or psychological strain. Stress can change and make a big difference to individuals both physically and psychologically if it is not responded to with action and attention as a whole. Ayu (2021) stated that stress is often a factor causing physical and mental disorders. The disturbances also vary, such as fatigue, headaches,

loss of appetite, forgetfulness (Darwati, 2022), and sleep disturbances (Dahroni, et al, 2019)

The results of the research put forward by Musradinur and Jamil (Ayu, 2021), show that stress can cause depression and other mental disorders. Ayu (2021) also continued, women who are stressed will affect the menstrual cycle. Musradinur (in Darwati, 2022) also continued, physical and mental disturbances in humans are a stress contribution that can reach 50% to 70%. Therefore, the ability to control stress so that it does not become a bad result for the physical and mental of humans is needed.

Coping Stress is an individual process of making an effort to manage the distance between demands, both those that come from individuals and those that come from the environment and the resources they use in dealing with stress (Lazarus and Folkman in Ayu, 2021). Furthermore, Rasmun (Ayu, 2021) defines coping with stress as the process that individuals go through in resolving situations that cause stress as a response to situations that threaten them both physically and psychologically.

Yani (Maryam, 2017) explains coping stress is visible and hidden behavior that a person performs to reduce or eliminate psychological tension in stressful conditions. According to Sarafino and Smith (Ayu, 2021), coping stress is an attempt to neutralize or reduce the stress that occurs. Haber and Runyon (1984) continued, coping is all forms of behavior and thoughts, both negative and positive, that can reduce conditions that burden individuals so they don't cause stress. Thus, it can be concluded that coping with stress is a human effort to manage distance from disturbances that cause stress both visible and hidden or in the form of positive or negative behavior and thoughts so as not to cause physical and psychological disturbances to the individual.

The approach that is taken psychologically to minimize stress is time management, relaxation and meditation which based on research has proven to be effective in reducing stress pressure (Bunyamin, 2021). Other studies have stated that counseling with creative art can help individuals improve and maximize individual abilities in coping with stress (Ayu, 2021; Ayu, 2021). Anggun in Ayu (2021) also stated that stress management can be done using laughter therapy, as well as social support (Dodiansyah, 2014).

Coping strategies aim to deal with situations and demands that are felt to be pressing, challenging, burdensome and exceeding the resources they have. Coping resources owned by a person will influence the coping strategies that will be carried out in solving various problems (Maryam, 2017). In line with this, Jalaluddin Rahmat stated that the order of Allah SWT. In the Qur'an it is intended that we live happily. Word of Allah SWT. in QS. Al-Baqarah verse 189, which means: "and fear Allah so that you will be happy (lucky)".

Al-Qur'an views stress as a trial from Allah SWT. This is because stress can cause negative emotions, such as fear, sadness and anger, ranging from mild to severe stages (Darwati, 2022). Islam teaches several strategies for managing stress, namely with sincere intentions, patience and prayer, gratitude, and surrender to Allah SWT. This strategy is also carried out by psychologists in

relaxation, positive thinking, and time management (Darwati, 2022).

Coping strategies through a psychological approach are not always effectively carried out by humans, therefore this research will describe coping with stress from an Islamic perspective. This is consistent with several studies which suggest that spiritual counseling can overcome stress (Rosmalina, 2017). Furthermore, the same thing was stated by Bunyamin (2021), an approach that can be taken in managing stress based on an Islamic approach, namely remembrance, prayer, reading the Qur'an has been proven to be effective in reducing stress pressure experienced by individuals or groups. The results of the research put forward by Purnama (in Darwati, 2022) show that spiritual coping according to Islam is a stress resolution method, because it contains elements of positive thinking, positive acting, and positive hoping.

Many studies have suggested the importance of improving stress coping abilities, therefore it is necessary to analyze coping stress from an Islamic perspective. This aims to find out that the concept of religion is the same as psychology, namely having orders to keep humans physically and psychologically healthy, one of which is by having the ability to keep a distance from stress which can consequently disturb humans both physically and psychologically.

Discussion

Coping Stress

Coping behavior involves efforts to manage burdensome situations and expand efforts to achieve problem solving with the aim of reducing and overcoming stress. Folkman and Moskowitz (Ayu, 2021) mention that human success in coping is related to a number of characteristics, including personal control, positive emotions, and personal resources. Santrock (Ayu, 2021) also continues, the success of coping also depends on the strategy used according to the context. Thus, humans will be considered successful in coping with stress if they are physically and psychologically in good health and have the analytical skills to formulate

appropriate strategies so that the stress they experience does not result in negative things on the body.

Haber and Runyon (1984) define coping as all forms of behavior and thoughts, both negative and positive, that can reduce conditions that burden individuals so as not to cause stress. Furthermore, Lazarus and Folkman (Smet 1994: 143) define coping behavior as an individual process that tries to manage the distance between demands, both demands that come from individuals and those that come from the environment with the resources they use in dealing with stress. Rasmun (2004: 29) says that coping is an individual's psychological tension in dealing with everyday life problems that require personal abilities and support from the environment. In other words, coping is the process that individuals go through in resolving stressful situations. Coping is an individual's response to a situation that threatens him both physically and psychologically.

Donnelly and Long in Hudson (2016: 301) define coping as managing stressors (internal and external threats) through cognitive and behavioral efforts which are manifested in the form of actions, emotions, and thoughts in the form of either adaptive or maladaptive responses. The purpose of coping is not only to survive working conditions, but also to be able to deal with the difficulties encountered in everyday life. (National Safety Council, 2003: 28). Thus, it can be concluded that coping with stress is a human effort to manage distance from distractions that cause stress both visible and hidden or in the form of positive or negative behavior and thoughts so that they do not cause physical and psychological disturbances to the individual.

Carver et al (Ayu, 2021) divided coping into two dimensions, adaptive and maladaptive. Adaptive coping means handling or dealing with stressors effectively or positively, while maladaptive coping means dealing with stressors negatively or ineffectively. Adaptive coping contributes to stress relief, whereas maladaptive coping can lead to further problems. Coping strategies according to Lazarus and Folkman (1984) have two forms, namely the act of doing something that focuses on changing problems or pressures for the better, this

strategy is called problem focused coping. The next form, which is action that regulates or suppresses emotions, this strategy is called emotion focused coping.

Problem focused coping is an individual effort to overcome stress through solving problems, making decisions and taking direct action. Problem focused coping includes confrontational, seeking social support, and solving problems. Meanwhile, emotion focused coping is an individual effort to overcome stress by suppressing or managing the emotions that cause stress. This is also done with a combination of cognitive efforts, namely changing the paradigm of situations that cause stress into situations that do not need to be worried about. Includes aspects of self-control, having a positive assessment/paradigm, accepting responsibility, keeping a distance and avoiding things that can trigger stress. (Lazarus and Folkman in Baqutayan 2015:482)

Carver, et al (1989) mention aspects of coping strategies, including, 1) Self-activity, an action to try to eliminate the cause of stress or improve its consequences in a direct way; 2) Planning, thinking about how to overcome the causes of stress, among others by making strategies to act, thinking about steps that need to be taken in dealing with a problem; 3) Self-control, individuals limit their involvement in competition or competitive activities and do not act in a hurry; 4) Seek social support that is instrumental, namely as advice, assistance or information; 5) Looking for emotional support, namely through moral support, sympathy and understanding; 6) Acceptance, something full of stress and circumstances that force him to overcome the problem; 7) Religiosity, individual attitudes calm and solve problems religiously.

Beer and Newman (in Wijono, 2010: 138) suggest that intellectual factors can determine whether or not coping is successful in individuals. This is because individuals who have high ability will tend to have more self-control over conditions, situations or events that cause stress than individuals who have low ability to deal with stress. Tosi (Ayu, 2021) also suggested that the physical and psychological conditions in humans will also affect humans in coping. Individuals who have healthy and prime physical and psychological

conditions tend to have more ability to determine the most appropriate strategies for dealing with stress. In addition, the ability to control emotions and find problems will prevent individuals from psychological burdens, health problems and work stress. Social support is a human need to feel comfortable both physically and psychologically so that it can help reduce the pressure experienced by the individual. Ayu (2021) suggests that social support can be in the form of material, emotional, and information assistance provided by meaningful people, such as family, friends, relatives, or co-workers.

Islam and Coping Stress

Al-Qur'an views stress as a trial from Allah SWT. this is because stress can cause negative emotions, such as fear, sadness and anger ranging from mild to severe stages (Darwati, 2022). The concept of tests and trials is also emphasized by Allah SWT. in QS Al-Baqarah verse 214: "Do you think that you will enter heaven, but it has not come to you (trial), so that the apostle and those who believe with him say: "when will help come from Allah?" Remember that help is near. This shows that the heavier and higher the goals achieved, the greater the obstacles and trials that will be experienced. To achieve the pleasure of Allah SWT and get heaven, it is not an easy and simple thing, but you have to go through a persistent struggle that is full of obstacles and trials.

Islam teaches several strategies for managing stress, namely with sincere intentions, patience and prayer, gratitude, and surrendering to Allah SWT. This strategy is also used by psychologists to relax, think positively, and manage time (Darwati, 2022). Thus, the purpose of coping with stress in an Islamic perspective is to be able to live happily, as stated by Jalaluddin Rahmat, namely the commandment of Allah SWT. in the Qur'an meant for us to live happily. Word of Allah SWT. in QS. Al-Baqarah verse 189, which means: "and fear Allah so that you will be happy (lucky)".

Religion has an important role in managing stress, because religion can provide direction and guidance, support, and hope to people. This can be obtained through prayer, as well as religious rituals that can help someone when they are

experiencing life problems. Subandi in Rosmanah (2016) suggests that one of the factors that influence a person's ability in coping strategies is religion, namely a good and correct understanding of religion. Several studies have found that an increase in one's religious understanding will influence strategies in understanding the problem.

The spiritual factor emphasizes the attitude of acceptance of what is being experienced by the individual so that he is willing to undergo the conditions, situations or events that are crushing the individual. This includes strengthening the hope that life must be lived, being good at taking lessons so that you always think positively, and fortitude so that you have the determination to determine your life (Nursalam and Ninuk, in Ayu, 2021). This is in accordance with several studies which suggest that remembrance, prayer, reading the Qur'an have been proven to be effective in reducing the stress experienced by individuals or groups (Bunyamin, 2021) because in their completion there are elements of positive thinking, positive acting, and positive hoping (Purnama in Darwati, 2022).

Coping with stress is the best step to determine the attitude and behavior of managing stress so that it can counteract the negative consequences caused by stress. This is in line with the command of Allah SWT. about avoiding and managing stress, as written in QS Ali Imran: 139 namely: "Do not be weak, and do not (also) you grieve, even though you are the people of the highest (degree), if you are who believe". Instead, the weight of stress due to trials and tests from Allah SWT. also described in QS Al-An'am: 125, namely: "the tightness of his chest is like someone who rises to the sky. That's how Allah imposes a burden on those who believe. Therefore, if stress is not managed properly according to Allah's instructions, the stress condition will get worse and worse. As Allah SWT gives an analogy, it is like a person rising to the sky and his chest is tight because he runs out of oxygen and experiencing a narrow and difficult life.

Several ways of managing stress that have been taught by Islam as summarized from several studies include the following: 1) Sincerity, sincerity of heart will help us to gain peace, this advice is contained in QS At-Taubah verse 91: "There is no

sin (for not going to jihad) on people who are weak, people who are sick, and on people who do not get what they will earn, if they act sincerely, to Allah and His Messenger, there is no way blame those who do good and Allah is most forgiving, most merciful"; 2) Patience and Prayer, patience provides many benefits to humans, including being able to foster the soul and strengthen personality and increase human abilities in dealing with life's problems (Darwati, 2022) while prayer makes individuals able to truly feel the presence of Allah SWT. thus, we let go of all physical fatigue, problems, burdens of mind, and high emotions when praying solemnly (Yuwono, 2010);

Furthermore, 3) Dhikr and Prayer, can bring peace of mind, prayer and dhikr can also be a source of strength for humans in trying. As suggested in QS Ar Ra'd: 28, namely "(namely) those who believe and their hearts become peaceful by remembering Allah. Remember, only by remembering Allah will the heart find peace."; 4) Repentance, apart from being able to forgive the sins that have been committed, repentance can also strengthen hope in Allah SWT and alleviate the anxiety that humans face; 5) Be grateful and surrender. One of the keys to dealing with stressors is to always be grateful and accept all the gifts from Allah SWT. This has been taught in QS Al-Baqarah: 156, "(namely) people who, when disaster strikes, they say: "Inna lillaahi wa innaa ilaihi raaji'uun". In another study it was stated that being grateful and surrendering is in line with positive and optimistic thinking (Darwati, 2022)

Conclusions

The description above shows that Islam has provided an antidote to the emergence of stress through various forms of worship in it. Prayers, prayers, and dhikr and other acts of worship are some of the acts of worship that shape human readiness in dealing with stressors. Thus, if Muslims are able to practice worship correctly, they will get benefits in managing the stress they experience.

References

- Ayu, A. (2021), Model Creative Art Dalam Konseling Untuk Meningkatkan Quality Of Work Life Dan Coping Stress Pada Karyawan di LP3I Kampus Medan Baru. *Jurnal Penelitian Pendidikan, Psikologi dan Kesehatan (J-P3K)*, 2 (1): 28-38. <https://doi.org/10.51849/j-p3k.v2i1.85>
- Ayu, A. (2021). Enhancement Coping Stress With Creative Art. *Proceedings of the International Conference on Social and Islamic Studies 2021*. ISSN 2809-6339
- Adilah Omar, N. A. & Wan Abdullah, W.N. (2018). Pengurusan Stres Melalui Pendekatan Istighathah. *Al-Banjari: Jurnal Ilmiah Ilmu-Ilmu Keislaman*, 17(1), 1. <https://doi.org/10.18592/al-banjari.v17i1.1922>
- Andriyani, J. (2019). Strategi Coping Stres Dalam Mengatasi Problema Psikologis. *Jurnal At-Taujih Bimbingan Dan Konseling Islam Vol. 2 No. 2 Juli - Desember 2019* <http://jurnal.ar-raniry.ac.id/index.php/Taujih>
- Anggun R.P, dan Harlina Nurtjahjanti . Pengaruh Penerapan Terapi Tawa Terhadap Penurunan Tingkat Stres Kerja Pada Pegawai Kereta Api *Jurnal Psikologi Undip Vol. 11, No.1, April 2012*
- Bunyamin, A. (2021). Mengelola Stres Dengan Pendekatan Islami Dan Psikologis. *Idaarah: Jurnal Manajemen Pendidikan*, 5(1), 145. <https://doi.org/10.24252/idaarah.v5i1.20971>
- Baqutayan, Shadiya M. S, 2015. *Stress And Coping Mechanisms: A Historical Overview*. Rome-Italy: Mcser Publishing
- Carver, C.S., M.F. Scheier, J.K. Weintraub, (1989). Assessing Coping Strategies: A Theoretically Based Approach, *Journal of Personality and Social Psychology*, Vol. 56, No. 2, by the American Psychological Association
- Dahroni, D., Arisdiani, T., & Widiastuti, Y. P. (2019). Hubungan Antara Stres Emosi Dengan Kualitas Tidur Lansia. *Jurnal Keperawatan Jiwa*, 5(2), 68. <https://doi.org/10.26714/jkj.5.2.2017.68-71>
- Dodiansyah, Khafidh Athma, 2014. Hubungan Antara Dukungan Sosial Dengan Stres Kerja Pada Karyawan Solopos, *Naskah Publikasi, Universitas Muhammadiyah Surakarta*
- Darwati, Y. (2022). Coping Stress Dalam Perspektif Al Qur'an. *Jurnal Tasawuf Dan Psikoterapi Islam*, 6(1), 1-16
- Haber, A. & Runyon, R.P. (1984). *Psychology of adjustment*. Homewood, Illinois: The Dorsey Press
- Hudson, K. (2016). Coping Complexity Model: Coping Stressors, Coping Influencing Factors, And Coping Responses. *Psychology*, 7, 300-309. <Http://Dx.Doi.Org/10.4236/Psych.2016.73033> March 2015
- Jalaluddin R, 2010. *Tafsir Kebahagiaan*. Jakarta: Serambi
- Kemper, T. D., & Lazarus, R. S. (1992). Emotion and Adaptation. *Contemporary Sociology*, 21(4), 522. <https://doi.org/10.2307/2075902>

- Lazarus, R.S & Folkman, S. (1984). *Stress, Appraisal, And Coping*. New York : McGraw-Hill, Inc.
- Musradinur, Stres Dan Cara Mengatasinya Dalam Perspektif Psikologi. *Jurnal Edukasi Vol 2, Nomor 2, July 2016. Fakultas Tarbiyah Dan Keguruan Universitas Islam Negeri Ar-Raniry*
- National Safety Council, 2003. *Stress Management*, Jakarta: EGC
- Purnama, Rahmad. Penyelesaian Stres dengan Coping Spiritual, *Jurnal Al adyan, Vol XII No 1 , Januari-Juni 2017*
- Rosmalina, Asriyanti, 2017. Pendekatan Bimbingan Konseling Islam Dalam Menangulangi Konflik, Stres, Trauma Dan Frustrasi. <https://www.syekhnurjati.ac.id/jurnal/index.php/orasi/article/download/1429/1008>.
- Rasmun, 2004. *Stress Koping Dan Adaptasi*. Jakarta : CV. Sagung Seto
- Rosmanah, M. (2016). Pendekatan Halaqah dalam Konseling Islam dengan Coping Stress sebagai Ilustrasi. *Intizar, 19(2)*, 301–322.
- S. Maryam, (2017). Strategi Coping: Teori Dan Sumberdayanya. *Jurnal Konseling Andi Matappa Volume 1 Nomor 2 Agustus 2017. Hal 101-107. p-ISSN: 2549-1857; e-ISSN: 2549-4279*
- Sarafino, E. 2002. *Health psychology*. England: John Willey and Sons.
- Smet, Bart, 1994. *Psikologi Kesehatan*, Jakarta: PT Grasindo
- Wijono, Sutarto, 2010. *Psikologi Industri Dan Organisasi*. Jakarta : Kencana
- Yuwono, S. (2010). Mengelola Stres Dalam Perspektif Islam Dan Psikologi. *PSYCHO IDEA, Tahun 8 No.2, Juli 2010 ISSN 1693-1076, 8(2)*, 16–17.
- UNICEF Indonesia. (n.d.). Retrieved December 17, 2022, from <https://www.unicef.org/indonesia/id/kesehatan-mental/stres> Retrieved December 17, 2022, from <https://www.who.int/news-room/questions-and-answers/item/stress>