

**STRESS COPING STRATEGIES FROM ISLAMIC PERSPECTIVE AMONG MUSLIM
TEACHERS IN ISLAMIC RELIGIOUS SECONDARY SCHOOL**



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Enhanced Executive summary

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ABSTRACT

Job stress is a major issue that is often associated with productivity and performance. Stress may be necessary for human survival, but the excess of it may lead to health and productivity problems. Many researches were conducted on stress and there are a lot of factors caused a job stress. Job stress faced by all of employees in the world includes Muslim employees. The presented data show that Asia has 69% of the world Muslim population while Africa has 27%. In addition, Muslims constitute 24% of the world population, or 1.65 billion people. Phenomena of Islam worker more expose on the load of jobs and may cause a job stress. Recently, studies on stress have focused on the Islamic view or perspective. It gives an idea of how stressful it happened and how it is managed based on Islamic Sharia. Many of researchers studied about coping strategies among Muslim employees. Therefore, the purposes of this study are to explore the stress issue from Islamic perspective. Research objectives are 1) To determine the level of stress among Muslim teachers. 2) To identify the stress coping strategies from islamic perspective among the Muslim teachers. This study is descriptive and inference explanatory study which is using a quantitative approach through distribution of questionnaires. The sampling size for this research would be 70 Muslim teachers Islamic Religious secondary school at Pahang.

Keywords: Stress, Stress Management, Stress Coping Strategies, Muslim, Islamic Perspective

CHAPTER ONE

INTRODUCTION

1.0 Background of Study

Stress has become a global problem faced by workers in the world. Stress also related with mental health. Based on importance of all this mental health information to the entire world community, World Federation of Mental Health (WFMH) was announced that 10th October every year as World Mental Health Day.

Stress is inherent in life and human behaviour (Auerbach and Gramling, 1998), and it is a global phenomenon where international leaders are dealing with its results in their daily lives (Barhem, 2008).

Job stress was examined by many researchers. These are very useful to many employers or companies as output or guidelines to their right conduct in business. In our day to day life, stress affects peace at home, job performance at work, grades in school and even our eating and mating behaviour.

Stress from Islamic perspective is a test on human life for testing the strength of human faith. As stated in the Quran : “It is He Who created death as well as life, so that He may test you to bring out which of you is best in conduct. And He is the All-Mighty (in rewarding your deeds), the Most Forgiving (for those who repent)” (Al-Mulk; 2). Mujahid (2006), stated the feeling of stress can be contained if Muslims believe that God controls life and death. Stress have to assumed as a challenge for our (Muslim) life.