

# **MENANGANI TEKANAN EMOSI MODEL AL-QURAN**



**INSTITUT PENGURUSAN PENYELIDIKAN  
UNIVERSITI TEKNOLOGI MARA  
40450 SHAH ALAM, SELANGOR  
MALAYSIA**

**DISEDIAKAN OLEH:**

**SITI AISYAH BINTI YUSOF  
MUHAMMAD SAIFUL ISLAMI B. MOHD TAHER  
SALMAH HUSSAIN  
DR. NOOR ZAHIRAH MOHD SIDEK**

**JUN 2013**

## Senarai Kandungan

1. Surat Penyerahan Laporan .....	iii
2. Surat Tawaran (Pelantikan Geran Penyelidikan).....	iv
3. Penghargaan.....	v
4. Penambahbaikan pada Tajuk dan Objektif .....	vi
5. Laporan .....	1
5.1 Cadangan Kesimpulan Eksekutif .....	1
5.2 Penambahbaikan Kesimpulan Eksekutif.....	2
5.3 Pengenalan .....	3
5.4 Kajian Literatur .....	4
5.5 Kaedah Penyelidikan.....	9
5.6 Keputusan dan Perbincangan.....	10
5.7 Kesimpulan dan Cadangan .....	16
5.8 Rujukan /Bibliografi .....	17
6. Hasil Penyelidikan.....	20
7. Lampiran .....	22

# 1. Surat Penyerahan Laporan

Tarikh: 30 Jun 2013

YBhg. Profesor Dato` Dr. Abu Bakar Abdul Majeed  
Penolong Naib Cancellor (Penyelidikan)  
Institut Pengurusan Penyelidikan (RMI)  
Universiti Teknologi MARA  
40450 Shah Alam  
Selangor

YBhg. Prof. Dato`,

## LAPORAN AKHIR PENYELIDIKAN FRGS

Merujuk kepada perkara di atas, bersama ini disertakan dua (2) naskhah laporan akhir penyelidikan *Fundamental Research Grant Scheme* (FRGS) untuk makluman pihak YBhg. Prof Dato` sebagaimana berikut:

**Tajuk : Menangani Tekanan Emosi Model Al-Quran**  
**Kod projek : 600-RMI/SSP/FRGS 5/3/Fsp (43/2011)**

Sekian, terima kasih.

Yang benar,



**SITI AISYAH YUSOF**  
Ketua Projek Penyelidikan

## 2. Surat Tawaran (Perlantikan Geran Penyelidikan)

Surat Kami : 600-RMI/SSP/FRGS 5/3/Fsp (43/2011)  
Tarikh : 20 Julai 2011



**Pn Siti Aisyah Yusof**  
Pusat Kefahaman dan Pemikiran Islam  
Universiti Teknologi MARA Cawangan Kedah  
Peti Surat 187, 08400 Merbok,  
Kedah Darul Aman

Y. Brs. Profesor/Tuan/Puan

### KELULUSAN SKIM GERAN PENYELIDIKAN FUNDAMENTAL (FRGS) FASA 01/2011

Tajuk Projek : Menangani Tekanan Emosi Model A-Quran  
Kod Projek : 600-RMI/SSP/FRGS 5/3/Fsp (43/2011)  
Bidang : Sastera dan Sastera Ikhtisas  
Tempoh : 01 Julai 2011 – 30 Jun 2013 (24 bulan)  
Peruntukan Diluluskan (KPT) : RM 50,000.00  
Peruntukan Pengurusan : RM 2,500.00 (5%)  
Peruntukan Pengoperasian Penyelidikan : RM 47,500.00 (95%)  
Ketua Projek : Pn Siti Aisyah Yusof

Dengan hormatnya perkara di atas adalah dirujuk.

2. Sukacita dimaklumkan pihak Kementerian Pengajian Tinggi melalui surat JPT S(BPKi)2000/09/010 Jld.11 (52) yang bertarikh 6 Jun 2011 telah meluluskan kertas cadangan penyelidikan Y Brs Profesor/tuan/puan untuk di biayai di bawah Skim Geran Penyelidikan Fundamental (FRGS) Fasa 01/2011.

3. Bagi pihak Universiti kami mengucapkan tahniah kepada Y. Brs. Profesor/tuan/puan kerana kejayaan ini dan seterusnya diharapkan berjaya menyiapkan projek ini dengan cemerlang.

4. Peruntukan kewangan akan disalurkan melalui tiga (3) peringkat berdasarkan kepada laporan kemajuan serta kewangan yang mencapai perbelanjaan lebih kurang 50% dari peruntukan yang diterima.

Peringkat Pertama	20%
Peringkat Kedua	40%
Peringkat Ketiga	40%

5. Untuk tujuan mengemaskini, pihak Y. Brs. Profesor/tuan/puan adalah diminta untuk menandatangani perjanjian FRGS, melengkapkan semula kertas cadangan penyelidikan, mengisi borang setuju terima projek penyelidikan dan menyusun perancangan semula bajet yang baru seperti yang diluluskan. Sila lihat lampiran bagi tatacara tambahan untuk pengurusan projek.

Sekian, harap maklum.

**"SELAMAT MENJALANKAN PENYELIDIKAN DENGAN JAYANYA"**

Yang benar

**PROFESOR DR ABU BAKAR ABDUL MAJEED**  
Penolong Naib Canselor (Penyelidikan)

Pensyarah Naib Canselor (Penyelidikan) : 603-5544 2094/2095  
Bahagian Penyelidikan : 603-5544 2097/2098/2099/2101/2102/2103/2104/2105/2106/2107/2108/2109/2110/2111/2112/2113/2114/2115/2116/2117/2118/2119/2120/2121/2122/2123/2124/2125/2126/2127/2128/2129/2130/2131/2132/2133/2134/2135/2136/2137/2138/2139/2140/2141/2142/2143/2144/2145/2146/2147/2148/2149/2150/2151/2152/2153/2154/2155/2156/2157/2158/2159/2160/2161/2162/2163/2164/2165/2166/2167/2168/2169/2170/2171/2172/2173/2174/2175/2176/2177/2178/2179/2180/2181/2182/2183/2184/2185/2186/2187/2188/2189/2190/2191/2192/2193/2194/2195/2196/2197/2198/2199/2200/2201/2202/2203/2204/2205/2206/2207/2208/2209/2210/2211/2212/2213/2214/2215/2216/2217/2218/2219/2220/2221/2222/2223/2224/2225/2226/2227/2228/2229/2230/2231/2232/2233/2234/2235/2236/2237/2238/2239/2240/2241/2242/2243/2244/2245/2246/2247/2248/2249/2250/2251/2252/2253/2254/2255/2256/2257/2258/2259/2260/2261/2262/2263/2264/2265/2266/2267/2268/2269/2270/2271/2272/2273/2274/2275/2276/2277/2278/2279/2280/2281/2282/2283/2284/2285/2286/2287/2288/2289/2290/2291/2292/2293/2294/2295/2296/2297/2298/2299/2300/2301/2302/2303/2304/2305/2306/2307/2308/2309/2310/2311/2312/2313/2314/2315/2316/2317/2318/2319/2320/2321/2322/2323/2324/2325/2326/2327/2328/2329/2330/2331/2332/2333/2334/2335/2336/2337/2338/2339/2340/2341/2342/2343/2344/2345/2346/2347/2348/2349/2350/2351/2352/2353/2354/2355/2356/2357/2358/2359/2360/2361/2362/2363/2364/2365/2366/2367/2368/2369/2370/2371/2372/2373/2374/2375/2376/2377/2378/2379/2380/2381/2382/2383/2384/2385/2386/2387/2388/2389/2390/2391/2392/2393/2394/2395/2396/2397/2398/2399/2400/2401/2402/2403/2404/2405/2406/2407/2408/2409/2410/2411/2412/2413/2414/2415/2416/2417/2418/2419/2420/2421/2422/2423/2424/2425/2426/2427/2428/2429/2430/2431/2432/2433/2434/2435/2436/2437/2438/2439/2440/2441/2442/2443/2444/2445/2446/2447/2448/2449/2450/2451/2452/2453/2454/2455/2456/2457/2458/2459/2460/2461/2462/2463/2464/2465/2466/2467/2468/2469/2470/2471/2472/2473/2474/2475/2476/2477/2478/2479/2480/2481/2482/2483/2484/2485/2486/2487/2488/2489/2490/2491/2492/2493/2494/2495/2496/2497/2498/2499/2500/2501/2502/2503/2504/2505/2506/2507/2508/2509/2510/2511/2512/2513/2514/2515/2516/2517/2518/2519/2520/2521/2522/2523/2524/2525/2526/2527/2528/2529/2530/2531/2532/2533/2534/2535/2536/2537/2538/2539/2540/2541/2542/2543/2544/2545/2546/2547/2548/2549/2550/2551/2552/2553/2554/2555/2556/2557/2558/2559/2560/2561/2562/2563/2564/2565/2566/2567/2568/2569/2570/2571/2572/2573/2574/2575/2576/2577/2578/2579/2580/2581/2582/2583/2584/2585/2586/2587/2588/2589/2590/2591/2592/2593/2594/2595/2596/2597/2598/2599/2600/2601/2602/2603/2604/2605/2606/2607/2608/2609/2610/2611/2612/2613/2614/2615/2616/2617/2618/2619/2620/2621/2622/2623/2624/2625/2626/2627/2628/2629/2630/2631/2632/2633/2634/2635/2636/2637/2638/2639/2640/2641/2642/2643/2644/2645/2646/2647/2648/2649/2650/2651/2652/2653/2654/2655/2656/2657/2658/2659/2660/2661/2662/2663/2664/2665/2666/2667/2668/2669/2670/2671/2672/2673/2674/2675/2676/2677/2678/2679/2680/2681/2682/2683/2684/2685/2686/2687/2688/2689/2690/2691/2692/2693/2694/2695/2696/2697/2698/2699/2700/2701/2702/2703/2704/2705/2706/2707/2708/2709/2710/2711/2712/2713/2714/2715/2716/2717/2718/2719/2720/2721/2722/2723/2724/2725/2726/2727/2728/2729/2730/2731/2732/2733/2734/2735/2736/2737/2738/2739/2740/2741/2742/2743/2744/2745/2746/2747/2748/2749/2750/2751/2752/2753/2754/2755/2756/2757/2758/2759/2760/2761/2762/2763/2764/2765/2766/2767/2768/2769/2770/2771/2772/2773/2774/2775/2776/2777/2778/2779/2780/2781/2782/2783/2784/2785/2786/2787/2788/2789/2790/2791/2792/2793/2794/2795/2796/2797/2798/2799/2800/2801/2802/2803/2804/2805/2806/2807/2808/2809/2810/2811/2812/2813/2814/2815/2816/2817/2818/2819/2820/2821/2822/2823/2824/2825/2826/2827/2828/2829/2830/2831/2832/2833/2834/2835/2836/2837/2838/2839/2840/2841/2842/2843/2844/2845/2846/2847/2848/2849/2850/2851/2852/2853/2854/2855/2856/2857/2858/2859/2860/2861/2862/2863/2864/2865/2866/2867/2868/2869/2870/2871/2872/2873/2874/2875/2876/2877/2878/2879/2880/2881/2882/2883/2884/2885/2886/2887/2888/2889/2890/2891/2892/2893/2894/2895/2896/2897/2898/2899/2900/2901/2902/2903/2904/2905/2906/2907/2908/2909/2910/2911/2912/2913/2914/2915/2916/2917/2918/2919/2920/2921/2922/2923/2924/2925/2926/2927/2928/2929/2930/2931/2932/2933/2934/2935/2936/2937/2938/2939/2940/2941/2942/2943/2944/2945/2946/2947/2948/2949/2950/2951/2952/2953/2954/2955/2956/2957/2958/2959/2960/2961/2962/2963/2964/2965/2966/2967/2968/2969/2970/2971/2972/2973/2974/2975/2976/2977/2978/2979/2980/2981/2982/2983/2984/2985/2986/2987/2988/2989/2990/2991/2992/2993/2994/2995/2996/2997/2998/2999/3000/3001/3002/3003/3004/3005/3006/3007/3008/3009/3010/3011/3012/3013/3014/3015/3016/3017/3018/3019/3020/3021/3022/3023/3024/3025/3026/3027/3028/3029/3030/3031/3032/3033/3034/3035/3036/3037/3038/3039/3040/3041/3042/3043/3044/3045/3046/3047/3048/3049/3050/3051/3052/3053/3054/3055/3056/3057/3058/3059/3060/3061/3062/3063/3064/3065/3066/3067/3068/3069/3070/3071/3072/3073/3074/3075/3076/3077/3078/3079/3080/3081/3082/3083/3084/3085/3086/3087/3088/3089/3090/3091/3092/3093/3094/3095/3096/3097/3098/3099/3100/3101/3102/3103/3104/3105/3106/3107/3108/3109/3110/3111/3112/3113/3114/3115/3116/3117/3118/3119/3120/3121/3122/3123/3124/3125/3126/3127/3128/3129/3130/3131/3132/3133/3134/3135/3136/3137/3138/3139/3140/3141/3142/3143/3144/3145/3146/3147/3148/3149/3150/3151/3152/3153/3154/3155/3156/3157/3158/3159/3160/3161/3162/3163/3164/3165/3166/3167/3168/3169/3170/3171/3172/3173/3174/3175/3176/3177/3178/3179/3180/3181/3182/3183/3184/3185/3186/3187/3188/3189/3190/3191/3192/3193/3194/3195/3196/3197/3198/3199/3200/3201/3202/3203/3204/3205/3206/3207/3208/3209/3210/3211/3212/3213/3214/3215/3216/3217/3218/3219/3220/3221/3222/3223/3224/3225/3226/3227/3228/3229/3230/3231/3232/3233/3234/3235/3236/3237/3238/3239/3240/3241/3242/3243/3244/3245/3246/3247/3248/3249/3250/3251/3252/3253/3254/3255/3256/3257/3258/3259/3260/3261/3262/3263/3264/3265/3266/3267/3268/3269/3270/3271/3272/3273/3274/3275/3276/3277/3278/3279/3280/3281/3282/3283/3284/3285/3286/3287/3288/3289/3290/3291/3292/3293/3294/3295/3296/3297/3298/3299/3300/3301/3302/3303/3304/3305/3306/3307/3308/3309/3310/3311/3312/3313/3314/3315/3316/3317/3318/3319/3320/3321/3322/3323/3324/3325/3326/3327/3328/3329/3330/3331/3332/3333/3334/3335/3336/3337/3338/3339/3340/3341/3342/3343/3344/3345/3346/3347/3348/3349/3350/3351/3352/3353/3354/3355/3356/3357/3358/3359/3360/3361/3362/3363/3364/3365/3366/3367/3368/3369/3370/3371/3372/3373/3374/3375/3376/3377/3378/3379/3380/3381/3382/3383/3384/3385/3386/3387/3388/3389/3390/3391/3392/3393/3394/3395/3396/3397/3398/3399/3400/3401/3402/3403/3404/3405/3406/3407/3408/3409/3410/3411/3412/3413/3414/3415/3416/3417/3418/3419/3420/3421/3422/3423/3424/3425/3426/3427/3428/3429/3430/3431/3432/3433/3434/3435/3436/3437/3438/3439/3440/3441/3442/3443/3444/3445/3446/3447/3448/3449/3450/3451/3452/3453/3454/3455/3456/3457/3458/3459/3460/3461/3462/3463/3464/3465/3466/3467/3468/3469/3470/3471/3472/3473/3474/3475/3476/3477/3478/3479/3480/3481/3482/3483/3484/3485/3486/3487/3488/3489/3490/3491/3492/3493/3494/3495/3496/3497/3498/3499/3500/3501/3502/3503/3504/3505/3506/3507/3508/3509/3510/3511/3512/3513/3514/3515/3516/3517/3518/3519/3520/3521/3522/3523/3524/3525/3526/3527/3528/3529/3530/3531/3532/3533/3534/3535/3536/3537/3538/3539/3540/3541/3542/3543/3544/3545/3546/3547/3548/3549/3550/3551/3552/3553/3554/3555/3556/3557/3558/3559/3560/3561/3562/3563/3564/3565/3566/3567/3568/3569/3570/3571/3572/3573/3574/3575/3576/3577/3578/3579/3580/3581/3582/3583/3584/3585/3586/3587/3588/3589/3590/3591/3592/3593/3594/3595/3596/3597/3598/3599/3600/3601/3602/3603/3604/3605/3606/3607/3608/3609/3610/3611/3612/3613/3614/3615/3616/3617/3618/3619/3620/3621/3622/3623/3624/3625/3626/3627/3628/3629/3630/3631/3632/3633/3634/3635/3636/3637/3638/3639/3640/3641/3642/3643/3644/3645/3646/3647/3648/3649/3650/3651/3652/3653/3654/3655/3656/3657/3658/3659/3660/3661/3662/3663/3664/3665/3666/3667/3668/3669/3670/3671/3672/3673/3674/3675/3676/3677/3678/3679/3680/3681/3682/3683/3684/3685/3686/3687/3688/3689/3690/3691/3692/3693/3694/3695/3696/3697/3698/3699/3700/3701/3702/3703/3704/3705/3706/3707/3708/3709/3710/3711/3712/3713/3714/3715/3716/3717/3718/3719/3720/3721/3722/3723/3724/3725/3726/3727/3728/3729/3730/3731/3732/3733/3734/3735/3736/3737/3738/3739/3740/3741/3742/3743/3744/3745/3746/3747/3748/3749/3750/3751/3752/3753/3754/3755/3756/3757/3758/3759/3760/3761/3762/3763/3764/3765/3766/3767/3768/3769/3770/3771/3772/3773/3774/3775/3776/3777/3778/3779/3780/3781/3782/3783/3784/3785/3786/3787/3788/3789/3790/3791/3792/3793/3794/3795/3796/3797/3798/3799/3800/3801/3802/3803/3804/3805/3806/3807/3808/3809/3810/3811/3812/3813/3814/3815/3816/3817/3818/3819/3820/3821/3822/3823/3824/3825/3826/3827/3828/3829/3830/3831/3832/3833/3834/3835/3836/3837/3838/3839/3840/3841/3842/3843/3844/3845/3846/3847/3848/3849/3850/3851/3852/3853/3854/3855/3856/3857/3858/3859/3860/3861/3862/3863/3864/3865/3866/3867/3868/3869/3870/3871/3872/3873/3874/3875/3876/3877/3878/3879/3880/3881/3882/3883/3884/3885/3886/3887/3888/3889/3890/3891/3892/3893/3894/3895/3896/3897/3898/3899/3900/3901/3902/3903/3904/3905/3906/3907/3908/3909/3910/3911/3912/3913/3914/3915/3916/3917/3918/3919/3920/3921/3922/3923/3924/3925/3926/3927/3928/3929/3930/3931/3932/3933/3934/3935/3936/3937/3938/3939/3940/3941/3942/3943/3944/3945/3946/3947/3948/3949/3950/3951/3952/3953/3954/3955/3956/3957/3958/3959/3960/3961/3962/3963/3964/3965/3966/3967/3968/3969/3970/3971/3972/3973/3974/3975/3976/3977/3978/3979/3980/3981/3982/3983/3984/3985/3986/3987/3988/3989/3990/3991/3992/3993/3994/3995/3996/3997/3998/3999/4000/4001/4002/4003/4004/4005/4006/4007/4008/4009/4010/4011/4012/4013/4014/4015/4016/4017/4018/4019/4020/4021/4022/4023/4024/4025/4026/4027/4028/4029/4030/4031/4032/4033/4034/4035/4036/4037/4038/4039/4040/4041/4042/4043/4044/4045/4046/4047/4048/4049/4050/4051/4052/4053/4054/4055/4056/4057/4058/4059/4060/4061/4062/4063/4064/4065/4066/4067/4068/4069/4070/4071/4072/4073/4074/4075/4076/4077/4078/4079/4080/4081/4082/4083/4084/4085/4086/4087/4088/4089/4090/4091/4092/4093/4094/4095/4096/4097/4098/4099/4100/4101/4102/4103/4104/4105/4106/4107/4108/4109/4110/4111/4112/4113/4114/4115/4116/4117/4118/4119/4120/4121/4122/4123/4124/4125/4126/4127/4128/4129/4130/4131/4132/4133/4134/4135/4136/4137/4138/4139/4140/4141/4142/4143/4144/4145/4146/4147/4148/4149/4150/4151/4152/4153/4154/4155/4156/4157/4158/4159/4160/4161/4162/4163/4164/4165/4166/4167/4168/4169/4170/4171/4172/4173/4174/4175/4176/4177/4178/4179/4180/4181/4182/4183/4184/4185/4186/4187/4188/4189/4190/4191/4192/4193/4194/4195/4196/4197/4198/4199/4200/4201/4202/4203/4204/4205/4206/4207/4208/4209/4210/4211/4212/4213/4214/4215/4216/4217/4218/4219/4220/4221/4222/4223/4224/4225/4226/4227/4228/4229/4230/4231/4232/4233/4234/4235/4236/4237/4238/4239/4240/4241/4242/4243/4244/4245/4246/4247/4248/4249/4250/4251/4252/4253/4254/4255/4256/4257/4258/4259/4260/4261/4262/4263/4264/4265/4266/4267/4268/4269/4270/4271/4272/4273/4274/4275/4276/4277/4278/4279/4280/4281/4282/4

## **5.2. Penambahbaikan Kesimpulan Eksekutif**

(Abstract of the research) – 1 page only

Tujuan kajian ini dijalankan adalah untuk menganalisis kandungan surah Maryam yang berkaitan dengan cara menangani tekanan emosi wanita hamil. Kajian tersebut memfokuskan ayat 21 hingga 26 dalam Surah Maryam. Kajian ini mengkaji pandangan Islam terhadap masalah tekanan emosi dan kaedah menanganinya dengan menjadikan kisah Saidatina Maryam sebagai model menangani tekanan emosi. Dalam kajian ini, penulis menggunakan kajian perpustakaan. Data diperolehi berdasarkan sumber al-Quran sebagai sumber utama, kitab-kitab tafsir, hadis dan juga dari buku-buku ilmiah serta jurnal yang berkaitan. Penganalisaan data dilakukan melalui metode kualitatif terhadap dokumen-dokumen yang berkaitan khususnya dengan meneliti kandungan surah Maryam menerusi kitab-kitab tafsir yang ditulis oleh para ulama' muktabar. Hasil kajian menunjukkan terdapat beberapa panduan pengurusan emosi yang berkesan yang dinyatakan oleh Allah SWT dalam Surah Maryam. Berdasarkan penelitian tersebut, masalah emosi yang dihadapi oleh seseorang dapat ditangani dengan mendekati diri kepada Allah SWT iaitu dengan memperkuat keimanan dan berserah diri kepada ketentuan Allah SWT. Surah tersebut juga menekankan beberapa elemen penting untuk menyelesaikan konflik emosi. Elemen pertama ialah penekanan pemikiran positif dengan mendekati diri kepada Allah. Setiap perkara yang berlaku merupakan ketentuan Allah dan mempunyai hikmah di sebaliknya. Kedua, Islam menekankan aspek rohani iaitu mendidik rohani untuk mendekati diri kepada Allah melalui amalan puasa dan menjaga percakapan. Elemen ketiga ialah penjagaan aspek fizikal melalui pemakanan yang seimbang dan berkhasiat, mewujudkan persekitaran yang sesuai dan penghayatan keindahan alam. Kajian ini dapat menyingkap beberapa panduan dalam Surah Maryam bagi menangani tekanan emosi wanita hamil. Dapatan kajian ini dapat memberi input ke arah mempraktikkan al-Quran sebagai penawar kepada masalah tekanan emosi manusia.