

**A MODEL OF COPING STRESS AND WORKLOAD
BASED ON ISLAMIC WAY**

**Thesis Research
In Order To Meet The Requirements
Of Achieving Bachelor Degree**

Departement of Management



Riko Dwi Saputra

Student Number : 30401310936

**ISLAMIC UNIVERSITY OF SULTAN AGUNG
DEPARTMENT OF MANAGEMENT
FACULTY OF ECONOMICS
SEMARANG
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Thesis Research

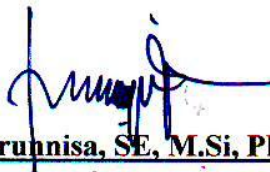
A MODEL OF COPING STRESS AND WORKLOAD BASED ON ISLAMIC WAY

By :
Riko Dwi Saputra
Student Number : 30401310936

Been approved by supervisor and after what can be proposed to session of examination
committe of thesis research proposal
Departement of Management
Faculty of Economics

Semarang, February 2nd 2017

Supervisor,



Olivia Fachrunnisa, SE, M.Si, PhD.

PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH

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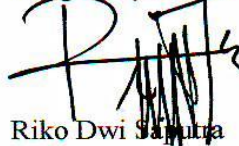
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Yang menyatakan,



Riko Dwi Saputra

*Coret yang tidak perlu

MOTTO AND DEDICATION

MOTTO

“Do what is right, not what is easy”

“Prioritize the most important thing among the others in your life”

“Do everything that is useful for you and people around”

“Take a chance that you got, cause it just comes once”

“Do and spread the goodness, nothing useless to do it”

DEDICATION

By saying my gratitude to Allah SWT, I dedicate this thesis research to:

*My beloved family, especially my mother my father who have been supporting me
to finish this research.*

PREFACE

Assalamu'alaikum Warahmatullahi Wabarakatuh

First of all, all prays due to Allah SWT for his tremendous amount of favours and bounties. The author further would like to thank Allah and because of Allah's greatness the author could complete this thesis.

The author also would like to thank :

1. Olivia Fachrunnisa, SE, M.Si, PhD. As A Dean of Faculty of Economics, Islamic University of Sultan Agung, and also as supervisor who has been helping the author with such good advice.
2. Alifah Ratnawati, SE, MM. As head of Departement of Management, Faculty of Economics, Islamic University of Sultan Agung.
3. Prof. Dr. Widodo, SE, M.Si. As Academic Advisor who has been giving spirit and motivation in writing this thesis proposal.
4. The Lecturers of Economics Faculties, Islamic University of Sultan Agung, Semarang. who have been giving knowledge as guidance in writing this thesis.
5. All staffs in Economics Faculties of Islamic University of Sultan Agung, Semarang. who have been helping in administration and academic matters.
6. My family who has been always giving motivation in finishing this thesis.
7. My closest friends Salsabila, Avi, Dian, Ernanda, Lukman, Fendhi, Ferri, Rini, and Nia. Who have been always supporting me in finishing this thesis proposal.

8. For All of My Classmates (U10 Management) who have been giving me such good example during the studies.

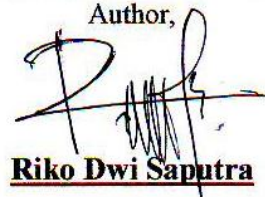
9. All people that have got involves in finishing this thesis.

There is no perfect person, nor perfect work. So, the author aware of the weakness and limitation in writing of this thesis proposal. Thus, the author expects criticism and advice needed to enhance the author himself. Hopefully this thesis proposal can be useful and provide additional information and new idea.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

Semarang, January 10th 2017

Author,

A handwritten signature in black ink, appearing to read 'Riko Dwi Saputra', with a horizontal line drawn through the middle of the signature.

Riko Dwi Saputra