

ABSTRAK

Marttia Eka Putri. 200541100131. Pengaruh Stabilitas Emosi Terhadap *Aggressive Driving* Pada Pengendara Motor Dewasa. Program Studi Psikologi, Fakultas Ilmu Sosial Dan Budaya, Universitas Trunojoyo Madura. 2023.

Pertumbuhan kendaraan roda dua di Indonesia semakin meningkat dan kecelakaan lalu lintas terus bertambah setiap tahunnya yang melibatkan korban terutama pada pengendara motor. Perilaku berkendara yang dipengaruhi oleh emosi yang tidak stabil akan menghasilkan perilaku *aggressive driving* yang dapat merugikan diri sendiri ataupun orang lain. Penelitian ini bertujuan untuk mengetahui pengaruh stabilitas emosi terhadap *aggressive driving* pada pengendara motor dewasa. Penelitian ini menggunakan metode penelitian kuantitatif dengan jenis penelitian korelasional. Subjek dalam penelitian ini adalah pengendara motor dewasa sejumlah 272 pengendara motor, Teknik pengambilan sampel menggunakan *purposive sampling*, instrument penelitian ini menggunakan skala stabilitas emosi yang mengacu pada aspek stabilitas emosi menurut Schneider (1999) dengan reliabilitas 0,789 dan skala *aggressive driving* yang mengacu pada aspek *aggressive driving* menurut Houston, Harris, dan Norman (2003) dengan reliabilitas 0,757. Teknik analisis data menggunakan uji analisis regresi sederhana dengan bantuan *SPSS 25 for windows*. Hasil penelitian ini menunjukkan nilai $F = 26,855$ dengan signifikansi 0,000. Nilai tersebut lebih kecil dari 0,05 ($0,000 < 0,05$) artinya hipotesis yang diajukan terdapat pengaruh yang signifikan antara stabilitas emosi terhadap *aggressive driving*. Hasil penelitian ini menunjukkan bahwa variabel stabilitas emosi berpengaruh negatif dan signifikan terhadap *aggressive driving*, yang artinya semakin tinggi stabilitas emosi maka semakin rendah *aggressive driving*, sebaliknya semakin rendah stabilitas emosi maka semakin tinggi *aggressive driving* pada pengendara motor dewasa. Adapun sumbangsih variabel stabilitas emosi terhadap *aggressive driving* yaitu sebesar 9%.

Kata kunci: Stabilitas Emosi, *aggressive driving*, pengendara motor dewasa

ABSTRACT

Marttia Eka Putri. 20054110013. *The Emotional Stability Of The Aggressive On The Adult Motorbike Riders. Psychology Study Program, Department Of Social And Cultural Studies, Trunojoyo University, Madura. 2023.*

The growth of two-wheeled vehicles in Indonesia is increasing and traffic accidents continue to increase every year involving victims, especially motorbike riders. Driving behavior that is influenced by unstable emotions will result in aggressive driving behavior that can harm yourself or others. This study aims to determine the effect of emotional stability on aggressive driving in adult motorbike riders. This research uses quantitative research methods with a correlational research type. The subjects in this research were 272 adult motorbike riders. The sampling technique used purposive sampling. The research instrument used the emotional stability scale which refers to the emotional stability aspect according to Schneider (1999) with a reliability of 0.789 and the aggressive driving scale which refers to the aggressive aspect. driving according to Houston, Harris, and Norman (2003) with a reliability of 0.757. The data analysis technique uses a simple regression analysis test with the help of SPSS 25 for Windows. The results of this research show a value of $F = 26.855$ with a significance of 0.000. This value is smaller than 0.05 ($0.000 < 0.05$), meaning that the proposed hypothesis has a significant influence between emotional stability and aggressive driving. The results of this study show that the emotional stability variable has a negative and significant effect on aggressive driving, which means that the higher the emotional stability, the lower the aggressive driving, conversely the lower the emotional stability, the higher the aggressive driving in adult motorbike riders. The contribution of the emotional stability variable to aggressive driving is 9%.

Key Words: Emotional Stability, aggressive driving, adult motorbike riders