

ABSTRAK

Novi Ramadhanti Putri. 200541100169. Pengaruh Kontrol Diri Terhadap Agresivitas Pengguna Kereta Rel Listrik *Commuter Line*. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura. 2026.

Tingginya tingkat mobilitas masyarakat di DKI Jakarta dan sekitarnya yang menggunakan transportasi umum, terutama pada Kereta Rel Listrik *Commuter Line* membuat banyak sekali fenomena yang terjadi di dalamnya. Salah satu fenomena yang terjadi adalah perilaku yang berkaitan dengan agresivitas. Penelitian ini bertujuan untuk mengetahui pengaruh kontrol diri terhadap perilaku agresivitas pengguna KRL *Commuter Line*. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian berjumlah 386 dan pengumpulan data menggunakan kuesioner yang disebar secara *online*. Dalam penelitian ini menggunakan bantuan aplikasi *IBM SPSS Version 29 for Windows* dengan instrument penelitian menggunakan dua skala yaitu skala kontrol diri diperoleh reliabilitas 0,917 dan skala agresivitas 0,944. Analisis data dalam penelitian ini menggunakan uji regresi linier sederhana. Hasil penelitian uji regresi linier sederhana diperoleh nilai F 943.648 dengan signifikansi < 0.001 ($p < 0,05$). Dengan demikian, hipotesis yang diajukan diterima. Artinya, terdapat pengaruh kontrol diri terhadap agresivitas pada pengguna KRL *Commuter Line*. Berdasarkan nilai R square sebesar 0,711 yang artinya bahwa kontrol diri mempengaruhi agresivitas sebesar 71,1% dan sisanya dipengaruhi oleh faktor lain.

Kata Kunci : kontrol diri, agresivitas, krl, kereta rel listrik, *commuter line*

ABSTRACT

Novi Ramadhanti Putri. 200541100169. *The Effect of Self-Control on Aggressive Behavior among Commuter Line Electric Railway (KRL) Users. Undergraduate Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences, Universitas Trunojoyo Madura. 2026.*

The high level of mobility among people in the Special Capital Region (DKI) of Jakarta and its surrounding areas has led to a substantial increase in the use of public transportation, particularly the Commuter Line Electric Railway (KRL). This situation has given rise to various social phenomena occurring within the public transportation environment, one of which is aggressive behavior. This study aims to examine the effect of self-control on aggressive behavior among Commuter Line KRL users. This study employed a quantitative research approach. The participants consisted of 386 Commuter Line users, and the data were collected through an online questionnaire. Data analysis was conducted using IBM SPSS Statistics Version 29 for Windows. Two research instruments were utilized: the Self-Control Scale, which demonstrated a reliability coefficient of 0.917, and the Aggression Scale, with a reliability coefficient of 0.944. The data were analyzed using simple linear regression analysis. The results of the simple linear regression analysis revealed an F-value of 747.685 with a significance level of $p < .001$, indicating that the proposed hypothesis was accepted. These findings demonstrate that self-control has a significant effect on aggressive behavior among Commuter Line KRL users. Furthermore, the coefficient of determination (R^2) was 0.661, indicating that self-control accounted for 66.1% of the variance in aggressive behavior, while the remaining 33.9% was explained by other factors not examined in this study.

Keywords: self-control, aggression, KRL, electric railway, Commuter Line.