# ABSTRAK

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## "HUBUNGAN ANTARA STRES DENGAN PERILAKU MENGEMUDI MOBIL BERISIKO PADA MAHASISWA FK UPH"

(xvi + 66 halaman + 6 bagan + 10 tabel + 8 lampiran)

**Latar Belakang**: Sekitar 1,35 juta individu terlibat dalam kecelakaan lalu lintas yang fatal, dengan 20-50 juta terluka akibat kecelakaan lalu lintas. Terdapat banyak penyebab kecelakaan lalu lintas, namun sebagian besar disebabkan oleh perilaku mengemudi berisiko yang ditunjukkan dengan melanggar regulasi lalu lintas seperti mengebut melebihi batas kecepatan. Kecenderungan untuk menampilkan perilaku, mengemudi berisiko dipengaruhi oleh beberapa faktor, stres adalah salah satu faktor yang ditemukan mempengaruhi perilaku mengemudi pada populasi pengemudi Tiongkok. Pada penelitian sebelumnya, ditemukan bahwa dengan adanya pandemi COVID – 19, sekitar 27,9% responden di benua Asia mengalami stres, selain itu, dalam penelitian lain, hampir setengah dari mahasiswa fakultas kedokteran yang menjadi responden mengalami stres berat, hal tersebut, berpotensi menyebabkan mahasiswa memiliki perilaku mengemudi berisiko, dan meningkatkan risiko terlibat dalam kecelakaan lalu lintas.

**Metodologi:** Penelitian ini dilaksanakan pada bulan Januari 2022 dan menerapkan metode potong lintang dengan populasi sampel mahasiswa kedokteran fase preklinis. 185 responden dipilih dengan metode *purposive sampling*. Pengumpulan data menggunakan *Perceived Stress Scale -10*, *Driving Behavior Questionnaire*, dan *International Personality Item Pool Big Five Factor Markers – 25,* dianalisis menggunakan metode korelasi linear Spearman.

**Hasil Analisis Data:** Penelitian ini menemukan bahwa terdapat hubungan lemah antara stres dengan perilaku mengemudi berisiko ($r = 0,176$, $p = 0,016$).

**Kata Kunci:** Stres, perilaku mengemudi, kecelakaan lalu lintas, mahasiswa kedokteran.

# ABSTRACT

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*"THE RELATIONSHIP BETWEEN STRESS AND RISKY DRIVING BEHAVIOR OF UPH MEDICAL STUDENTS"*

*(xvi + 66 pages + 6 figures + 10 tables + 8 attachments)*

***Background:*** *Approximately 1.35 million individuals are involved in a fatal traffic accident with an estimated 20-50 million injured following a traffic accident. There are many causes for traffic accidents, however a majority of these are attributed to dangerous driving behaviors commonly indicated by violating traffic laws such as speeding over the speed limit. The tendency to display risky driving behaviors are affected by several factors, stress is one factor that was found to affect driving behaviors in Chinese driver population. A previous research discovered that due to the COVID-19 pandemic, around 27.9% respondents from the asian continent suffers from stress, moreover another study discovered that almost half of medical faculty students that constitute the sample of the research suffers from severe stress, the result of this indicate the potential tendency of students to display risky driving behaviors due to increased levels of stress, thus increasing the likelihood of being involved in a traffic accident.*

***Methodology:*** *This study applied the cross-sectional method with medical students in the preclinical phase as the sample population. 183 samples were selected using purposive sampling method. Data are collected using Perceived Stress Scale -10 and the Driving Behavior Questionnaire, and the International Personality Item Pool Big Five Factor Markers – 25, results were analyzed using the Spearman linear correlation method.*

***Conclusion:*** *This study found that there is a weak relationship between stress and risky driving behavior (r = 0.176, p = 0.016).*

***Key Words****: Stress, driving behavior, traffic accidents, medical students*