

## ABSTRACT

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### **COMPARING STRESS LEVELS OF COMMUTERS IN JABODETABEK**

*(iv+23 pages: 0 diagram; 3 tables; 1 attachments)*

Jakarta is the capital city of Indonesia that is well known for its traffic congestion. Regular exposure to traffic congestion in Jakarta impairs the health, psychological adjustment, work performance as well as overall life satisfaction of people who live in the city and those who commute daily. The current study aims to fill the gap on how public transportation and private transportation users in Jakarta differ in their perception of stress. Using the Perceived Stress Scale (PSS) to measure different commuters' perception of stress. 167 survey respondents participated in the study. The current study found that there are no differences in one's perception of stress among those who commute by public transportation mode in contrast with the private transportation mode.

**Keywords:** Jakarta, Traffic Congestion, Stress, Commuters

References: 29 (1976 – 2022)

