

Abstrak

Tekanan dalam perkuliahan pada mahasiswa Fakultas Psikologi Universitas “X” Bandung cenderung membuat mahasiswa merasakan emosi marah. Emosi yang dirasakan tersebut dapat memengaruhi mahasiswa untuk melakukan Aggressive Driving Behavior ketika mengemudikan kendaraan. Penelitian ini menggunakan teori Emosi (Ciccarelli, 2009) dan Aggressive Driving Behavior (James & Nahl, 2000) untuk mengetahui pengaruh emosi marah terhadap sikap implisit Aggressive Driving Behavior pada mahasiswa Fakultas Psikologi Universitas “X” Bandung.

Partisipan dalam penelitian ini adalah 62 orang mahasiswa. Mahasiswa yang dijadikan partisipan dipilih berdasarkan teknik purposive sampling. Setiap partisipan akan mengerjakan pretest dan posttest dengan menggunakan Implicit Association Test (IAT) pada program Inquisit 4 untuk mengukur Aggressive Driving Behavior. Partisipan pada kelompok kontrol akan diberikan treatment berupa video edukasi, sedangkan partisipan pada kelompok eksperimen akan diberikan video Witness. Setelah menonton video, setiap partisipan akan diminta untuk mengerjakan Abbreviated POMS Questionnaire. Skor yang diperoleh pada IAT akan diolah menggunakan uji Wilcoxon Signed Rank Test dengan bantuan program SPSS 22.0.

Berdasarkan perhitungan data secara statistik, diperoleh hasil bahwa emosi marah memiliki pengaruh terhadap sikap implisit Aggressive Driving Behavior dengan nilai $p < 0.05$. peneliti mengajukan saran kepada mahasiswa agar dapat mengenali emosi yang dirasakan sehingga dapat meminimalisir terjadinya kecelakaan. Selain itu, peneliti mengajukan saran agar pihak Fakultas Psikologi Universitas “X” Bandung menginformasikan pentingnya mengontrol emosi dengan cara mengadakan pelatihan atau seminar mengenai cara meregulasi emosi.

Kata kunci : emosi, aggressive driving behavior, Implicit Association Test

Abstract

Academic pressure on students of the Psychology Faculty of University "X" Bandung tend to make students feel anger. These perceived emotions can affect students to do Aggressive Driving Behavior when driving a vehicle. This study uses the theory of Emotion (Ciccarelli, 2009) and Aggressive Driving Behavior (James & Nahl, 2000) to determine the effect of anger at the implicit attitude of Aggressive Driving Behavior in students of the Psychology Faculty of University "X" Bandung.

Participants in this study were 62 students. Students who participated were selected based on the purposive sampling technique. Each participant did pretest and posttest using the Implicit Association Test (IAT) on the Inquisit 4 program to measure Aggressive Driving Behavior. Participants in the control group received treatment in the form of educational videos, while participants in the experimental group given a video of "Witness". After watching the video, each participant was asked to work on the Abbreviated POMS Questionnaire. Scores obtained on the IAT were processed using the Wilcoxon Signed Rank Test with the help of the SPSS 22.0 program.

Based on the calculation of statistical data, the results show that anger have an influence on the implicit attitude of Aggressive Driving Behavior with a value of $p < 0.05$. The researcher makes suggestions to students to be able to recognize the emotions that are felt so as to minimize the occurrence of accidents. In addition, the researcher proposed that the Psychology Faculty of University "X" Bandung inform the importance of controlling emotions by conducting training or seminars on how to regulate emotions.

Keywords : emotion, aggressive driving behavior, Implicit Association Test

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