



**THE RELATION BETWEEN EMOTION REGULATION  
AND AGGRESSIVE DRIVING AMONG COLLEGE STUDENT**

Acintya Ratna Priwati and Sofia Retnowati

*Faculty of Psychology, Universitas Gadjah Mada*

**ABSTRACT**

The aim of this research was to know the relation between emotion regulation and aggressive driving among college students. The dependent and independent variable were aggressive driving and emotion regulation respectively. The predicted hypothese of this research was a negative relation between emotion regulation and aggressive driving. The higher emotion regulation level would be follow by the lower aggressive driving level, vice versa with the lower emotion regulation level would be follow by the higher aggressive driving level. There were 110 active college students in Faculty of Psychology Universitas Gadjah Mada involved in the data retrieval process. The measuring instrument in this research were Emotion Regulation Scale and Aggressive Driving Scale. Pearson's Product Moment was used as a tool for predicting their relation. The result showed that there was a positive relation between emotion regulation and aggressive driving, denoted the previous hypothese was rejected (shown that the  $r_{xy} = 0,143$  by  $p < 0,01$ ). The emotion regulation contributed 2,1% into aggressive driving, whereas the another 97,9% affected by another factors.

**Keywords:** Aggressive Driving, Emotion Regulation



## **HUBUNGAN ANTARA REGULASI EMOSI DENGAN AGGRESSIVE DRIVING PADA MAHASISWA**

Acintya Ratna Priwati dan Sofia Retnowati

Fakultas Psikologi, Universitas Gadjah Mada

### **INTISARI**

Penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dengan *aggressive driving* pada mahasiswa. Variabel dependen dalam penelitian ini adalah *aggressive driving*, sedangkan variabel independen dalam penelitian ini adalah regulasi emosi. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara regulasi emosi dengan *aggressive driving*. Semakin tinggi regulasi emosi maka semakin rendah *aggressive driving*, begitu juga sebaliknya semakin rendah regulasi emosi maka semakin tinggi *aggressive driving*. Subjek dalam penelitian ini merupakan mahasiswa aktif S1 Fakultas Psikologi UGM. Subjek dalam penelitian ini berjumlah 110 orang. Alat ukur yang digunakan adalah Skala Regulasi Emosi dan Skala *Aggressive Driving*. Analisis data yang digunakan adalah teknik korelasi *Product Moment* dari Pearson. Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara regulasi emosi dan *aggressive driving* ( $r_{xy} = 0,143$  dengan  $p < 0,01$ ). Hal tersebut menunjukkan bahwa hipotesis dalam penelitian ini ditolak. Regulasi emosi memberikan sumbangan efektif sebesar 2,1% terhadap *aggressive driving* sedangkan 97,9% sisanya dipengaruhi oleh berbagai faktor lain.

**Kata kunci:** *Aggressive Driving, Regulasi Emosi*