

ABSTRACT

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Emotion Regulation on Risky Driving Behavior; Bonar Hutapea, M.Si.

Under Graduate Program of Psychology, Tarumanagara University, (i-xiii; 55 pages, P1-P3, L1-L40)

Emotion regulation is an arrangement of some of the techniques that has many aspects such as attention, cognition, or behavior manage internal state or external expression of emotion. Emotion regulation has two dimensions, namely cognitive reappraisal and expressive suppression can be useful to control the emotions of individuals. Driving behavior is a behavior of individuals who are able to control and how to operate a vehicle, either private vehicles or public transportation. Good driving behavior was formed to increase the awareness of motorist of all possibilities that occur in driving. The purpose of this study was to examine the role of emotion regulation on risky driving behavior on private motorists in DKI Jakarta. Collecting data using sampling techniques convenience sampling conducted from February 2013 to December 2013. The results showed that there is an influence in the role of emotion regulation and risky driving behavior with $r = -0.029$, $p \leq 0.05$. So, the higher the regulation of emotion , then the lower the risky driving behavior .

Keyword: Emotion Regulation, Risky Driving Behavior