

ABSTRACT

Choristiyani Donashinta Masael (705090040)

The Description of Level of Stress and Coping Strategies on Traffic Congestion on Private Vehicles' Users in Jakarta. Denrich Suryadi, M.Psi., Psi.; S1 Faculty of Psychology, University of Tarumanagara, (i-xii; 68 pages; P1-P3; L1-L33)

Traffic congestion in Jakarta increased time for going and due to the increased amount of vehicles, especially private vehicles both cars and motorcycles, not by the availability of the road. The psychological impact is one of the effects that occur due to traffic congestion. This impact is seen in the upset feelings and emotions increased while stuck in traffic. Bad feelings and emotions can lead to stress conditions to traffic congestion. Lazarus and Folkman (1984) defined stress as an internal state that is experienced by the individual as a result of the demands both of ourselves and of the environmental conditions considered to be dangerous, uncontrolled, or exceeds the individual's ability to cope. Susan Charles suggests people need the better ways to manage emotions as coping with the stress. It is not sustainable due to traffic congestion becomes more serious psychiatric problems. Therefore, it is necessary coping strategies for dealing with stress due to traffic congestion. Carver, Scheier, and Weintraub (1989) divided the three coping strategies, namely problem-focused coping, emotion-focused coping, and maladaptive coping. This study use a descriptive quantitative research with the aim to describe the levels of stress and coping strategies on traffic congestion on private vehicle users in Jakarta. Based on the results of 350 participants to determine a middle level of stress on traffic congestion on private vehicle users in Jakarta. Meanwhile, maladaptive coping is a coping strategies is the most widely used by participants in this study at all levels of stress.

Keywords : levels of stress, coping strategies, traffic congestion.