

## **SOME EMOTIONS AND THEIR CAUSED FACTORS ON MOTORCYCLE RIDERS IN CONTRACTS**

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### **Abstract**

The number of motorcycle vehicles in the city of Kediri in 2020 reached more than 280 thousand which was not matched by the development of facilities. This imbalance causes congestion on the Bandar Ngalim Bridge which connects the east-west side of the Brantas river. The purpose of this study was to analyze the psychological impact felt by drivers due to traffic jams. Data were collected by observing and interviewing students who were often stuck in traffic when they were about to leave for campus. Data analysis was carried out using qualitative analysis methods and presented in descriptive form. This research shows that drivers who are stuck in traffic jams tend to be emotional, namely angry and irritated, but some drivers are silent and do not mind the traffic jam.

**Keywords:** emotions, emotional factors, traffic jams, motorcycles, emotional control

### **Abstrak**

Jumlah kendaraan sepeda motor di Kota Kediri pada tahun 2020 mencapai lebih dari 280 ribu kendaraan yang tidak diimbangi dengan perkembangan fasilitas. Ketimpangan ini kerap menimbulkan kemacetan di Jembatan Bandar Ngalim yang menghubungkan sisi timur-barat sungai Brantas. Tujuan penelitian ini adalah menganalisis dampak psikologis yang dirasakan pengemudi akibat kemacetan lalu lintas. Pengumpulan data dilakukan dengan cara observasi dan wawancara terhadap mahasiswa yang sering terjebak kemacetan saat hendak berangkat ke kampus. Analisis data dilakukan dengan menggunakan metode analisis kualitatif dan disajikan dalam bentuk deskriptif. Penelitian ini menunjukkan bahwa pengemudi yang terjebak kemacetan cenderung emosional yaitu marah dan jengkel, namun ada pula pengemudi yang diam dan tidak mempermasalahkan kemacetan.

**Keywords:** emosi, faktor emosi, kemacetan lalu lintas, sepeda motor, pengendalian emosi

## **PRELIMINARY**

Indonesia is one of the countries with the largest population in the world, which is more than 200 million people. A large number of residents is in line with the high activity carried out by the population. Especially for areas with high population density. The development of road and transportation infrastructure must also grow to support the high activity of the population, thus facilitating the mobility of people and goods from one place to another.

Infrastructure is fundamental to the economy and the availability of infrastructure is a separate demand (Saadatnia, 2010).

There is high population in several cities in Indonesia, one of which is the city of Kediri. This is because the city of Kediri has a good economic turnover and is a famous tourist spot. Based on data from the Central Statistics Agency (BPS) of Kediri City, the population is almost 300 thousand people. The city of Kediri with its economy and tourist attractions encourages the emergence of various activities carried out by its people. The high need for mobilization or movement causes the need for vehicles and transportation to increase. According to the data on the number of motorized vehicles from the BPS Kediri City, which was last recorded in 2020, 1,166 accidents occurred in the Kediri Area. With a high number of vehicles, congestion is unavoidable in the city of Kediri. One of the points in the city of Kediri where traffic jams often occur is the Bandar Ngalim Bridge which is located in Mojoroto District, Kediri City. Currently, the bridge only has 2 lanes and is the main link from the west-east of the Brantas river. With the growth of the economy and the high mobility of the people, the Bandar Ngalim Bridge as the main connecting route cannot avoid traffic jams. In addition to the Bandar Ngalim Bridge, traffic jams also occur in Kediri Square and Semampir.

Traffic jams can have an emotional impact on road users. This study aims to determine the description of the emotions felt by the drivers due to traffic jams at Bandar Ngalim Bridge and the factors that cause them.

## **RESEARCH METHODS**

Data collection was carried out by conducting open interviews and observing students who were stuck in traffic when leaving for campus. The location of congestion occurred at the points of the Bandar Ngalim Bridge, Kediri Square, and Semampir. Observations were made to see congestion conditions at these locations. Interviews were conducted to collect data about the description of emotions and their factors on students as drivers in traffic jams at Bandar Ngalim Bridge.

## **RESULTS**

The city of Kediri is facing the problem of traffic jams. The high population and the volume of vehicles that are not accompanied by sufficient road capacity can cause traffic jams. Congestion that occurs can affect changes in the emotions of road users. Some of the emotions and their causative factors in student motorcyclists when stuck in traffic are described as follows:

### **Subject Profile 1**

The subject is a student of IAIN Kediri who comes from Tanjunganom, Nganjuk Regency. The subject named RHR was born on July 12, 2002. The subject is the third-semester Islamic

Psychology student at IAIN Kediri. Currently, the subject lives with his parents in st. A Yani Jeruk street no 48 East Dipan Tanjunganom Nganjuk. The distance between the subject's house and the campus is 31 km which can be reached by riding a scooter for about 57 minutes. On his way to campus, he was often stuck in traffic jams at several points on the road in Kediri, namely the Bandar Ngalim Bridge and in front of IIK Bhakti Wiyata, Kediri. The traffic jam made RHR feel annoyed because he was in a hurry to attend lectures. Annoyance is expressed by grumbling and nagging yourself. Anxiety is also caused by other drivers who are reckless and do not want to succumb to traffic jams, causing narrow roads. The traffic jams encountered by RHR on his way to or from campus did not make him break through because he realized it would cause a conflict as other motorists would shout and honk at him.

When stuck in traffic he would put on earphones and turn on his favorite music so that the emotions he felt could subside. To relieve emotions due to traffic jams, it is also done by looking at the situations around the Bandar Ngalim bridge which is crowded with traffic jams. RHR's decision not to be angry and not to follow his anger is because he realizes that anger will not change a situation and add to problems and can cause bad things and harm himself and others.

## **Subject Profile 2**

The subject of AF is a 3rd semester Public Health student at IIK Bhakti Wiyata Kediri and comes from Kunjang, Kediri Districts. The subject was born on September 3, 1997. Currently, the subject lives in Pare Village, Kunjang sub-District. The distance from home to campus is approximately 35 km, which is about 1 hour and 15 minutes to get to campus. The traffic jam that AF encountered on his way home from campus caused him to feel irritated because at that time he also felt tired and wanted to go home immediately. His annoyance was expressed in his nagging. He was silent when he saw other motorists violating the road markings, causing other drivers from the opposite direction to find it difficult to pass through the lane and making the traffic jam longer. The congestion he felt didn't make him want to break through even though there was a chance to break through. This is because he prioritizes safety and is afraid of being ticketed by the police. He realized every red light installed CCTV to monitor every driver.

When traffic jams occur he can suppress his anger and prefer to remain silent so that his annoyance subsides. Besides that, if he breaks through will be detrimental to others and himself. Relieve his emotions by diverting attention so as not to focus on congestion through singing. Fear of getting fined keeps him from breaking through and prefers to obey the rules.

The traffic jam that AF encountered when he returned home from campus did not make him angry and broke through on the road, but he handled it quietly and calmly. He realized that at these hours prone to traffic jams. The decision not to follow his anger is also because he realizes that following his anger will be the reason he does not focus on the road situation, resulting in bad things happening on the road.

### **Subject Profile 3**

The subject of SDF is a 3rd-semester student of the Faculty of Ushuluddin and Da'wah IAIN Kediri. The subjects came from Cerme, Grogol, and Kediri Regency. The subject of SDF was born on June 4, 2002. The subject traveled a round trip to campus as far as 17 km by riding a Yamaha NMAX type and the duration was 40 minutes. The road traffic jams encountered by the SDF when going to or from campus caused him to be irritated, and angry because he was in a hurry because he was running out of time. His annoyance left him feeling dizzy and vented by going against the current, slipping between vehicles, and breaking through recklessly. SDF has difficulty controlling his emotions during traffic jams. He also realized that he had difficulty thinking realistically and objectively in traffic jams, as his presentation said

### **Subject Profile 4**

The subject named AF is a 3rd-semester student of the Islamic psychology study program IAIN Kediri. The subject was born on March 5, 2003. The subject lives with his parents in Gampengrejo, Kediri district. The distance traveled from his house to campus is 10 km by riding a Yamaha Jupiter motorcycle. The traffic jams encountered by AF on his way to or from campus caused him to feel annoyed. In addition, he was also annoyed because he was in a hurry with the tight time for lectures and busy roads. Annoyance is expressed by stamping on the road while holding a motorcycle in traffic.

When it is possible to overtake another vehicle in a traffic jam, AF will overtake him, but if the road is congested, he chooses to stop because he will safely arrive at his destination. Against his anger, AF has to suppress it despite feeling annoyed because of the traffic jam. When stuck in traffic he can regret not leaving earlier and he can realize that for that mistake he must be held responsible

### **Subject Profile 5**

RM is a third-semester student at the Arabic Language School at IAIN Kediri. He comes from Tarokan, Kediri. The subject was born in Kediri on April 30, 2003. The subject currently lives with his parents in the hamlet of Brambang, Sumberduren Village, Tarokan, Kediri. Every day, the subject had to commute as far as 22 km with his friend riding a Honda Beat motorbike for 1 hour. The traffic jams that RM encountered on his way to or from campus did not affect anything and did not harm him. RM feels relaxed and has no problem with the traffic jam he is experiencing. Sometimes he chats with his friends who he rides with to stay relaxed and not bored.

RM chose not to break through in traffic jams even though he was allowed to break through for fear of accidents that endanger himself and others and the emotional control he did by watching passers-by and chatting with friends he was riding with.

Table 1. Emotions and their causative factors for drivers during traffic jams

No.	Name	Work	Gender	Emotion	Emotion Factor	Emotion Picture	Emotion control
1.	RHR	Student	Woman	Angry	Lots of reckless drivers	Grumbling and hiding the horn	Listen to your favorite music through earphones.
2.	AF	Student	Man	irritated	Other motorists who pass road markings and breakthrough during a long traffic jam	Just be quiet and occasionally grumble	Sing softly and live the song lyrics, watch street buskers and see silver people
3.	SDF	Student	Woman	Angry	He's in a hurry, helpless because of the heat, and stressed because of the traffic Long	Annoyed, slipping between vehicles, and feeling dizzy	Listening to music through earphones
4.	AF	Student	Woman	Annoyed	Congested road conditions make it impossible to walk	Standing on the motorbike while stomping	Suppress anger by inhaling and exhaling slowly
5.	RM	Student	Woman	Shut Up	Relax and not be in a hurry.	Shut up and keep waiting quietly	Chatting with piggybacked friends, observing and spotting passers-by

## DISCUSSION

Bandar Ngalim Bridge is a bridge located on Jl. Bandar Ngalim connects the two parts of Kediri City above the Berantas River. Has a length of 100 meters and a width of +- 10 meters. One of the old bridges in Kediri which is 48 years old, was built in 1973. This bridge is one of the important accesses for various kinds of activities for Kediri residents. However, during peak hours, especially in the morning and evening, this bridge is often jammed. The bridge which is quite narrow and narrower than the surrounding highways exacerbates congestion. Plus, this bridge is squeezed by two traffic lights. If it's rush hour, congestion can't be avoided because this bridge is important to access for the mobility of the movement of Kediri residents,



Figure 1. Location of the City of Kediri

Congestion that occurs on the Bandar Ngalim bridge can reach 100 meters with a travel time of approximately 15 to 30 minutes to get out of the congestion. In addition, congestion on the Bandar Ngalim bridge causes other roads to experience congestion and long queues.

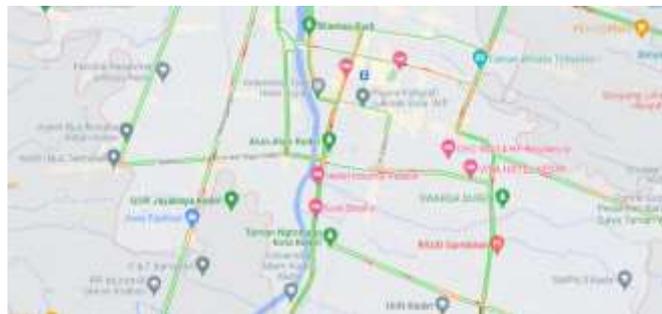


Figure 2. The point of congestion on the Bandar Ngalim Kediri bridge

Congestion experienced by the subject while traveling to campus makes the subject experience several emotions, namely anger, annoyance, annoyance, and anxiety. These negative emotions are experienced by a person in response to an unwanted situation, namely traffic jams. In this case, Goleman (Putri and Haryanto, 2018) explains that emotion is a distinctive feeling and thought a biological and psychological state, and a series of tendencies to act which are reactions to stimuli from outside and within the individual.

The anger felt by the subject made his heart beat fast, his hands trembled, he did a lot of movement on the motorbike because of the heat, and he felt dizzy in his head which made him want to pass out. The anger felt the subject because he was short of lecture time, was exposed to hot sunlight, and did not feel comfortable with the density of the road, vehicle noise, and vehicle pollution he felt uncomfortable, saw many reckless drivers, drivers broke through road markings.

The emotions felt the subject made him express by calling other drivers who violated road markings, stomping their feet, and breaking through road markings which made their angry emotions even stronger. Stomping the foot when the emotion is not necessary because according to Wegne (Nasruddin, 2014) emotions will become stronger when given a physical expression. The subject's angry emotional expression which is done by hiding the horn, breaking through the road, and passing road markings is a form of aggressive driving.

Houston, Harris & Norman (2003) explain that aggressive driving includes several behaviors such as honking, making rough movements, and flashing headlights, in a quiet traffic atmosphere, because these behaviors can disturb public comfort. Subjects who express their emotions by honking their horns can make noise that disturbs the public's comfort, and subjects who violate road markings to go against the flow can endanger the public to disturb the safety and comfort of other motorists and can be punished for a maximum of 12 years. This is written in Article 311 paragraph (5) of Law Number 22 of 2009 concerning Road Traffic and Transportation and subsidiary Article 310 of Law no. 22 of 2009 concerning Road Traffic and Transportation This is written in Article 311 paragraph (5) of Law Number 22 of 2009 concerning Road Traffic and Transportation and subsidiary Article 310 of Law no. 22 of 2009 concerning Road Traffic and Transportation This is written in Article 311 paragraph (5) of Law Number 22 of 2009 concerning Road Traffic and Transportation and subsidiary Article 310 of Law no. 22 of 2009 concerning Road Traffic and Transportation

*"The defendant intentionally drives a motorized vehicle in a manner or condition that endangers life or property resulting in the death of another person, the perpetrator shall be sentenced to a maximum imprisonment of 12 (twelve) years or a maximum fine of 24 (twenty-four million rupiahs).*

The subject also experienced annoyance when he was stuck in traffic. The annoyance felt by the subject made him only be silent or occasionally grumble. He couldn't do much. The subject was irritated because many other motorists were crossing the road markings, making the traffic jam even more difficult to unravel. This is following what Goleman (Putri and Haryanto, 2018) explained irritation is a form of disgust, hate, and dislike. In contrast to the two types of emotions above which tend to be negative, some subjects are more relaxed, not angry or upset about traffic jams and the conditions that accompany traffic jams. The subject chose silence because he was relaxed and not in a hurry. When stuck in this traffic jam, the subject can remain calm and not angry. Congestion situations that allow a person to become emotional, such as anger and boredom, are dealt with in a relaxed manner, not in a rush on the way and the traffic jam is used to chat with the friend he is riding with. The unhurriedness of the subject illustrates that the subject has calm on the way (Chrussiawanti, 2015). Subjects who do not experience these negative emotions consider traffic jams as normal and usually occur at certain hours such as when the activities of road users are about to start or end at work. The subject has realized the congestion that occurs at certain times of the day and accepts that he is stuck in a traffic jam if he passes the congestion point at those hours. Acceptance of the congestion that occurs so as not to make it emotional shows the subject has emotional maturity. Mudjiran et al (Fitri and Adelya, 2017) in this case explain that the characteristics of people who have emotional maturity are those who can accept failure to happen to them. The failure that the subject can accept is that the subject does not immediately arrive at the destination because of the traffic jams in his path.

In the traffic jam situation, some subjects listen to music through earphones to control their emotions. This method is felt by the subject to be able to help relieve emotions because it can drive away the boredom that comes when stuck in traffic. Listening to slow music turns out to have a big influence on changes in a person's mood and emotions. As well as research conducted by (Saputra, 2019) listening to music for drivers affects the comfort of drivers while driving because it can relieve stress and increase focus. But driving especially on two wheels while listening to music on earphones is not justified. Listening to music along with

riding a motorbike can break concentration. In general, people who drive while listening to music usually don't focus on driving because sometimes, they will sing along or even fantasize about their songs. Therefore, this can increase the potential for accidents. Doing activities that can concentrate while driving to the point of potentially causing an accident can be subject to legal sanctions written in the law.

This is written in Article 283 of the Law on Traffic and Road Forces which reads:

*"Everyone who drives a motorized vehicle on the road unnaturally and carries out other activities or is influenced by a condition that results in impaired concentration in driving on the road as referred to in Article 106 paragraph (1) shall be punished with imprisonment for a maximum of 3 (three) months or a fine a maximum of Rp. 750,000.00 (seven hundred and fifty thousand rupiah)."*

Therefore, listening to music to relieve emotions when stuck in traffic can be an option but is not recommended. There is a big risk in following the driver who does this. Starting from accidents to not knowing the situation around them because concentration is divided.

## CONCLUSION

The emotional impact felt by motorists when stuck in traffic jams at Bandar Ngalim Bridge is anger, irritation, annoyance, and relaxation. Factors that make emotional subjects are the many other reckless drivers, violating traffic rules such as going against the flow and breaking through markers, because they are in a hurry, overheated, and stressed because of very long traffic jams.

The negative emotions felt by the subject were controlled by listening to their favorite music through earphones, singing, watching buskers on the street, stomping their feet, chatting with traveling companions, and observing people passing by which is actually not appropriate if done on a trip because it can make yourself and others in danger. Expression of anger and annoyance by honking at other road users, and violating road markings is a form of aggressive driving and is a traffic violation.

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