

Peran kualitas tidur dan usia terhadap mind wandering dalam perilaku mengemudi pada pengendara mobil di Jabodetabek = The role of sleep quality and age on mind wandering in driving behavior among car drivers in Jabodetabek Area

Senopati Digja Adhika Al Thaff, author

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Abstrak

Faktor manusia menyumbang 61 persen kasus kecelakaan di Indonesia, faktor ini utamanya terjadi ketika pengemudi terdistraksi dari aktivitas berkendaranya, salah satunya perilaku mind wandering. Penelitian ini bertujuan untuk melihat hubungan, peran, dan perbedaan antara sleep quality dan usia terhadap mind wandering ketika berkendara. Partisipan penelitian ini adalah 259 pengemudi mobil yang berusia 18 sampai 50 tahun dan berdomisili di Jabodetabek. Pengukuran variabel mind wandering menggunakan alat ukur yang diadaptasi dari "The Four Factors of Mind Wandering (4FMW) Questionnaire dan sleep quality menggunakan alat ukur "Sleep Quality Scale". Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara sleep quality, usia, dan mind wandering. Selain itu, sleep quality dan usia memiliki peran yang signifikan terhadap mind wandering ($R = 0.240$, $F(2, 259) = 41.633$, $p < 0.01$) tetapi, hanya sleep quality yang menunjukkan peran signifikan terhadap mind wandering. Usia tidak ditemukan memiliki peran ketika dilihat secara bersamaan dengan sleep quality terhadap mind wandering ketika berkendara pada pengendara mobil di Jabodetabek. Hasil penelitian menunjukkan semakin buruk sleep quality individu, maka semakin tinggi kecenderungannya untuk mengalami mind wandering ketika berkendara.

.....Human factors contribute to 61 percent of accident cases in Indonesia, primarily occurring when drivers are distracted from their driving activities, one of which is mind wandering. This study aims to examine the relationship, role, and differences between sleep quality and age on mind wandering while driving. The participants of this study were 259 car drivers aged 18 to 50 years and residing in Jabodetabek. The measurement of mind wandering variables used a tool adapted from "The Four Factors of Mind Wandering (4FMW) Questionnaire," and sleep quality was measured using the "Sleep Quality Scale." The results showed a significant relationship between sleep quality, age, and mind wandering. Additionally, sleep quality and age have a significant role in mind wandering ($R = 0.240$, $F(2, 259) = 41.633$, $p < 0.01$); however, only sleep quality showed a significant role in mind wandering. Age was not found to have a role when viewed together with sleep quality on mind wandering while driving among car drivers in Jabodetabek. The results indicate that the worse an individual's sleep quality, the higher their tendency to experience mind wandering while driving.