

ABSTRACT

Driving as an activity is considered as a very stressful one. In the modern days, driving has become more common in the current society. This study examined how the young drivers above the age 17th in Indonesia engage in aberrant driving behaviour. The research aims to determine the burnout rate using MBI (Maslach Burnout Inventory), DBQ (Driving Behaviour Questionnaire) to confirm the tendency of aberrant driving behaviour especially on young driver, and if there was a relationship between burnout and aberrant driving behaviour. There are 325 participants that proficient in driving with at least 6 months of driving experience divided into several age categories (17-25th, 26-35th, 36-45th, and >45th). It was found that mental health and stability possess a great effect on ones driving behaviour. In overall, the DBQ score in young driver and overall respondent is categorized as middle to high.

Keywords: age group, driving behaviour, Maslach burnout inventory, mental health, young driver