

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Studi Literature Review, Agustus 2026

Fuji Anugrah

Faktor-faktor yang mempengaruhi *safety driving* pada pengemudi ojek online

xi+78 halaman+3 tabel+6 lampiran

ABSTRAK

Perkembangan transportasi berbasis aplikasi dalam era *gig economy* meningkatkan risiko keselamatan berkendara akibat tekanan kerja, jam kerja panjang, dan tuntutan target. Penelitian ini bertujuan mengkaji faktor-faktor yang memengaruhi perilaku *safety driving* pada pengemudi ojek online, khususnya stres kerja, kelelahan kerja, dan *self-control*. Metode yang digunakan adalah *Systematic Literature Review* (SLR) dengan pendekatan *narrative synthesis* berdasarkan pedoman PRISMA. Pencarian literatur dilakukan melalui *Google Scholar*, *ScienceDirect*, dan *PubMed* pada artikel yang diterbitkan tahun 2016–2025. Dari hasil penelusuran, diperoleh 20 artikel nasional dan internasional yang memenuhi kriteria inklusi. Hasil sintesis menunjukkan bahwa stres kerja dan kelelahan kerja berhubungan dengan peningkatan perilaku berkendara tidak aman, seperti pelanggaran lalu lintas, penurunan konsentrasi, dan peningkatan risiko kecelakaan. Sebaliknya, *self-control* berperan sebagai faktor protektif dalam mengurangi perilaku berkendara berisiko. Faktor lain, seperti durasi kerja, iklim keselamatan, dukungan sosial, dan kebijakan kerja, turut memengaruhi perilaku *safety driving*. Kesimpulannya, perilaku keselamatan berkendara dipengaruhi oleh interaksi faktor psikologis, perilaku, dan lingkungan kerja. Intervensi perlu mencakup pengelolaan stres, pengaturan jam kerja, serta penguatan *self-control* melalui pelatihan dan kebijakan keselamatan berbasis bukti.

Kata Kunci: *safety driving*, stres kerja, kelelahan kerja, *self-control*, pengemudi ojek online

Daftar Pustaka: 34 referensi (2016-2025)

**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF
HEALTH AND INFORMATICS, INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

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Fuji Anugrah

Factors Affecting Safe Driving Among Online Motorcycle Taxi Drivers

xi + 78 pages + 3 tables + 6 appendices

ABSTRACT

The growth of app-based transportation in the gig economy era has increased the risks to driving safety due to work-related stress, long working hours, and performance targets. This study aims to examine the factors that influence safe driving behavior among online motorcycle taxi drivers, specifically work-related stress, work-related fatigue, and self-control. The method used was a Systematic Literature Review (SLR) with a narrative synthesis approach based on the PRISMA guidelines. The literature search was conducted via Google Scholar, ScienceDirect, and PubMed for articles published between 2016 and 2025. The search yielded 20 national and international articles that met the inclusion criteria. The synthesis results indicate that work-related stress and work-related fatigue are associated with an increase in unsafe driving behaviors, such as traffic violations, decreased concentration, and an increased risk of accidents. Conversely, self-control acts as a protective factor in reducing risky driving behaviors. Other factors, such as work duration, safety culture, social support, and work policies, also influence safe driving behavior. In conclusion, safe driving behavior is influenced by the interaction of psychological, behavioral, and workplace environmental factors. Interventions should include stress management, work schedule adjustments, and the strengthening of self-control through evidence-based training and safety policies.

Keywords: *safe driving, work-related stress, work-related fatigue, self-control, online motorcycle taxi drivers*

References: *34 references (2016-2025)*