

Relations between stress and aggressiveness among professional drivers

Abstract

The combination of stress and aggressiveness in the traffic context generally causes injuries and death. This research aims to raise in an exploratory way the relationship between stress levels and aggression in professional drivers. The sample was composed by 30 professional drivers, workers in a bus company in the countryside of Sao Paulo state. Two scales were used, the Scale for Vulnerability to Stress at Work (EVENT) and Scale for the Assessment of Tendency to Aggression (EATA). Participation was voluntary and data collection occurred in a collective way. Descriptive statistics were performed as well as the analysis of correlation between the instruments. The main results showed a positive correlation between the constructs assessed by giving evidence that the higher the job stress of professional drivers, the greater their tendency to show aggression.

Key-words: Violence in traffic; Aggressive behavior; Social problems; Traffic psychology.