

UNIVERSITI TEKNOLOGI MARA

**IDENTIFYING SLEEPINESS
MEDIATOR BY USING EPWORTH
SLEEPINESS SCALE (ESS),
FATIGUE-SEVERITY- SCALE (FSS)
AND DASS-21 AMONG E-HAILING
DRIVERS IN KLIA**

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In the name of Allah, The Most Gracious, The Most Merciful.

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ABSTRACT

Sleepiness and fatigue are inter-related and common among the drivers. These two words are often used interchangeably, or grouped under the general phrase "tired, lazy, or drained". The differentiation between physical and mental exhaustion is significant, because human beings are a combination of physiology and psychology. Good sleep is important to physical safety and mental wellness. A total number of 100 drivers participated in the study. The data used in this study was questionnaire. Sleepiness was measured using Epworth Sleepiness Scale. The nine-item FSS (Fatigue Severity Scale) is among the most widely used self-report questionnaires for fatigue measurement. The DASS-21 contains of three self-reporting scales designed to assess negative emotional symptoms of depression, anxiety and stress. The statistical package SPSS (Statistics Package for Social Science) was required for statistical analysis. The study involved 100 respondents from male 82 (82%) and 18 (18%) e-hailing drivers. the p-value for only stress is less than 0.05. Hence, sleepiness depends on stress, depression and anxiety.

Keywords: Sleepiness, mediator, e-hailing drivers, Epworth Sleepiness Scale, Fatigue Severity Scale, DASS-21

CHAPTER ONE

INTRODUCTION

1.1 Background of Study

Sleepiness and fatigue is closely related with each other. Sleepiness is a state of strong desire to sleep or urge of compelling to sleep. Sleepiness also can be seen as a type of fatigue linked to the stimulation of brain activity and the part of the central nervous system that controls the onset of fatigue (Davidović et al., 2018). Though sleepiness caused by the need to sleep, fatigue is a wider term and a signal that our body tells us to stop all activities in term of physical and mental, to relax. It does not necessarily involve sleeping (Lal and Craig 2001; Davidović et al., 2018). People often think fatigue as physically tired, fatigue can also be in term of mentally tired. Sleepiness and fatigue is usually cause by not having enough rest and sleep. Fatigue is considered as a human factor that affects mood and motivation, as well as a person's sleepiness and cognitive functions and abilities, especially as a driver.

Based on Commercial Vehicles Licensing Board, e-hailing service is formally defined as a motor vehicle having a seating capacity of four persons and not more than eleven persons (including the driver) used for the carriage of persons on any journey in consideration of a single or separate fares for each of them, in which the arrangement, booking or transaction, and the fare for such journey are facilitated through an electronic mobile application provided by an intermediation business (Parliament of Malaysia, 2017). There are at least 23 applications of e-hailing in Malaysia such as Grabcar, MyCar, Riding Pink, Ryde, and more.