

# PSYCHOLOGICAL AND SOCIAL READINESS

## CHAPTER 17

# INATTENTION AND DISTRACTION

- ◆ TWO MAJOR FORMS OF PSYCH IMPAIRMENT
- ◆ RESPONSIBLE FOR MORE THAN 1 MILLION CRASHES PER YEAR
- ◆ INATTENTION: LACK OF PAYING ATTENTION, LESS LIKELY TO REMEMBER RULES OF CONDUCT
- ◆ DISTRACTION: ANYTHING THAT DRAWS YOUR MIND OFF TASK

# CELL PHONES

- ◆ ILLEGAL IN SOME STATES
- ◆ OVER 0.5 MILLION DRIVERS AT ONE TIME USE CELL PHONE
- ◆ REACTION TIME WORSENS
- ◆ MENTAL DISTRACTION
- ◆ CRASHES ARE 2X LIKELY TO BE REAR END COLLISIONS
- ◆ DRIVERS MISS 2X TRAFFIC SIGNALS
- ◆ HANDS FREE NOT AN ADVANTAGE
- ◆ ASK PASSENGER TO MAKE THE CALL
- ◆ COMPARABLE TO BAC OF 0.10

# AUDIO SYSTEMS

- ◆ KEEP VOLUME REASONABLE
- ◆ DON'T CHANGE CD'S WHILE DRIVING
- ◆ AGAINST LAW TO WEAR STEREO HEADPHONES IN 20 STATES (MN)
- ◆ DON'T USE THEM

# OTHER DISTRACTIONS

- ◆ PASSENGERS
- ◆ TRAFFIC JAMS: CAN STILL BECOME DISTRACTED
- ◆ TOLL ROADS
- ◆ FOOD AND DRINK: MOST CRASHES HAPPEN IN THE MORNING
- ◆ GIVE DRIVING FULL ATTENTION

# EMOTIONS

- ◆ HIGHS AND LOWS CAUSE YOU TO LOSE ATTENTION TO DRIVING
- ◆ AGGRESSIVE DRIVING:  
COMBINATION OF DANGEROUS ACTS WHILE DRIVING
- ◆ ROAD RAGE: CRIMINAL ACTS AGAINST ANOTHER PERSON
- ◆ AGGRESSIVE DRIVING PG 360

# CONTROLLING ANGER

- ◆ COURTESY: KEEP SAFE DISTANCE, USE APP. GESTURE, SIGNAL, KEEP COOL
- ◆ FRUSTRATION: FEELING OF DISAPPOINTMENT
- ◆ SADNESS AND DEPRESSION: BRINGS DISCONNECTION FROM REALITY
- ◆ HEIGHTENED STATES AFFECT ABILITY TO PERCEIVE AND RESPOND TO THREATS

# POSITIVE EMOTIONS

- ◆ EXUBERANCE
- ◆ PLAYFULNESS
- ◆ OVERCONFIDENCE AND COMPLACENCY (YOUNG MALE DRIVERS BELIEVE THEY ARE LESS LIKELY TO CRASH THAN OTHER YOUNG MALE DRIVERS)



# CONTROLLING EMOTIONS

- ◆ MAINTAIN RESPONSIBLE ATTITUDE
- ◆ EXPECT MISTAKES
- ◆ TRAIN YOURSELF TO USE CORRECT PROCEDURES

# NORMS AND PEERS

- ◆ PEER PRESSURE: INFLUENCE PEOPLE YOUR AGE HAVE ON YOU TO THINK AND ACT LIKE THEM
- ◆ NORMS MAKE AN ORDERLY DRIVING PUBLIC POSSIBLE
- ◆ NORMS: RULES OR NORMAL STANDARDS OF BEHAVIOR THAT GOVERN HOW PEOPLE BEHAVE
- ◆ CUSTOMS: BEHAVIORS THAT SATISFY PEOPLE'S NEEDS FOR COMFORTABLY INTERACTING WITH ONE ANOTHER