

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