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PSYCHOLOGICAL ASPECTS OF SAFE DRIVING

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Abstract. The problem of road accidents and the adaptive behavior of road users, which is literally all of humanity, worries the minds of traffic organizers

According to the UN data, about 1 million 350 thousand people die on the roads every year and about 50 million are injured, and some victims become disabled for life. And this is due to the fact that someone exceeded the speed limit, got behind the wheel in a state of intoxication or forgot to fasten a seat belt. The number of deaths in car accidents is 10 times higher than in railway accidents, and 3.3 times more than in aviation ones. Based on the foregoing, it becomes obvious that the development of effective ways to combat road injuries is a vital human problem, the relevance of which is increasing every year [1].

This problem is also quite relevant for the Republic of Uzbekistan, as evidenced by the consideration of issues of reducing mortality in road traffic accidents at meetings of the Senate, as well as a video conference call held on February 11 this year, chaired by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev.

For example, on April 5, 2022, a regular meeting was held in the Senate, which noted that in 2019, a total of 9,990 people were injured in 8,092 traffic accidents, of which 2,067 people died (20.7% of the death toll), and in 2020 8553 people were injured in 6982 road traffic accidents, 1,962 people died (mortality rate 23 percent). In 2021, 9,230 people were injured and 2,436 people died in 10,001 road traffic accidents (CRAs) (21 percent fatality rate) [3].

In order to fulfill the requirements of paragraph 4 of Decree No. 190 of the President of the Republic of Uzbekistan dated April 4, 2022 “On measures to ensure reliable human security and a sharp decrease in mortality”, it requires the creation of a “Center for advanced training and retraining of teachers and driver-instructors of driving schools”, which was assigned to structure of the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan [2].

To ensure road safety and reduce accidents, the training and education of drivers is of particular importance. An analysis of the causes of road traffic accidents shows that 75-80% of accidents from their total number are committed annually through the fault of drivers in the Republic of Uzbekistan. Such a large number of accidents occur due to the drivers' ignorance of the Rules of the Road (SDA) and their insufficient qualifications. It is also important for the driver to know the basics of the psychophysiology of his work, his professional suitability and to master the skills of providing first aid to victims of an accident [6].

The main and main object of study in motor transport psychology is the driver, because. It is the least predictable. Before the psychology of motor transport as a science, there are questions: Why does the driver act this way and not otherwise; Why in the same traffic situation the same driver behaves differently; What influences the decision of the driver; how the decision making process is going; What

factors are dominant in decision making. The answers to the above questions lie in the psychology of drivers.

Keywords: driver, traffic, psychology, vehicle, hazards, culture, safe driving, road

INTRODUCTION

Many specialists of the motor transport system who have a technical education are convinced that if a person is brought to automatism by the vehicle controls, then he will become a reliable, and therefore an excellent driver. This is one of the widespread, widely and not disinterestedly replicated in the specialized literature delusions, the negative consequences of which are extremely great.

Some hold a different opinion that only the tightening of administrative sanctions will ensure the formation of an excellent driver and increase road safety. This point of view is born due to a misunderstanding of the laws of psychology of the functioning of the "driver-vehicle-environment" system.

If, however, the question of who is an excellent driver is addressed to the driver's audience, then the answers will be very different, but at the same time in many respects similar: this is a trained driver, a driver who does not have an accident, a cultured driver, a driver who adequately gets out of difficult situations, etc. Of course, any of the above understandings has the right to life, but from the point of view of the psychology of the driver's activity, all of them are, to put it mildly, inaccurate. A great driver should be defined differently:

An excellent driver is a driver who, using excellent thinking, requires excellent skills. What is fundamentally new in this definition? What is fundamentally new is that an excellent driver is a driver who knows how to act in such a way as to anticipate and prevent the occurrence of a special (emergency) situation on the road, and not get into it and then get out of it at the limit of his abilities. But the choice of the correct psychological attitude of the driver's behavior is one of the main components of ensuring road safety [7].

METHODS

The safe driving style of an excellent driver is determined, first of all, by his high culture, intelligence and, of course, a certain level of driving training. Due to its qualities, it detects in advance a high probability of occurrence in specific conditions of a particular situation created by other drivers or safe traffic conditions in order not to participate in it.

In other words, an excellent driver implements the principle of prudent driving, the essence of which is that before any impact on the vehicle controls, he carefully analyzes the current traffic situation, takes into account its dangerous factors, and only after that determines the appropriate action.

And do not think that a tragedy on the road can happen to someone, but not to you. Unfortunately, the activation of this psychological defense mechanism leads to the fact that you are psychologically unprepared for preventive actions to prevent accidents. For a respected colleague, after acquiring a "car", you must first of all worry about changing your psychology and shaping the psychology of the driver. Drivers do not even realize that the level of danger to their lives has increased

significantly since they became drivers. Hence the disdainful attitude to the high-speed mode of movement, ignoring the requirements of traffic rules, unbridled aggressiveness, etc. [4, 5].

Often it is the expectation that another road user (driver, pedestrian, etc.) will create optimal driving conditions for you or prevent an accident due to your mistake that causes an accident. Therefore, maintain the distance and speed that are optimal for you, constantly and fully control the situation around the vehicle, study the dangerous factors of each section of the road and avoid meeting them, etc.

It becomes obvious that already before the first landing behind the wheel, you should take care to become an excellent driver as soon as possible, the reliability of which is determined by the following psychological rule.

Culture + intelligence + skills = formula for safe driving. It follows from this rule that only a driver who has a high professional culture, intelligence and good skills is able to be safe when driving a vehicle. Moreover, skills are in last place for a reason.

RESULTS AND DISCUSSION

It is known that a driver who has a high professional culture and intelligence, but has not mastered the skill of driving, can drive a vehicle without incident. In other words, culture and intelligence provide compensation for skill imperfections. Therefore, thinking, not skills, insures against an accident. The latter can help you get out of a difficult situation, and then only if, as noted above, it does not exceed your psychophysiological capabilities. Of particular danger is a driver whose low level of driving skills is accompanied by a low culture, and even in combination with a weak intellect. If he does not realize this in a timely manner, he will become the “culprit” of a serious accident. Such a driver is easy to identify on the road by his high-speed maneuvers, inadequate traffic situation, and not preceded by the activation of the appropriate light signaling, and almost always accompanied by a violation of the accident. If you find him among other drivers, you should be more careful and do everything possible to part with him. Low culture is accompanied by aggressive behavior, as well as inappropriate actions and actions when driving a vehicle, which reduces road safety. This is manifested in non-observance of road signs, markings, violation of the order of passage of intersections, intransigence, rebuilding with an undercut, etc. Therefore, personality-culture-discipline is an inseparable triad that underlies safe driving [5].

The high culture of the driver is manifested in his noble deeds. Nobility is the basis of road safety. The nobility of the driver is a manifestation of concern for his colleagues, pedestrians, the creation of optimal and safe conditions for them to move. Nobility is expressed in the following actions: give way, give a timely signal to maneuver, slow down smoothly, overtake without “undercutting”, park the vehicle without disturbing others, drive away from the house at night without disturbing the residents, drive along the sidewalk in heavy rain, do not after splashing pedestrians, do not stick drawings and inscriptions on the vehicle that are unpleasant for others, etc. Yield (miss) is the basic principle of safe road traffic. It is intransigence that is

often the direct cause of an accident. This is due to the always low culture of the driver.

It is important not to forget that the main thing is to prevent an accident, and not to prove your advantage or your rightness. The correctness of actions on the road is determined not by the presence of an advantage, but by the absence of an accident. Therefore, be aware that when driving a vehicle, there are correct actions (they meet the requirements of traffic rules), and there are optimal ones (they meet the characteristics of the prevailing traffic situation). Use this rule at all times, including in situations where you have an advantage. Do not forget that traffic rules determine only the order of movement of vehicles, but do not ensure safety! Be lenient - let the hurrying pass. If you follow traffic rules, this does not mean that other people will follow it in relation to you. If you meet at the same intersection, traffic rules will not save you, something else can save you. It turns out that expecting other drivers to comply with traffic rules, that is, shifting responsibility for safety to another, guarantees you impunity in the event of an accident, but does not guarantee safety. In short: no liability, no guarantees. If you take full responsibility and make sure that the other driver actually stopped at a red traffic light, then you can be sure that you are safe to pass through the intersection. There is responsibility - there is confidence [8].

The driver must be able to constantly control the traffic situation, feel the behavior of the car and know its capabilities in specific conditions. He must be able to accurately determine the quality of the adhesion of the wheels to the road and, of course, to predict the behavior of the car on various surfaces. He must see and predict the development of the situation always one step ahead, and preferably several steps ahead. Compliance with the rules of the road is clearly not enough to consider yourself a great driver [9, 10].

A meeting with a boorish driver always creates internal discomfort, which, if the response is incorrect, persists for a long time. But try not to get too excited. Do not answer rudeness with rudeness, do not start. After all, life is given once. And it's impossible to return it. Never move on if you feel that negative emotions have overwhelmed you. Stop! Learn from the mistakes of others and avoid your own! Tolerating the mistakes of others is a noble defense against accidents. Using this rule, you kill several birds with one stone.

1. You do not develop stress or aggressive behavior in the other person.
2. You are insured against your own mistakes with the most unpredictable consequences, which are the “descendants” of stress.
3. You develop an optimal style of behavior in non-standard situations.

In the case when you yourself recklessly committed an ignoble act, use this rule: If you have committed an ignoble act, find the courage to apologize. This can be done accordingly with a hand gesture or by sending a kind smile. Feel free to do so. An important act of nobility is to warn other drivers about the danger you have discovered on the road. Helping another driver on the road is the highest degree of nobility. Help if you can.

CONCLUSION

Respect for pedestrians is insurance against accidents. By adhering to this rule, you not only ensure your own inner peace and well-being, but also save the lives of other people, do not cripple your own and their fate, and do not burden yourself with huge one-time and long-term financial losses. Be especially careful at crossings, unlit streets, in rain, fog and snow. Remember that a pedestrian is always sure of one thing: you see him well and take safety measures! Attempting to pass a pedestrian at high speed is always fraught with the danger of running into him. From fright, the actions of a pedestrian are unpredictable and often not adequate to the situation. And if you start thinking for him, then tragedy cannot be avoided.

Now about drunk driving. Figuratively speaking, in such situations, a pest is born from a driver. A drunk driver shortens the road to the cemetery and speeds up traffic along it. Of course, drunk driving is not allowed. The tragedy associated with a drunk driver is magnified many times over when people die who accidentally get in the way of an alcoholic. When managing alcohol, first of all, discretion and mental activity suffer (the speed and volume of perceived and processed information decreases, the work of the eye is disrupted, inadequate decisions are made, the situation on the road is incorrectly predicted, etc.).

The driving skills of the vehicle, regulated at the level of the spinal cord, are destroyed more slowly under the influence of alcohol. Character is destiny.

A character that provokes danger on the road is a tragedy. If you feel that your character is becoming a dangerous factor when driving a vehicle, then it is better not to drive. This will save the life of you, your relatives and strangers, innocent people.

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