MOUNTAIN-PLAINS CONSORTIUM

RESEARCH BRIEF | MPC 19-400 (project 525) | September 2019

Bad Driving is Associated with Lower Awareness of Driving

the ISSUE

Individuals operating a motor vehicle must continually monitor themselves and their performance to ensure that they are not engaging in unsafe practices. For example, drivers need to notice when they are fatigued, distracted, driving in a hazardous manner, and not fully attending to the road. When individuals become cognizant that their behavior or state is out of line they are more likely to take corrective action to increase driving safety. A greater understanding is needed of the role of monitoring in driving safety and the factors affecting monitoring.

the RESEARCH

Participants drove on a simulator course while discussing emotional topics or daily routines. Participants' perceptions of their driving errors, safety, and performance were recorded. Measures were also taken of the importance of driving safety and performance on the simulator. Driving safety as reflected by driving errors was strongly associated with self-awareness of driving.

MOUNTAIN-PLAINS CONSORTIUM REGION 8

A University Transportation Center sponsored by the U.S. Department of Transportation serving the Mountain-Plains Region. Consortium members:

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Project Title

Does Cell Phone Use Impair Learning and Improvement in Driving Performance?

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American Automobile Association Foundation for Traffic Safety

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the **FINDINGS**

The findings suggest that performance and performance awareness go hand in hand. Participants who drove well in our study tended to be much more aware of their driving performance and safety than participants who drove poorly. The findings also revealed that the self-awareness of driving and the safeness of driving increases as the importance of driving safety increases. Somewhat surprisingly, the discussion of emotional topics did not lead to worse driving and lower self-awareness of driving than the discussion of daily routines. Responds on the positive and negative affect schedule suggests that the experimental manipulation was not effective in inducing differences in negative emotion.

the **IMPACT**

These findings are highly relevant to driver training programs. It is important for developing drivers to learn the importance of monitoring and driving self-awareness to safe driving.

For more information on this project, download the entire report at http://www.ugpti.org/resources/reports/details.php?id=965

For more information or additional copies, visit the Web site at www.mountain-plains.org, call (701) 231-7767 or write to Mountain-Plains Consortium, Upper Great Plains Transportation Institute, North Dakota State University, Dept. 2880, PO Box 6050, Fargo, ND 58108-6050.

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