DISTRACTED DRIVING PREVENTION

by:
Mark Jayson E. Gigante
Farm Worker I, Bataan School of Fisheries

Being employed in the government service for four years now has helped me explore my capabilities not only as a farm worker but also as a driver. Considering the latter leads me to understand a lot of factors to be considered when driving. I have also come to realize that driving is not only manipulating the stirring wheel and stepping on the accelerator; it is more than that. Being focused and free from distractions are only a few of a driver’s dos. What I have learnt about this skill was well supported of the following study specifically survey results from DriversEd.com website.

1. Checking text messages - 41% of the respondents stated admitted that they are always checking their phones especially to read text message while stuck in heavy traffic.

2. Videos - 8% of them stated that they are watching youtube videos while on journey

3. Social media - the 18% are checking their social media particularly Facebook and Instagram.

4. Alcohol - 34% likewise admitted that they are more comfortable driving after a drink

5. Drugs - Approximately 10% shared that they were under the influence of a substance that makes them active and awake behind the wheels
These factors are big contributors to road accidents. The same site suggested that drivers can avoid or prevent the abovementioned factors by road education, rules awareness, and individual initiatives. In the Philippines, there are driving schools and the Land Transportation Office that educate the drivers on how to behave and be guided on the road. Also, there are constant road signage and reminders during driver’s license renewal. Last but not the least is the individual initiative or intrinsic motivation, if one is willing to learn nothing is impossible. The prevention of distracted driving is accessible to everyone.

Be educated. Be aware. Have initiative.

References:

https://driversed.com/trending/drivers-admit-to-distracted-driving
Retrieved: March 21, 2019