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Driver anger, causes, consequences and remedies

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Anger

“Anger is the heat of liquid in a container”.

It can vary in frequency, intensity and duration and can be experienced as anything from mild irritation to intense fury and rage.

Anger and aggression

Anger= the emotional state

Aggression = its response, immediate or planned, intending to harm, hurt or injure another person or object.

A person can be angry without becoming aggressive

Different anger provoking situations

Impeding driving (a slow driver, a vehicle will not pull over)

Illegal driving (not stopping at a stop sign)

Hostile gesture (someone honks at you about your driving)

Police presence (you pass a radar speed trap)

Aggressive behaviour

horn honking or flashing with the lights,

make a gesture to the other driver,

swear or verbally abuse the other driver,

drive closely and/or follow the other driver to show that they have made a mistake,

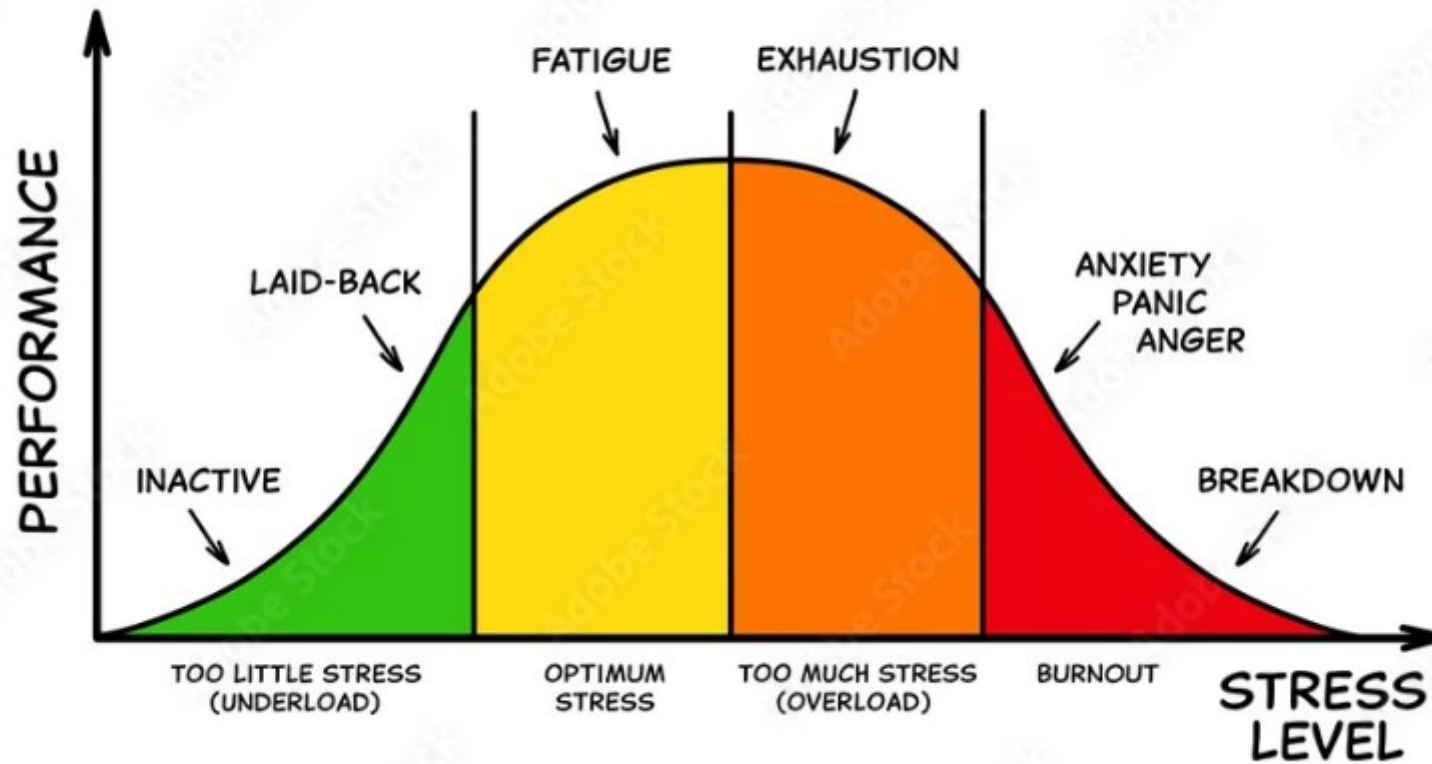
stop the vehicle and go out preparing themselves for a discussion,

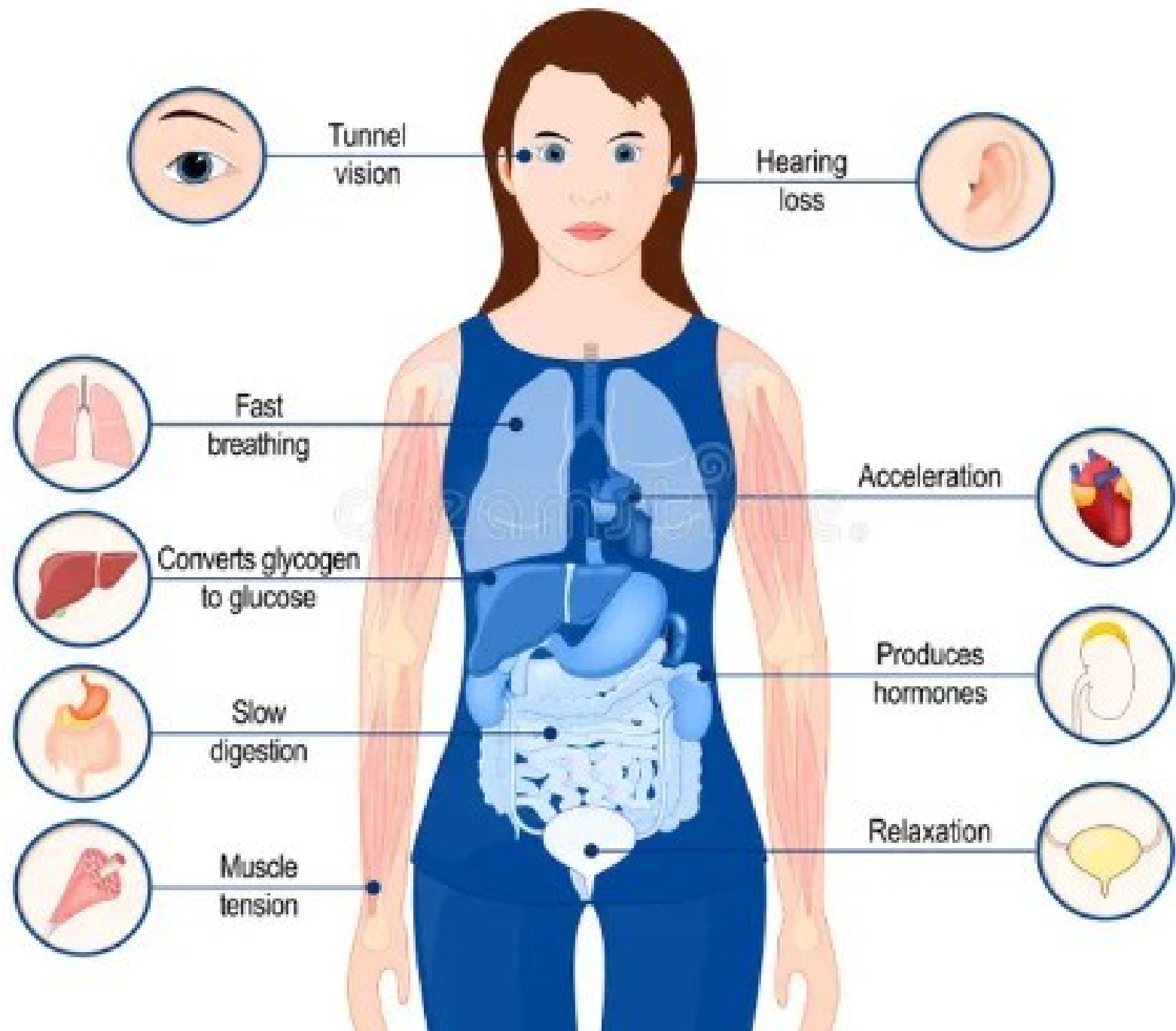
use physical violence

Fight or flight



STRESS CURVE





Some reasons behind the action

The car as a symbol

Obstruction of personal goals (frustration)

Lack of communication/anonymity

The provocation is perceived as intentional

Self-assertion

Some more reasons behind the action

Perception of own driving ability

Emotional spillover

Perceived Injustice or Threat

How to avoid becoming angry in traffic

Be more aware of emotional spillover

Develop self-control

If something happens, don't take it personally

Be more tolerant to others

Don't believe the worst of others

Remember you have nothing to gain from expressing your anger in traffic



THANK YOU

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