TRANSPORT PSYCHOLOGY

Personality and Driving Behaviour

Totkova, Z. (2023). Transport Psychology. Personality and Driving Behaviour. "Prof. Marin Drinov" Publishing House of BAS. ISBN 978-619-245-293-3 (Print), ISBN 978-619-245-294-0 (Online). 210 p.

"Transport psychology. Personality and driving behaviour" attempts to position transport psychology as a relevant and necessary discipline in Bulgaria that can significantly contribute towards resolving substantial society's problems. Transport psychology is a discipline that studies human behaviour as an element of the human-vehicle-environment system, focusing on the psychological processes that underlie human =behaviour. It is accepted that human error is inevitable, and more than 90% of accidents are due to such errors, making human the most vulnerable component in transport systems. Although the traditions in the field are well proven, there is still a challenge for transport psychology, namely to provide a better understanding of the role of human factors in negative driving outcomes and to develop effective countermeasures.

The book presents the results of two scientific studies on driving behaviour in Bulgarian drivers by emphasizing the role of personality and driving style. On the one hand, the studies account for the effect of personality factors anxiety, sensation seeking, driving anger, aggressive and risky driving behaviour, impulsivity, and locus of control on the negative driving outcomes and outline the individual differences in these factors among Bulgarian drivers. The results show that anxiety, risky driving behaviour and driving anger significantly influence traffic rules violations and license suspensions, and anxiety, aggressive driving behaviour and driving anger influence traffic accident involvement. On the other hand, the studies explore the concept of driving styles outlining eight distinctive styles and tracing the individual differences. Angry and anxious driving styles positively influence traffic rules violations, while the patient and careful driving style have a negative influence on accident involvement. The results also show that impulsivity and external locus of control influences negative driving outcomes, and as their levels increase, the chance of committing traffic rules violations, license suspensions and participation in traffic accidents also increases. Finally, the studies investigate the subjective assessment of compliance with traffic rules, and its association with negative driving outcomes. According to the results traffic rules compliance is an indicator of dangerous driving behaviour due to its connection to rules violations and accident involvement. Based

on the outlined differences in personal and demographic factors, as well as in terms of driving styles and the subjective assessment of traffic rules compliance, a profile of the dangerous driver in Bulgaria is derived. The presented research sets foundations for future studies in the field of transport psychology in Bulgaria and recommends focus on development of prevention programs, interventions and rehabilitations towards dangerous driving behaviour.

Although the book does not claim to be comprehensive in the field of transport psychology, it gives a new direction for the field in Bulgaria and a new opportunity for building its modern and contemporary aspects. The motivation behind writing this book lies in the sincere belief that the best way to support the interaction between science and practice is by assembling an integrated approach based on scientific evidence. This leads to effective and adequate measures in solving problems in the field of road safety and in increasing the level of traffic safety.