

Impact Of Using Mobile Phones On The Road

Posted on March 24, 2019

Mobile Phones, Road Safety, and Driver Distraction

With technological advancements, people find it easier to own a car, not like before, and youths, mostly in different parts of the world, get the opportunity to invest in an automobile. Even though movements are currently made more straightforward, some negative consequences, such as pollution and accidents, are on the increase. The leading cause of these uncertainties is the behaviour that individuals exhibit while driving. The Use of cell phones should be prohibited for some reasons; the use of cell phones is the leading cause of distraction while driving. That can harm drivers as well as those around them. The negative influence on the young population due to the use of Cell Phones is a factor to consider in most instances, and the use of the most effective tools makes it possible to improve relationships in society.

Using cell phones on the road is dangerous, and people around the world should avoid it to improve their quality of life. In the recent past, accidents have been common in various parts of the world, the main cause being ethical behaviour on the road. It stands out that the majority of these accidents involve the young generation, and most of them are below 25 years of age (Przybyla, Jay and Xuesong 22). The use of cell phones can relate to sleepy septuagenarians and can significantly reduce the level of concentration on the road. Apart from accidents, the increase in traffic is also another impact related to behaviour that still creates inconveniences on the streets. According to psychologists, having a teenager behind the wheel with the cellphone can compare to a 70-year-old without the cellphone. That shows the level of incompetency employed, which can significantly compromise a lot on the road.

The negative impacts of the use of Cell phones are more significant than the positive effects. The Human Factors and Ergonomics Society provides statistics on cell phone usage on the road. The figures stand at 2,600 deaths in the United States. The primary justification for the outcome is the fact that drivers using cell phones are not mindful while on the road and may be slow in applying brakes. Again, such individuals are capable of keeping a 12 percent greater distance. Regaining speed after breaking also takes a more extended period. The frustration propagates to other users of the road, which amounts to the negative aspects experienced in the United States (Dragutinovic, Nina and Divera 34). Even though cell phones offer a more significant help on matters related to communication, the distraction is to the extreme, and that influences the [lives of individuals](#) in various parts of the world.

Hands-Free Devices and the Persistence of Cognitive Distraction

Even though certain people might still argue on the matter that hand-free cell phones are necessary, the impact is more or less the same. Talking or texting both distracts attention, making it hard to get the very best out of any process. Concentration on the roads needs focus as well as awareness. The eye alone will give a sense of focus. To get the very best of the attention, individuals should learn how to be aware of every sound and feeling that exists on the road. As a consequence, the use of mobile phones, whether through texting or talking, creates a greater sense of distraction, making it an uphill talk to achieve success on the road. Even though drivers can pay much attention to focus, it is evident that their sight is limited and that compromises their lives as well as that of other individuals. According to Cloyd (23), chatty drivers are more likely to cause accidents compared to drunk drivers.

Nurullah et al. also conducted research and came up with the following findings. The study made use of [high-tech](#) simulators (Nurullah et al. 25). The participants were aged between 18 and 26 years, and another lot were aged between 65 and 75 years. According to the findings, the older population were slower when responding to phone calls. The rear-end collisions were prevalent when participants engaged in either texting or phone conversations. Older people are aware of their condition, and that makes them cautious on most occasions. The instance limits incidences of accidents in their case and makes them environmentally friendly. Even though the older population have impaired reactions, they are always willing to follow directions and adhere to conditions around them. The younger drivers believed that they had the whole strength. Older people do not get the privilege to use mobile phones since the impact can be disastrous as well. Even though talking on the phone while driving also presents a serious concern, texting is the worse since it fully captures attention and requires individuals to engage the mind, sight as well as hands. Such an instance places the individual in the worst space and makes it possible to be involved in accidents.

Since multi-tasking is the main reason for distraction while driving, multiple stakeholders are in the limelight regarding the implementation of rules and regulations to guide operations on the roads. In most occasions, corruption, as well as poor policies in states, make accidents prone. The use of GPS, as well as other tracking devices, makes it possible for the government to track users and improve critical operations. On matters related to multitasking behind the wheel, it is the role of every stakeholder to implement policies that will foster growth. Drivers should understand that such a multitasking approach affects not only the lives of drivers but also those of third parties. It should emerge as a public concern.

Vehicle Technology and Safer Forms of

Communication

Technology should find a way of integrating fundamental communication approaches and making automobiles user-friendly. Dialling, for example, requires an individual to take his or her eyes off the wheel. Ideally, that is a problem that can be solved with the best technological modifications (Nurullah et al. 45). For instance; it is feasible to implement a technology that makes it possible to recognize the voice and manipulate the same into text. Even though the situation will not provide full assistance since it can also present a level of distraction, it will only limit the level of distraction and thwart the various levels of accidents. People should think outside the box and work on avenues that will improve their welfare in multiple parts of the world. People will always have varied opinions, and in most instances, such people bank on the fact that mobile users do not prevent a lot of harm in their lives. The justification is not right, and individuals might learn that multi-tasking is such a deadly approach and that the best measures should be implemented to eliminate incidences related to accidents as well as congestion on the roads.

Concentration is critical even during communication. It is proven that most people fail to contrite while driving. That might create communication problems as well. A case emerged in the UK in which a couple sent a romantic message to the wrong recipient. The message brought a high aspect of emotional disturbance (Nurullah et al. 45). The incident can be easily avoided through the focus. It is vital to cover the mileage before engaging in communication. Ideally, mobile phones should be used in case of emergency. A question that people should understand and ask themselves is the number of casualties that will present before realizing the impact of mobile phone usage. The number of orphans has been on the rise since parents engage in poor practices on the road. The burden is felt by the government, and that hurts the standard of living on most occasions. Every person should try the best way possible to educate others on the importance of concentration while on the road.

In conclusion, using cell phones on the road not only presents a negative impact on the drivers but also on the third parties on the road. The government should implement policies to regulate such operations. That will make it possible to improve the quality of life and contribute to economic growth and development. It is not just the role of the government to work on the issue singlehandedly. Other stakeholders, including drivers, should adhere to the rules and regulations in place to create a better environment. The benefits will accrue to the public, and the tremendous development will contribute to a better quality of life. The process might seem like an uphill task in the preliminary stages. However, it becomes simpler with the right system during implementation as well as monitoring.

Works Cited

Cloyd, Smith. Personal interview. 4 March 2018.

Dragutinovic, Nina, and Divera Twisk. "Use of mobile phones while driving-effects on road safety." *SWOV Institute, Leidschendam* (2005).

Nurullah, Abu Sadat, Jasmine Thomas, and Fatemeh Vakilian. "The prevalence of cell phone use while driving in a Canadian province." *Transportation research part F: Traffic Psychology and Behaviour* 19 (2013): 2-62.

Przybyla, Jay, and Xuesong Zhou. "Cell phone use while driving: a literature review and recommendations." *Retrieved December 13 (2008): 2013.*