

The Effects of Distracted Driving

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Introduction

Distracted driving can affect us in multiple ways, which include the threat to road safety, fatality rates, permanent damage after accidents, mental disorders, and many other direct and indirect ways. Distraction is as natural as breathing for the human mind. The brain is not always accustomed to shifting its complete focus to one task at a time. Having other thoughts is natural. However, multitasking and thinking about several things at a time results in the lack of quality of every task performed by the individual. Driving is something to be done with complete devotion and undivided attention, as driving in itself is a job of multitasking, which includes keeping an eye on the road, steering your car, looking out for other vehicles, and navigating.

“Distracted” and “driving” are two words that shouldn’t be associated in any case. However, drivers are often distracted on the road and put their own and other people’s lives at risk. The problem of distracted driving is becoming the key issue of most car accidents on the road. The leading causes of distracted driving are using the cellphone while driving, talking over the phone, eyes off the road and other factors that divides the attention of the driver.

Body

Distracted driving can put someone in danger. A report by the National Highway Traffic Safety Administration showed that 10 percent of the fatal car crashes in 2013 were caused by drivers being distracted while driving. (National Highway Traffic Safety Administration, n.d.) Distracted drivers not only put their own lives at risk, but the other passengers are also in significant danger, as well as passengers of other cars on the road and pedestrians. Some drivers who are distracted by using their phones while driving fail to keep their eyes on the road and can cause harm to a pedestrian walking by or ignore the traffic signal, which can lead to fatal accidents. People often take traffic rules and regulations seriously and have their minds consumed with other activities. As stated by Dudley Moore, an English actor and comedian, *“The best car safety device is a rear-view mirror with a cop in it.”*

His statement is meant to mark humor, but the comedian’s joke is entirely accurate for real-life situations. This is because people are only focused on their driving when they are aware of the consequences, such as a fine or arrest.

Drivers whose attention is divided while driving are at risk of being in a horrible car accident. Attention can be divided by multitasking, such as texting while driving, eating, making too much noise

in the car, disturbing children, playing with the radio, or listening to loud music. The causes might all seem natural and unavoidable, but the consequences of distracted driving are critical and can prove to be fatal. According to the 2015 report of the National Highway Traffic Safety Administration, car accidents are still among the top 10 causes of death rates in the United States. Distracted driving is the primary cause of horrible accidents. This is because a driver might be confident about his driving skills and maintain a low speed while distracted in another task, but when the moment a driver's eyes are off the road, they are more likely to be in an accident than someone who is unskilled or speeding.

According to Edward F. Murphy, an English Lord Chief Justice, "The greater part of my official time is spent on investigating collisions between propelled vehicles, each on its own side of the road, each sounding its horn, and each stationary."

Murphy questioned how cars who are on completely different tracks end up colliding, which he related to distracted driving and the irresponsible behavior of drivers on the road. Cars can end up losing their tracks when the driver is unable to steer it in the right direction while multitasking.

Distracted drivers can end up killing a family member, a stranger, or even themselves. When drivers are involved in a car accident, they put the lives of the other car passengers at risk, which may include their family members or friends. A death for which they are responsible can cause them to be a target of mental instability, extreme depression, and disorders. Moreover, the pedestrians on the road are also at risk; hence, they might end up killing a stranger on the road, who might be a pedestrian or passenger of another car. A driver is always at the highest risk of fatal injuries when involved in a horrible car accident. They might also end up killing themselves with negligent driving and distractions.

Conclusion

Distracted drivers are the most dangerous element on the road since they can cause severe accidents that might lead to permanent injuries or prove to be fatal. It risks the lives of the driver, passengers, and pedestrians. It can also lead to financial damage, if not any physical harm caused to any person, in some lucky cases. The effects of distracted driving are critical, yet people take driving lightly and ignore traffic laws. (Centers for Disease Control and Prevention, 2025)

Essay Outline

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Thesis

Distracted driving can affect us in multiple ways, which include the threat to road safety, fatality rates, permanent damage after accidents, mental disorders, and many other direct and indirect ways.

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- Distracted driving can put someone in danger.
- People often take traffic rules and regulations seriously and have their minds consumed with other activities.
- Drivers whose attention is divided while driving are at risk of being in a horrible car accident.
- The causes might all seem natural and unavoidable, but the consequences of distracted driving are critical and can prove to be fatal.
- Distracted drivers can end up killing a family member, a stranger, or even themselves.

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References

National Highway Traffic Safety Administration. (n.d.). Distracted driving.
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Centers for Disease Control and Prevention. (2025). About distracted driving.
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