

48 SIECA  
 How best to prepare young people to be safe and responsible drivers for now and for the future  
 www.researchgate.net/publication/270171801

## The ultimate, evidenced-based 5 Star training programme

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### Volvo promises death proof cars by 2020

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### Recent European road safety statistics urge stricter action on EU roads



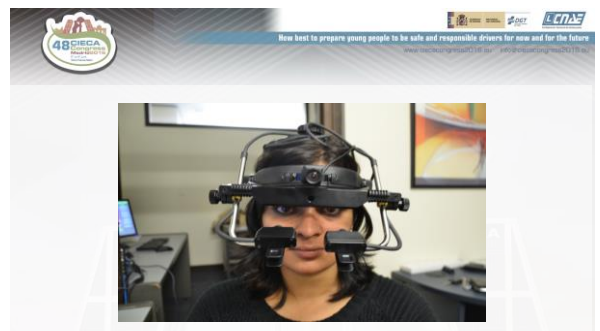
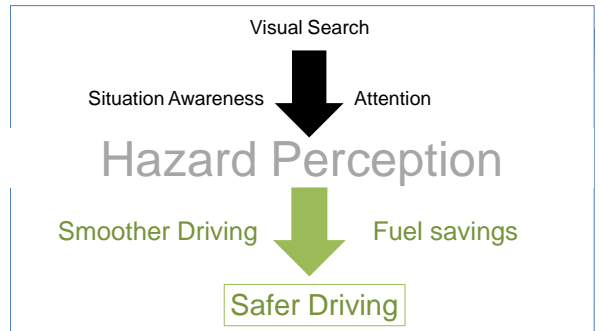
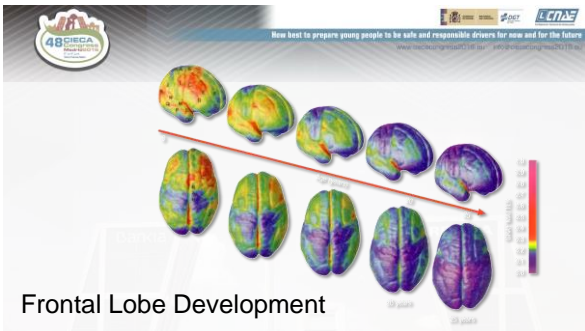
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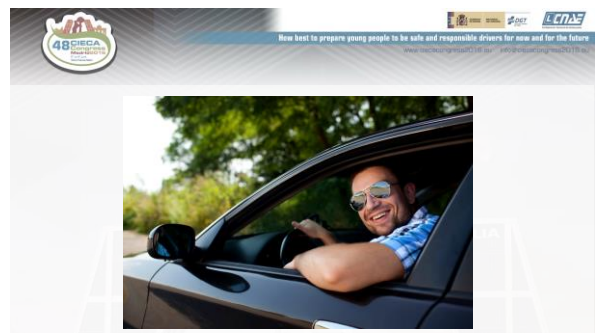
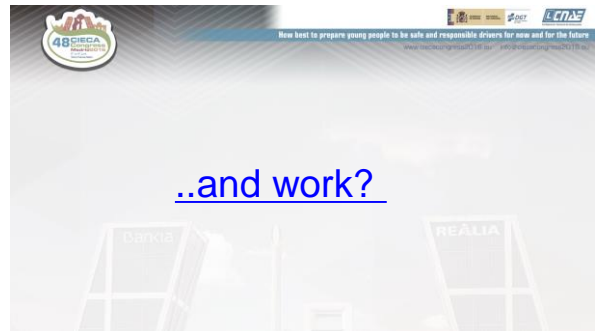
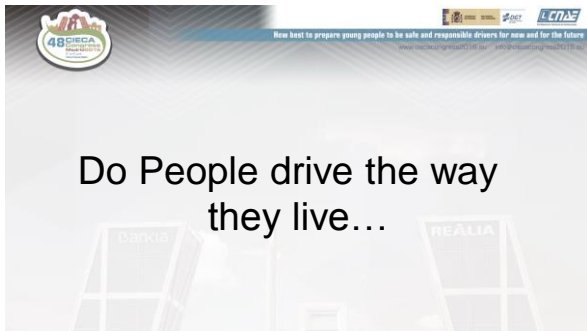
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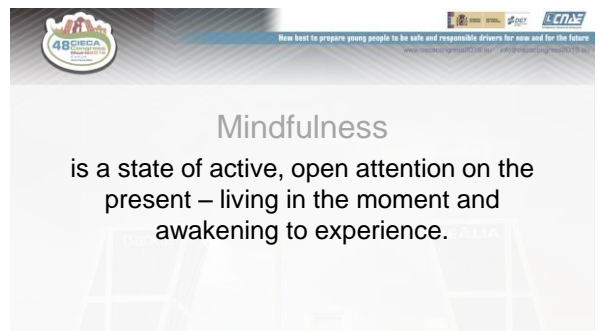
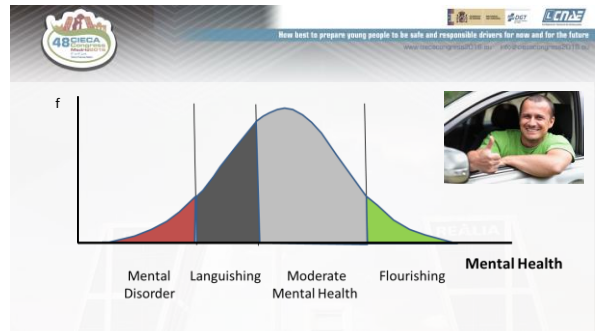
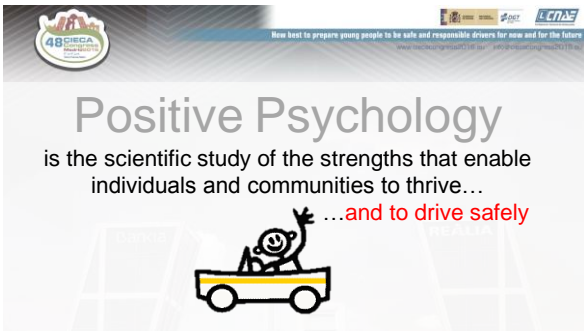
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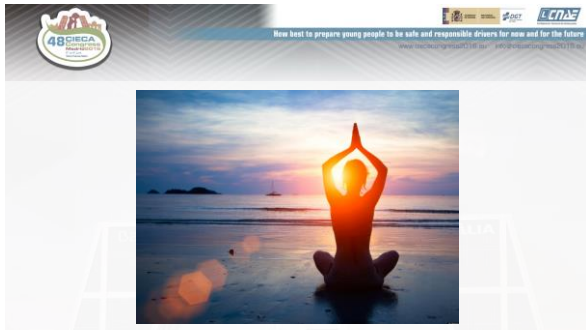
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## It's all about hazard perception!









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## Does life-satisfaction predict safe driving?

Sample

- 160 first, second and third year students
- Age range: 17 - 48 years; Mean: 24 years
- 17-25 years (N=140); >25 years (N=20)
- 116 females, 44 males

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## Demographics

1. Demographics: Age, Gender, Licence type, Mileage
2. Driving History: Fines, Near Misses and Crashes (Incidences)
3. Driver Behaviour Questionnaire: Driver Violations (20 Questions)
4. Three Dimensions of Well-being: Pleasure, Engagement, Meaning (18 Questions each)

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## Driver Violations Questionnaire

In the future how often would you expect to do each of the following?

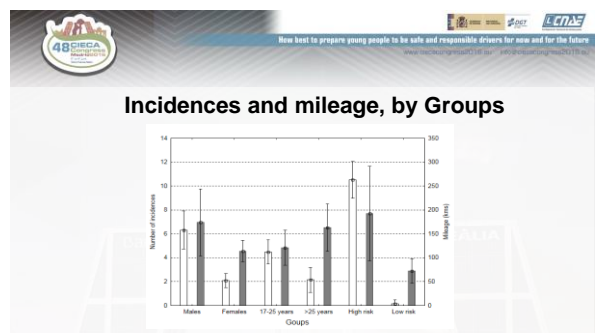
1. Speed over the legal limit
2. Be angry about a bad driver
3. Deliberately violate a road rule

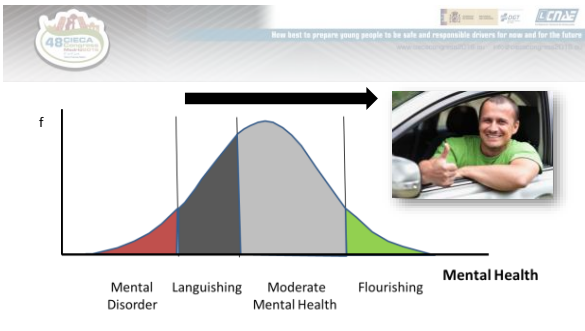
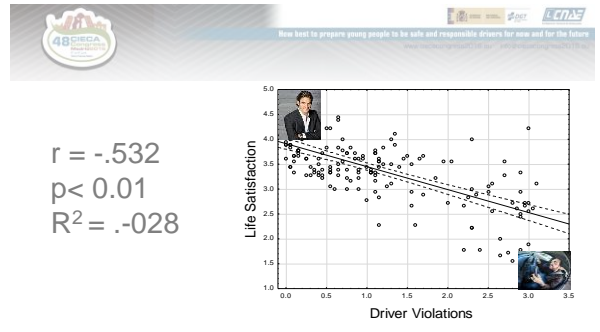
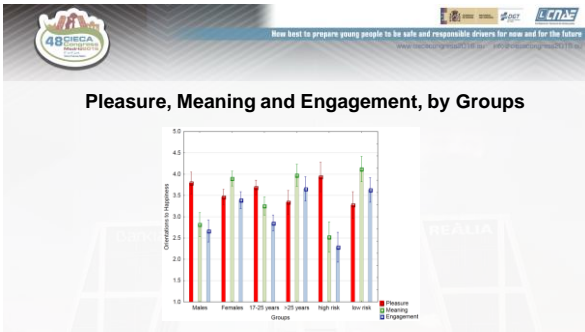
-20 Questions  
**Never - 0 Certain - 4**

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## Good Life Questionnaire (Seligman, 2006):

- Engagement
- Meaning
- Pleasure





**The ultimate, evidenced-based 5 Star training programme**

Offers many evidence-based programmes to:

- move drivers' mental health from languishing to flourishing
- coach hazard perception skills
- coach car handling skills (in car)
- coach calibration skills

**Flourishing drivers**

are engaged in meaningful activities - experience pleasure and flow feelings - are neither bored nor stressed - are mindful to present moments - have good emotional and impulse control - do not ruminate or mind wander - are assertive but not defensive - are kind, generous, loving - have good relationships – and..

..do not crash!

**Next: Do drivers drive the way they work?**

**PERFORMANCE**

- EXCELLENT
- GOOD
- AVERAGE
- POOR



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[www.nzta.govt.nz/road-safety/young-drivers/](http://www.nzta.govt.nz/road-safety/young-drivers/)

# Thank you!

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