Self-regulation of drivers' activity as a factor of driving reliability

Sviatlana Andryewskaja ;
Olga Izvekova

Author & Article Information

Sviatlana Andryewskaja [a], **Olga Izvekova** [b]

Euphrosyne Poloskaya State University of Polotsk , Novopolotsk, Belarus

   a)   Corresponding author: svetand1953@mail.ru

   b) o.izvekova@psu.by

This study considers self-regulation of drivers' activity as a factor of driving reliability. The study puts forward hypotheses about the existence of a relationship between drivers' self-regulation and reliability of driving, as well as differences in self-regulation between groups of "reliable" and "unreliable" drivers. The indicator of driver reliability is a combination of the following elements: absence of traffic accidents and traffic offense, absence of penalties from the administration, awards and gratitude for professional activity, work experience, drivers' class. The study revealed a statistically significant relationship between the indicator of 'independence' of self-regulation and drivers' class using Spearman's criterion. Using the Mann-Whitney criterion, statistically significant differences were identified between groups of drivers with high and low levels of reliability on the scales of "Planning", "Modeling", "Programming", "Evaluation of Results", "Flexibility" and "General Level of Self-Regulation". The study established statistically significant differences in the "reliability" indicator for groups of drivers with and without encouragement using Fisher's angular transformation. The obtained data can be used for differentiated professional selection of drivers, as indicators of drivers' professional suitability for reliable, accident-free driving, in the work of psychologists of motor transport enterprises. The findings obtained can be applied in the development of methodological support for the system of improving the professional skills of drivers.

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