

STRESS MANAGEMENT TECHNIQUES WHILE DRIVING

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Abstract : This article examines the stress factors that arise during driving and the effective methods for managing them. Stress directly affects the driver's attention, reaction speed, and decision-making ability. Therefore, maintaining psychological stability and developing a culture of safe driving are essential aspects of professional driving competence. The paper analyzes breathing exercises, autogenic training, cognitive regulation, and mindful driving practices as techniques for stress reduction.

Key words: *stress management, driving psychology, emotional control, reaction, safety culture, mindfulness.*

МЕТОДЫ УПРАВЛЕНИЯ СТРЕССОМ ВО ВРЕМЯ ВОЖДЕНИЯ

Аннотация : В данной статье рассматриваются стрессовые факторы, возникающие в процессе управления автомобилем, и эффективные методы их контроля. Стресс напрямую влияет на внимание водителя, скорость реакции и способность принимать решения. Поэтому сохранение психологической устойчивости и формирование культуры безопасного вождения являются ключевыми аспектами профессиональной компетентности водителя. В статье анализируются дыхательные упражнения, аутогенная тренировка, когнитивное управление и тактичное вождение как способы снижения стресса.

Кулучиво слова : *управление стрессом, психология водителя, эмоциональный контроль, реакция, культура безопасности, осознанное вождение.*

AVTOMOBIL BOSHQARISHDA STRESSNI BOSHQARISH METODLARI

Annotatsiya : Ushbu maqolada avtomobil haydovchilari faoliyati davomida yuzaga keladigan stress omillari va ularni boshqarishning samarali metodlari ko'rib chiqiladi. Stress haydovchining diqqat, reaksiya tezligi va qaror qabul qilish qobiliyatiga bevosita ta'sir ko'rsatadi. Shu sababli, psixologik barqarorlikni saqlash, emotsional o'zini nazorat qilish hamda xavfsiz boshqaruv madaniyatini shakllantirish muhim hisoblanadi. Maqolada nafas mashqlari, autogen trening, kognitiv boshqaruv va taktli haydash amaliyotlari kabi stressni kamaytiruvchi usullar tahlil qilinadi.

Kalit so'zlar: *stressni boshqarish, haydovchi psixologiyasi, emotsional nazorat, reaksiya, xavfsizlik madaniyati, ongli boshqaruv.*

Driving is a complex psychophysiological activity that requires continuous concentration, emotional balance, and rapid decision-making. In modern traffic conditions, drivers are exposed to various stress factors, including traffic congestion, aggressive driving behavior, unexpected road situations, and time pressure. Persistent stress during driving can lead to increased anxiety, decreased reaction speed, impaired judgment, and ultimately elevated risk of accidents. Therefore, understanding the psychological mechanisms of stress and implementing effective stress management techniques is essential for ensuring safety and efficiency in road transportation. The issue of stress management in

professional drivers is especially relevant for urban public transport systems, where drivers interact not only with dynamic road environments but also with passengers, schedules, and organizational expectations.

1. Stress Factors in Driving Activities

Driving, particularly in professional contexts such as passenger transportation and freight logistics, requires continuous attention, rapid perceptual processing, and coordinated psychomotor responses. Professional drivers are frequently exposed to stressors originating from both external and internal sources. External stressors include road traffic density, unpredictable behaviors of other drivers, adverse weather conditions, mechanical vehicle issues, scheduling pressure, and interactions with passengers or transport clients. Internal stressors, on the other hand, may arise from fatigue, emotional instability, personal concerns, or lack of experience.

For passenger transport drivers, stressful situations are often associated with managing interpersonal communication, dealing with dissatisfied or aggressive passengers, maintaining punctuality, and following strict transport regulations. Meanwhile, freight transport drivers encounter stress due to long-distance driving, isolation, tight delivery deadlines, and nighttime or multi-hour continuous driving schedules. Both categories of drivers must maintain focus and emotional regulation to prevent errors that could result in serious consequences.

2. Psychological Impact of Stress on Driving Performance

Stress has a direct influence on cognitive processing, reaction time, and decision-making capacity. Studies indicate that heightened stress levels impair working memory and reduce situational awareness, which are critical for anticipating hazardous situations on the road. Furthermore, stress may provoke impulsive behavior, risk-taking, and aggressive driving patterns.

For passenger transport drivers, emotional stress may lead to decreased patience and impaired communication skills, affecting service quality and passenger safety. For freight drivers, prolonged stress contributes to mental fatigue, microsleep episodes, and reduced vigilance, all of which significantly increase accident risk on highways and long-haul routes. Therefore, systematic stress management is essential to preserve both psychological resilience and operational safety.

3. Methods of Stress Management in Driving

A variety of techniques may be employed to regulate emotional and cognitive tension during driving. The most effective strategies include:

3.1 Breathing Regulation Exercises. Controlled breathing techniques help stabilize heart rate, reduce anxiety, and restore cognitive clarity. For example, the "4-4-6 breathing method"—inhale for four seconds, hold for four seconds, exhale for six seconds—has been shown to decrease physiological stress markers.

3.2 Cognitive Self-Regulation. Cognitive strategies involve identifying negative thought patterns (e.g., frustration or fear) and replacing them with rational and goal-oriented self-instructions. Drivers may repeat phrases such as “Stay calm, stay focused” or “I control my pace and decisions” to maintain emotional balance.

3.3 Autogenic Training . Autogenic training includes guided imagery or mental visualization to create a sensation of relaxation. This is especially useful for freight drivers experiencing long-distance isolation. Incorporating short mental relaxation breaks during stops helps restore concentration.

3.4 Mindful Driving Practices. Mindful driving emphasizes present-awareness: observing traffic conditions calmly, avoiding emotional reaction to others’ behaviors, and maintaining smooth vehicle control. This approach reduces aggressive driving tendencies and increases safety.

3.5 Regulated Work-Rest

Scheduling.Both passenger and freight drivers benefit significantly from structured rest breaks, hydration routines, and ergonomic seating adjustments. Preventing overwork reduces fatigue and ensures consistent reaction capacity.

CONCLUSION.Stress is an inevitable component of driving, particularly within the professional fields of passenger and freight transportation. However, its effects on performance, safety, and emotional stability can be effectively managed through scientifically grounded stress reduction methods. Techniques such as controlled breathing, cognitive regulation, autogenic training, mindful driving, and structured rest planning help maintain psychological balance and prevent accident risks. The development of stress management competence should therefore be considered an essential component of professional driver training and continuous qualification development.

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