

Road rage an all-too-common problem in Canada

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EXTRACT

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Based on a variety of polls that have been conducted within the past few years, many motorists say that they have had episodes of extreme anger while driving. In fact, based on a study published in the Canadian Journal of Public Affairs, Toronto drivers often experience road rage more frequently than people in other parts of Ontario.

But Torontonians aren't the only ones who have experienced anger issues out on the road. According to data published by the Toronto Star, nearly 50 percent of Ontario drivers say they've been shouted or cursed at within the past year and one-third of drivers within the province confess that they've engaged in this type of behavior themselves.

Road rage is even more common among Canadians in general. Based on a 2012 survey conducted by Leger Marketing, approximately eight in every 10 drivers said that they engaged in behavior that could be construed as road rage or aggressive driving. There were some differences with respect to men and women, as men were more likely to indicate that road rage was felt by them.

Certain actions behind the wheel are more likely to create feeling of extreme anger than others. For example, according to AOL Autos, Canadian researchers recently analyzed responses from more than 5,600 Canadians, all of whom related experiences they had wherein they felt road rage. The most common offense that respondents said often led to road rage was when people weave in and out of lanes.

How to avoid road rage

While road rage episodes are typically momentary and don't always result in accidents, they have been responsible for a number of local car insurance claims, as drivers who may have avoided an accident had they kept their cool got into a crash after driving aggressively.

With these people in mind, safety experts offer some tips for how drivers can avoid road rage incidents and keeping their wits about them.

Perhaps the most important component is to avoid potential triggers. For example, if a particular route is highly congested and traffic jams cause feelings of frustration, it's likely best to take an alternative route, even if it may be longer.

Something else to keep in mind is how long drivers have been behind the wheel. After sitting for lengthy periods, nerves can become more easily frayed. It may be wise to pull into a rest stop, take a deep breath and stretch out for a bit before continuing on to the intended destination.

Drivers should also be sure not to make a frustrating or stress-inducing situation worse by blowing the horn or yelling. This will only exacerbate the issue, resulting in tense feelings and hasty actions.

