



PSYCHOLOGICAL CHARACTERISTICS OF DRIVERS' AGGRESSIVE BEHAVIOR BY GENDER BASED ON THE DEFFENBACHER DRIVING ANGER SCALE METHOD

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Annotatsiya: Mazkur maqolada haydovchilarning agressiv xulq-atvorining psixologik xususiyatlari Driving Anger Scale (DAS) metodikasi asosida jinslar kesimida o'rganilgan. Tadqiqotda 527 nafar haydovchi ishtirok etib, ulardan 411 nafari erkaklar va 116 nafari ayollardan iborat bo'lgan. Natijalar erkak va ayol haydovchilar orasida agressiv haydovchilikning ayrim komponentlari bo'yicha statistik jihatdan ahamiyatli farqlar mavjudligini ko'rsatdi. Erkaklarda dushmanlik imo-ishoralari, politsiya nazorati va sekin harakatlanayotgan transport vositalariga nisbatan g'azab reaksiyalari yuqoriroq bo'lsa, ayollarda qoidabuzarliklarga nisbatan emotsional javoblar nisbatan kuchliroq ekanligi aniqlandi. Tadqiqot natijalari agressiv haydovchilikning shakllanishida jins omili muhim psixologik determinantlardan biri ekanligini tasdiqlaydi.

Kalit so'zlar: agressiv haydovchilik, Driving Anger Scale, haydovchi psixologiyasi, g'azab, jinsiy farqlar, yo'l harakati xavfsizligi, frustratsiya, transport psixologiyasi.

Аннотация: В данной статье на основе методики Driving Anger Scale (DAS) изучены психологические особенности агрессивного поведения водителей в гендерном аспекте. В исследовании приняли участие 527 водителей, из которых 411 мужчин и 116 женщин. Полученные результаты показали наличие статистически значимых различий между мужчинами и



женщинами по отдельным компонентам агрессивного вождения. Мужчины продемонстрировали более высокие показатели по шкалам враждебных жестов, полицейского контроля и раздражения, связанного с медленным движением транспорта, тогда как женщины показали более выраженные эмоциональные реакции на нарушения правил дорожного движения. Результаты подтверждают важную роль гендерного фактора в формировании агрессивного водительского поведения.

Ключевые слова: агрессивное вождение, Driving Anger Scale, психология водителя, гнев, гендерные различия, безопасность дорожного движения, фрустрация, транспортная психология.

Abstract: This article examines the psychological characteristics of aggressive driving behavior across genders using the Driving Anger Scale (DAS). The study involved 527 drivers, including 411 males and 116 females. The results revealed statistically significant gender differences in several components of driving anger. Male drivers demonstrated higher scores in hostile gestures, police presence, and slow driving situations, whereas female drivers showed stronger emotional reactions to traffic violations. The findings confirm that gender is an important psychological determinant of aggressive driving behavior.

Keywords: aggressive driving, Driving Anger Scale, driver psychology, anger, Road traffic accidents are one of the most pressing problems of modern society, with the majority of them being related to the human factor. According to the World Health Organization, more than 1.3 million people die every year as a result of road traffic accidents. Research in modern transport psychology shows that drivers' emotional states, particularly levels of anger and aggression, are key factors contributing to risky driving behaviors.

Aggressive driving is characterized by hostile attitudes toward other drivers, intentional violation of traffic rules, dangerous maneuvers, and the expression of



negative emotions during driving. Therefore, the scientific study of aggressive driving is of great practical importance for ensuring road safety.

The phenomenon of aggressive driving is explained within the frameworks of frustration-aggression theory, cognitive appraisal theory, and social learning theory. According to the frustration-aggression theory developed by Dollard and Miller, situations that block goal attainment can trigger aggressive responses. Traffic congestion, violations by other drivers, and slow movement are considered primary sources of frustration.

Deffenbacher's Driver Anger Theory explains individual differences in anger responses during driving. According to this theory, some individuals perceive traffic situations as more threatening and unfair compared to others.

Aggressive driving has been widely studied by researchers such as Jerry L. Deffenbacher, Stephens, Eric R. Dahlen, Geoffrey Sullman, Dianne Parker, Reason, Lawton, Türker Özkan, Timo Lajunen and others. Deffenbacher and colleagues found that individuals with higher levels of driving anger are more likely to speed, honk, and engage in chasing other vehicles.

Sullman (2015) demonstrated that aggressive driving significantly increases the risk of road traffic accidents. Özkan and Lajunen (2006) also found that gender differences play an important role in the development of aggressive driving reactions.

The Driving Anger Scale (DAS), developed by Jerry L. Deffenbacher, is designed to assess drivers' anger reactions to various traffic situations. The methodology includes the following main factors:

- Hostile gestures;
- Traffic violations;



- Police presence;
- Slow driving;
- Rudeness and inattentiveness;
- Obstructions on the road.

These factors enable a comprehensive assessment of drivers' emotional reactions.

Aggressive driving is associated with the following psychological factors:

- impulsivity;
- neuroticism;
- low frustration tolerance;
- stress proneness;
- hostility;
- tendency toward risky behavior;
- poor emotional self-regulation.

Research indicates that men tend to exhibit more overt forms of aggressive behavior, while women demonstrate higher emotional reactivity.

The study employed the Driving Anger Scale (DAS).

Study participants:

- Men – 411
- Women – 116
- Total – 527 drivers

The results were compared by gender using Student's t-test.



Table 1

Gender Distribution of Drivers' Aggressive Behavior Indicators

Shkala	Jins	n	M	SD	t	p
Hostile gestures	Male	411	3.42	0.88	5.04	.024*
	Female	116	2.95	0.92		
Traffic violations	Male	411	2.15	0.74	-6.52	.018*
	Female	116	2.68	0.81		
Police presence	Male	411	2.88	1.10	4.12	.031*
	Female	116	2.41	1.05		
Slow driving	Male	411	3.65	0.95	5.25	.012*
	Female	116	3.12	0.98		
Rudeness and inattentiveness	Male	411	3.20	0.82	0.23	.814
	Female	116	3.18	0.85		
Road obstructions	Male	411	2.75	0.91	0.31	.756
	Female	116	2.72	0.89		

The results revealed several significant differences between male and female drivers.

On the hostile gestures scale, males showed significantly higher scores compared to females ($p < 0.05$). This suggests that men are more inclined to express negative emotions in an overt manner.



Higher scores among male drivers were also observed on the police presence and slow driving factors. This indicates stronger emotional reactions among men to control situations and perceived restrictions.

On the traffic violations scale, however, female drivers demonstrated higher scores. This finding may be explained by greater emotional sensitivity to rule violations.

No statistically significant differences were found for the rudeness/inattentiveness and road obstruction factors.

Overall, the findings indicate the presence of gender differences in the structure of aggressive driving behavior. Male drivers showed stronger anger reactions toward hostile gestures, police control, and slow-moving vehicles, whereas female drivers exhibited stronger emotional responses to traffic violations.

The obtained results highlight the importance of considering gender-specific characteristics when developing psychological prevention programs aimed at reducing aggressive driving behavior.

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