

# **ILE MULTIDISCIPLINARY JOURNAL**

**VOLUME 1 AND ISSUE 2 OF 2022**

**INSTITUTE OF LEGAL EDUCATION**



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JOURNAL

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**Volume 1 and Issue 2 (Access Full Issue on – <https://mj.iledu.in/category/volume-1-and-issue-2-of-2022/>)**

**Publication Month – August, 2022 (For the Semi-Annual of July to December)**

### **Publisher**

Prasanna S,

Chairman of Institute of Legal Education (Established by I.L.E. Educational Trust)

No. 08, Arul Nagar, Seera Thoppu,

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## ROAD RAGE: THE CONTRIBUTING FACTORS LEADING TO AGGRESSION

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Best Citation - Ms. Sakshi & Ms. Stuti Narula Markan,

ROAD RAGE: THE CONTRIBUTING FACTORS  
LEADING TO AGGRESSION, 2 ILEMJ 1, 2022.

### ABSTRACT

Road rage deserves the attention of drivers, regulators and road researchers as it is a serious problem and it refers to the anger of drivers when they encounter situations that cause distress. Anger like traffic jams, passing bystanders, horns and flashing headlights. When angry, drivers can engage in dangerous driving behaviours that can lead to accidents. The research includes a definition of road rage, an introduction and an evaluation of research methods. A research gap on aggressive driving experiences in Indian environments highlights the need to address this growing concern among individuals, society and mental health professionals. When drivers are hit by the high beams of oncoming vehicles, they sometimes get angry and chase or insult the other driver, flashing their high beams in retaliation, or driving into the opposite lane and blocking the vehicle. Is going. When hit by the high beam of the vehicle behind, the driver sometimes blocks the vehicle's front or uses other means to interrupt its movement. Furthermore, more than half of road rage incidents are found to be caused by the illegal use of high beams on rural roads or highways. In addition, most incidents are caused by the high ground clearance of an oncoming car. Most of the people involved in these cases are young men. Finally, strategies to avoid serious injury in such incidents were discussed.

**Keywords:** Road rage, Illegal use of high beams, Incident, Anger Triggers, Driver's Behaviour

### I. INTRODUCTION

Road Rage is aggressive or angry behaviour by road vehicle drivers. These behaviours include rude and offensive gestures, verbal insults, physical threats or unsafe driving methods directed at other drivers or non-drivers such as pedestrians or cyclists to intimidate or relieve frustration. Road rage can lead to scuffles, assaults, and collisions that result in serious injury or even death. Strategies include stretching, swapping, tail cutting, and trying to fight. The term originated in the United States in the years 1987-1988 from the anchors of KTLA, a television station in Los Angeles, California, when a series of highway shootings occurred on several freeways and far away. Federal Highway in Los Angeles. These shootings even prompted a response from the AAA Motor Club to its members on how to respond to motorists who engage in road rage or aggressive actions and gestures. The National Highway Traffic Safety Administration<sup>1</sup> defines road rage as when a driver "commits moving traffic offences so as to endanger other persons or property; an assault with a motor vehicle or other dangerous weapon by the operator or passenger of one motor vehicle on the operator or passengers of another motor vehicle".<sup>1</sup> According to a study by the AAA Foundation for Traffic Safety that examined police records across the country, an average of more than 1,200 road crashes are reported each year in the United States. Many of these incidents resulted in serious injury or even death. This rate increased every year during the six years of the study. Several studies have shown that people with rage are predominantly male (average age 33) and 96% are male.

### II. WHAT IS ROAD RAGE- MEANING?

When road rage breaks out, it always begins with an expression of anger, and so these incidents raise the question: why? What causes anger and how does it lead to road rage? One of the sources of conflict between car drivers and cyclists comes from competition around the limited resource use of road space. Another source of anger is the inevitable feeling of limitation that drivers feel. In his "Bike Rage" article, Charles Montgomery writes:

<sup>1</sup><https://one.nhtsa.gov/people/injury/research/aggdrivingenf/pages/introduction.html>

"The driving experience favours car drivers for the downtrodden. They are conditioned by popular culture to see cars as symbols of freedom, but city driving is an idle trap that makes drivers are subject to constant restrictions on mobility Drivers are prevented from enjoying the promises of mobility by traffic lights, congestion - and yes, by cyclists - and they suffer from a natural desire to get out and move on, but are unable to do so. In fact, several factors influence driver anger; psychologist Dr Leon James identified fifteen sources of anger while driving, including limitations: "Being prevented from moving forward when you expect disappointment, accompanied by anxiety, and an intense desire to get rid of these restrictions.

### III. HOW DOES ANXIETY PROMPT DRIVERS?

This anxiety causes the driver to make risky or aggressive movements to reverse or move forward.

A. Regulations: Regulations of behaviour "feel like an imposition and arouse a tendency in many people to rebel, then cause them to ignore regulations that seem wrong or inconvenient."

B. Lack of personal control: "Lack of personal control over traffic events is irritating and often leads to venting at anyone nearby."

C. In critical condition: "Close calls and unpleasant incidents of hostility" lead to "physiological stress, as well as many negative emotions - fear, resentment, rage, feelings of helplessness and depressed mood".

D. Ventilation: Anger being vented "feels like an overflow of energy. This feeling of seduction is short-lived and is accompanied by an angry stream of thoughts that impair our judgment and cause us to act rashly and dangerously.

E. Unpredictability: "Streets and highways create a dramatic, dangerous, and uncertain environment." This anxiety causes the driver to make risky or aggressive movements to reverse or move forward.

F. Regulations: Regulations of behaviour "feel like an imposition and arouse a tendency in many people to rebel, then cause them to ignore regulations that seem wrong or inconvenient."

G. Lack of personal control: "Lack of personal control over traffic events is irritating and often leads to venting at anyone nearby."

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As we saw in the incident in which the SUV driver ran down the cyclist, the encounter began with the driver venting his anger at the cyclists on the road. But as we also saw, after venting his anger, the driver continued on his way down the road. It would have ended there, but something happened to further transform the driver's vented anger into road rage: the cyclist chose to engage with the driver, motioning for the driver to come back. The cyclist had signalled his desire to continue the conflict, and the driver readily accepted the invitation—and that ended badly, and could've been even worse.<sup>2</sup>

### IV. ROAD RAGE SAFETY TALK: CONTRIBUTING FACTORS TO MOTOR VEHICLE ACCIDENTS

Year after year, road accidents top the list of causes of death in the workplace. Outside of work, they take tens of thousands of lives every year. According to the National Highway Traffic Safety Administration, there were approximately 6.3 million motor vehicle accidents reported to police in the United States in 2015. Motor vehicle crashes were the leading cause. Workplace injury according to the Bureau of Labour Statistics. In 2013, road traffic accidents contributed to 40% of all workplace deaths.

There can be a multitude of factors that contribute to a traffic accident. A single unsafe act or unsafe condition can be enough to cause an accident. Usually, a number of dangerous behaviours and conditions lead to traffic accidents. A common dangerous behaviour is engaging in "road rage" activities. Everyone has heard of the term road rage and probably most people have experienced it while driving. The National Highway Traffic Safety Administration defines road rage as when a driver "breaks a traffic law while in motion endangering others or property; The driver or

<sup>2</sup> <https://www.bicyclelaw.com/road-rights-what-is-road-rage/>

passenger of another motor vehicle assaults with a motor vehicle operator's dangerous weapon or another dangerous weapon. Road rage is defined differently from aggressive driving by emphasizing that road rage involves driving a vehicle in a manner that intentionally endangers others.

#### V. IS ROAD RAGE A CRIME?

By now almost everyone has heard of sugar rage. Incidents are displayed on the bulletins all the time. It's also common to pick up a newspaper or go online and read about a road rage encounter. Many said they had experienced road rage. However, despite the increased media attention, there are many misconceptions and misinformation spread about this phenomenon that is happening every day on our roads and highways. America. For example, most people don't know the difference between aggressive and angry driving on the road. I don't even know if it's considered a crime.

While both involve dangerous driving practices, road rage is not the same as aggressive driving. Aggressive driving occurs when a person commits one or more traffic violations while moving, endangering other drivers or their property. These violations can include speeding, swerving, abrupt lane changes without warning, tailgating other drivers, and failure to follow the right-of-way. They can all result in fines, but they are not road rages. Road rage is the act of using your car as a weapon to take revenge on other drivers in different ways. Murderous acts on the road include:

- The rear of a vehicle is dangerously close to or hitting another vehicle's bumper
  - Braking suddenly in front of another vehicle
  - Long honking to harass another driver
  - Forcing another driver onto the road
  - Leaving your vehicle with the intention of injuring another driver
- what these road weapons and others have in common is that they involve an intentional and wilful act or acts designed to harm other drivers. Road rage is rarely triggered by a single event. Instead, it is often the result of a range of stressors, some of which have nothing to do with driving. Drivers may worry about work, financial or relationship

problems. Stress leads to aggressive driving, which escalates into road rage due to the actions of another driver.

#### VI. DIFFERENCE BETWEEN AGGRESSIVE DRIVING AND ROAD RAGE

The biggest difference between aggressive and angry driving on the road is how the law treats it. Aggressive drivers can be fined for traffic violations. You pay your fine. You get a point or two on your driving record. Your car insurance premiums may even go up. But that's all. Road rage is considered an offence because the driver engaged in it intends to cause harm. You can go to jail. You can pay expensive fines. In the worst case, you could be blamed. <sup>3</sup>The problem with road rage, and a major reason for ignorance about it, is that laws vary from state to state. Almost all states consider road rage a crime. But not all have laws that forbid raging on the road and prescribe specific penalties for it. If you're not sure about your state, check out the DMV's website or search online for your state's road rage. In states that do not have road rage laws, aggressive behaviour and violence are often punished under a different law. For example, the state of California - where there are no road rage laws - generally punishes road rage cases under the following laws:

- A. An unlawful attempt to injure any another person.
- B. Attack with a deadly weapon. Attack with a tool with enough force to cause serious bodily harm.
- C. Any intentional and unlawful use of force or violence against another person.
- D. Hit and run. Leave the scene of the accident without communicating with the other driver.
- E. Dangerous driving. Drivers knowingly or without reason drive without regard for the safety of others or their property.
- F. Threats of crime. Make any oral, written, or electronic communication that causes fear in others for their safety or that of their immediate family. The penalties for breaking these laws vary depending on whether the conviction is a misdemeanour or felony. These may include fines, imprisonment, or both.

<sup>3</sup> Herrero-Fernández, D. (2011). Psychometric adaptation of the Driving Anger Expression Inventory in a Spanish sample:

Differences by age and gender. Transportation Research Part F Traffic Psychology & Behaviour, 14(4), 324–329.

## VII. TIPS TO AVOID ROAD RAGE

- A. Give yourself time to get where you are going. If you're frustrated, take some time to calm down before getting behind the wheel.
- B. Be patient with slow drivers or people who seem to get in your way.
- C. Don't use threatening hand gestures.
- D. Do not follow each other.
- E. Don't lean on your horns - even if you're frustrated.
- F. Never stop to confront other drivers. If another driver is aggressive towards you:
- G. Change lanes or slow down gradually to create space between the two of you. Get off the freeway if necessary.
- H. Do not make eye contact or respond to other drivers.
- I. Do not stop or stop on the side of the road.
- J. If another driver is following you, lock the door and drive to the nearest police station. Drive carefully, be polite to other drivers, and don't drive when angry or upset. When your vehicle needs professional bodywork, take it to the experts at Fix Auto. We'll fix it the first time and put a smile on your face.

## VIII. LIABILITY FOR A ROAD RAGE INCIDENT

Road rage incidents are commonly brought about each attack and battery. Assault is essentially setting someplace in worry of straight away being harmed, battery is largely simply undesirable touching. If a person acts aggressively toward you and attempts to harm you the use of their car or their body, attack and battery have each occurred. Assault and battery are each crime. That method that the culprit may be criminally prosecuted with the aid of using the country. For that to happen, you will want to realize who the man or woman became who attacked you is, and you will want to press charges. Once that occurs, the country is the only one going after them, now no longer you. You will be known as

a witness even though every other proof or witness that you can deliver will be very helpful. <sup>4</sup>A sufferer can nevertheless obtain restitution in a crook proceeding. That quantity could basically be what are noted as "unique damages." Your repayment could essentially be any clinical bills or misplaced wages that you can display had been an immediate end result of the street rage incident. Keep in thought that which will win in a crook trial, the country needs to be capable of showing that the defendant is responsible past an inexpensive doubt. That is a completely excessive standard, so except you've got a slam-dunk case, you could by no means get better something from the crook action.

What's really great is that assault and bodily harm are also "intentional misdemeanours". Torture is torture; it's something that can activate a civilian suit. Most shirts fall into a category known as negligence. When a person is not reasonably careful and their actions cause injury to another person, the law requires the person who caused the injury to pay compensation. People always win cases where the defendant intentionally did nothing wrong, they just weren't careful enough. Because the attack and the pin are both intentional, they can be even easier to win as long as you have proof that they happened. In a civil case, the burden of proof is much lower, it is called "the superiority of evidence". Essentially, this means that the jury must simply believe there is more than a 50% chance that the defendant did. Once you prove them to be at fault, you can not only claim general damages in the event of negligence like a car accident, but you can even claim damages for assault and bodily harm. Bodily harm is an intentional misdemeanour. General damage includes emotional harm and pain and suffering. These can quickly become expensive. Compensatory damages exist not to compensate plaintiffs for the damages they have suffered, but as an additional penalty to prevent future wrongdoing by the defendant.

If someone lets their anger get better and chooses to physically hurt you, there are bound to be consequences. You can choose to file a complaint at the same time as filing a

<sup>4</sup> Mann, R. E., Zhao, J., & Stoduto, G. (2005). Is Road Rage Increasing? Results of a Repeated Survey. *Journal of Safety Research*, 36(2).

civil action against them. Unfortunately, it can be difficult to collect many of them, because chances are if they're stupid enough to attack someone on the side of the road, they might be too stupid to have a lot of perks. Most auto insurance will not cover the wilful act of the insured, even if the wilful act involves the vehicle they are insuring. This will leave you looking for other ways to collect directly from the violent violator. If you have been the victim of a road rage incident, consult with a personal injury lawyer right away about your rights and the available remedies.

#### **IX. CONCERNED OVER ROAD RAGE, PARLIAMENTARY PANEL ROOTS FOR STRICTER MOTOR VEHICLE LAW**

A parliamentary panel has recommended that the Centre immediately consider changes to the Motor Vehicles Act provisions to control incidents raging on the roads. The parliament's standing committee on petitions, headed by Prabhat Jha, issued a report in the Rajya Sabha calling on the government to immediately tackle the problem of sugar victims. The Commission said there was a need to review the existing provisions of the Motor Vehicles Act for violent offences on the road, in addition to making the necessary changes to the IPC so that road safety issues this nature arose from the angry steering wheel on the tested road.

#### **PANEL CONCERNED OVER ROAD RAGE: THINGS TO KNOW**

A. Parliamentary committee presents nine-point sutras for road rage control. Recommendations include meditation classes for police officers and the introduction of road rage prevention programs in schools and colleges.

B. Other measures include strict enforcement of applicable traffic laws and regulations, increased penalties and penalties for road rage, and gun ownership regulations for those who are not allowed to carry one. Firearms, including strict criminal provisions for violations and mandatory road training. Rabies management involves licensing, driver training and publishing a road rabies handbook.

C. The report of the Committee of the National Assembly recommends: "appropriate punitive measures to

ensure that traffic rules are strictly observed and to limit incidents on the roads".

D. The panel further recommended "strict regulations including criminal provisions for gun possession by persons who are not authorized to carry a firearm in their vehicle to verify its abuse in cases of road rage".

E. The parliamentary committee declared that it was not necessary to have a separate law but that the existing law should be amended. The Standing Committee on Parliamentary Claims has also said the issue of street anger requires a different approach.

F. "Given the state of the roads, traffic, density, licentious behaviour of some and poor enforcement of existing laws, it may not be advisable to draft a separate law. Instead, a separate chapter may be added to the Road Transport and Safety Bill pending passage in Congress," the council said: by motorists or occupants of a moving vehicle has been increasing in recent times. There have been a number of road rage incidents in which guns kept in vehicles were used to attack or even shoot at the other side. Right from rich brats driving Audis and Mercedes to auto rickshaws and truck drivers, no one seems to like anyone else on their road," the panel observed.

G. Interestingly the committee found that road rage has some linkage with Insurance claims as well. Given the policies of insurance companies, if a person claims even a small amount, say Rs 500, he will lose the benefit of no claim bonus during the next year.

#### **X. METHODS TO PREVENT ROAD RAGE**

A. **Education:** Many public and private organizations have launched educational campaigns to teach drivers about their own behaviour and how to deal with aggressive behaviour from other drivers. For example, educational campaigns have been developed by government agencies such as the National Highway Traffic Safety Administration, the National Safety Council, and the AAA Foundation for

Traffic Safety. <sup>5</sup>Driver training may be required for all potential license holders or to rehabilitate traffic violators. Off-road or defensive driving shows may focus more specifically on including segments about aggressive driving. Also, many of these programs are voluntary. <sup>6</sup>The National Highway Traffic Safety Administration funded the Smooth Operator project in the Washington National Capital Region. This includes a public awareness campaign with the distribution of educational materials, self-exams, and public service announcements.

**B. Increased Enforcement:** Increased law enforcement is another method to combat road rage at the regional, state, and city levels. Common methods of enforcement include the use of unbranded cars, plainclothes police, helicopters, aeroplanes, video cameras, motorcycles, radar and other vehicles. Pooling resources across jurisdictions seems to be an effective strategy. One such cross-sector effort, the "Smooth Executives" campaign, involved 15 separate organizations in Maryland, Virginia, and the District of Columbia.

**C. Self Help Methods:** Self-help methods, using a variety of vehicles, are intended to help drivers improve their driving awareness, reduce their personal stress levels and thus avoid aggressive driving. Self-help methods include tape recording; books; seminars; anger management courses; surveys and self-examination

**D. Increased Penalties for Offenders:** Legislation enacted in 1998 to address aggressive driving focused primarily on defining it as an act distinct from reckless driving and most bills included provisions for crimes and their punishments. These include higher fines, mandatory driver education and training programs, and penalty points awarded for driving licenses. Mandatory imprisonment, loss of license and insurance have also been proposed in some states. Finally, many states also allow law enforcement officials to send warning letters and radar camera photos to violators.<sup>7</sup>

## XI CONCLUSION

Road rage is aggressive behaviour by a vehicle operator towards other vehicle drivers or pedestrians on the road. It can be offensive or vicious language, threats, abuse, verbal insults, physical threats and also the display of weapons in some cases. Such behaviour could lead to a violent confrontation or a fatal accident, in addition to causing emotional damage to the victim and their families. Even aggressive and irresponsible driving by a driver is part of road rage. Statistics suggest that 63% of all road deaths are due to incidents on the road and almost 37% of incidents involving firearms. There is an alarming trend of young people under the age of 20 engaging in street fights. The responsibility for maintaining public order and road traffic safety rules rests with the relevant authority, but road rage is also a problem stemming from the change in the social structure of society. Increasing stress levels and a lack of communication often cause a person to become aggressive and violent, which they display on the road by insulting and hurting other drivers or pedestrians. Measures such as psychological support for students or staff in stressful situations as well as emotional support for our children with depression will greatly reduce the incidence of road rage.

The phrase "aggressive driving" emerged in the 1990s as a label for a type of dangerous behaviour on the road. This category includes following too closely, speeding, crossing traffic, running red lights and signs, and more. Aggressive driving sometimes escalates into angry gestures or yelling at other drivers, confrontation, physical assault, and even murder; "Road Rage" is a trademark that appears to describe angry and violent behaviour at the end of aggressive driving behaviour. NHTSA defines aggressive driving as "driving a motor vehicle in a manner that endangers or is likely to endanger persons or property." One important difference is that aggressive driving is a traffic violation, while road rage, in addition to shouting and taunts, is also a criminal offence. Since the advent of motor vehicles, and most likely since the beginning of automobiles, people have reported occasional

<sup>5</sup> AA Foundation for Traffic Safety. Preventing Road Rage: Anger Management for Drivers: Videocassette. 1998

<sup>6</sup> James, L., & Nahl, D. (2000). Road Rage and Aggressive Driving: Steering Clear of Highway Warfare. Driver Education.

<sup>7</sup> <https://www.defensivedriving.org/dmv-handbook/avoiding-road-rage-12-ways-you-can-escape-aggressive-driving/>



behaviours on the road that we now call driving. Aggressive. Anyone who has spent more than a few hours in a car has experienced the rudeness of other drivers. Until the last decade of the 20th century, most motorists were comfortable knowing that aggressive driving behaviour was infrequent and typical and that aggressive confrontational behaviours were quite rare. Beginning in the 1990s, however, a steady stream of news stories captured the public's attention and elevated them to a national issue that was previously seen as crude and sometimes bizarre behaviour. Human monster.