



A STUDY TO ASSESS THE AWARENESS, PRACTICE AND PERCEPTION TOWARDS ROAD SAFETY RULES AMONG YOUNG ADULTS AT SELECTED COLLEGE, ERNAKULAM DISTRICT

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ABSTRACT

A descriptive study was done to assess the awareness, practice and perception towards road safety rules among young adults at selected college, Ernakulam District, Kerala. The objectives of the study were to assess the awareness, practice and perception towards road safety rules among young adults at selected college. The study design used is descriptive survey design. The study was conducted in St. Peters College, Kolenchery. The sample size was estimated and was 150 young adults. Permission from the authorities was obtained and data collection was done among 150 young adults from a selected college in Ernakulam district. The data was collected from the subjects by using structured awareness questionnaire on road safety rules, structured practice questionnaire and road safety perception scale. The data analysis was done using descriptive and inferential statistics like percentage, frequency, mean and standard deviation. The results revealed that more than half of the subjects (76%) had average awareness whereas 22.66% had good awareness and only 1.33% had poor awareness on road safety rules with mean awareness score of 13.03. 72.66% of sample had good practice, 26.66% had average practice and only 0.66% had poor practice of road safety rules with mean practice score of 53.63. 55.33% of sample had high perception, and 44.66% had low perception on road safety rules with mean perception of 60.35. The level of significance p value was found to be less than 0.001.

Key words: Awareness, Practice, Perception, Road Safety Rules, Young Adults.

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INTRODUCTION

Road traffic accidents (RTAs) are considered as one of the important public health problem around the world according to the Global Status Report on Road Safety- 2009, over 1.2 million people die each year on the roads worldwide and between 20-50 million suffer non-fatal injuries [1]. Road traffic accidents are the 8th leading cause of death globally, and the principle cause of mortality in young people aged 15-29 years, and expected to be the 5th leading cause of death by 2030 unless urgent action is taken. [2]

The awareness on road safety and its practice is imperative in averting RTA's cause of death among young

adults. The epidemiological study on Road Traffic accident cases says that the RTAs are one among the top five causes of morbidity and mortality among the South East Asian countries [3]. Nearly 4 lakh road accidents occur in India every year. The rate of road accidents is at its height in India. In Kerala every year 4000 people lose their lives due to road accidents and about 40,000 people sustain injuries. Ernakulam district has topped the districts with 5,976 accidents, followed by Thiruvananthapuram with 5,608 accidents and Thrissur with 4,444 accidents. In fatalities, Thiruvananthapuram is on top with 496 deaths, Ernakulam in second place with 440 deaths, followed by Kollam (435) and Thrissur (422) in the year 2018 [4].



Most of the victims fall in the productive age group of 18 to 40 years. Road accidents are the number one killers on our roads. Nearly 1.5 lakh people die on Indian roads every year. That is equivalent to wiping out the entire population of some countries.[5]

A number of these risks of road accidents are elevated among young road users, including among pedestrians, and drivers and passengers of both cars and motorcycles. When road safety products are utilized correctly or efficiently, they can help save lives, prevent accidents and injuries, and keep a society functioning in the most optimal way [6].

Road safety products help in the smooth flow of traffic by providing relevant information on traffic jams, speed limits on different kind of roads, the presence of 'go-slow' zones, diversions etc. It ensures discipline on the roads by laying down rules and regulations and penalising and punishing the deviants [7]. It also help in the guiding and educating people on how to use the roads and stay safe. Educated road users conversant with traffic signals are significant contributors to the smooth flow of traffic on the roads. [8] The purpose of this study is to assess the

awareness, practice and perception towards road safety rules among young adults.

METHODS

The research approach adopted for the study was quantitative approach and the design was descriptive analytical design. 150 undergraduate young adults in the age group of 18-21 years were selected using convenient sampling technique which is a non-probability sampling method. Data was collected using Demographic proforma, Structured awareness questionnaire, Structured practice questionnaire, Structured perception scale. Validity of the tool was assessed by giving the tool to 3 experts in the nursing field. Modifications were done as per the suggestions given by the experts. Obtained permission from the authorities and informed consent was taken from the students. Pilot study was conducted among 30 students to check the feasibility and practicability of the study. The study was found to be feasible. The data was tabulated and analysed using differential and inferential statistics like percentage, mean, standard deviation.

RESULTS

Table 1: Frequency and percentage distribution of demographic variables of young adults (n=150)

Demographic variables		Frequency(f)	Percentage (%)
Age (in years)	17-18	51	34
	19-20	71	47.3
	21-22	28	18.7
Gender	Male	86	57.3
	Female	64	42.7
Family income	Below Rs.50,000	91	60.7
	Rs.50,000-75,000	23	15.3
	Rs.80,000-1,00,000	15	10
	Above Rs. 1,00,000	21	14
Type of family	Nuclear	138	92
	Joint	12	8
Area of residence	Urban	32	21.3
	Rural	118	78.7
Type of vehicles used	Two wheelers	110	73.3
	Four wheelers	3	2
	Both	37	24.7
Possess a driving license	Yes	61	40.7
	No	89	59.3
Age when you started driving vehicle(in years)	<=12	2	1.3
	13-17	59	39.3
	18	89	59.3
Previous history of road traffic accidents	Yes	23	15.3
	No	127	84.7
Previous exposure to educational session on road safety rules	Yes	102	68
	No	48	32



Table 2.1: Frequency and percentage of subjects according to their awareness on road safety rules (n = 150)

Variables	Frequency	Percentage (%)	Mean ± SD
Poor (≤ 8)	2	1.33	13.03 ± 1.95
Average (9 – 14)	114	76	
Good (15 – 20)	34	22.66	

The above table depicts that more than half of the sample (76%) had average awareness where as 22.66% had good awareness and only 1.33% had poor awareness. The mean awareness score was 13.03 with a standard deviation of 1.95.

Table 2.2: Frequency and percentage of subjects according to their practice on road safety rules

Variables	Frequency	Percentage (%)	Mean ± SD
Poor (≤ 30)	1	0.66%	53.63 ± 8.42
Average (31 – 49)	40	26.66%	
Good (50 – 68)	109	72.66%	

The above table depicts that more than half of the sample (72.66%) had good practice, 26.66% had average practice and only 0.66% had poor practice. The mean practice score was 53.63 with a standard deviation of 8.42.

Table 2.3: Frequency and percentage of subjects according to their perception on road safety rules (n=150)

Variables	Frequency	Percentage (%)	Mean ± SD
Low (40 – 59)	67	44.66%	60.35 ± 7.28
High (60 -80)	83	55.33%	

The above table depicts that 55.33% of sample had high perception, and 44.66% had low perception. The mean perception score was 60.35 with a standard deviation 7.28.

DISCUSSION

In this study, majority of the subjects belong to the age group of 19 - 20 years (47.3%). Majority were males (57.3%), most of the subjects had family income below Rs.50,000 (60.7%). With regard to the type of family, majority live in nuclear family (92%) and most of the young adults reside in rural area (78.7%). Most of the young adults possess two wheelers (73.35%), 2% owns four wheelers whereas 25% have both forms of vehicles and most of them do not possess a driving license (59.3%).

Majority of the young adults started driving vehicle at the age of 18(59.3%), related to previous history of road traffic accidents, 84.7% had no previous history and maximum subjects had a previous exposure to educational session on road safety rules (68%). In this study, we found that more than half of the subjects, 76% had average awareness level on road safety rules, 72.66% of sample had good practice of road safety rules and 55.33% of sample had high perception on road safety rules. The findings of the study are supported by another study that evaluated knowledge and practice of road safety rules and regulations among secondary school students, Pokhara. A descriptive cross sectional study design were used to conduct the study. Non-probability quota sampling technique was used to select 240 respondents from 800 students of class 11 and 12 from Pokhara Secondary School. Self-administered questionnaire were used to collect the information from respondents. The obtained data were entered on SPSS 16 version program and analyzed and interpreted using descriptive and inferential statistics. The findings revealed that more than half (59.2%) of the respondents had moderately adequate

knowledge. Nearly three-fourth (70.4%) of the respondents had average practice as a pedestrian and 75.7 percent of the respondents had average practice as a driver. Only 7.5% of the respondents were exposed to road traffic accident and high speed was the main cause of accident. More than three quarter (75.7%) had always driven vehicles without license. There were significant association ($p=0.034$) between the faculty of respondents (science and management) and level of knowledge of respondents on road safety rules and regulations. The study concluded that moderate level of knowledge and average level of practice exist among secondary school students as both drivers and pedestrians regarding road safety rules and regulations.

CONCLUSION

A study was conducted to assess the awareness, practice and perception towards road safety rules among 150 young adults of St. Peter's College, Kolenchery. The findings revealed that more than half of the subjects (76%) had average awareness whereas 22.66% had good awareness and only 1.33% had poor awareness on road safety rules with mean awareness score of 13.03. 72.66% of sample had good practice, 26.66% had average practice and only 0.66% had poor practice of road safety rules with mean practice score of 53.63. 55.33% of sample had high perception, and 44.66% had low perception on road safety rules with mean perception of 60.35. The study concluded that majority of the population had average awareness level, good practice and high perception towards road safety rules.



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