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Seat Belt Compliance and Quality of Life among Educated Young Adults in an Urban University

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Abstract

Driving, as an instrumental activity of daily living has a positive influence on individual health-related quality of life. A success driving performance will depends on credible drivers, optimum vehicles condition and smart road design. The successful collaboration in between human, machine and environment should encompass two ways 'communication'. However, 95% of road traffic accident was due to human errors. The purpose of this study is to investigate the seat belt compliance and quality of life among educated young adults in an urban university. Perhaps, this findings could be used to educate young drivers in the future.

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Keywords: Seat belt compliance; young adult; quality of life

1. Introduction

The main function of road transport system is to help and improve people mobility from one place to another. However, this system comes with a significant risk. The most common risks that related with this system is for

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definite; road traffic accident.. Injury and death resulting from road traffic collisions is a great health problem worldwide. According to Royal Malaysia Police annual report, there were more than 6,000 killed and over 25,000 recorded injuries yearly for the past 7 years. These road injuries and fatalities have become a great concern for Malaysian government. This scenario may due to rapid development in Malaysia (Mohamad Ghazali Masuri, Akehsan Dahlan, Ajau Danis, & Khairil Anuar Md Isa, 2015). Increasing the number of cars also could increased the number of traffic accidents in directly(Bendak, 2005).There were many causes of accident either it is due to primary or secondary factors. Factors such as speeding, using a mobile phone and not wearing seat belt are considered as a contributing factors for injury and fatality (Mohamad Ghazali Masuri, Akehsan Dahlan, Ajau Danis, & Khairil Anuar Md Isa, 2015). RTA may happen due to secondary factor. In a simple meaning, this factor can be translated as 'due to others' or 'somebody mistake'. This factor usually happen unexpectedly. For example, children crossing the road without any notice, other drivers/road users running on red light, turning without giving any signal and etc. This usually contribute to fatal accident. To avoid this potential accident, drivers must be alert at all time. The factor of alertness usually is a combination of few other mental components such as: cognitive, time respond, stress and mental status. With regards to drivers' safety, seat belt is considered as an effective safety measure to a decrease severity of injuries and reduce the death rates (Lapparent, 2008). Other study has shown that, drivers who violate the seat belt laws are likely to violate other traffic rules and regulation and thus have a higher likelihood for accident involvement (Mohammadi, 2011). Therefore, this paper aims tounderstand the human factors in theseat belt utilization pattern amongeducated young adult. This study is beneficial to help to overcome this global issue early. Thus, it is significant to strategically plan and develop interventions such as the education or enforcement programs to address the best solutions on how to reduce the issue.

2. Literature review

Recent news highlighted in a new report that the rate of car crash fatalities varies across nations. Surprisingly, Malaysia was ranked in a list of the 25 countries with the highest car-crash fatality rate which also accompanied by the number of road accident deaths per 100,000 people. The seat belt utilization among educated young adults has been studied in some parts of the globe. The results revealed that this group of drivers are engaging in unsafe driving behaviours that put their safety and health at risk of injury and fatality. Another example of the unsafe driving behaviour is using mobile phone while driving as this study was conducted by Isa et al. (2012) among educated young adults in urban university in Klang Valley, Malaysia. In the early seventies, the enforcement of the mandatory seatbelt law for front occupants was being implemented in Malaysia as cited by Mohamed, Yusoff, Batcha, Othman, & Abdullah(2010) from (RT0 1958). After the enforcement, the rate of the safety seat belt wearing has increased (Mohamed, et al., 2010). A few studies have been conducted to determine the seatbelt wearing rate in Malaysia. For example, the earliest study on measuring the seat belt wearing in Malaysia was conducted among taxi drivers in 1993 in the city of Kuala Lumpur and found 40% of seatbelt compliance rate (Hauswald, 1997). While in 2003, a study to determine the status of seatbelt wearing among the car occupants in the state of Selangor and it is shows compliance rate which is 76.6% for car drivers. Beside, the study on observing wearing rate among rear passenger has been conducted in 2004 and they found that none of the rear passengers wore seatbelts (Kulanthayan, Raha, Law, & Umar, 2004). Recently, a study conducted by Ng, Law, Wong, & Kulanthayan (2013) on factors related to seatbelt-wearing among rear-seat passengers in Malaysia. They found that rear seatbelt-wearing was low with about 46% of rear-seat passengers never wearing a rear seatbelt. Another recent study which conducted by Kulkarni et al. (2013) observed that knowledge regarding seat belt was low among undergraduate medical students in South Indian state. Similarly in Malaysia, Redhwan & Karim (2010) found that the university students had moderate knowledge about the road traffic regulations which is including the knowledge regarding the seat belt usage. Driving is a part of instrumental of activity of daily living which is very important for working, educational and leisure. It is a complex and challenging activity which involved eye-hand-foot coordination (Masuri, Md Isa, & Mohd Tahir, 2012). Being a driver may have a positive influence on health-related quality of life (DeCarlo, Scilley, Wells, & Owsley, 2003). However, failure to organize and interact with the machine and environment may cause to road traffic injury (RTI) (Masuri, et al., 2012). Human errors are including the unbelted while driving, alcohol consumptions, violations, and others. This is supported by Rakauskas, Ward, & Gerberich (2009) that one of the factors that associated with the higher fatality crash rate is the attitude and psychological differences between rural and urban drivers in the

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