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Antisocial Drivers: Prosocial Driver Training for Prevention and Rehabilitation

Robert R. Ross, Daniel H. Antonowicz

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This book addresses three questions: why are there so many antisocial drivers who are inconsiderate, selfish, rude, and frequently drive in an offensive manner that disregards the rights of other drivers to be treated courteously and safely; (2) how can antisocial drivers be persuaded to become prosocial drivers who drive carefully with due consideration for the well-being of others; and (3) how can novice drivers be prevented from acquiring antisocial driving habits? The authors answer these questions by integrating, for the very first time, three large bodies of research: traffic research that has identified personal factors associated with driving violations and risky or careless driving; psychological research that has identified personal factors associated with a variety of types of antisocial behavior; and criminological research that has identified personal factors that are the targets of programs that effectively reduce antisocial behavior. Each body of research points to the same factors. Rehabilitation programs for antisocial individuals have achieved success by applying techniques which foster the development of the same cognitive skills, emotional skills, social skills, problem-solving skills, and values that are associated with antisocial driving. Effective programs include techniques that improve antisocial individuals' impulse control, develop their pro- blem-solving skills, lead them to consider the consequences of their behavior, increase their ability to comprehend other people's thoughts and feelings, enable them to acquire emotional control, and lead them to understand and appreciate social rules and obligations. The authors describe a 35-year research project that led to the development of a program that teaches cognitive/emotional skills and values that are required for prosocial competence and are antagonistic to antisocial behavior. The program has successfully taught such skills and values in fourteen countries to more than forty thousand of the most antisocial individuals. This book will be an excellent resource for lawmakers, driving instructors, probation officers, judges, enforcement officers in the field of traffic control, academics, and the general motoring public.

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