

# Assess the Causes and Precautionary Measures for Road Traffic Accidents among Young Adults

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**Abstract:** Road traffic accidents are the leading cause of death among young adults. In addition mortality rate of RTAs has seen a tremendous increase in low and middle income countries. Accidents are one of the leading causes of death, disabilities and hospitalization with severe socio economic cost across the world and in India. Objectives of the study are to assess the causes and precautionary measures for road traffic accidents among young adults and to association between demographic variable and practice among women in reproductive age groups. Across-sectional descriptive design was adopted to assess the causes and precautionary measures for road traffic accidents among young adults. Convenience sampling method was used. A total of 60 young adults participated in the study. Structured questionnaire was used to assess the causes and precautionary measures for road traffic accidents. The data was collected, organized and analyzed in term of descriptive statistics. The results of the study are out of 60 samples, 12 (20%) members were Inadequate knowledge, 40(67%) were moderate adequate knowledge and 8 (13%) members were adequate knowledge. This study indicates that young adults are leading cause of death. Its due to rapid increase in personalized modes of transport, a mixture of slow and fast moving vehicles, lack of road discipline, drunken driving and use of mobile phones while driving educate the young adults regarding causes and precautionary measures for road traffic accidents.

**Keywords:** Causes, Precautionary Measures, Road Traffic Accidents

## 1. Introduction

Road traffic accidents are the leading cause of death among young adults. In addition mortality rate of RTAs has seen a tremendous increase in low and middle income countries<sup>[1]</sup>. Accidents are one of the leading causes of death, disabilities and hospitalization with severe socio economic cost across the world and in India. An increase in gross national product is accompanied by a greater movement of people and goods and greater investment in both vehicle and transport infrastructure<sup>[2, 3]</sup>.

The major causes for RTAs in our country are rapid increase in personalized modes of transport, a mixture of slow and fast moving vehicles, lack of road discipline, drunken driving and use of mobile phones while driving. Since most of these causes are preventable, in order to create awareness, WHO's theme for 2004 was "ROAD SAFETY IS NO ACCIDENT". The timely quality care provided to the victims will definitely alleviate their pain and limit the disability associated with accident<sup>[4-6]</sup>.

Road Traffic accidents are the leading cause of death among young people between 19 to 24 years, according to a new report published by WHO. The report, Youth and Road Safety, says that nearly 400, 000 young people under the age of 25 are killed in road traffic crashes every year. Millions more are injured or disabled. The vast majority of these deaths and injuries occur in low- and middle-income countries. The highest rates are found in Africa and the Middle East. Young people from economically disadvantaged backgrounds are at greatest risk in every country. Young males are at higher risk for road traffic fatalities than females in every age group under 25 years<sup>[7-8]</sup>.

**Pathak Sunil (2018)** conducted a descriptive study to assess the Knowledge and Attitude regarding Road Safety Measures and Prevention of Accidents among two Wheeler

Teenage Riders in selected Schools and Pre University Colleges in Jaipur. The findings of the study reveal that the teenage two wheeler riders had a moderate level of knowledge and moderately favourable attitude towards the road safety measure and prevention of road accidents. Therefore, there is need to improve the knowledge and attitude of teenage through the education and mass media and health teaching. So at the end of this study I distribute an information booklet on road safety measure and prevention of road accidents. Through this we can minimize the numbers of road accidents and can create an awareness regarding road safety measure and prevention of accidents<sup>[9]</sup>.

The main aim of road precautionary measures is to convey information to road users so as to enhance their knowledge about road safety issues, influences their behavior on the road safety and to prepare them for new safety measures. This leads to an increasing alarm to investigate the causes and precautionary measures for road traffic accidents among young adults. . So the researcher has taken a step ahead to identify and create awareness about new safety measures among young adults. The objectives of the study are to assess the causes and precautionary measures for road traffic accidents among young adults and to association between demographic variable and practice among women in reproductive age groups.

## 2. Materials and Methods

The descriptive research designed was used to find out the causes and precautionary measures among young adults .60 young adults were selected by using convenient sampling technique .After selecting the sample, the demographical data was collected by using structured questionnaire .The causes and precautionary measures was assessed among young adults by structured questionnaire .The data were

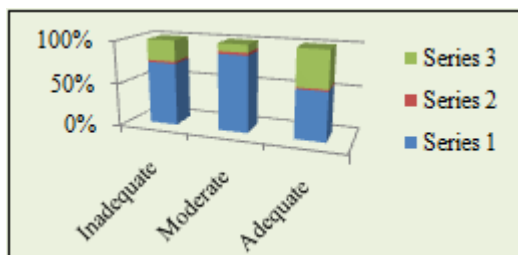
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analyzed by using descriptive statistics. The project has been approved by the ethics committee of the institution. Informed consent was obtained from the participants before initiating the study.

### 3. Results and Discussion



**Figure 1:** Causes and Precautionary Measures for Road Traffic Accidents

The figure indicates that out of 60 samples, 8 members were adequate knowledge, 40 were moderate knowledge and 12 members were inadequate knowledge.

The present study depicts that the frequency and percentage distribution of knowledge among women in reproductive age group out of 60 sample 40% were 15-23yrs; 23% were 24-30yrs; 20% were 31-37yrs; 5% were 38-45yrs 93% were Hindu; 7% were Christian; 73% were unmarried; 27% were married; 3% were uneducated; 47% were primary school, 27% were higher secondary; 23% were college; 33% were Home maker; 57% were self employee; 7% were private employee; 3% were government employee. The present study is supported by **Mayou R. (2003)** conducted study to assess the consequences of road traffic accidents for different types of road user. There were 1148 respondents from 1441 consecutive attendees over a 1-year period. Pedestrians and motorcyclists suffer the most severe injuries and report more continuing medical problems and greater resource use, especially in the first 3 months<sup>[10]</sup>.

The present study depicts that the causes and precautionary measures for road traffic accidents out of 60 samples, 12 (20%) members were inadequate knowledge, 40 (67%) were moderate adequate knowledge and 8 (13%) members were adequate knowledge. The present study is supported by **Redondo Calderon J, et al. (2000)** assessed the trends in traffic accident mortality in Spain. An increasing trend during the whole for the national traffic accident mortality rate, especially from 1982 to 1989 in the younger age groups, followed by a decrease since 1990<sup>[11]</sup>.

The present study reveals that there is no association between the demographic variables such as age, religion, occupation, education, marital status. The present study is supported by **Waters .A et al. (2005)** conducted a study on Road to Safety in Irish children over the past five years. The Road to Safety Government strategy was put in place with the aim of reducing deaths and serious injuries from road traffic accidents by at least 20% over the five year period beginning 1998 and ending 2002. Age-standardized mortality rates for road accidents in children (0 – 14 years old) in Ireland are 3.61 per 100, 000 as compared to 2.31 per 100, 000 in Sweden and thus much needs to be done to reduce this unacceptably high road toll in Ireland<sup>[12]</sup>.

### 4. Conclusion

This study indicates that there is common rural area home worker women's. Its due to impaired Dietary pattern and decreased physical activity was the most causes for obesity educate the rural women about diet and importance of physical activity is reduce the obesity among the rural women.

### 5. Acknowledgement

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