



Anxiety in Motorcyclists; its Relation to Safety, Age, Riding Experience, Having License and Trauma History

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Abstract

Motorcyclists consist most of population of traffic foundation. More statistic of accident, more danger of injury, being in open and load environment can be of causes to make motorcyclists in exposure to more anxiety in comparison to other vehicles. Motorcyclist's anxiety can be one of the most significant reasons in accidents. In this study we surveyed the rate of anxiety in motorcyclists also comprised between their anxiety and the rate of helmet use, experience in riding, age, having license and trauma history. This study was done with presenting Beck anxiety inventory questionnaire to motorcyclists and was used of SPSS software to calculate results. From the all participants 73% had mild anxiety, 21% had moderate anxiety and 6% had severe anxiety. 85% of motorcyclists that always was using helmet had a mild anxiety and nobody had severe anxiety. According to our results, 81% of participants with trauma history more than 3 times had severe anxiety, whereas 67% of participants with trauma history less than 3 times had a mild anxiety. Anxiety level of motorcyclists that didn't have riding license was a little less than others. 100% of participants with severe anxiety had more than 3 years motorcycle ridings experience. 60% of participants with age less than 25 years had a level of anxiety (mild: 43%, moderate: 12%, severe: 5%). In this study, we proved that there is a positive relation between anxiety with riding experience, having license and history of trauma and a negative relation with age and safety. Safe riding decrease level of anxiety and it related to helmet use. Anxiety in younger motorcyclists is significant and elevated rate of anxiety accompany with more trauma history in motorcyclists, so probably is better to legislator increase age of license taking.

Keywords: Anxiety, Helmet, Trauma, Motorcycle, Riding License.

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