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BE A GOOD AND RELIABLE CO-DRIVER

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ANNOUNCEMENT

- The 2019 International Conference on Quality of Life was held at Kyoto Pharmaceutical University from Sept 28-29, 2019. Further information can be found at <http://as4qol.org/icqol/2019/>
- We have moved to continuous publication. Beginning January 2019 the editing committee has decided to adopt a continuous publishing model for Journal publication. Individual articles will be released online as they become ready, allowing a steady stream of informative quality articles. We will also be moving to a calendar year issue cycle. In traditional terms, each volume will encompass a single year and consist of a single issue. Publishing on a just-in-time basis allows authors to present their results in a timely fashion, and our readers, students, and colleagues to access our content and cite articles more quickly and free from the restrictions of a predefined timetable. As a result of these changes, the look and style, as well as the function, of the Journal will be different, and hopefully improved.
- The 2019 International Meeting on Quality of Life was held recently. Proceedings as well as photos and other information can be found at <http://as4qol.org/icqol/>

MORE INFORMATION AT [HTTP://AS4QOL.ORG/ICQOL/](http://AS4QOL.ORG/ICQOL/)



Be a Good and Reliable Co-Driver

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For drivers to enjoy driving a vehicle, whether they are maneuvering forward or negotiating a curve, he/she should be free to steer, slow down, accelerate, and brake without the distraction of unnecessary noises or disturbances around them. At the same time, a person driving a car is often accompanied by companions, friends, or family members. In such situations, there is usually a so-called “co-driver” in the seat next to them.

Of course, it is always helpful to have a reliable co-driver to facilitate in driving the car, especially in an unfamiliar location. However, there are times when a co-driver proves to be more of an irritant or a nuisance than a helpful and useful assistant while driving.

While driving in an unfamiliar place, an electronic GPS-navigator is of great help indeed. Nonetheless, at times, the driver still benefits from a precautionary note from the co-driver. Or the co-driver could at times caution the driver while the driver’s attention is diverted by landmarks in the new surroundings on the way to the destination.

All in all, co-drivers will greatly help facilitate the driver’s task by adhering to the following guidelines:

- 1) Not mumbling words like “it’s scary,” “you’re going too fast,” “lower the speed,” and other expressions of fear or anxiety.
- 2) Not offering unneeded or superfluous instructions such as “to your right,” “to your left,” “overtake this or that car,” or “steer more to the left,” “drive up the right path” and so on.
- 3) Additionally, for the particularly active co-driver to fidget with the radio or CD-player on the dashboard time and again is likely to distract the driver’s attention from their focus on the road.
- 4) Furthermore, when the co-driver is not saying anything distracting, it is nonetheless very irritating for the driver to see the co-driver sleeping soundly by their side, or to hear of snoring from the co-driver’s seat.

These behaviors are unaccepted and despised by the driver for the following reasons, respectively:

- 1) Murmuring and mumbling words of fear and fright not only distracts but could also prove very disturbing to the driver when he/she is concentrating hard on driving safely and carefully at a cruising speed they deem is fitting and proper for them.

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- 2) The mere mention of direction of the front view of the driver can sometimes confuse the driver's as they must also pay careful attention to the situation in their rear view in order to properly navigate in their intended direction. The co-driver in this case is usually unaware the traffic situation 180 degrees behind them, and therefore the given instructions could cause an unintended and unwanted accident.
- 3) By the same measure, fidgeting with gadgets on the dashboard can prove to be irritating for the driver as well: although the actions are not meant to interrupt the driving they could also prove irritating to a person trying hard to concentrate while driving correctly and purposely, and trying to reach the destination safe and sound. Occasionally, the actions of the co-driver may also block the front view of the driver and concurrently distract them as to vehicle and traffic situation behind the driver's view, resulting in unwanted crashes and scratches.
- 4) A co-driver profoundly asleep and snoring away obliviously next to the active driver while they are trying hard to steer in the right direction at the proper speed in a situation when co-driver's help is urgently needed, may be distressing to the driver.

On the whole, therefore, a helpful and useful co-driver is a person who is attentive and responds in a timely and consistent manner to the needs and words of the driver. Of course, it is refreshing for a co-driver to talk with the driver so as to keep the driver's attention on course and keep the driver from feeling bored or falling asleep at the wheel; however, casual conversation is acceptable only as long as the co-driver does not overdo the talking to the point that it would cause irritation to the average person. In other words, the co-driver ought be considered as doing a good job if they are keeping the attention of the driver focused, and talking when and where appropriate. In consideration of this in the case of fiddling with dashboard gadgets, it would be helpful of the co-driver to first ask permission of the driver so that their actions are then expected by the latter, who could take them into account as they act to properly gauge the front and rear situations while maneuvering their position and negotiating curves of the vehicle in a safe and assured manner. As for the case of sleeping while in the co-driver's seat, it is best to avoid irritating or boring the driver by staying awake most if not all the time. However, humans tend to fall asleep on long journeys, it is therefore most considerate of the co-driver to inform the driver that they feel sleepy and might doze off unexpectedly, and seek the driver's understanding. That done, the driver is not apt to be offended should the co-driver fall asleep unintentionally.

Driving can be a tedious, tiring, and occasionally boring task, especially on long journeys. Therefore, co-drivers and drivers should come to an understanding beforehand as to how to proceed safely and properly, with the driver not being pressed to go beyond their capacity and tolerance, and the co-driver not engaging in unnecessary or distracting behaviors. Driving properly and at ease, with sufficient stopovers along the way, proceeds pleasantly with laughter and fun, and pausing and resuming as needed or desired, without hurrying, should make even a long-drive an enjoyable and safe one. It takes two --- the driver and the co-driver --- to ensure both comfort and safety are held paramount.