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DRIVER'S LABOR ABILITY AND THE CONCEPTS THAT DETERMINE IT

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Abstract: This thesis analyzes a driver's work capacity, factors influencing it, evaluation criteria, and ways to improve performance. A driver's work capacity is shaped by physiological, psychological, experimental, and technical factors, and road conditions also influence it. The thesis examines how the driver's health, psychological state, experience, and the technical condition of the vehicle can be assessed and improved. It is emphasized that training, psychological preparation, physical conditioning, and constant monitoring of the vehicle's technical condition are necessary to increase productivity. The results of this study are crucial for ensuring drivers' safe and efficient movement.

Keywords: Driver's work capacity, Physiological factors, Psychological factors, Experience and qualifications, Road conditions, Technical condition, Work capacity assessment,

Driver performance is the ability of every driver to operate a vehicle, operating it safely, efficiently, and comfortably. This ability consists of the driver's skills, knowledge, physiological and psychological state, and the ability to adapt to road conditions. A driver's work capacity plays a crucial role in ensuring not only their own life but also the safety of other participants. This thesis analyzes the factors affecting a driver's work capacity, their evaluation criteria, and ways to increase performance.

A driver's physical health, fatigue level, sleep state, and reaction time directly affect their work capacity. Physical fatigue, lack of sleep, and long periods of continuous driving often deplete the driver's attention and increase reaction time. Also, the level of physical health, such as the condition of the organs of vision and hearing, affects the motor and cognitive functions of the driver. Driving a car requires a high level of reaction and sensitivity, so a driver in good physical condition will achieve more success.

The driver's psychological state also affects their work capacity. Stress, nervousness, or other emotional states, especially tension or anxiety, negatively affect a driver's ability to think and make decisions. Psychological stability, calmness, and the ability to concentrate are essential for safe driving. Also, a driver's sensitivity to hazards and the speed with which they respond to threats determine their performance.[1]

A driver's knowledge of traffic rules, driving skills, and advanced skills increase their productivity. New drivers may spend more time and make more mistakes, while experienced drivers make faster decisions and manage traffic more effectively. The driver's professional qualifications and skills in operating advanced technologies, such as the ability to use the ABS (Antiblockiersystem) system and other safety systems, improve their performance.

Road conditions, including weather conditions, road conditions, and lighting levels, have a direct impact on a driver's work capacity. Adverse weather conditions, such as rain, snow, or strong winds, make it difficult for the driver to see the road correctly and operate the vehicle safely. Furthermore, poor road quality, congestion, and traffic fluctuations can also distract the driver.

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The technical condition of the vehicle also affects the driver's work capacity. If the vehicle encounters technical malfunctions, it may lead to accidents. Fully functional, reliable, and equipped with safety systems, the vehicle improves driver performance and facilitates vehicle control.

The assessment of a driver's work capacity is carried out using various methods. These methods can be analyzed based on the following criteria:

Various tests and devices are used to assess the driver's physical health. Regularly measuring sleep and fatigue levels, as well as checking vision and hearing, is essential for assessing a driver's work capacity. With the help of new technologies, it is possible to monitor the driver's physical condition in real time, for example, systems for detecting insomnia.

The psychological assessment process involves measuring stress levels, calmness, and decision-making. Various tests are used for this, such as psychological stress measurement questionnaires or stress resistance measurement systems.

Practical tests are conducted to evaluate the driver's experience. The driver's reaction, ability, and how they operate in road conditions are tested through practical exercises. For experienced drivers, there are special tests and simulators that can be used to minimize errors and ensure safe driving[2].

Special diagnostic tools are available to assess the technical condition of the vehicle, including inspections of mechanical systems and safety systems. These tools allow for monitoring the operation of all vehicle systems and performing the necessary repairs.

The most effective way to increase a driver's work capacity is to organize regular trainings and training programs. Special trainings and simulators are available for safe driving, rapid reaction, and making the right decisions. These trainings will allow drivers to improve traffic regulations and develop advanced driving skills.

Psychological preparation, stress management, and the development of emotional stability require training and meditation exercises. Psychological preparation helps the driver focus and remain calm in dangerous situations.

To improve a driver's physiological fitness, it is necessary to implement a healthy lifestyle, perform regular physical exercises, and plan sleep correctly. This improves the driver's physical condition and increases driving efficiency.

Regular inspection and maintenance of the vehicle's technical condition helps increase its reliability. Improving driver performance is possible by preventing technical malfunctions and ensuring the proper functioning of safety systems [4].

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