

Improve Transportation System to Reduce Stress and to Develop the Nation

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Abstract

Transporting system of any nation is a key player for the development of that nation. The more it is taken care better will be the developmental possibilities of that nation. As far as Indian transporting system is concerned, it has not been able to keep up with the fast development of the nation and the demands that it brings along with it. It seems to be still in a limping stage. So it is a felt need to improve the transporting system of the country in order to get the commuters back to the public transporting system and to bring back the nation's progress on track. When the system turns out to be efficient and effective commuters and transporters will find other alternatives less attractive and will be more prone to use the common ones. So the author, after having understood what is transport system, stress and how they are inter-connected, makes an effort to see the stressors in transport system along with the possible solution that can better the use of transporting system of the country in general and in particular the growth of the nation. Some of such factors analyzed are irregularity in public transport, poor ticketing system, poor wellbeing of the passengers and the environmental factors. Then the author goes on to state some more possible solutions to improve transportation like use more often two wheelers, get transit app., use diversity of transportation facilities, create general awareness about traffic rules, no drive day, minimize the number of vehicles, don't own, partnership with transporters, divide highways, parking to be charged, comfort level and be good advertisement. When the system is in good shape, users are expected to be happy to use them and the more the usage better the income for the betterment of the nation.

Keywords: *Environment, Public Transport, Stress, Transporting System, Ticketing System*

Introduction

India is a subcontinent with unity in diversity in every aspect. Transport system of the country also can be counted into the same for it is large, diverse and complex. It addresses to over 1.1 billion people across the country with a 5.5% total GDP contribution made to the nation. It is a big sum as far as GDP is concerned. In order to develop the nation, its economy, it must be well nit with road connectivity, if not rail as well as air. Irrespective of rural or urban, infrastructure must be in place to do the same.

With the opening up of the country to LPG (Liberalization, Privatization and Globalization) in the first half of 1990s, country's economy began to feel the heat for better infrastructure and services in every field including transportation. Though the demand is huge, but the slow phase of growth in this sector has brought in stress to everyone reflecting the impact of the same in the economy of the country. Here in this article the author makes an effort to identify how the stress level of the transmitters' be reduced by improving the transportation system and the nation can be brought to a different level of progress all together.

Transportation System

In its simplest understanding transportation systems is considered as the system that enables to transport goods and give services. It may include all forms of transport namely two wheelers, three wheelers, four wheelers, train and beyond on the land and in the water boats to ships and in the air it becomes helicopters to airplanes. Transportation system has become part and parcel of every one's life that it has become a must for everyone, be it to transport materials or things, or even to move from place to place even to reach own children to their educational institutions. So it is becoming a vital area of interest to all.

Stress

When the expectations are considered to be beyond the reach of the individual what one feels can be called as stress. It can be experienced as a situation where one feels a physical frustration or a mental disturbance or an emotional instability or simply a tension that disturbs ones peaceful existence.

Stressors and their Possible Solutions in Transportation

Though most of the time many of the transistors are tolerant and patient towards the inconvenience caused to them due the failures in transportation, it certainly causes stress in their lives. Sometimes transistors also may turn out to be violent when their stress level grows beyond their control. Here we analyze some of the factors that cause stress to the public

transistors and the possible solutions that could be in place to reduce it if not eradicate completely.

01. Irregularity in Public Transport

One of the ways to get the confidence and faith of the public is by having regularity in the transportation. But depending on the place or the area, there are issues with regard to this. First area of concern is with regard to the frequency of the transport. Passengers arrive on time but may have to wait too long for the appropriate scheduled vehicle and when the time arrives it is found that the **vehicle is cancelled**. Here in, there is automatically tension getting built up.

So the remedy automatically needs to be envisaged is to have vehicles running regularly as per the schedule. In case there is going to be any discrepancy, find alternative ways to fill the vacuum and have something to fill the vacuum. In such scenario, commuters' faith in the public transport increases tremendously.

Another major concern with regard to regularity in public transport is frequent **breakdown** of the vehicles. Due to frequent breakdown of the vehicles, commuters find it tough to reach their destination on time. It is possible that, vehicles are old enough to run on tough and rough roads. **Overloaded vehicles** also can be a reason to have breakdown.

So the possible remedies could be, get the infrastructure proper. Frequent repair and maintenance of the public road is a must. So also, when the vehicles have run their course, get rid of them and get better vehicles. For that, keep a system in place to get the old and weak vehicles out of service and timely replacement of the same with new ones would serve the issues. In order to reduce the overloading of vehicles, in the schedule, frequency of trips will serve the purpose. When regularly, vehicles are flying on the same route, there won't be too much of rush and as a result, commuters need not be rushed to same vehicle bringing chaos and confusion in every sense.

02. Poor Ticketing System

In order to have stress free transportation there is also a need to refine ticketing systems. In the normal scenario, in order to get a ticket through, there is always a decent amount of time that has to be spent. This is not only in case of commuters, it is also applicable with regard to shifting of goods and services too. So there is a felt need of urgency to improve this paper work system to get the things going smoothly. Here in what is called for is immediate and prompt response from the end of transportation.

Be it in the ticketing counter or in the verifying counter, if things are made to be faster and efficient movements can become efficient and effective. In order to achieve this not enough to have computers and staff in the office. But they must be able to operate the system decently and that the systems must be in good working condition. This saves time for both the parties. Though some practices like monthly pass and online booking are available, it must be brought to the notice of the commuters and transporters and creating a culture of utilizing such facilities will enable quickness in the completion of the task.

03. Poor wellbeing of the passengers

Passengers prefer to have decent level of comfort in their commuting. But in most of the cases stress level of the commuters are on the increase since the **sitting space** of the seats are not comfortable. Commuters find the sitting difficult when the space between the seats is insufficient for them to sit decently with their knees comfortably touching the front seat.

One of the ways in which this could be solved is by having a bit of extra space between the seats. So in the engineering part itself that could be taken care. So, in the end product, it may happen that the buses may be a bit longer than usual which makes hardly a difference but certainly the comfort level of the commuters will shoot up and many more will choose to travel by common mode transport.

Many at a times, being on the seat is not of great discomfort. There are also **poor condition** of seats especially with regard to government owned public vehicles. Not only this, sides of the vehicles have so much of rustiness on it. This makes the additional discomfort and dirt for the commuters. Some have also problem of leaking vehicles in rainy season and some floorings are not fixed properly. These are concerns which have to be addressed immediately. Timely servicing and quality check of the vehicles will serve to see that sitting comfort of the commuters will be taken care off. Not only that, timely check prompts the owners of the vehicles to keep their vehicles in condition and in comfortable level. So that, rustiness found on the vehicle sides, poorly fixed floors and roof etc. could be easily taken care.

As far as riders are concerned, there is also discomfort in the **sitting arrangements**. Commuters do not usually like to sit facing each other. Normal sitting arrangement preferred is sitting one behind the other. Sitting one behind the other also gives the additional comfort of reducing the possibilities of vomiting and other physical discomfort.

In order to find a solution to the above mentioned issue, a small adjustment in the engineering will make world of good for the commuters. That will give comfort to the commuters. When

people have to sit face to face, while being seated, touching each other's knees gives more discomfort. So with the necessary adjustment that discomfort also can be easily evaded.

04. Environmental Factors

When commuters prefer to go by own vehicles, there is more air and environmental pollution by way of the fuel consumed, air pollution and the noise pollution that it brings along with it. Parking space turns out to be another area of concern.

So, when public conveyances are in proper shape and comfort if the public can opt for such conveyance, instead of having 50 plus vehicles on the road consuming so much of fuel, air pollution and noise pollution, it could be reduced to just one vehicle. Automatically environment improves by way of noise, pollution and consumption of fuel. This obviously reduces the stress that can come on the commuters by way of expense which will always be obviously more than the common conveyance and all reduction in fuel consumption, various types of pollutions and place utilization.

Some of the other Solutions to Improve Transportation

a. Use more often Two Wheelers

It is preferred that either use a two wheeler as when it is only required than a car or any other automotive vehicle. It is also suggested that there could be more use of bicycles which could also improve the health of the rider and the simple and humble living will protect the environment and space.

b. Get Transit App.

Everyone needs to down load those applications which can give details for trip planning and transportation. This not only improves time for booking but also efficiency in transportation. It can not only give the route concerned, it can provide us also with rate, time and other facilities available. This enables one to have a detailed planning of what one has to do with transportation and services.

c. Use Diversity of Transportation Facilities

As and when required, according to the availability and necessity, various types of transportation system could be used. It can be of water, air, rail or road ways. It all depends on the location of the plant and the quantum of materials to be transferred. The amount of time available to transport and the type of materials also matter to make the final decision on the type of transportation.

d. Create General Awareness about Traffic Rules

Creating a general awareness about traffic rules brings in number of advantages to everyone. When everyone follows traffic rules, everyone is able to co-exist. When rules are followed properly, speed for the traffic and timely movement become possible. When everyone does what one ought to be doing on the road or in their own respective areas, the unnecessary stress that can come in gets reduced if not eliminated. It also reduces accidents and commuters feel comfortable and safe to travel.

e. No Drive Day

Having a no drive day once a month minimum makes everyone to go minimum distance either on foot or on bicycle. This makes everyone to have awareness about the need for having control over the usage of fuel and walkable distance people will be happy to do it on foot. This also enables people to go for using underpass and other short cuts to reach the destination that one ought to. It enables save money on gas, fuel, reduce carbon, etc.

f. Minimize the Number of Vehicles

The basic trend of having one vehicle each for each of the individuals in a family, have common vehicles for the family, which again reduces the number of vehicles on the road. It reduces stress on the road due to the reduction of traffic on the road. It again reduces the stress of the family members, for they need not maintain too many vehicles. Even in the parking places too, the stress for identifying space to park gets reduced and the life can certainly become more comfortable and easy to handle.

g. Don't Own

Another trend that could come in is not to own a car but to go in for leasing out. It can also be using subscription. Here in it has to be noted that, in today's situation, owning a car has become more costly than getting it either on lease or on subscription. Depending on the duration of time that one needs a car for use one could use either of the option. If it is for a duration of couple of years, then go for subscription and if it is only for a couple of days then go for leasing. Those who go for buy back option, then it would be idle for those who are loyal to certain brands.

h. Partnership with Transporters

Having local knowledge of the transporters of the area has a great impact for doing transportation of goods and services. When one does not have sufficient to transport on one's own, going for combined effort, not only saves money, effort but also time. So it is always

advised to have collaborative mission. For this, it is also advised to have a minimum education to the employees about the local transportation system.

i. Divide Highways

It is also a necessity to see that for all kinds of vehicles to go on simultaneous on the same high ways it could be difficult and confusing. So it is suggested that if for pedestrians and two wheelers if there is a separate lane and by ways and bypass that increases not only comfort level and traffic on the main lanes, but it will increase the speed of reaching the place.

j. Parking to be charged

In every parking place, parking charges must be levied. No free parking is to be permitted. This will also prompt the usage of public conveyance like, bus or train facilities. Even shared taxis more in use. So automatically there could be less traffic on the road and more comfort on the road for conveyance. This will automatically enable quickness in movement and timely movements too.

k. Comfort Level

Increase the comfort level and facilities in the public transport. Some of such facilities could be semi-sleeper, full sleeper, A. C. facilities, Wi-Fi facilities, good canteen facilities especially in trains etc. When such attractive facilities and comfort level are there, commuters will feel attracted to use such kind of facilities.

l. Be Good Advertisement

Have some policies in place which can attract the mob to use more of public transport system like giving free ride for children in busses and trains. Once they get a taste of it, then they themselves will become advocates of the same in future too. This will prompt the parents and their other friends and relatives to go for the same.

Conclusion

The transporting system of the country is a serious contributor to the GDP of the nation. The improved transport system increases the income level of the country, makes possible the quick movement of population between urban and rural set up, improves the infrastructure and gets the man power to manage the same. The 'Make in India' initiative has thrown sufficient light in this regard for even for foreign investors to come over and be partakers of the same effort. This not only improves the employment possibilities in the country but also there is felt progress and development in the infrastructure as well as the transporting system of the country. Once they have been brought in place, the anxiety level of the commuters are

on the decline and so usage of public conveyance has also risen drastically. So, it has turned out to be a major contributor to the nation building process.

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