



## **A study on occupational stress management of police pupils with special reference to Villupuram Town**

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### **Abstract**

Police pupils play a very significant role for maintaining law and order in the society despite all the shortcomings and limitations in the Police Department especially with regard to the infrastructure facilities, manpower and periodic training. Police Officers are supposed to implement laws for that they work round the clock and / or without any leave/break, which cause tremendous mental pressure and physical exertion on them. As a result a few of them may have violent outbursts. This study leads to the conclusion that police officers are not able to cope well with job-related stress.

**Keywords:** pupils, infrastructure facilities, manpower

### **Introduction**

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning. The term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye, rather than what he calls eustress, a stress whose consequences are helpful or otherwise positive.

Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being.

Many different things can cause stress - from physical (such as fear of something dangerous) to emotional (such as worry over your family or job). Identifying the causes of stress is often the first step in learning how to reduce one's stress.

### **Statement of the problem**

Police pupils play a very significant role for maintaining law and order in the society despite all the shortcomings and limitations in the Police Department especially with regard to the infrastructure facilities, manpower and periodic training. Police Officers are supposed to implement laws for that they work round the clock and / or without any leave/break, which cause tremendous mental pressure and physical exertion on them. As a result a few of them may have violent outbursts. This leads to the conclusion that police officers are not able to cope well with job-related stress.

### **Objectives**

- To measure the effectiveness of Stress of Police Pupils

with reference to Stations of Villupuram Town.

- To study about profile of Villupuram Police Stations.
- To identify the factors that creates stress.
- To determine the effect of stress over the performance of a Police individual.
- To identify the consequences (emotional, physical & mental) of stress.
- To analyze the techniques adopted to manage the stress of Police Pupils

### **Review of literature**

Christopher A. Barbb, Michigan, (2003) <sup>[14]</sup> states that Police officers are more susceptible to stress related problems than the general population due to the very nature of their work. Police officers are exposed to various traumatic experiences during their tours of duty. Officers are also faced with making life and death decisions that can create a great deal of stress. The results indicate that officers do indeed suffer from stress and its effects. Stress in the workplace can be a threat to employee health and wellbeing.

An article on "Police stress Research" prepared by NIOSH working group, The Indian Police Journal, (2004) <sup>[15]</sup>, reveals that according to the National Police Suicide Foundation, every 22 hours, a police officer in America takes his or her own life. This leads to the inevitable conclusion that police officers are not able to cope adequately with job-related stress. Michailidis M. and Georgiou Y. (2005) <sup>[16]</sup> - The author focus on the degree of occupational stress that is influenced by the factors like level of education, various patterns of their relaxation and any other habits like drinking or smoking. The implications say that consuming alcoholic drinks is the main factor that determines the degree of occupational stress in an individual.

### **Methodology**

This research has been done with the aid of both the primary and secondary data. The source of primary data is drawn from

a sample survey of 150 Police Pupils who are working in Villupuram Town Police Stations. The data is derived through well-structured questionnaire. The secondary data is drawn from variety of source like research articles from Journals, Magazines, Books, New Reports and Websites.

**Statistical tools used**

- Percentage Analysis
- Weighted Average Method

**Data analysis and interpretation**

**Table 1:** factors creating stress in workplace

Factors	No. Of respondents	%
Overtime	33	22
Work Environment	56	37.3
Work Load	30	20
Relationship with Coworkers	20	13.3
Others	11	7.4

Sources: Primary Data

The above table-1 indicates that 37.3% of the respondents said that Work environment create stress in workplace, 22% of

them said that overtime create stress in workplace, 20% of them said Work load create stress in workplace, 13.3% of them said that relationship with coworkers create stress in workplace and 7.4% of them said other factors create stress in workplace.

**Table 2:** techniques reducing stress level

Techniques	No. Of respondents	%
Yoga	57	38
Counselling	36	24
Exercise	28	19
Induction Programmes	24	16
Others	5	3

Sources: Primary Data

The above table-2 indicates that 38% of the respondents said that practising yoga reduces stress level, 24% of them said that proper counselling reduces stress level, 19% of them said that Exercises reduces stress level, 16% of them said that Induction Programmes reduces stress level and 3% of them said other techniques reduces stress level.

**Table 3:** ranking the factors that you get stressed as police officer

Factors	Highly stressed (3)		Moderately Stressed (2)		Not that much stress level (1)		Total		Rank
	RES	WT	RES	WT	RES	WT	RES	WT	
Routine Patrol	23	69	46	92	31	31	100	192	IV
Checking vehicles	20	60	69	138	11	11	100	209	III
Taking reports for accidents	55	165	36	72	9	9	100	246	I
Taking reports for Child Kidnapping	30	90	58	116	12	12	100	218	II
Robbery	15	45	34	68	51	51	100	164	V
Staying alert to the police radio	5	15	12	24	83	83	100	122	VII
Routine Department Paperwork	12	36	23	46	65	65	100	147	VI

Sources: Primary Data

The above table-3 clearly indicates that taking reports for accident has been attained first rank (Total Score: 246), Second rank (Total Score: 218) has been attained by Taking reports for child Kidnapping, Third rank (Total Score: 209) has been attained by Vehicle checking, Fourth rank (Total Score: 192) attained by Routine Patrol, Fifth rank (Total Score: 164) attained by Robbery, Sixth rank (Total Score: 147) attained by Routine Department Paperwork and Seventh rank (Total Score: 122) attained by Staying alert to the police radio. It is clear that majority of the respondents said that they are highly stressed while taking reports for accidents.

**Findings**

From the above study, it has found that stress management practices like yoga, exercises and counselling decreases the level of stress for the individuals. Most the respondents said they get highly stressed while taking reports in accidents and child kidnapping. It is also found that the work environment causes stress to the police pupils. Most of the respondents say's that very often they stressed physically. Most of the respondents were strongly agree with time pressure to complete work causes stress to an individual. Very few of them said very often feel lack of co-operation in workplace.

**Suggestions**

Recreational can be organized to make police pupils feel relax and to work enthusiast cells. Steps can be taken to provide better working environment to them. Training can be provided to the police pupils to manage their time, so that pressure to complete work efficiently. Steps can be taken by the management to build a good relationship between public and police.

**Conclusion**

The present study was conducted to the police pupils of Villupuram Town. The aim was to find the stress levels. This was done using a detailed questionnaire. The study revealed that only a small percentage is highly stressed. At the end of the study, we can conclude that through there are signs of stress among the police pupils & such stress is affecting their behaviors, it can be controlled & reduced effectively. This can be done by giving counseling & incorporating the suggestions given here in at individual & department level.

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