



Assess the level of stress among police personnel

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Abstract

Non experimental descriptive design with cross sectional survey approach was conducted to assess the stress among police personnel in a selected police station, Salem, Tamil Nadu, India. 50 police personnel were selected through convenient sampling technique and assessed their level of stress by using operational police stress questionnaire. The results revealed that majority (93%) of the police personnel had moderate stress and only 7% of the police personnel had high level of stress. Further, none of them had low level of stress. Hence, it can be interpreted that most of the police personnel had moderate level of stress.

Keywords: assess, stress, police personnel, level of stress

Introduction

Police is the one of most considerable and important profession in the world. To stop crimes from happening and to bring convicts to justice and to help people out who may need help, maybe with some legal issue, these are the main duties of policemen and they are important for are important for the more fact they protect and serve the public ^[1].

Occupation of police is highly stressful as they always have to face challenges to their life by taking risk in their daily work ^[2]. Occupation stress among police officers is often viewed as an unfortunate, but inevitable part of police work. The assumption that the police work is one of the most stressful occupations has been supported by an important body of literature about stress in law enforcement profession ^[3].

National level of police stress in qualitative analysis had illustrated that 35% of officers had faced difficulty in management related issues with seniors in comparison with almost similar percentage of inspectors, that is 30%; moreover, 25% of them had problem in managing colleagues and 40% of them had faced difficulty in managing the behavior of their subordinates. Political interference (90%), long and odd work hours (80%), change in priorities (70%) ^[4].

The main cause of stress as perceived by the respondents are political pressure (73.5%), lack of time for family (67.3%), non cooperation from public and negative public image (63.4%), and low salary (55.6%). In addition, a large number of them also referred other causes like lack of govt. support (45.6%), work load (56.8%), frequent transfer (65.7%), lack of organizational and departmental support (46.7%) and torture by senior officers (66.8%) ^[5].

A study to identify the factors influencing symptoms of stress among police personnel suggests that social support, ways of coping, self efficacy, hardiness and work stress are significantly influencing factors on symptoms of stress among police person ^[6]. So, the investigator would like to assess the

stress level among police personnel.

Statement of problem

A study to assess the level of stress among police personnel in a selected police station, Salem, Tamil Nadu.

Objective

To assess the level of stress among police personnel in a selected police station, Salem,

Materials & methods

- **Research design and approach:** Non-experimental descriptive design with cross sectional approach
- **Setting:** Attayampatti police station, Salem. Approximately 50 police personnel were working in that station.
- **Population:** The population consists of all the police personnel were working at Salem.
- **Sample:** Police personnel from a selected police station, Salem.
- **Sample size:** 30 police personnel from a selected police station, Salem.
- **Sampling technique:** Convenient sampling technique
- **Description of Tool:** The tool consists of two sections.

Section A: Demographic data

Section B: Operational police stress questionnaire

Section A: Demographic characteristics of sample such as age, sex, religion, type of family, education, monthly income, marital status, place of stay and years of experience.

Section B: Operational police stress questionnaire which is a standardized rating scale to assess the level of stress among police personnel. It consists of 20 stress items. Each item has 4 options as never, almost never, sometimes, rarely often and very often.

Positive items scored as 5,4,3,2, &1 and negative item scored as 1,2, 3, 4 & 5.

Table 1: Scoring procedure:

Level of stress	Actual score	Percentage
Low level of stress	1-33	1-33
Moderate level of stress	34-67	34-67
High level of stress	68-100	68-100

Data collection method

Close-ended questionnaire method was selected as the suitable method to collect data required for the study.

Ethical consideration:

Prior to data collection:

- Informed written permission was obtained from Inspector of Police, Attayampatti Police Station, Attayampatti, Salem.
- Informed oral consent was taken from the police personnel who were included in our study.

Data collection period: Data were collected from 01.06.2017 to 10.06.2017.

Results

1. Demographic characteristics of sample

- Highest percentage (34%) of police personnel were in the

age group of 20-40

- Higher percentage (70%) of them were males than females (30%)
- Highest percentage (83%) of police personnel were Hindus
- Highest percentage (70%) of them were belongs to rural when compared to urban area (30%)
- More or less similar percentage of them (44% & 42%) were belongs to joint family and nuclear family respectively
- Highest percentage (70%) of them had post graduates
- More or less similar percentage (34% & 32%) were in the income group of Rs. 20,000-30,000 and Rs.10,000-20,000 respectively
- Distribution of police personnel according to their marital status shows that highest percentage (83%) of them married
- Majority (43%) were staying in own house
- Forty percentage of them had 3-5 years of experiences

2. Level of stress among police personnel

Percentage wise distribution of police personnel according to their level of stress shows that majority (93%) of the police personnel had moderate stress and only 7% of the police personnel had high level of stress. Further, none of them had low level of stress. Hence, it can be interpreted that most of the police personnel had moderate level of stress (Fig No: 1).

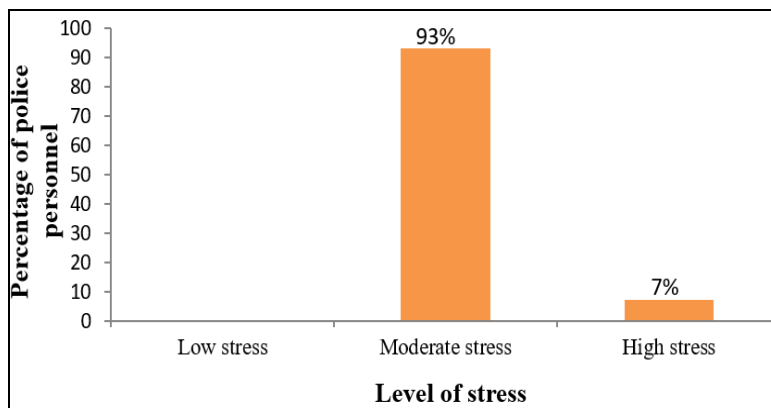


Fig 1: Bar diagram showing percentage wise distribution of police personnel according to their level of stress.

Table 2: Association of different factors and level of stress among police personnel

Factors	Parameters	Total score		P value
		≤15 (no stress)	>15(stress)	
Age group	21-30	21	11	0.000*
	31-40	10	25	
	41-50	1	24	
	51-60	0	10	
Sex	Male	29	68	0.15
	Female	3	2	
Marital status	Unmarried	9	1	0.000*
	Married	24	50	
	Separated	0	17	
	Divorced	00	2	
Education	10 th	0	9	0.042*
	12 th	17	26	
	Graduate	14	25	
	Postgraduate	1	10	

Working hours	8hrs	13	5	0.000*
	>8hrs	19	65	

Conclusion

A descriptive design with cross sectional survey approach conducted among 30 police personnel in a selected police station, Salem, by using convenient sampling with the objective to assess the level of stress among police personnel. The collected data were analyzed by using descriptive and inferential statistics. The findings of study reveals that highest percentage (34%) were 20-40 years of age and males (70%). Majority (83%) of police personnel were Hindus and from rural area (70%). Majority (44%) of police personnel were from nuclear family and married (83%). Highest percentage (34%) of police personnel were in income group of Rs. 20,000-30,000, staying in own house (43%) and had 3-4 years of experience (40%). Overall findings shows that 93% of them had moderate level of stress and only 7% of them had high level of stress.

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