

# **A REVIEW ON STRESS LEVEL AMONG WOMEN IN POLICE DEPARTMENT**

**JangaBindu**

**Mahila Police / Ward Women and weaker section protection Secretary, Nuzvid, Krishna(Dt), AP  
bindukarunakar1@gmail.com,**

## **ABSTRACT**

Stress is a term that refers to the sensation of dissatisfaction that a person may feel when confronted with a certain scenario that results in a particular unique behaviour. Stress generates a physiological response in our bodies. Employees may experience stress as a result of a variety of reasons (both internal and external). The internet should be avoided as a source of stress for employees. Job dissatisfactions and men are the result of internal issues. As a result, absenteeism and turnover occur. The purpose of this research is to examine the stresses that affect women police officers, their effects, and the different stress management measures that may be offered to assist them in managing with stress. A total of 100 individuals are included in the sample. The analysis of this research made considerable use of both primary and secondary sources of data. The data were acquired using a questionnaire and analysed using chi square analysis. Examined in relation to the different measures used. The strategies that female police officers use to deal with stress were also analysed. Additionally, suggestions and comments were made.

**Keywords:** Stress management, female police officers, and mental depression.

## **INTRODUCTION**

Every civilization has a police force that enforces the law in order to protect its citizens and their property, and to prevent criminality and disruption. Residents may enjoy a quiet existence thanks to a well-functioning police force. It is important to note that the police officers who carry out these duties are often subjected to physical, mental, and social pressures as a part of their profession, including long and unpredictable working hours, round the clock duty, continual pressure to perform and responsibility. 1 There are many instances in which this remains mostly unreported or misdiagnosed, which has an adverse effect on the workforce's quality. Stress in the workplace is linked to a wide range of negative effects, including lower levels of commitment, depression, difficulty to focus and impulsive behaviour, and an increased probability of quitting. 2 The police department, traditionally a male-dominated profession, is becoming more popular among women as a career choice. Researchers have discovered that female police officers are more likely to suffer from stress because of the many roles they are required to play in Indian culture and the lack of assistance they get. Stress among police officers, particularly female police officers, is increasingly recognised as a severe worldwide problem. 3 There has been a lot of research done throughout the world, but regrettably not much in our nation. It was thus decided to undertake a research on female police officers to determine the incidence of occupational stress and to identify the reasons of this stress as experienced by them.

## **REVIEW OF LITERATURE**

**Violanti, J.M., Fekedulegn, D., Hartleg, T. A., Charles, L. E., Andrew, M. E., Na, C. C., &Burchfiel, C. M. (2016). Highly rated and most frequent stressors among police officers**

Exposed the negative implications of reporting, such stereotyping, compensatory time spent, and perhaps the loss lost families and professions. Male and female police officers deal with stress in different ways, despite the fact that both genders are subjected to identical stress. When it comes to dealing with stress, men and women are quite different. Stress in male police was dealt with outwardly or via shared experiences, but stress in female officers was communicated emotionally, as demonstrated by the research. Stress is a common occurrence for female police. Stress, hypercholesterolemia, and diabetes were among the health problems cited by female police officers in recent research (Violanti et al., 2016). Women officers have reported higher levels of stress as a result of seeing catastrophes and being in constant risk of harming themselves or their coworkers (Violanti et al., 2016). Male and female police officers both reported feeling the effects of talk about them from their coworkers (Violanti et al.,

2016). Despite the fact that men police officers face the same work-related pressures as female officers, there were other variables at play. According to research, male cops found increasing stress in their relationships with their coworkers, the size of their department and a lack of training to be particularly unpleasant (Violanti et al., 2016). Male police officers are under far more stress because of the criminal justice system. Regression, rage, fury, and petulance are some of the ways male police officers deal with stress on the job. According to a survey conducted by the National Center for Health Statistics, male police 15 officers reported greater levels of stress as compared to their female counterparts (Violanti et al., 2016). However, the study's findings are a little confusing (Violanti et al., 2016).

Onkari and Itagi (2018) undertook a research to evaluate the occupational stress & demographic characteristics of women police officers in Karnataka in 2014-15. 60 women between the ages of 21 and 60 were chosen to serve as police officers. The scale created by Srivastava and Singh (1984) was used to quantify occupational stress, and a self-structured questionnaire was employed to gather demographic information. 60 percent of women police officers experienced moderate levels of work stress, 36.67 percent had severe levels, and just 3.33 percent had low levels. The length of time spent on the job and the distance from home were also shown to have a significant impact on occupational stress. There is also a strong correlation between family size and job stress that is noteworthy.

Vinayak and Judge (2018) 2018 was the year that "Psychological Well-Being among Police Personnel" was investigated. Psychological well-being was explored as a factor along with gender and rank inequalities. All police officers in Jalandhar who were between the ages of 30 and 45 and had at least three years' experience as Assistant Sub Inspectors or Sub Inspectors were picked (Punjab Police). All three of these scales (Ryff's psychological well-being measure, the Heartland Forgiveness Scale, and the Toronto Empathy Questionnaire) were employed to gather the data. Forgiveness was shown to be a major factor in the correlation between empathy and psychological well-being among police officers, and substantial gender disparities were found on this measure.

Jaegers et al. (2020) Descriptive and regression models were employed to predict depression among correctional officials using a cross-sectional survey. According to their findings, the incidence of depression among correctional officials was high and was substantially affected by work burnout and other markers of health. also indicated that mitigating occupational stresses might be utilised to lessen depression in those who suffer from it.

## **Methodology**

All police stations in the state of Andhra Pradesh, India, were included in the research. These stations were chosen at random, and information was gathered from the female police officers that worked there. It was in 2018 when the research was completed. The review procedure for this research was shortened because of the low danger of ethical repercussions. Before beginning the research, permission from the district commissioner of police Quilon and informed consent from all PW were acquired.

Using a Likert scale of 1 to 5, where 1 stands for "never," and 5 stands for "very frequently," the PSS was utilised to measure their stress level (7). Gender-related questions were added to a prior research. PW officers and constables were permitted to answer the questions in complete anonymity. Questions in English and Telugu were administered and the responder was given adequate time to consider and answer each one. Data was imported into MS Excel and analysed using the Statistical Package for Social Sciences (SPSS) software (SPSS). Descriptive statistics and frequency distributions were calculated using a simple formula. Using an independent t test, we examined the relationship between perceived psychosocial stress, gender difficulties, and stress.

## **Result & Discussion**

The purpose of this research was to investigate the extent to which female police officers in AP report experiencing psychosocial stress, as well as to examine the relationship between the two. In spite of the fact that the research population was very small, an effort was made to determine whether they were subjected to gender discrimination in the workplace. The department's lack of female employees is a major factor in the department's gender difficulties.

Research into additional aspects that make policing an especially difficult position for women is required. A study found that reducing working hours, hiring more female police officers, allowing for flexible working hours, and providing them with suitable recognition for their job would help them preserve their personal time and keep them motivated. Several studies were conducted across the globe in order to better understand the stress level of police officers (2, 6, 8). In a recent survey of West Bengal Police Officers, 42 percent and 12 percent of the officers reported moderate and high levels of psychological stress, respectively, according to the findings (9). Stress reduction programmes face both potential and obstacles in police agencies, which have tight organisational systems. To maintain police stress levels as low as feasible, it is necessary to offer intervention programmes on a regular basis throughout a police officer's career. The study's sample size is limited due to the department's low percentage of female officers. A better understanding of psychological stress concerns will benefit from our results.

Table: 1 Demographic variable among the police women

Category	No (%)	PSS
<b>Working Hours</b>		
6-12hours	47(62.7%)	17.98± 2.64
Above12hours	28(37.3%)	21.4 ± 3.40

Table 2: PSS level among the women police

Category	No (%)
Age 21-30 years	6(8%)
31-40 years	40(53.3%)
41-50 years	19(25.3%)
51-60 years	10(13.3%)
Education Status	
Secondary	21(28%)
Higher secondary	12(16%)
Graduate/diploma	32(42.7%)
Post graduate	10(13.3%)
Working position	
Women civil police officer	34(45.3%)
Constables	34(45.3%)
Assistant sub inspector	7(9.3%)

**CONCLUSION**

It's evident from the research that women police officers encounter a wide range of stressors, as well as the stressors that are induced by mental distress. Thus, the female police officers use yoga to relieve tension and focus on other duties. It's difficult to compare the job of female police officers to that of other female professionals. Being a female police officer entails a set of duties and obligations in society.

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