



Stress Problems Faced by Police Constables in North Chennai

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ABSTRACT

This research study more emphases on stress faced by Police Constables in North Chennai. This article analyses the data from a fifty sample size, and proposes ways to stress faced by police constable in north Chennai. The researcher covers the geographical area of Chennai and suburban, where researcher six police stations dealing with crime and law and order. The researcher used descriptive in nature. The researcher used convenient sampling method for selecting the respondents. Majority of the respondents 82 percent of the respondents were admit that they had psychosomatic complaints. 70 percent said that they easily get tempered. Most of the respondents 74 percent were agreed that expressed from of emotion is due to their occupation. Majority of the respondents 76 percent have the habit of smoking. Majority of 72 percent of the respondents had the habit of consuming alcohol. Majority of the respondents 74 percent agreed the lack of superior's interest on subordinate is a cause for stress. Most of the respondents 70 agreed that irregular office work causes stress. 60 percent of the respondents agree with the statement that work beyond load is highly stressful. 72 percent of the respondents said dealing with criminals was stressful. 78 percent of the respondents confirmed the death of their relatives as stressful. Majority 74 percent of the respondents agreed that dealing with horrible sights caused stress.

KEYWORDS: Stress, Physiological, Police Constables, North Chennai

INTRODUCTION

All individuals faced stress every day. When stress is in optimum level it can help a person under pressure, motivate him to do his best. But beyond a certain point stress stops being helpful and starts causing major damage to one's health, moods, productivity, relationship and quality of life. Police work is considered to be one of stressful jobs. Stress is defined as a response to perceived threat, challenge or change, a physical and psychological response to any demand, a state of psychological and physical arousal. In past two decades stress has been recognized as a major problem in many occupations. Police occupation is entitled as a stressful job. Police occupation is entitled as a stressful job. Police men are obliged to attend people call whenever they are in need. Their prime responsibility is to restore the peace among the community and enforcement of law.

Police department is one of the departments of government which has large number of employees. They are given different rank in their departments that start from constable to director general of police. Constable is the lowest of the rank in the hierarchy. They are found more in number compared to the other ranks. They are more prone to stress psychological and physical problem. They work a lot and seldom received any rewards. Stress plays an important role in determining their good health and sound mind.

Stress is an unavoidable feature of modern living. Everyone needs to face challenges in order to get as much out of life as they can. There are dangers that some challenges are more difficult than others to handle or overcome. If these challenges are not dealt with they can cause high levels of negative stress or distress. Stress is thus a phenomenon of direct relevance and concern to a large proportion of inhabitants of the world today, as it needs to be fought, investigated and managed.

Statement of the problem

Police occupation is psychologically a stressful work since the environment is filled with danger, high demands and ambiguity in work encounters, human misery and exposure to death. This is an important issue to address, because the consequences of work stress can adversely affect their work, material life as well as a threat to the safety of police officers, their co-workers, their families and friends. The non supportive culture in police department and bad image among public contributes decrease in the standard of work.

This study tries to find out the problems in general and the factor

that contributes to the problem. This study will be useful to the police department in helping their employees. The police department and government to decide whether proactive programme are indeed necessary or not if necessary then the outline of the issues need to be addressed.

General Objective

To study the stress factors that affect the wellbeing of policeman and family especially their work.

Specific Objective

1. To study the demographic details of police constables
2. To know the socio-economic condition of police constables
3. To study the family condition of the respondents
4. To study the working environment of police constables
5. To understand the factors that influence of contribute to police stress
6. To study the health status of the respondents
7. To find out the outcome of stress.

METHODOLOGY

The researcher has chosen northern zone of Chennai city. The northern zone has consisted of 31 police stations and the constables strength in this zone is 1220. It covers the geographical area of Chennai and suburban, where researcher six police stations dealing with crime and law and order.

Research design

The design of the study is descriptive in nature. Because it describes the psychological, social and physical problem and stress faced by police constables in their workplace and their families.

Sampling method

The researcher used convenient sampling method for selecting the respondents. Samples include constables who reported to the police station. As stated earlier the researcher selected respondents from all six police stations. The sampling size for this study was fifty.

Tools of data collection

Researcher has used interview schedule to collect required data because compared to the questionnaire the interview schedule will be more effective to get deeper information from the respondents. One to one interaction will facilitate sooth interaction between interviewers and interviewee. The respondents may perceive question in their own way. This interview schedule helped the researcher to explain questions to the respondents and intern to gather related information in details.

Limitation of the study

This study sample size was only confined to Chennai and its surrounding areas. This in terms of geographical coverage. Therefore cannot generalize to others areas without conducting a similar study to validate these findings.

This study was conducted only with constables other officers not included.

REVIEW OF LITERATURE

According to Corelli (1994), to handle the pressures of the job, the guys join together and the favourite pastime is drinking. It is the odd policeman who doesn't drink. According to Corelli (1994) police officers take alcohol to forget the things they've seen. Policemen do drink on duty and it's actually easier for plainclothes policemen to drink on duty than uniformed policemen. However, the policeman who develops a drinking problem is rejected by his colleagues for his weakness and likes in fear of his commander. Sometimes if a police official has nowhere to turn to, he will commit suicide. According to Violanti (1999) alcohol abuse among police officers in the US is about double that of the general population where 1 in 10 adults abuses alcohol, as stated by Maclean (1994). Excessive use can impair an individual's ability to function properly at home and at work. This can prove particularly dangerous for officials. According to Skender (1997), owing to the health and safety hazards posed by drug abuse in both the workplace and the wider community, drug-abuse testing programmes were implemented for police officials in Croatia. According to MacClean (cited in Corelli, 1997), binge drinking is a release from the high experience by working 10-12 hour shifts, and witnessing trauma.

FINDINGS AND SUGGESTION

In the chapter the researcher has presented the main findings of the study.

It is evident that sixty four percent of the respondents were above the age of 46. Majority of the respondents 86 percent completed their high school. Ninety percent of the respondents were married. Thirty four percent said that personal inspiration is the motivation to join the police department. Majority of 64 percent of the respondents were living in nuclear families. Most of the respondents 52 percent expressed that this do not have enough time to spend with their families. Majority 62 percent of the respondent's spouse have completed their only their schooling. Forty eight percent of the respondents have borrowed loans. About 44 percent of the respondents disclose their personal problems to their friends. About fifty eight percent of the respondents do not attend social functions and celebration due to their routine work. A high protection of eighty two percent of the respondents visit doctors for medical assistance. Sixty eight percent of the respondents do exercises for being fit. A majority 68 percent of the respondents admit that they don't eat on time. More than half 56 percent of the respondents felt that they were not taking healthy food. Majority 62 percent of the respondents experienced trauma in their lives. Majority of the respondents 82 percent of the respondents were admit that they had psychosomatic complaints. 70 percent said that they easily get tempered.

Most of the respondents 74 percent were agreed that expressed from of emotion is due to their occupation. Sizeable number 36 percent of respondent accepted that they have suicidal thoughts. Majority of the respondents 76 percent have the habit of smoking. Majority of 72 percent of the respondents had the habit of consuming alcohol. A sizable number of this thirty percent of the respondents admitted to have sleep difficulties. Twenty eight percent of the respondents feel that police occupation carries pressure and demand. A majority 52 percent of the respondents faced difficulties in getting leave. A about 64 percent reported that they were treated unfairly by their higher officials. Majority 54 percent of the respondents agreed that constables were used for doing higher officials personal work. 66 percent of the respondents were satisfied with their work. Majority of the respondents 74 percent agreed the lack of superior's interest on subordinate is a cause for

stress. About 64 percent of the respondents experienced stress due to use of force by the officers. Most of the respondents 70 agreed that irregular office work causes stress. 60 percent of the respondents agree with the statement that work beyond load is highly stressful. Thirty four percent of the respondents supported the statement that unpleasant duties are stressful.

54 percent of the respondents agreed the experience of stress daily with suicidal scenes. 42 percent of the respondents agreed that low salary is one of the reasons for stress. 72 percent of the respondents said dealing with criminals was stressful. 78 percent of the respondents confirmed the death of their relatives as stressful. 50 percent of the respondents agreed that dealing with crisis is stressful. Nearly half of the respondents 44 percent reported dealing with violence as stressful. Majority 74 percent of the respondents agreed that dealing with horrible sights caused stress. The majority 64 percent of the respondents supported the statement that rigid authoritarian system was stressful. About 56 percent of the respondents agreed that excessive supervision, criticisms by supervisors is a source of occupational stress.

Suggestion and Conclusion

The researcher suggests the following measures to be taken to minimise the stress experienced by the constables to the department of police. This study find out reasonable suggestion to tackle stress among police men regular stress – relief camps, yoga sessions and other such programmes should be organized for the city police periodically. The police should be taught to use the power of communication and persuasion. They should be more sensitive, especially while dealing with public. They (Constabulary) should no longer be treated as a cadre meant only for duties of a mechanical character. They should be recruited and trained so that they could be deployed on duties involving exercise of discretion and judgement so as to get public co-operation and understanding in any situation. They should be able to assist Sub-Inspectors in enquires and investigations in a positive and purposeful manner. They should pick up work experience in such a manner that in five or six years that they are able to handle investigation work independently and rise to the level of Assistant Sub Inspector and upwards.

The promotional structure within the system should be radically revised to permit a smooth and quick promotional flow from the rank of constable. The department make constables to arise to the "highest level" by showing his worth in the performance of police task. Making the subordinates sense that higher official are accessible, approachable and available for official work of for personal help will infuse confidence and relieves stress of the subordinates to a large extent. A stress free person performs better. A man will be able to take proper care of his family only when he gets adequate time. Each individual should get adequate time and the duties should be properly rotated. In order to ensure that there is no gross misuse of manpower, it is important that manpower audit is taken by the concerned. Specific scale and definite norms should be prescribed for deviations from police station duties. A leader should be able to gather enough intelligence about the movements of his men, know their mental make up, understand their individual attitudes, should be able to motivate them to work for the accomplishment of the task given by him. Above all, the subordinates should have a fear of punishment for doing wrong and at the same time feel confident of being rewarded suitably for their sincerity, dedication, loyalty, to duty and hard work.

Taking care of career, health, leave, housing, transfer and family needs of the personnel should be given due importance. Pamper yourself from time to time for eg. Healthy message will help mental relaxation and physical well being. Going out with your colleagues and their families can really help in bonding and can be loads of fun. Relaxation therapies could benefit them. Awareness should be created in the family and community about the occupational stress of police men and ways to cope with it. Awareness through media (News paper, TV, Documentary).

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