



Study Of Health Problems Of Training Female Constables

DR HARSHAL
NARENDRA
BHITKAR

MBBS M D (MEDICINE), ASST.PROF MEDICINE, B J GMC & SASOON
GENERAL HOSPITALS PUNE 411001

ABSTRACT

Police work tends to impose a high degree of multiplicity of stressful situation which can affect the physical, mental and interpersonal relationship of police personnel(1). This study was carried out at Female Police Training Academy in western Maharashtra and 400 female police trainee were screened in this study. Data collected through questionnaire and clinical examination of the training candidates. The present study aims to point out the incidence of health problems amongst the female police trainee during their strenuous training period. The study points towards majority of the problems like dehydration, constipation, back pain, joint pain, anaemia, urinary tract infections, thyroid problems etc.

KEYWORDS : female police trainee, health problems, stress

Introduction

Policing is considered as the most "stressful" profession than any other profession⁽¹⁾. During training and duty police employee encounter the situations involving major crisis, strenuous exercise, heavy work, working in bad environmental conditions, round clock duty, no time for family⁽²⁾. The study helps to know about health problems amongst the police trainee during their training period.

Aims and objectives

To study the health related issues of female police trainee.

Methodology

The present study is based on the primary data which is collected from 400 female police trainee at police training centre in western Maharashtra. The data was gathered by asking questionnaire to female trainee and by detail general and systemic examination with due permission of concerned authority. Documentation of parameters is done like Height, Weight, Blood pressure, random BSL, and haemoglobin levels. Data processed in systemic way and tabulated under different headings.

Results

The trainees belong to the age group of 18 to 25 years. Amongst the trainees 160 (40%) have a completed SSC examination and 240 (60%) have their educational qualification as HSC. It is observed that 212 females were suffering from dehydration due to constant heavy work and strenuous exercise in hot weather climate. 215 trainee were suffering from joint pain, back ache and headache. 110 trainee were suffering from constipation and 150 complains about fatigue. On examination we found 130 trainee were suffering from anaemia. 50 trainee were having UTI (urinary tract infections). 23 trainee were found to be as hypothyroid on the basis of their sign symptoms of weight gain and menstrual complaints and general physical appearance. 4 trainee were found to be hyperthyroid. We further found that 12 trainee were having URTI (upper respiratory tract infection), 2 having bleeding PR and 2 were newly diagnosed as diabetes mellitus. 1 trainee was found to be suffering from depression due to recent death of her father and family responsibility.

Table

Health problems	No.of trainee suffering	Percentage %
Joint pain/back ache	215	54 %
Dehydration	212	53 %
Fatigue	150	37.5 %
Anaemia	130	32.5 %
Constipation	110	27.5 %
UTI	50	12.5 %
Hypothyroidism	23	5.75 %
URTI	12	3 %
Hyperthyroidism	4	1 %

Newly detected DM	2	0.5 %
Bleeding PR	2	0.5 %
Depression	1	0.25 %

Study by Kavya CN, Dr. Chandrashekar et al titled "A sociological study on occupational stress and health problems among female police constables in Karnataka" found that 100% of respondents were suffering from back pain, joint pain and headache.

Conclusions

The present study is focused on health problems among female police trainee, at police training centre in western Maharashtra. Through this study we have point out some health issues which can be managed by simple measure like lifestyle modification and proper attention to diet by trainee and regular checkup. So that female police trainee can play their role effectively and efficiently at their duty point.

references

- 1) Kavya CN, Dr. Chandrashekar et al, A sociological study on occupational stress and health problems among female police constables in Karnataka.
- 2) Suresh RS, Anantharaman RN. Sources of Job Stress in Police Working in a Developing Country. International Journal of Business & Management. ISSN 1833-3850 2013, 8(13).
- 3) Natarajan PM. Women Police in a Changing Society: Back Door to Equality. Ashgate Publishing, Ltd.; 2012.250 p.
- 4) M.Shunmuga Sundaram and M. Jeya Kumaran, A study on Frequency of Stress among Female Police Constables Reference to Tamilnadu Police Department, India, International Research Journal of Social Sciences ISSN 2319-3565 Vol. 1(3), 15-20, November (2012) | Res. J. Social Sci.