



Study of Quality of Life Among Police Personnel In Tripura

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ABSTRACT

Introduction: Policing is a psychologically stressful work environment filled with danger, high demands, and equivocalness in work, encounters human misery and death exposure.
Aims: To assess quality of life among Constables and Officers of Tripura Police
Methodology: Community study done in police stations of West District of Tripura, Samples recruited from among the police personnel of different rank of Assam Police by Systemic random sampling. Sample Size: Group A (Constable=83) & Group B (Officers=33). Inclusion criteria: Policeman in service ≥3 years, age ≥21 years, with minimum primary school educated. Exclusion criteria: who is unable to comprehend study questionnaire, on leave, exclusively doing clerical job, who are found inebriated. Self-reported questionnaire evaluated.
Tools: Socio demographic schedule, WHO QOL-BREF.
Results & Conclusion: In quality of life, the mean score of all the domains is higher in constables than officers.

KEYWORDS

QoL, quality of police life.

Introduction:

Stress is the mental, physical and emotional reactions one experiences as a result of demands of one's life. The most commonly accepted definition of stress according to Richard S Lazarus is that **stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize**¹.

The job of police is psychologically stressful which is filled with danger, high demands, and equivocalness in work. It may encounter human misery and death exposure. The sources of psychological stress in police personnel in the Police work itself. Officers often experience conflict, for example, attempting to apprehend a criminal yet ensuring that none of his or her rights are abridged. Shift work is disruptive to the personal lives of most police officers which brings stress. The police profession contains many elements of danger that affect officers in both obvious and subtle ways. The inability to resolve completely people's problems confronts the police officer daily which invites sense of uselessness. Police personnel are constantly exposed to the inequities and brutalities of life. Such experience must take its emotional toll on even the well-adjusted individuals. At most any time a quick response to a particular condition is required, and such a response is jolting to the officer's physical and mental state. The seriousness of the issues and consequences of police work is both physically and mentally demanding. The source of stress may be the criminal justice system practices and characteristics like officers are alarmed by the habitual relapse rate of criminals who seem to enjoy freedom rather than jailed. Many court decisions are viewed by officers as unfairly increasing the difficulty of police work. Officers may find the adversary system difficult to adjust to, particularly when their testimony is challenged. Delays, continuances, and inconvenient scheduling make courtroom

appearances a frustrating experience².

Quality of life is defined as individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns³. So quality of life assessment means subjective evaluation of cultural, social and environmental context. It focuses upon respondents' "perceived" quality of life and is not expected to provide a means of measuring in any detailed fashion symptoms, diseases or conditions, but rather the effects of disease and health interventions on quality of life. As such, quality of life cannot be equated simply with the terms "health status", "life style", "life satisfaction", "mental state" or "well-being".

Determinants of quality of life⁵

The nine quality-of-life factors to represent these factors are:

1. Material wellbeing: GDP per person. GDP per capita is usually used as an indicator of overall material well-being; it indicates the extent to which goods and services are available to the residents of a country.

$$\text{GDP per capita} = \frac{\text{Gross domestic product}}{\text{Total population}}$$

2. Health: Life expectancy at birth, years.

3. Political stability and security: Political stability and security ratings.

4. Family life: Divorce rate (per 1,000 population), converted into index of 1 (lowest divorce rates) to 5 (highest).

5. Community life: Dummy variable taking value 1 if country has either high rate of church attendance or trade-union

membership; zero otherwise.

6. **Climate and geography:** Latitude, to distinguish between warmer and colder climates.
7. **Job security:** Unemployment rate, %. Sources: Economist Intelligence
8. **Political freedom:** Average of indices of political and civil liberties.
9. **Gender equality:** Ratio of average male and female earnings, latest available data.

Due to the nature of the job they perform, police officers are under severe stress; therefore, to make a study on this respective profession would certainly reveal valuable results for other professions. That is why we aimed to investigate the QoL and related risk factors among the police officers in this study.

Research Methodology

Aims & Objectives: 1) To assess the perceived stress by various police personnel (as per ranks) in Tripura. 2) To study the correlation between stress & quality of life among the two groups viz.-Constables and Police Officers.

Sample:

The sample has been selected purposively from the police personnel of different ranks of Tripura Police working in West district of Tripura, India who fulfils the inclusion criteria. The selection of samples is based on stratification.

Stratification: Stratification has been done based on positions or ranks of the subjects in to two strata: Constables & Head Constables as one group and assistant Sub-inspectors, sub-inspectors, Inspectors, as another group.

Procedure for sample collection:

Ethical Permission was taken from the institutional ethical committee of Tripura Medical College following Indian Council of Medical Research (ICMR) guideline. Throughout the entire procedure, Purposive sampling technique for sample selection has been applied. The complete questionnaire consisting of brief introduction addressed to the participant, personal data sheet & measures of all variables in the study has been used for the purpose of data collection. The questionnaire has been prepared from the scales mentioned in the chapter tools used in assessment. The questionnaire is also prepared in Bengali language. The validity of the translated version was done by translating it by 2 persons and then back translation in to English. A pilot study was done on 10 policemen who were not included in the study sample. Instruction has been given in detail for each particular measure. The subjects have been instructed to "Read instructions carefully & answer accordingly. Please do not have any item unanswered". The policemen were given the questionnaire depending upon their choice of language (English/Bengali). In the next meeting they return the filled up questionnaire. **Inclusion criteria:** 1) Policeman in service ≥ 3 years at the time of the study. 2) Police personal > 18 years of age. 3) Police personnel of either sex irrespective of marital status. 4) Police personnel with qualification of at least primary school. **Exclusion criteria:** 1) Police personnel who is unable to comprehend the study questionnaire. 2) Subjects who are on leave at the time of the study. 3) Police personnel exclusively involved in clerical job. 4) Subjects who are found inebriated at the time of interview. 5) Police personnel with any history of major physical and mental illness

Tools Used in Assessment: Socio demographic schedule: A semi structured interview schedule focused on Personnel characteristics -age, education, rank, tenure of service, marital status, type of family (rural/urban), has been used which was prepared by Ghosh, S & Bhattacharjee, A, (2014). WHO QOL-BREF⁷: It is prepared by WHO for assessment of quality of life. It is a set of 26 questions. I The WHOQOL-BREF was derived from data collected using the WHOQOL-100. It produces scores for four domains related to quality of life: physical health, psychological, social relationships and environment. It also includes one facet on overall quality of life and general health.

RESULTS & DISCUSSIONS

Log transformation was used as necessary to approximate the normal distribution for parametric analysis. Comparison between groups done with T-test after testing for equality of variances and ANCOVA for adjusted comparisons. Statistical analyses was done with SPSS version 22, MedCalc software.

Table 1: Socio-demographic Characteristics

Variables	Group A(Constable)		Group B (Officer)	
	No. of samples N=83	%	No. of samples N=33	%
Age (Years)	41.711 ±6.947	71.55	50.03±6.27	28.45
<36	15	18.07	1	3.03
36-45	48	57.83	4	12.12
>45	20	24.09	28	84.85
Marital Status				
Unmarried	4	4.82	2	6.06
Married	74	89.16	31	93.94
Separated	5	6.02	0	0
Rank	Nayak : 9 Constable : 71 Head Constable : 3	10.84 85.54 3.61	ASI : 15 SI : 17 I : 1	45.45 51.51 3.03
Education Level				
Bellow	8	9.64	0	0
Secondary	55	66.27	10	30.30
Secondary Higher	15	18.07	8	24.24
Secondary Graduate	5	6.03	14	42.42
Post graduate	0	0	1	3.03
Tenure of work (Years)				
<10	5	6.02	1	3.03
10-20	30	36.15	4	12.12
>20	48	57.83	28	84.85

ASI= Assistant sub Inspector, SI= Sub Inspector, I= Inspector

Quality of Life assessment

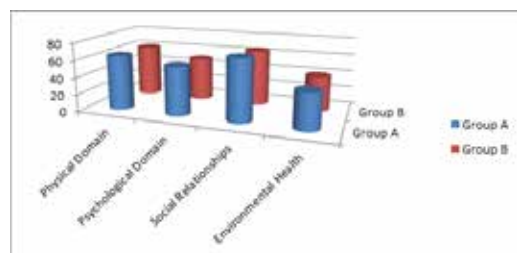
The mean scores of physical health (domain1) in group A responders is 63.4±15 vs. 60.9±12.1 in Group B (p>0.05). The mean scores of psychological health (domain2) in group A responders is 56.6±13.5 vs. 50.1±16.4 in Group B (p=0.05). The mean scores of social relationship (domain3) in group A responders is 71.3±19.2 vs. 65.3±19.1 in Group B (p>0.05). The mean scores of environmental health (domain4) in group A responders is 41.8±11.8 vs. 40.2±12.6 in Group B (p>0.05).

Table 2: Comparison of Quality of Life Domain Scores in Group A (Constables) and Group B (Officers)

	QoL-D1			QoL-D2			QoL-D3			QoL-D4		
	Mean	SD	P-value	Mean	SD	P-value	Mean	SD	P-value	Mean	SD	P-value
Group A (N=83)	63.4	15.0	0.359	56.6	13.5	0.050	71.3	19.2	0.132	41.8	11.8	0.511
Group B (N=33)	60.9	12.1		50.1	16.4		65.3	19.1		40.2	12.6	

P value= Not significant

Figure 1: Graphical presentation of Quality of Life Domain Scores in Group A (Constables) & Group B (Officers)



The mean age of officers is more than constables. Approximately half of the constables are belong to 36-45 years age groups. More than two third population in officer group belong to >45 years age group. The gender distribution is not done as very less number of female policemen is working in West district during the time of the study. Whatever number of female policemen is present either they do not fulfill the inclusion criteria or they are missed due to random sampling. Nearly all policemen in both the groups are married. So correlation of stress level with marital status is not done. Nearly two third populations in Group A is constable & almost half of populations in officer group are Assistant Sub-Inspector & Sub-Inspector each. More than half of the population is constable group has crossed 20 years in police job. The corresponding figure in officer group is more than 80%. In quality of life assessment, the mean score of all the domains i.e. physical health, psychological health, social relationships & environmental status in constable group is higher than officers.

In constable group, percentile changes in stress index score, quality of life is diminished by 31%. In connection to this study, following conclusions can be made on the basis of relationship between quality of life and stress index score:

- 41% negative relationship exists between stress index score and physical health.
- 8% negative relationship exists between stress index score and psychological health.
- 38% negative relationship exists between stress index score and social relationship.
- 9% negative relationship exists between stress index score and environmental health.

Similarly in officer group, percentile changes in stress index score, quality of life is increased by 24%. In connection to this study, following conclusions can be made on the basis of relationship between quality of life and stress index score:

- 22% positive relationship exists between stress index score and physical health.
- 31% positive relationship exists between stress index score and psychological health.
- 44% positive relationship exists between stress index score and social relationship.
- 4% positive relationship exists between stress index score and environmental health.

In constable group, percentile changes in age, quality of life is diminished by 11%. In connection to this study, following conclusions can be made on the basis of relationship between quality of life and stress index score:

- 24% negative relationship exists between age and physical health.
- 17% negative relationship exists between age and psychological health.
- 12% negative relationship exists between age and social relationship.
- 16% negative relationship exists between age and environmental health.

Similarly in officer group, percentile change in age, quality of life is diminished by 11%. In connection to this study, following conclusions can be made on the basis of relationship between quality of life and age:

- 16% positive relationship exists between age and physical health.
- 9% positive relationship exists between age and psychological health.
- 35% positive relationship exists between stress index score and social relationship.
- 4% negative relationship exists between age and environmental health.

CONCLUSION

The perceived stress is more in officers although within the same group the difference is not much significant. In constable group percentile changes in stress index score quality of life is diminished by 31%, in officer group percentile changes

in stress index score quality of life is increased by 24%.

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