



ORIGINAL RESEARCH PAPER

Commerce

STRESS MANAGEMENT TECHNIQUES OF THE POLICE OFFICERS IN TAMIL NADU

KEY WORDS: Stress, Police Officers, Stress Management Techniques

Mrs. E. SHANMUGAPRIYA,

Full Time Ph.D. Research Scholar, PG Department of Commerce and Research Centre, Sri Parasakthi College for Women, Courtallam - 627802,

Dr. (Mrs.) R.MALINI

Assistant Professor, PG Department of Commerce and Research Centre, Sri Parasakthi College for Women, Courtallam - 627802,

ABSTRACT

Police officer's occupation is one of the most stressful jobs in the world. The rates of suicidal among the police personal keep on increasing every year. Generally stressful police officers are personal cost to the individual and financial cost to the department. Police men cannot escape from stress and they need to find stress management techniques to relief from stress. Hence, it is essential to analyze the stress management techniques of the police officers. In this context, primary data were obtained from 250 police officers by adopting stratified random sampling techniques. The study reveals that the strategies like yoga, meditation, sound sleep, massage, and play with pet animals facilitate the police officers to improve their physical and mental health scientifically and successfully. Stress free police officers are the greatest asset. If the proper stress management techniques are adopted by them they will be recognized the badge of police department, symbol of public faith as long as they are in police service.

Introduction

Nowadays stress is a part of every employed person. It is defined as an applied force or system of forces that tends to strain or deform a body. It can be both positive and negative stress. Police officer's occupation is one of the most stressful jobs in the world.¹ Responsibilities of police personals are varied and may differ from one another. Usual duties of police officers related to keeping the law enforcement, peace keeping, people protection, protection of properties, and finally investigating and interrogating of crimes. They have to respond to unexpected situations that may arise when they are on duty. The rates of suicidal among the police personal keep on increasing every year. Using drugs, smoking and taking alcohol is also another problem for police personals.² In this context, stress management is an important part of maintaining good physical and emotional health. It leads to maintain healthy relationships with others. Police men cannot escape from stress and they need to find stress management techniques to relief from stress. Especially stress free police men are the coercive arm of the state, to maintain law and order.³

Sri devi (2013)⁴, Shanmuga Sundaram (2012)⁵, Bezerra *et al* (2003)⁶, Wiese Rothman (2013)⁷, Srinivasan (2013)⁸, Randhir Singh Ranta (2009)⁹, George *et al*, (2010)¹⁰ conducted the research on the various stress management techniques adopted by the police officers. Generally stressful police officers are personal cost to the individual and financial cost to the department. Hence it is essential to derive the better understanding and analyze the stress management techniques of the police officers.

Research Methodology

Primary data were obtained from the police officers with the help of questionnaire. The sample consisted of 250 police officers in Tamil Nadu police department. The sample respondents were selected by adopting stratified random sampling method. The collected data were analyzed with the help of Garret ranking techniques.

Results and Discussion

Stress is an important factor which may influencing the efficiency and satisfaction in modern day occupational settings. This study analyzes the stress management techniques of police officers.

Table 1
Stress Management Techniques of the Police Officers - Ranked

| Sl. No. | Stress Management Techniques | Rank | | | | | | | | | | Total |
|---------|---------------------------------------|------|----|-----|----|----|----|-----|------|----|-----|-------|
| | | I | II | III | IV | V | VI | VII | VIII | IX | X | |
| 1. | Get a Massage | 47 | 36 | 37 | 29 | 13 | 12 | 12 | 12 | 40 | 250 | |
| 2. | Sound Sleep | 74 | 11 | 22 | 40 | 37 | 12 | 9 | 7 | 5 | 33 | 250 |
| 3. | Counseling | 13 | 13 | 7 | 23 | 6 | 14 | 55 | 69 | 35 | 15 | 250 |
| 4. | Play with Pet Animals | 10 | 62 | 29 | 48 | 8 | 23 | 20 | 9 | 22 | 19 | 250 |
| 5. | Yoga and Meditation | 8 | 21 | 11 | 17 | 33 | 30 | 38 | 27 | 13 | 52 | 250 |
| 6. | Entertainment | 12 | 23 | 18 | 12 | 26 | 38 | 27 | 13 | 52 | 29 | 250 |
| 7. | Savor a Warm Cup of Coffee / Tea | 21 | 5 | 26 | 17 | 24 | 13 | 29 | 74 | 28 | 13 | 250 |
| 8. | Sweat Out Tension with a Good Workout | 7 | 13 | 18 | 14 | 29 | 30 | 28 | 37 | 59 | 15 | 250 |
| 9. | Maintain a Healthy Diet | 15 | 21 | 31 | 32 | 31 | 58 | 9 | 1 | 5 | 37 | 250 |
| 10. | Travel with Family Members | 43 | 21 | 51 | 18 | 43 | 20 | 23 | 1 | 19 | 11 | 250 |

Source: Primary Data Table 2

Garrett Stress Management Techniques of the Police Officers – Garrett Mean Score and Rank

| Sl. No. | Stress Management Techniques | Garrett Total Score | Garrett Mean Score | Garrett Rank |
|---------|--|---------------------|--------------------|--------------|
| 1. | Get a massage | 6963 | 27.85 | III |
| 2. | Sound sleep | 7067 | 28.26 | II |
| 3. | Counseling | 5251 | 21.00 | X |
| 4. | Play with a pet animals | 6454 | 25.81 | IV |
| 5. | Yoga and meditation | 7352 | 29.40 | I |
| 6. | Entertainment | 5798 | 23.19 | VII |
| 7. | Savor a warm cup of coffee or tea | 5621 | 22.48 | VIII |
| 8. | Sweat out tension with a good work out | 5419 | 21.67 | IX |
| 9. | Maintain a healthy diet | 6269 | 25.07 | V |
| 10. | Travel with family members | 5808 | 23.23 | VI |

Source: Primary Data

The Table 2 shows that the scores for stress management

techniques. The Garrett ranking are done according to the scores. First rank is given for yoga and meditation (29.40) because, yoga gives better feeling and relaxation. II rank is assigned for sound sleep (28.26), it helps to create peaceful mind. Massage treatment provides relaxation and good physical health which leads to lead the life successfully, hence III rank assigned to this. IV rank is given for play with pet animals (25.81) pet animals especially dog that help human to reduce stress level. V rank is given for healthy diet (25.07), usually nourished bodies are better prepared to cope with stress. So, the police officer should mind their eating to boost up their energy. Travelling with family is a good method to release stress because it gives home away from home and give new way to their problems. Therefore, travelling with family got VI rank. VII rank is given for entertainment (23.19), VIII rank is given for savor a warm cup of coffee or tea (22.48), because coffee/tea provides temporary energy. Sweat out tension with a good workout (21.67) got IX rank even though physical activity plays a key role in reducing and preventing the effects of stress. The last rank is given to counseling (21.00).

Conclusion

The yoga is accepted as one of the best stress management strategy by the universe people. Police officers also not an exception to this, they are doing yoga and meditation to promote their potential. The strategies like sound sleep, massage, and play with pet animals facilitate the police officers to improve their physical and mental health scientifically and successfully. It is suggested that the police officers should sweat out tension with a good work out even though they are in stretched schedule. Apart from the individual stress management strategies the Tamil Nadu police department should provide counseling to them by the trained counselor. This study reveals that the police officers are having good knowledge about the stress management techniques. Efficiency in stress management enables the police officers to deal or cope with the stressful situations instead of avoidance.

The present study is limited to ten strategies. Hence, there is an ample opportunity for the research to focus on more stress management techniques. Stress free police officers are the greatest asset. If the proper stress management techniques are adopted by the police officers they will be recognized the badge of police department, symbol of public faith as long as they are in police service.

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