



ORIGINAL RESEARCH PAPER

Community Medicine

STUDY ON PHYSICAL, SOCIAL AND PSYCHOLOGICAL PROBLEMS IN POLICE PERSONNEL'S AND THEIR FAMILIES IN BHOPAL

KEY WORDS: Police Personnel, Bhopal Police, Stress, Workplace Problems.

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ABSTRACT

police personnel have been diagnosed with various stress-induced health problems. Police officers are at a greater risk of various environmental health problems due to the stressful nature of their profession. Police personnel are one of the important pillar of our society but the working conditions of the policemen are lagging behind in many aspects, social as well as human, his training deficient in equipping him to meet the task pressures, public condemnation bad enough to add to his frustration and overall work environment which is dehumanizing. The unresolved frustrations and personal conflicts result in stress and anxiety and the process goes on.

INTRODUCTION

As we know Progress and development of our country, requires peace and peace can't be conceived without a healthy police administration but now a day's police suffering with various social, mental, and physical problems due to their over workload, uncertainty in job practices, and job stress. Everyone relishes having a peaceful and safe society to live in, But very few pause for a minute to think about the people who indeed work hard to keep our community safe and secure. The police men have to face potentially hazardous situations that can result in physical or mental trauma or even death in the line of duty. Their work stress can be further aggravated because of their personality traits or wrong coping methods.¹⁻³

Police services have always been one of the most challenging and stressful services in India and with changing times it is becoming even more so. They have to deal with angry mobs, counter insurgency operations, traffic control, VIP security, political rallies festival, crowd control and various other law duties without losing their composure and sensitivity. Majority of Indian^{2,3} and international^{4,5} found high stress levels in police.

Police work tends to be regarded as inherently stressful because of the personal risk of exposure to confrontation and violence and the day-to-day involvement in a variety of traumatic incidents. As a result, high levels of stress-related symptoms might be expected in this population² A majority of other studies have found high stress levels in police, which is disturbing as psychiatric morbidity in police can have many direct and indirect negative consequences for society.^{4,5}

Police personnel face many occupational health and safety risks that can impact their physical, mental, and interpersonal relationships.^{6,7} In addition to the nature of job, there are numerous other issues like long and unpredictable working hours, constant pressure to perform, accountability, work overload and noxious physical environment.^{8,9}

Working conditions, workloads, fear of severe injury or being killed on duty, lack of recognition, inadequate equipment, shooting someone in the line of duty, anti-terrorist operations, confrontation with the public, police hierarchy, and lack of job satisfaction are some of the occupation-specific stressors that Indian Policemen encounter in their work environment.¹⁰

Several studies demonstrated that the lifestyle and the constant stressful environment that the police face are the contributing factors to high rate of smoking and alcohol

addiction.¹¹⁻¹³ Studies on the occupational health problems among constables revealed that inadequate salaries/facilities, round-the-clock duty, no time for family, negative interaction with other police staff, harassment, role ambiguity, and negative public image are some of the factors leading to psychological stress and burn out.^{6,14,15}

Job insecurity and physical exertion at the workplace also cause stress. Stressed workers are more likely to be unhealthy, less motivated, poor productivity and a less safe working environment.¹⁶ Irritation, antisocial behaviour, conduct problems, crimes, and even suicides are some of the manifestations of stress in the workplace.¹⁷

As per the National Crime Record Bureau 2015 statistics, Madhya Pradesh report 9.1 of total crimes in India, which is the 2nd highest by any state or union territory in India.¹⁸ In the year 1998, the Government of Andhra Pradesh launched "Arogya Bhadratha" a comprehensive health scheme for the police personnel and their family members. The scheme covers treatment expenses of an exhaustive list of serious medical conditions. For the purpose of catering to the health requirements of the police on priority basis, accredited private and government hospitals across the state are empanelled and are paid from the corpus fund contribution from the personnel along with the grant for medical reimbursement contributed by the government.¹⁹

METHODS

The objective of the study was to study the social, psychological and physical problems of police personnel's in Bhopal city, to find out the correlation between their job and its effect on their life and to study the problems faced by the families of police personnel's with regards to their job. The current study has adopted a cross-sectional survey design. Study Duration was Three months. (July 2016 to September 2016), the sample for the study was selected purposively. 200 police persons of all posts from constable up to Town inspector were selected. Random selection of 12 police station out of total 35 police stations in Bhopal city. And all the police persons present at the time of study were selected. And 16 families of police persons selected randomly from police line Nehru Nagar, Bhopal.

After getting permission from the Inspector General of Police (IG) Bhopal, The purpose of the study and how to respond the questions was explained to each and every participant. Informed consent was taken before they participated in the study. Data was entered through Google forms, and then analyzed by the Microsoft excel. Each study participant was

then asked to fill a pretested semi structured questionnaire on mobile. 16 families of police persons selected randomly from police line Nehru Nagar, Focus Group Discussion conducted with their family. Initial part of the questionnaire retrieved personal and socio demographic details of the study participants and the later part assessed the occupational stress. Occupational stress was measured by using organizational police stress questionnaire (PSQ-ORG), Inclusion criteria: All the police persons that were present in the police station at the time of study and gave consent. Exclusion criteria: Police persons involved in emergency and essential works.

RESULTS:

The study sample consisted of 200 police personnel. Mean age of the study population was 31 years and majority 45% (n=90) belonged to upper middle socioeconomic class. Study population belong to 43.5% (n=87) police constable, 27% (n=54) Head Constable, 26% (n=52) Assistant Sub-Inspector/Sub-Inspector (ASI/SI) and 3.5% (n=7) inspector (TI). 170 (85%) of the participants were presently married and the remaining were unmarried 14.5% (n=29), and widowed 0.5% (n=1). Their academic qualification ranged from High school to post graduation, 36% (n=72) of the participant were overweight and 7.5% (n=15) were obese. (Table-1)

According to our study majority 80.5% (n=161) were getting daily sleep less than 6 hours and only 19.5% reported to get more than 6 hours sleep, 86% (n=172) of police persons reported not fixed duty hours. 78% (n=156) reported more 12 hours duty and 19.5% (n=39) reported 8 to 12 hours duty hours. Our study 72.5% (n=145) police persons were not satisfy with their salary, 92.5% policemen not getting meal on time. According to our study 49% (n=98) police persons were having some health problem, 43.5% (n=87) police persons reported overweight and obese while 9% (n=18) reported joint pain and arthritis, 8% reported hypertension, 6% (n=12) reported Diabetes, 6% (n=12) policemen of Bhopal reported skin disease. Stress prevalence among all the study population, 26% experienced with severe stress, 53 % experienced moderate stress and 21% experienced mild stress. The common stressor reported for stress was staff shortage (56.5%), lack of resources (44%), accountable for job (43.5%), inconsistent leadership (41.5%), and administrative duties (39%). (Table-2)

Table-1: Socio demographic variables

S.N	Variable	Mean age =	Frequency (n=200)	Percentage (%)
1	Age	31 Yrs,		
2	Sex	Male	183	91.5
		Female	17	8.5
3	Marital status	Married	170	85
		Unmarried	29	14.5
		Widower	1	0.5
4	Education	Below Higher Secondary	21	10.5
		Higher Secondary	46	23
		Graduate	101	50.5
		Post Graduate	32	16
5	BMI	Under Weight	3	1.5
		Normal Weigh	110	55
		Over Weigh	72	36
		Obese	15	7.5

6	Socio-Economic class (MODIFIED BG PRASSAD)	I: Upper class (>6346)	70	35%
		II: Upper middle class (3173-6345)	90	45%
		III: Middle class (1904-3172)	35	17.5%
		IV: Lower middle class (952-1903)	4	02%
		V : Lower class (<951)	2	0.5%
7	Post	Constable	87	43.5%
		Head Constable	54	27%
		Assistant Sub-Inspector/ Sub-Inspector (ASI/SI)	52	26%
		Inspector of Police (TI)	7	3.5%

Table-2. Jobrelated problems

S.N	Variable		F (n-200)	(%)
1	Duty Shift	Not Fixed	172	86
		Night	26	13
		Day	2	1
2	Daily duty hours	>12 hours	156	78
		8-12 Hours	39	19.5
		8 hours	4	2
		<8 hours	1	0.5
3	Satisfy with your salary	Yes	55	27.5
		No	145	72.5
4	Meal on time	Yes	15	7.5
		No	185	92.3
5	Daily sleeping hours	>6 hours	39	19.5
		<6 hours	161	80.5
6	Have time for personal life	Yes	20	10
		No	160	80
		Some time	20	10
7	Stress due to media	Yes	82	41
		No	46	23
		Some time	72	36
8	further carrier development during police job	Yes	113	56.5
		No	87	43.5
9	Problems associated with court visit	Vehicle not available	69	34.5
		Self expenses	29	14.5
		Double duty / no leave	80	40
		Time killing	31	15.5
		Other problems	38	19
10	Health problems in last one year n=98	Joint pain and Arthritis	18	9
		Hypertension	16	8
		Diabetes	12	6
		Gastritis	10	5
		Stone (kidney + Gallstone)	7	3.5

		Skin disease	12	6
		Headache	8	4
		Varicose vein	7	3.5
		Other problem	8	4
11	Stress level according to Organizational Police Stress Questionnaire (PSQ-Org.)	severe	52	26
		Moderate	106	53
		Mild	42	21
		No Stress	0	0
12	Main causes of stress	Shortage of staff	113	56.5
		Lack of resources	88	44
		Accountable for job	87	43.5
		Inconsistent leadership	83	41.5
		Administrative duties	78	39

Figure: 1 Stress level according to Organizational Police Stress Questionnaire (PSQ-Org.)

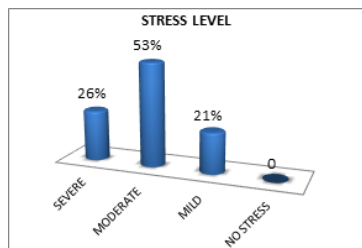
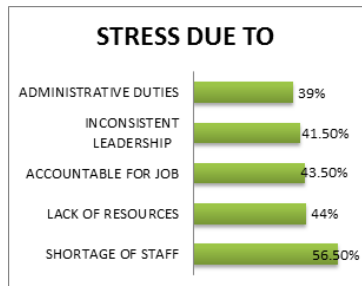


Figure: 2 Main cause of stress



FOCUS GROUP DISCUSSION WITH POLICE PERSONNEL FAMILY

- Time of duty is more and time is also not fixed, due to this, policemen are not able to pay attention at home.
- There is not single holiday in month.
- Lot of stress due to duty, whose anger sometimes comes out in the house.
- They are unable to pay attention to children's education.
- In comparison to duty time and risk factor, policemen get very less salary
- Insecurity is felt by criminals.
- The administration does not pay proper attention to policemen houses / society. No proper supply of water, regular electricity and other basic facilities

CONCLUSIONS:

High prevalence of stress calls for immediate attention from the officials. Under stress the efficiency of police personnel badly affected and hence they are not able to work efficiently and as per the expectation of the organization. So government need to think on this issue seriously and appoint some new police personnel to reduce overload and working hours of the police personnel in Bhopal city

LIMITATION:

Fear of disclosure of identity in police personnel's and their family. Due to their hectic schedule, less participation

occurred. Detailed physical examinations not done. Lack of resources

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