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RESEARCH ARTICLE

**A STUDY OF STRESS MANAGEMENT PRACTICES ADOPTED BY
POLICE PERSONNEL**

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Introduction

This working paper throws light on the various stress management techniques followed by police personnel. Impact of stress can be reduced by stress management techniques such as sharing with family members with friends. Respondents were given 26 stress management techniques to check their response against Stress, out of which 12 statements have been discussed to capture the responses of police personnel about stress management techniques used by them. Data collection has been significant stage in the process of research. Primary data was collected from 10 Police stations out of 33 Police stations in Pune City. Care has been taken to ensure that sample represents total population of Pune Police. Total Primary data contain Police men and Police women. Data was collected from 397 Police men and 103 police women called entry Police, from 25 police inspectors, 32 API/PSI male officers and 19 API/PSI female officers. Data collection from 15 IPS officers has been done through discussion of questionnaire with 1 commissioner of Police(Male), 1 Joint

commissioner of police(Female) , 2 Additional commissioner of Police(Male), 4 Deputy Commissioner of Police(3 male and 1 female), 7 Assistant commissioner of Police (3 male and 4 female) officers

Source of data for all these statements is Primary data collected by researcher.

Introduction-Researcher had selected 12 significant statements of Stress management techniques and captured perception of police personnel. Respondents include following category of Police.

Entry Police-It includes Entry level of police staff which includes police naik, Police constable etc. Police Inspector-This include Police inspector who is main in charge of Police station.

API/PSI-This means Assistant Police Inspector, Police Sub-Inspector

IPS-This include officers which are recruited through examination conducted by Union Public Service Commission of Indian Police Service.

1) Prayed for guidance of strength.

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	15.00	20.80	18.60	23.20	22.40	3.17	1.38



Police Insp.	56.00	44.00	00.00	00.00	00.00	1.44	0.51
API/PSI	05.90	07.80	25.50	27.50	33.30	3.75	1.18
IPS	00.00	06.70	53.30	33.30	06.70	3.40	0.74

From the above table it can be seen that 45.60% of entry police, 60.80% of API/PSI, 40% of IPS follow the given technique to manage their stress.

2) Tried to see the positive side of the situation

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	07.80	20.00	19.00	31.00	22.20	3.40	1.25
Police Insp.	00.00	00.00	16.00	40.00	44.00	4.28	0.74
API/PSI	07.80	21.60	27.50	13.70	29.40	3.35	1.32
IPS	00.00	06.70	20.00	33.30	40.00	4.06	0.96

From the above table it can be seen that 53.20% of entry police, 84% of Police Inspector, 43.10% of API/PSI, 73.30% of IPS follow the given technique to manage their stress.

3) Able to separate home and work issues

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	18.20	20.00	16.40	18.20	27.20	3.16	1.48
Police Insp.	00.00	00.00	20.00	32.00	48.00	4.28	0.79
API/PSI	25.50	19.60	13.70	19.60	21.60	2.92	1.52
IPS	00.00	06.70	13.30	46.70	33.30	4.07	0.88

From the above table it can be seen that 45.60% of entry police, 80% of Police Inspector 60.80% of API/PSI, 40% of IPS follow the given technique to manage their stress.

4) Developed self counseling technique with the help of professional Psychologist

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	29.20	21.40	19.20	19.80	10.40	2.60	1.36
Police Insp.	60.00	40.00	00.00	00.00	00.00	1.40	0.50
API/PSI	19.60	31.40	29.40	09.80	09.80	2.59	1.20
IPS	13.30	00.00	06.70	46.70	33.30	3.87	1.30

From the above table it can be seen that 30.2% of entry police, 19.6% of API/PSI, 80% of IPS follow the given technique to manage their stress.

5) Talked with spouse or other relatives about the problem

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	21.40	25.40	17.60	21.80	13.80	2.81	1.35
Police Insp.	00.00	00.00	12.00	52.00	36.00	4.24	0.66
API/PSI	23.50	33.30	17.60	07.80	17.60	2.63	1.40



IPS	00.00	00.00	20.00	40.00	40.00	4.20	0.77
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From the above table it can be seen that 35.60% of entry police, 88% of police Inspector, 25.6% of API/PSI, 80% of IPS follow the given technique to manage their stress.

6) Talked with professional persons. (Doctor, Lawyer, Priest)

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	22.80	28.80	20.40	14.20	13.80	2.67	1.34
Police Insp.	00.00	00.00	00.00	60.00	40.00	4.40	0.50
API/PSI	35.30	25.50	27.50	05.90	05.80	2.22	1.17
IPS	00.00	13.30	13.30	33.40	40.00	4.00	1.07

From the above table it can be seen that 28% of entry police, 100% of Police Inspector, 11.70 of API/PSI, 73.40% of IPS follow the given technique to manage their stress.

7) Made a plan of action and followed it

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	24.00	29.40	26.20	11.40	09.00	2.52	1.22
Police Insp.	00.00	00.00	12.00	48.00	40.00	4.28	0.67
API/PSI	31.40	43.10	07.80	09.80	07.80	2.19	1.21
IPS	00.00	06.70	13.30	40.00	40.00	4.13	0.91

From the above table it can be seen that 20.4% of entry police, 88% of Police inspector, 17.6% of API/PSI, 80% of IPS follow the given technique to manage their stress.

8) Learnt to be objective not taking things personally

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	19.20	28.60	15.80	24.60	11.80	2.81	1.32
Police Insp.	00.00	00.00	08.00	60.00	32.00	4.24	0.60
API/PSI	23.50	21.60	11.80	17.60	25.50	3.00	1.55
IPS	00.00	13.30	06.70	40.00	40.00	4.00	1.03

From the above table it can be seen that 36.4% of entry police, 92% of police Inspector, 43.1% of API/PSI, 80% of IPS follow the given technique to manage their stress.

9) Tried to step back from the situation and be Practical.

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	16.00	18.40	19.60	29.40	16.60	3.12	1.33
Police Insp.	00.00	00.00	12.00	56.00	32.00	4.20	0.65
API/PSI	15.70	29.40	19.60	11.80	23.50	2.99	1.42
IPS	00.00	00.00	13.30	46.70	40.00	4.27	0.70



From the above table it can be seen that 46% of entry police, 88% of Police Inspector, 35.3% of API/PSI, 86.7% of IPS follow the given technique to manage their stress.

10) Enjoyed leisure follow hobbies

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	25.80	31.60	17.80	16.20	08.60	2.50	1.27
Police Insp.	00.00	00.00	12.00	52.00	36.00	4.24	0.66
API/PSI	39.20	35.30	11.80	05.90	07.80	2.07	1.21
IPS	00.00	06.70	20.00	40.00	33.30	4.00	0.93

From the above table it can be seen that 24.8% of entry police, 88% of Police Inspector, 13.7% of API/PSI, 73.3% of IPS follow the given technique to manage their stress.

11) Daily workout.

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	31.80	31.00	13.00	11.00	13.20	2.43	1.38
Police Insp.	00.00	00.00	24.00	52.00	24.00	4.00	0.71
API/PSI	39.20	13.70	27.50	09.80	09.80	2.37	1.36
IPS	06.70	00.00	06.70	46.70	40.00	4.13	1.06

From the above table it can be seen that 24.2% of entry police, 76% of Police Inspector, 19.6% of API/PSI, 86.7% of IPS follow the given technique to manage their stress.

12) Daily Meditation/ Dhyana to improve mental strength.

Respondents	Not at all %	Yes once or twice %	Yes sometimes %	Yes fairly often %	Regularly %	Mean	S.D.
Entry Police	44.00	27.40	14.20	04.80	09.60	2.09	1.28
Police Insp.	00.00	00.00	20.00	52.00	28.00	4.08	0.70
API/PSI	31.40	21.60	35.30	07.80	03.90	2.31	1.12
IPS	00.00	53.30	06.70	20.00	20.00	3.07	1.28

From the above table it can be seen that 14.4% of entry police, 80% of Police inspector, 11.7% of API/PSI, 40% of IPS follow the given technique to manage their stress.

Conclusion-From the all above statements it can be seen that there is tremendous scope for improvement for police personnel to manage their stress.

Stress management techniques enable person to fight stress effectively. There are two ways to deal with stress viz. fight and flight. Fight means a facing stress in order to reduce impact by changing behavioral disposition of a person. It is a best technique of management. Flight implies

running away from situation which may lead to stress. Stress management can be dealt by having interaction with to professional's viz. psychologist and psychiatrist. Psychologist understands an identifies early symptoms of stress and enable person to deal with stress with certain techniques with behavioral modification. Psychiatrist does the same work as psychologist but also prescribe medicines to correct mind set and sleep pattern.

Better stress management include self counseling and counseling by professional viz. Psychologist and Psychiatrist, spending time with nature



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listening to music dance therapy, flower therapy, sharing of thoughts with a persons performing Dhyam upliftment of self respect and self esteem to boost confidence and to make life worth living.

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