

Co-Relation Study Of Operational Police Stress And Submissive Coping Strategy Among Police Personnel

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Abstract

The study aims to find out the relationship between operational police stress and submissive coping strategy among the police personnel. This study is utilized descriptive research procedure. The variables of the study are operational police stress and coping strategies among the police personnel, the target population is employees who are all working in the police department at Nagapattinam district, Tamilnadu, India. A sample size of 250 police personnel has been selected through convenient sampling method. The degree of police operational stress is measured using twenty statements. McCreary and Thompson's (2006) tools is considered for the meaning of operational police stress. Operational police stress consists of twenty statements. is classified into three dimensions, namely time stress, emergency stress and social-related stress. Carver (1989) tool is considered for meaning of submissive coping. This scale comprises six statements, measured on a five-point scale. The respondents are to respond the scale as rated as 5-strongly agree, 4-agree, 3-neutral, 2-disagree, 1-strongly disagree. Descriptive, correlation and multiple regression were applied to find the answer to the hypothesis. It is found that police operational stress having a positive relationship with submissive coping strategy.

Operational police stress, Submissive coping strategies, Police personnel.

INTRODUCTION

Stress invades our daily lives. Stressors, or sources of stress, are innumerable. They can be found hidden in dark corners waiting to jump out. These stressors are also unique to the individual. Stressors originate in the home environment, the work place, interpersonal relationships, one's daily environment, the community, and because of a disaster, to mention briefly only a few sources. Surely, there are more stress causing situations out there, but just as distinctive as the sources are the responses to these stressors.

Stress is a feeling we experience when we lose confidence in our capability to cope with a situation Denise Alen (2002). Stress arises from either a lack of assessment, or an incorrect appraisal of persons and environment, leading to unreasonable expectations and disappointment. Work related psychological stresses are known to affect the body functions through psychological processes and influence health through four types of closely inter-related mechanisms- emotional, cognitive, behavioral and psychological, (Levi 1990). Work is the main cause of stress in life because a significant positive relation has been revealed between jobs related stress and role overload, role conflict and strenuous working conditions (Chand and Sethi, 1997). Glowinkowski and Cooper (1986) have exhaustively analyzed the factors responsible for managerial stress.

Coping research deals with the management and reduction of stress. Coping is thought to be both the cognitive and behavioral effort put forth to master, tolerate, or reduce external and internal demands and conflicts among them (Folkman & Lazarus, 1980). Research on coping among police has demonstrated that some utilize adaptive coping such as exercise, receiving social support, or viewing stress positively; however, others cope through disengaging, disassociating, suppression, and avoidance, as well as self-medication, substance use, sexual promiscuity, and gambling (Aaron, 2000; Atkinson-Tovar, 2003). Avoidant strategies are common in police subculture where officers avoid showing weakness and avoidant coping is especially harmful for psychological health (Pasillas et al., 2006).

REVIEW OF LITERATURE

Shahsavaran (2024) studied that keywords include stress, stress control, stress reduction, social stress, community stress, group stress, stress increase, stress side effects, stress resources, stress stages, stress types, using the Jadad scale, those clinical trial papers with 2 and upper were selected. Delphi method used to form

the structure of final results. Results were collected by content analysis. it is results that eleven major definitions, three main classifications, three fundamental explanatory perspectives, occupational stress and related issues, job burnout and related issues, biological and neuropsychological bases, related constructs anxiety, homeostasis, allostasis, spiritual, religious, Islamic perspectives, stress outcomes, and multiple relations between stress and culture were presented and discussed.

Zaki Akhtar and Animesh Naithany (2023) aim of the research was to audit the level of occupational stress and burnout among the police personnel and to check the relationship between occupational stress and burnout. A total number of 120 (one hundred twenty) police personnel from Ranchi district were included as a sample. Purposive cum incidental sampling technique was used for the sample selection. t test was applied to see the significant of difference between samples sub groups. Product moment correlation was applied to see the significant relation between both variable namely occupational stress and burnout. They revealed that both variables positively and significantly correlated with each other.

Faseeh K. Mohiddina, Mohammed Hafeez, (2022) identify the occupation-related stressors faced by traffic police officers in Bengaluru. Cross-sectional survey was conducted among police personnel in Bengaluru urban police district, Karnataka, India. Data were collected using a pretested structured questionnaire (operational police stress questionnaire). Descriptive and inferential analysis was carried out. It is results Six operational stressors were found to have a median value of 4 and above, which were negative comments from public, managing your social life outside of work, limitations to your social life, not enough time to spend with friends and family, feeling like you are always on the job and overtime demands. they results point to a higher level of stress among traffic policemen, which needs attention from higher authorities. Stress management training needs to be given at regular intervals to improve their work efficacy and coping skills.

Deepak krishnamurthy and anil kumar Sharma (2022) assessed the level of stress, depression, coping strategy and respiratory health status of traffic police at Anand district, Gujarat, India. This cross-sectional descriptive study including 100 participants was conducted by the Department of Mental Health Nursing, Manikaka Topawala Institute of Nursing, Charotar University of Science and Technology, Validated tool Job Stress Scale, standardised tool beck depression inventory, coping strategy scale were used to assess the level of stress, depression and coping strategy respectively. Spirometer was used to assess respiratory function. Analysis relationship between occupational stressors and mental well-being among police officers using Cochrane and the Preferred Reporting Spirometry Longitudinal Data Analysis (SPIROLA) software version 3.0.3. it is declined in smokers comparative to non smokers. They concludes that stress and depression were observed in traffic police which they were managing with adaptive coping strategy. However, pulmonary function is found normal in comparing to predictive value, necessary precautions need to be taken by traffic police department by offering protective device like mask to decrease the respiratory health issues.

Rajeswari and Chalam (2018) aim of the present study is to examine the stress related issues to the police personnel, viz., sources of stress, symptoms and coping strategies available to reduce the stress levels based on the earlier research studies. The concept of stress has been discussed comprehensively, highlighting the major definitions, basic concepts, stress among police and its impact in general .and internal and external sources of stress.

Vaijyanthee Kumar and Kamalanabhan (2017) studied that among the various stressors, it was revealed that the interface between the organisation and the workplace contributes significantly to the development of burnout. Evidence of work support as a facilitator was also observed. they provide some practical implications for tackling police stress and burnout. It is contributed to the growing literature on police burnout in the context of India and highlights the role of employment support in the context of police.

Objectives of the study

To examine the influence of operational police stress on submissive coping strategies among police personnel

Hypothesis of the study

Operational police stress influences the submissive coping strategies among police personnel.

METHODOLOGY

This study is utilized a descriptive research procedure to accomplish the purpose of the objective. The variables of the study are operational police stress and submissive coping strategy, experienced by police

personnel. The target population is defined police personnel who have completed three years of experience and who are all working in Nagai district, Tamilnadu, India. Estimate the sample size 250 participated in this study. Sample respondents are selected through convenient sampling method. The degree of police operational stress is measured using twenty statements, Mc creary and thompson (2006) tools is considered for meaning of operational police stress. Operational police stress consists of twenty statements. is classified three dimension namely time stress, emergency stress and social stress. Carver (1989) tool is considered for meaning of submissive coping strategies. This scale comprises six statements, measured by the in the five-point scale. The respondents are to respond the scale as rated as 5-strongly agree, 4-agree, 3-neutral, 2-disagree, 1-strongly disagree. The respondent were asked to rate of their opinion five-point scale as five stands for strongly agree and one stands for disagree in order to find the answer to the hypothesis. Descriptive, correlation and multiple regression are applied.

RESULT AND DISSCUSION

Table - 1 Demographic profile of the respondents

Profile	Category	Frequency	Percent
Gender	Male	167	66.8
	Female	83	33.2
	Total	250	100
Age	Below 30 years	51	20.4
	30 - 40 years	125	50.0
	Above 40 years	74	29.6
	Total	250	100
Experience	Less than 5 years	63	25.2
	5-10 years	85	34.0
	Above 10 years	102	40.8
	Total	250	100

Table 1 shows the police personnel demographic profile in the survey. For gender, male police personnel have been participated more (66.8) in the survey than the female police personnel (32.2%) employees. Age is classified into three group namely below 30 years, 30-40 years and above 40 years. Hence, the 50% police personnel are 30 to 40 years old. 29.6% of the police personnels are above 40 years old and 20.4% of the police personnel are below 30 years old. Experience in grouped as less than 5 years, 5 to 10 years and above 10 years. Majority of the police personnels (40.8) are having more than years of experience followed by 5 to 10 years experiences 34% and less than 5 years experience (25.2%). This information showed that the police personnel are more in male, above 40 years old and above 10 years experience.

Table 2 Police Personnel Opinion towards Time Stress

Time stress	Mean	Standard deviation
Not enough time to spend with friends and family	3.43	1.23
Over time demands	3.47	1.27
Paperwork	3.44	1.28
Shift work	3.48	1.26
Working alone at night	3.60	1.25
Work-related activities on day off	4.28	0.98

Table 2 explains the police personnel's perception towards time stress has been analysed with six statements. Then mean and standard deviation values are calculated. The mean score lies from 3.43 to 4.28. From this data, it is observed that the police personnel have higher level perception towards that Work-related activities on day off (4.28), followed by Working alone at night (3.60), Shift work (3.48), Over time demands (3.47), paperwork (3.44) not enough time available to spend with friends and family, (3.43). It is inferred that the police personnel operational stress are having high level of Work-related activities on day off. Working alone at night, Shift work, over time demands, paperwork. However, not enough time available to spend with friends and family is at lower level among the police personnel.

Table 3 Police personnel Opinion towards Emergency Stress

Emergency Stress	Mean	Standard deviation
The risk of being injured on the job	3.88	0.98
Fatigue	3.96	0.81
Feeling like always on job	4.11	0.77
Traumatic events	3.89	0.89
Occupation related to health issues	3.81	0.91
Eating healthy at work	3.81	1.03

Table 3 explains the police personnel perception towards emergency stress has been analysed with six statements. Then mean and standard deviation values are calculated. The mean score lies from 3.81 to 4.11. From this data, it is observed that the police personnel have higher level perception towards that their feeling like always on job (4.11) followed by Fatigue (3.96), traumatic events (3.89), the risk of being injured on the job (3.88), occupation related to health issues (3.81), eating healthy at work (3.81). It is inferred that the police personnel emergency stress are having high level of feeling like always on job, fatigue, traumatic events, The risk of being injured on the job. However, occupation-related health issues, eating healthy at work is at lower level among the police personnel.

Table 4 Police Personnel Opinion towards Social Issues

Social issues	Mean	Standard deviation
Negative comments from the public	3.73	0.97
Friends/family feel the stigma associated with job	3.81	0.95
Finding time to stay in good physical condition	3.92	0.87
Lack of understanding from friends and family about work	3.86	0.96
Limitations to social life	3.31	1.05
Managing social life outside of work	3.74	0.97

Upholding a “higher image” in public	3.64	1.13
Making friends outside of work	3.18	1.14

Table 4 explains the police personnel perception towards social issue stress has been analysed with eight statements. Then mean and standard deviation values are calculated. The mean score lies from 3.18 to 3.92. From this data, it is observed that the police personnel have higher level perception towards that their finding time to stay in good physical condition (3.92) followed by lack of understanding from friends and family about work (3.86), friends/family feel the stigma associated with job (3.81), managing social life outside of work (3.74), negative comments from the public (3.73), upholding a “higher image” in public (3.64), limitations to social life (3.31) and making friends outside of work(3.18). It is inferred that the police personnel social issue stress are having high level of their finding time to stay in good physical condition lack of understanding from friends and family about work, friends/family feel the stigma associated with job, managing social life outside of work, negative comments from the public, and upholding a “higher image” in public. However, limitations to social life and making friends outside of work is at lower level among the police personnel.

Table 5 Police Opinion towards Submissive Coping

Submissive Coping	Mean	Standard deviation
Smoke/drink alcohol	4.12	0.98
Sleep more	3.83	1.00
Daydream	3.71	1.05
Write stress diary	3.34	1.00
Complain	3.01	0.97
Quit the job	3.46	1.43

Table 5 explains the police personnel perception towards submissive coping stress has been analysed with six statements. Then mean and standard deviation values are calculated. The mean score lies from 3.01 to 4.12. From this data, it is observed that the police personnel have higher level perception towards that Smoke/drink alcohol (4.12) followed by sleep more (3.83), daydream (3.71), quit the job (3.46), write stress diary (3.34) and complain (3.01). It is inferred that the police personnel submissive coping are having high level of smoke/drink alcohol, sleep more, daydream, quit the job, write stress diary. However, complain is at lower level among the police personnel.

Table 6 Relationship between Operational Police Stress and Submissive Coping

Operational Police Stress	Submissive Coping	
	r-value	P- value
Time stress	0.777	0.000
Emergency stress	0.440	0.000
Social related stress	0.630	0.000

H₁: Operational police stress have been related with their submissive coping

In order to examine the above stated hypothesis, Pearson correlation test is applied. The result is displayed table 6 The calculated P-values for occupational police stress and submissive coping have found to be significant at one percent level. Thus, the stated hypothesis is accepted.

It is inferred that there is a relationship between occupational police stress and submissive coping. Further, the correlation values are ranged from 0.440 to 0.777. From the r-values, it is observed that occupational police stress, time stress highest value ($r=0.777$) with submissive coping, followed by social related stress ($r=0.630$) and emergency stress (0.440)

From the result, it is revealed that operational police stress have positive and significant relationship with submissive coping. Time stress highest value with submissive coping, followed by social related stress and emergency stress

Table 7 Effect of Operational Police Stress on Submissive Coping

R-value	R ² -value	Adjusted Value	R ²	F-value	P-value
0.664	0.440	0.436		94.727	0.000

Predictors	Unstandardized Co-efficient		Standardized Co-efficients	t-value	p-value
	B	Std. Error	Beta		
Constant	1.400	0.133	-	10.529	0.000
Time stress	0.334	0.046	0.458	7.298	0.000
Emergency stress	0.107	0.049	0.164	1.989	0.005
Social related stress	0.121	0.042	0.146	2.870	0.004

H₁: Operational police stress have influenced the submissive coping strategies.

In order to examine the above stated hypothesis, multiple linear regression test has been applied. The result is presented in the table 7. Here, operational police stress have been treated as the independent variables. Submissive coping strategy has been taken as dependent variable. From the result, it is observed that the calculated adjusted R² value is 0.440, the corresponding F-value is 94.727, which is significant (P = 0.001) at one percent level. Thus, the stated hypothesis is accepted. Further, adjusted R²-value indicated that the operational police stress have been explained at 44.0 percent on the submissive coping strategy. The regression co-efficient values have been indicated the strength of association between the independent variable and the dependent variable. It is expressed by the following equation.

Submissive coping strategy = 1.400 + 0.334 (Time stress) + 0.107 (Emergency stress) + 0.121 (Social Related Stress)

From the regression equation, it is inferred that time stress, emergency stress and social related stress positive effect. Further, co-efficient value in the regression equation indicated that increase of submissive coping strategy is influenced by time stress, emergency stress and social related stress at some level. Here, to have one unit of improving submissive coping strategy has been influenced at 1.400 level, when other factors remain constant. Similarly, time stress has been influenced at 0.334 level and The emergency stress at 0.107 level and social related stress at 0.121 level From the result, it is revealed that submissive coping strategy have been positively influenced by time stress, emergency stress and social related stress.

Finding and Recommendation

The police personnel operational stress are having high level of Work-related activities on day off. Working alone at night, Shift work, overtime demands and Paperwork. However, not enough time available to spend

with friends and family is at lower level among the police personnel. So, police personnel involved in recreational activities will help to reduce operational stress,

The police Personnel emergency stress are experiencing high level of feeling like always on the job, fatigue, traumatic events, the risk of being injured on the job. However, occupational-related health issues, eating healthy at work is at lower level among the police personnel. Police personnel create framework of planning and time management will help to reduce to emergence stress

The police personnel social issue stress are having high level of finding time to stay in good physical condition lack of understanding from friends and family about work, friends/family feel the stigma associated with job, managing social life outside of work, negative comments from the public, upholding a “higher image” in public. Police personnel need physical exercise and meditation, it will help them to understand society.

Submissive coping are having high level of smoke/drink alcohol, sleep more, daydream, Quit the job, Write stress diary. However, complaints is at lower level among the police personnel

Time stress, emergency stress and social related stress are have positive and significant relationship with submissive coping.

Submissive scoping strategy have been positively influenced by time stress, emergency stress and social related stress.

CONCLUSION

Aim of the study is find the relationship between operational police stress and submissive coping strategy of police personnel at Nagai District. It is concluded that operational police stress factors determining the submissive coping strategy. Coping strategies are need to reduce the operational police stress. Organization should come forward to make their life is important and give due to more weightage on personal factors. Organisation should treat that their police personnel service is more important to the environmental. Even more is today ever challenges environment that demands are balancing of work responsibilities organization activity seek to improve police personnel orale, commitment and satisfaction as well as aiming reduce source of stress at work it will be improve their ability to become the employer of choice as well as retain talent in police professionals.

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