

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy
Librarian, University of Malaya

Romona Mihaila
Spiru Haret University, Romania

Delia Serbescu
Spiru Haret University, Bucharest, Romania

Anurag Misra
DBS College, Kanpur

Titus PopPhD, Partium Christian
University, Oradea, Romania

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Abdullah Sabbagh
Engineering Studies, Sydney

Ecaterina Patrascu
Spiru Haret University, Bucharest

Loredana Bosca
Spiru Haret University, Romania

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

Hasan Baktrir
English Language and Literature
Department, Kayseri

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Xiaohua Yang
PhD, USA

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami
Ex - VC. Solapur University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

Narendra Kadu
Jt. Director Higher Education, Pune

K. M. Bhandarkar
Praful Patel College of Education, Gondia

Sonal Singh
Vikram University, Ujjain

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

S. Parvathi Devi
Ph.D.-University of Allahabad

Sonal Singh,
Vikram University, Ujjain

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Yallickar
Director Management Institute, Solapur

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

S. KANNAN
Annamalai University, TN

Satish Kumar Kalhotra
Maulana Azad National Urdu University

**PHYSICAL DISCOMFORTS AND OCCUPATION RELATED ISSUES
AMONG POLICE PERSONNEL IN CHENNAI CITY**



Tasneem Kauser

Asst. Professor, Department of PG studies and Research in Home Science, J.B.A.S College for Women (autonomous), Chennai.

Short Profile

Tasneem Kauser is working as a Assistant Professor at Department of PG studies and Research in Home Science in J.B.A.S College for Women (autonomous), Chennai. she has completed M.Sc., M.Phil.

Co - Author Details :

V. Raji Sugumar

Associate. Professor, Head of Home Science department, Avvaiyar Government College for Women, Karaikal.



ABSTRACT:

The paper attempts to study the physical problems and occupation related issues among police personnel in Chennai city. In the present investigation a total sample of 1000 police personnel were taken with equal number of them belonging to both the gender. The tools used to assess the physical discomforts and occupation related issues were developed by the investigator herself. The data obtained was subjected to statistical

interpretation using SPSS (version 17). Results revealed that most of the police personnel suffered from depression. Job related issues such as political pressure and personal problems leads to stress among the police personnel. Significant difference was seen in physical discomforts and occupation related issues based on gender, age, marital status, year of experience, and stay with family.

KEYWORDS

Physical Discomforts , healthy job , job satisfaction and police hierarchy .

INTRODUCTION :

A healthy job is possibly the one where the pressures on human resources are suitable in relation to their capabilities and resources. Health is not merely the absence of disease but a positive state of physical, mental and social well-being. Every person is subjected to stress, while police staff is at greater risk than other people (Mc Cafferty et.al., 1990)³ because they have to deal with angry mobs, counter-insurgency operations, traffic control, VIP security, political rallies, religious festival crowd control, and various other law and order duties without losing their composure and sensitivity. On an average, police officers work twelve hours every day and often put in 36 hours at a stretch during VIP visits and festivals. They have to face potentially hazardous situations that can result in physical or mental trauma or even death in the line of duty.

Mathur (1993)² reported that certain job related factors such as work conditions, work overload, lack of recognition, fear of severe injury or being killed on duty, inadequate equipment, shooting someone in line of duty, anti terrorist operations, confrontation with public, lack of job satisfaction and police hierarchy lead to adverse physical and mental health problems. Research reports that heart diseases, depression, stomach disorders, alcohol and drug abuse, cardiovascular risk, divorce, suicide attempts and high divorce rates have been reported among police personnel (Kelling and Pate, 1975 and Anshel, 20001).

AIM OF THE STUDY

The present investigation was undertaken with an aim to study Physical problems and Occupation related issues among police personnel in Chennai city.

OBJECTIVES

- 1.To see the percentage distribution of male and female police personnel in relation to physical discomforts and occupation related issues.
- 2.To determine the physical discomfort and occupation related issues with reference to demographic variables.

METHODOLOGY

Tools

The tools used to assess the physical discomforts and occupation related issues was developed by the investigator herself.

Sample selection

The sample for the present study was selected from armed reserved headquarters situated in Egmore and St. Thomas area. The total sample consist of 1000 police personnel with equal number of 500 men and 500 women police personnel.

RESULTS AND DISCUSSION

The results were discussed with respect to their mean scores, standard deviation, 't' – test and ANOVA test.

1) Physical discomfort and occupation related issues of the selected police personnel

The details of the Physical discomforts of the police personnel are displayed in percentage form in table

Table - I
Details of Physical discomforts of Police personnel

Discomfort	Police Men		Police Women	
	N	%	N	%
Cough	122	24.4	99	19.8
Indigestion	53	10.6	29	5.8
Stroke	17	3.4	---	---
Depression	333	66.6	206	41.2
Stomach problem	126	25.2	121	24.2
Pain in chest	28	5.6	37	7.4
High BP	61	12.2	48	9.6
Drug Abuse	14	2.8	26	5.2
Anaemia	17	3.4	17	3.4
Heart problem	29	5.8	8	1.6
Asthma	8	1.6	23	4.6
Difficulty in sleeping	222	44.4	155	31
Faintness/ Dizziness	95	19	104	20.8
Nausea	14	2.8	21	4.2
Nervous trouble	19	3.8	28	5.6
Diabetes	6	1.2	6	1.2
Backache	174	34.8	170	34
Skin trouble	31	6.2	21	4.2
Alcohol abuse	50	10	1	.2
Unexplained weight loss	82	16.4	70	14

The above table shows the discomforts of the police personnel. Among the different types of physical discomforts 66.6% of males and 41.2% of females were the victims of depression. The next major problem is difficulty in sleeping signified by 44.4% for male and 31% for female police personnel followed by backache which was found to be equally distributed among male and female police.

Data also revealed that 25.2% of male police personnel had stomach problems, 24.4% had cough, 16.4% had unexplained weight loss and 19% of them had dizziness. Among the female police personnel the percentage of them who had stomach problems were 24.2%, 19.8% had cough, 14% had unexplained weight loss and 20.8% had dizziness.

It was also found that meager percentage i.e 3.4% of male police personnel had physical discomfort such as stroke.

The data pertaining to the occupation related issues of the selected police personnel is presented in the table below.

Table – 2
Details of occupational related issues of Police personnel

Occupation related issues	Highly stressed		Slightly stressed		Balanced		Well Balanced	
	Men	Women	Men	Women	Men	Women	Men	Women
Working condition	14.6	20	26	45.8	13	8.8	46.4	25.4
Political pressure	35.6	50.8	18	26.4	12.4	9	34	13.8
Lack of time for family	7.8	21	3.4	9.6	14.2	13.2	74.6	56.2
Lack of Govt support	22	36	17.8	27.6	15.6	13.8	44.6	22.6
Torture by senior officer	11.6	39.4	9.4	23	12.8	12.4	66.2	25.2
Irregular and long working hrs	10.2	20.8	4.6	7.6	9.8	14	75.4	57.6
Low salary	18.2	33.8	12.8	19.6	15.2	13.2	53.8	33.4
Personal problem	22.8	40.8	15.6	18	19.4	14.6	42.2	26.6
Frequent transfer	13.6	20.8	13.6	9.6	16.6	15.6	56.2	54
Excessive supervision	19.2	39	15.6	32.6	18.8	10.4	46.4	17.8

The tabulated data shows that the issues which can cause high stress among 35.6% male police personnel is political pressure followed by personal problems and lack of government support 22.8% and 22% respectively. 19.2% of men feel that excessive supervision can cause high stress among them. Even low salary, working conditions and torture by senior officer can cause stress to 18.2%, 14.6% and 11.6% of police personnel. A small percentage of police men felt that these various stressors i.e irregular and long working hours and lack of time for family can cause stress to 10.2% and 7.8% of them.

But for women police political pressure, personal problems, torture by senior officers, excessive supervision, lack of government support and low salary can cause stress to police personnel specified

by (50.8%, 40.8%, 39.4%, 39%, 36% and 33.8%) in that order. 20.8% of police personnel felt that irregular and long working hours and frequent transfers can cause stress to them.

Table – 3
Comparison of physical discomforts and occupational related issues of the selected male and female police personnel

Variable	Gender	N	Mean	Std. Deviation	't'	Sig
Physical discomforts	Male	500	3.00	2.891	3.722	p<0.01
	Female	500	2.38	2.387		
Occupation related issues	Male	500	30.52	7.034	11.847	p<0.01
	Female	500	24.69	8.452		

** Significant at 0.01 level

From the table it is noted that a significant difference exist in the physical discomfort (t = 3.722) and occupation related issues (t = 11.847) among the police personnel based on the gender as the calculated 't' – value is greater than the table value (t = 2.56) at p<0.01 level of significance. The mean value also point that female police personnel were physically fit than the male police personnel but regarding occupation related issues males had more problems than the females.

Table – 4
Comparison of Physical discomforts and occupation related issue of the selected police personnel based on age

Variable	Sources of Variation	Sum of Squares	df	Mean Square	F	Sig.
Physical discomforts	Between Groups	12.730	2	6.365	0.894	NS
	Within Groups	7099.170	997	7.121		
	Total	7111.900	999			
Occupation related issues	Between Groups	1634.342	2	6.365	12.126	p<0.01
	Within Groups	67186.633	997	7.121		
	Total	68820.975	999			

** Significant at 0.01 level

NS Not Significant

Duncan's multiple range test-Physical discomforts and occupation related issues based on age

Health	Age	N	Subset	
			1	2
Physical discomforts	21 - 25 yrs	359	2.57	-
	30 - 50 yrs	131	2.60	-
	26 – 30 yrs	510	2.80	-
Occupation related issues	21 - 25 yrs	131	26.17	-
	30 - 50 yrs	359	26.35	-
	26 – 30 yrs	510	-	28.86

No significant difference is found in the physical discomforts of the police personnel between the age groups. From the above table, it is clear that there exists a significant difference at $p < 0.01$ level ($F = 12.126$) among the police personnel in the occupation related issues based on the age. The Duncan's multiple range tests suggested that those police personnel who were 26 – 30 year old had more occupation related issues than those who are 30 – 50 year and 21 – 25 year old.

Table – 5

Comparison of physical discomforts and occupation related issues of the selected police personnel based on marital status

Variable	Marital Status	N	Mean	Std. Deviation	't'	Sig
Physical discomforts	Married	485	2.65	2.622	0.466	NS
	Unmarried	515	2.73	2.713		
Occupation related issues	Married	485	26.26	8.630	5.026	$p < 0.01$
	Unmarried	515	28.87	7.776		

** Significant at 0.01 level

NS Not Significant

From the above table it is clear that significant difference exist in the occupation related issues

of the selected police personnel as the calculated 't' – value (t = 5.026) is greater than the table value (t = 2.56) at p<0.01 level of significance. The mean value shows that those who are married were better than the unmarried police personnel.

But no significant difference is noted in the physical discomforts of police personnel based on marital status.

Table – 6

Comparison of Physical discomfort and occupation related issues of the police personnel based on years of experience

Variable	Sources of Variation	Sum of Squares	df	Mean Square	F	Sig.
Physical problems	Between Groups	85.380	3	28.460	4.034	p<0.05
	Within Groups	7026.520	996	7.055		
	Total	7111.900	999			
Occupation related issues	Between Groups	1555.865	3	518.622	7.679	p<0.01
	Within Groups	67265.110	996	67.535		
	Total	68820.975	999			

** Significant at 0.01 level

* Significant at 0.05 level

Duncan's multiple range test- Physical discomforts and Occupational related issues based on years of experience

Health	Year of Experience	N	1	2	3
Physical discomfort	1 - 3 yrs	354	2.31	-	-
	6 - 7 yrs	60	2.65	-	-
	4 - 5 yrs	455		2.96	-
	Above 8 yrs	131		2.98	-
Occupation related issue	6 - 7 yrs	60	25.28	-	-
	1 - 3 yrs	354	26.36	26.36	27.78
	Above 8 yrs	131	-	27.78	28.83
	4 - 5 yrs	455	-	-	

It is lucid from the table that there is significant difference in both the physical discomforts ($F=4.034$) as well as the occupation related issues ($F=7.769$) of the police personnel based on their years of experience. The Duncan's multiple range test suggest that those persons who had more than 8 years of working experience had more physical and occupation problems than the other groups.

Table – 7
Comparison of physical discomforts and occupation related issues of the selected police personnel based on their stay with family

Variable	Gender	N	Mean	Std. Deviation	't'	Sig
Physical discomforts	Yes	886	2.58	2.541	3.767	p<0.01
	No	114	3.57	3.387		
Occupation related issues	Yes	886	27.52	8.343	0.851	N.S
	No	114	28.23	7.962		

** Significant at 0.01 level

N.S Not significant

It is clear from the table that significant difference exists at 1% level of significance in the physical aspect between the police personnel who were staying with and without their family as the calculated 't' value ($t = 3.767$) is greater than the table value ($t = 2.56$). No significant difference was seen in occupation related issues among the police personnel based on their stay with family.

A perusal of the table shows that the police personnel who were away from their family had more physical discomforts than the police personnel who were with their family.

CONCLUSION

The result of the present investigation revealed that most of the police personnel were victims of depression and the other problems faced by them was difficulty in sleeping and backache. Results also revealed that occupational related issues such as political pressure followed by personal problem and lack of government support causes high level of stress among police personnel.

Female police personnel were having less physical discomforts and occupation related issues than the males. With regard to age and marital status, police personnel who were 26 – 30 year old and unmarried had more occupation related issues than the others.

The test also revealed that police personnel who had above 8 years of experience had more occupation related issues. It is clear from the results that the police personnel who were away from their family had more physical discomforts than the police personnel who were with their family.

The result of the study revealed that majority of the police personnel face job related issues which affects them physically and mentally. Through this investigation the organization can have a better picture of the well-being of the police personnel and can have an empathy with them, put less pressure on them and will enable the department to enact the strategies to improve their health which

in turn will help the police personnel to develop a positive attitude towards the job.

BIBLIOGRAPHY

1. Anshel, M. H. (2000). A conceptual model and implications for coping with stressful events in police work. *Criminal Justice and Behavior*, 27, 375-400.
2. Mathur P. (2003) Stress in police personnel: A preliminary survey, *NPA magazine*, 45 (2).
3. McCafferty, L., Francis, D. D., & McCaffertt, M. J. (1990). Posttraumatic Stress Disorder in the Police: Paradigm of Occupational Stress. *Southern Medical Journal*, 83(1/5), 543-547.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org