

A STUDY ON STRESS AMONG WOMEN POLICE IN THOOTHUKUDI

***K. CHANDRA**

(Reg No: 19121261012009)

Assistant Professor of Commerce,
A.P.C.Mahalaxmi College for Women , Thoothukudi.
Affiliated to Manomaniam Sundaranar University,
Abishegapatti, Tirunelveli– 627 012, Tamilnadu , India

****Dr.V.SANGEETHA**

Assistant Professor of Commerce,
Sri Sarada College for Women, Tirunelveli
Affiliated to Manomaniam Sundaranar University,
Abishegapatti, Tirunelveli– 627 012, Tamilnadu , India

ABSTRACT

Stress may be referred to the sense of dis satisfaction a person may feel in a particular situation forwards a particular individual behaviour. Stress producer a physiological reaction in our body. Stress may occur to employees due to several factors (i.e) both internal and External. Internet factor that orates stress to workers should be avoided Internal factors created Job dissatisfactions and men. Result in absenteeism and turnover. This study is focused on the stress causing factors among women police their effect and the various stress management strategies that could be suggested to help them in coping up with stress. The sample size is 100. Both primary and second sources of data were extensively used by analysing this study. Data was collected through a questionnaire and data was analysed with the help of chi square analysis Studied relating to the various measures taken. Women police adopt to handle stress among themselves were also analysed. Suggestions and recommendations were also given.

Keywords: Stress Management, women police, Mental depression.

INTRODUCTION

Stress may refer to a mental depression created by over worked or any other pressure in the mind of a human being stress can occur when the requirements of the job do not satisfaction or assigning work which is more that their capability and compensation is not matched with employees. This study will define that how the stress is manages by the women police. This study is explain that techniques used by the women police to get relief of their stress. Working women in law enforcement feel more stress due to workload, support from family and shift duty. Lack of communication, night rounds etc. A stress which is in job is caused by too much or too

little work also many researches shows that job stress can lead to many long term health problems including diabetes, weakened immune function, high blood pressure, depression and anxiety.

OBJECTIVES

1. To examine the role of stress among women police.
2. To identify the stress with women police.
3. To give suggestions about the ideas of stress management.

STATEMENT OF THE PROBLEM

Now a days, women police do much more than their duty they have to coordinate with others and should keep records of everything they do. Each and every women police has to face the different problems from their departments and publics, but the women police who are affected by stress cannot perform petitely, can we evaluate the stress among women police? yes we can. This study is undertaken to find out the reason from stress among women police also the impact of stress.

SCOPE OF THE STUDY

The scope of the study is to find out the effect of stress in women police performance. This study coress only women police in Thoothukudi. The researcher has chosen 100 respondents for this study.

SAMPLE SIZE

The size of the sample selected here is the number of sampling units. Sample of 100 respondents were obtained from the women police.

TOOLS FOR ANALYSIS

The tools were applied to analyses the data collected were descriptive statistics and chi square test.

SOURCES OF DATA

The primary data for the purpose of the study has been collected interview schedule. Secondary data has been collected from Journals, book and publications.

LIMITATIONS

1. The study area limited to thoothukudi.
2. This study analysis only about the women employees in police.

REVIEW OF LITERATURE

Kelling(1995) believes that given all tools of control and socialization, police department should be able to shape a powerful, unified culture that would dominate their department and prevent corruption. He stated that instead, police department, NYPD included two separate cultures. They have two separate cultures, the cop culture and the management culture.

Silverberg(1994) says that police women must face a number of challenges, including establishing their credibility, fighting gender-related stereotypes, proving themselves in the eyes of the police organization, facing up to uneasy situations stemming from the male/female line relationship, living in isolation, overcoming personal problems and coping with sexual harassment.

Mathur(1994) studied organizational role stress among police professionals. The sample consisted of 30 police officers. The organizational role stress(ORS) scale was administered to the sample population to obtain information pertaining to 10 role stresses as well as total role stress. Results indicated that the maximum scores were obtained on the dimensions of role erosion, self-role distance, and inter-role distance and role stagnation. Total role stress was also reported to be fairly high.

Karlsson and Christianson(1999) asked Swedish police officers to describe the most stressful and traumatic event that had happened to them. They then completed questionnaires on the emotional impact of the event and their memories of it. Commonest among the stressful and traumatic police episode were:

- Being threatened with a weapon;
- Traffic accidents, especially being the first to arrive at deaths and bad injuries;
- Homicides and suicides;
- Notifying next of kin about deaths;
- Complex investigations requiring them to deal with relatives of the victim and handle the press, and being under pressure to find the perpetrator;

- Taking children into custody.

J. E. Agolla conducted a study in Botswana, among the police to find out work stress symptoms and coping strategies among that police service. This study reveals that the police work stressors are: getting injured. While on duty and the use of force when the job demands to do so, etc. the coping strategies were identified as exercising, socializing, healthy eating or diets, career planning and employee training.

RESULT AND DISCUSSION

Table 1: Demographic profile of the respondents

	Demographic profiles	No.of Respondents (100)	Percent
Age	Upto 20 years	14	14
	21-30	36	36
	31-40	20	20
	41-50	18	18
	Above 50 years	12	12
Education	School level	23	23
	Graduate	57	57
	Post Graduate	20	20
Designation	Constable	54	54
	Assistant Sub-inspector	26	26
	Sub-Inspector	20	20
Family Income	Less than Rs. 10000	20	20
	Rs. 10001- Rs. 20000	28	28
	Rs. 20001- Rs. 30000	18	18
	Rs. 30001- Rs. 40000	14	14
	Above 40000	12	12
		8	8
Marital Status	Married	76	76
	Unmarried	24	24

Source: Primary Data

The Table 1 show that out of 100 respondents 36 percent of the respondents are belongs to the age group of 21-30 years, 20 percent of the respondents are belongs to the age group of 31-40 years. 18 percent of the respondents are belongs to the age group of 41-50 years and remaining 14 and 12 percent of the respondent are belongs to the age group of Up to 20 years and above 59 years respectively. About 57 percent respondents have completed graduated. 23 percent of the respondents have completed school level education and remaining 20 percent of the respondents have completed post graduation. While 54 percent of the respondents are working in constable, 26 percent of the respondent are working in assistant sub-Inspector and remaining 20 percent of the respondent are working in sub-Inspector 76 percent of the respondent are married and remaining 24 percent of the respondents are unmarried 28 presence of the respondents are earning Rs. 2000/-, Rs. 30000, 20 percent are earnings less then Rs. 10000, 18 percent of the respondents are getting income between Rs. 30000 to Rs. 40000 and 8 percent of the respondents are earning above Rs. 40000.

TEST OF INDEPENDENCE BETWEEN AGE AND RATE THE LEVEL OF FOUR STRESS OF THE RESPONDENTS:

Ho: there is a no significance different between age and rate the level of your stress of the respondents.

Table 2 cross classification of age and rate the level of your job stress.

Rate the level of your job / Age	Extreme	Covers	Moderate	Mild	No stress	Total
Upto 20 years	2	4	2	1	1	10
21-30 yrs	8	20	10	8	5	51
31-40 yrs	4	5	13	6	3	31
41-50 yrs	2	1	1	2	2	8
Above 50	1	1	0	0	1	3

yrs						
Total	17	31	26	17	12	100

Source: Primary Date

0	E	0-E	(0-E) ²	(0-E) ² /E		0	E	0-E	(0-E) ²	(0-E) ² /E
2	1.7	0.3	0.09	0.053		6	0.27	0.73	0.533	0.101
4	3.1	0.9	0.81	0.261		3	3.72	0.72	0.519	0.139
2	2.6	-0.6	0.36	0.139		2	1.36	0.64	0.410	0.301
1	1.7	-0.7	0.49	0.288		1	2.48	-1.48	2.190	0.883
1	1.2	-0.2	0.04	0.033		1	2.08	-1.08	1.166	0.566
8	8.67	-0.67	0.449	0.052		2	1.36	0.64	0.410	0.301
20	15.81	4.19	17.556	1.110		2	0.96	1.04	1.081	1.127
10	13.26	-3.26	10.628	0.801		1	0.57	0.49	0.240	0.471
8	5.27	2.73	7.453	1.414		1	0.93	0.07	0.0449	0.010
5	3.72	1.28	1.639	0.440		0	0.78	-0.78	0.609	0.78
4	5.27	1.27	1.613	0.306		0	0.57	-0.57	0.2601	0.59
5	9.61	-4.61	-21.25	-2.211		1	0.36	-0.06	0.1296	0.36
13	8.06	4.94	24.40	3.028		Total				15.68

Calculated Value: 15.68

Table Value: 11.07

Degree of freedom

INTERPRETATION

Hence, the calculated value is more than the table value then the hypothesis is rejected so, it is concluded that there is significant difference between Age and Rate the level of your Job.

SUGGESTION

The following are the suggestion to the research title (A study on stress among women police in Thoothukudi)

1. For the majority of the women police poor health status bring the highest level of dissatisfaction at the work place, so area limit of the women police may be reduced.
2. Yog and counselling session might be arranged specially for women police to overcome the unwanted issues both in family and occupation.
3. The strength of women police can be improved. The number of women police stations should be increased. So that women in society may bring their complaints willingly without any fear.

CONCLUSION

The study gives you a clear idea regarding the various stresses that are faced by women police and also the caused by stress are created by mental depression the women police, therefore, reduce the stress by yoga and concentrate in other work. The work of women police may not be easily compared with women working in other walks of life. There have certain fixed responsibilities and commitments being women police in the society.

REFERENCES

1. Kelling Georage, (1995), "How to run a police department" city Journal autumn.
2. Silverberg. C, (1994) , "The challenges of women in policing. Proceodings police employment in changing (and Difficult) Times". February 28-march 1. Police Association of Ontario.
3. Mathur(1994). "stress of women police" Reviews Pg:25
4. Kaslsson and Christianson(1999) "Journal of women police in stress" pg:38
5. J. E. Agolla,(1998), "the Demographics of Occupational stress among police superintendents ", Journal of Managerial Phychology,[13(1/2)], 90-101
6. Morach M.haeirr, R.kwak D.H(2006, Multilevel influences on police stress Journal of contemp crime justice, vol.22, Issue 1, pp26.43