

# OVER VIEW AN OCCUPATIONAL STRESS AMONG FEMALE POLICE CONSTABLES IN RAMANATHAPURAM DISTRICT, TAMILNADU

<sup>1</sup> K. Rajamahendran (Ph.D Scholar), Alagappa University, Karaikudi, Tamilnadu, India

<sup>2</sup> Dr. K. Muthalagu (Assistant Professor), Sethupathy Government Arts College Ramanathapuram

Email: rajamahendran07@gmail.com

Email: profdr.muthalagu@yahoo.in

**Abstract:** *Stress is a condition of mind when external require of the role exceeds from the internal capability of the person. Female Constables working in law enforcement feel more stress as they face several hardships from both in job as well as with family life. This study examines the stress among Female police constables working in Ramanathapuram district, Tamil nadu. In this descriptive study the sample of 150 was selected by adopting multi- stage sampling and responses were collected using questionnaire method. It was also found that education, marital status then experience has made major variance in the stress among Female police constables*

**Key words:** *Occupational, Stress, Female, Police, Job.*

## 1. INTRODUCTION:

The Occupational stress among police Constables is often viewed as an unlucky, but expected part of police work. Police work involves protection of life, protection property through vital patrol technique, enforcement of laws and ordinances in the place for which the Police station is responsible during their duty, unpredictably they may encounter situations connecting major crisis without any warning. There are several factors like twenty four hours availability, supervision problem were involved and make police as a most stressful job. This study mostly deals with Tamil Nadu police department and the Tamil Nadu has a Police people ratio of 1: 632. This study explores the major causes of stress and amount of stress faced by female police constables. Workplace problems are distinct from other stressors, for example, difficulties in balancing. Wexler and Logan found in their qualitative research that when women police identified occupational stressors, they highlighted problems with interactions with co-workers. White and Marino found from their longitudinal, quantitative research on men and women that problems in the organization and with the workplace climate were the only types of stressors that seemed to be causally related to stress.

## 2. REVIEW OF LITERATURE:

<sup>1</sup> Sergeant Corey Haines (2003), in his study he examined that police Officers are stressed by numerous other factors such as low pay, irregular sleep schedules, and conflict with family and friends. With proper support, education, and counselling the officers will be able to perform their job much more efficiently and safely. <sup>2</sup> Mohammad Ali (2006), made an elaborate study is based on the Tamilnadu police. The book aims at studying the performance of the women police in Tamilnadu, the perception of the victims and witnesses towards the women police and the problem of women police. This book explores the history of women police in India and specifically in the state of Tamilnadu and also examines their working conditions, welfare measures provided to them and the level of job satisfaction. The book concluded on a positive note that the police women were quite satisfied with their job but at the other hand their family members were not happy with the uneven timings of their jobs. Women police satisfied victims with immediate response to their Complaints; women police showed sympathy while lodging their complaints and did not use abusive language at all. <sup>3</sup> Natarajan's (2008), emphasized on the changing role and functions of women police and presents a detailed account of her extensive research on women police in the Indian state of Tamil Nadu over a period of twenty years. She brings her related studies together to provide a descriptive evaluation of the role and function of policewomen in Tamil Nadu since the establishment of the All Women Police Units. She administered questionnaires to different samples of policewomen in the USA and India, interviewed them and analyzed random samples of court cases to arrive at Interferences crucial to her project. She defines the major theoretical aspects of the research describing in detail the two models of integration in policing the integrated model, which derives agency from the idea of which springs from a belief that women 'have a specialist role in the police that they are uniquely qualified to fulfil. <sup>4</sup> Abhay Pratap Singh & Sushma Pandey (2013) conducted a study to investigate the level of work stress in police personnel. A factorial design with three levels of job hierarchy was used. The study found a higher amount of stress among constables and the main causes were interpersonal factors, physical condition and job interest whereas the stress found among sub inspectors rank was caused by objective based It is also an interesting finding that the employees who are new to department expressed more stress in comparison of their senior fellows. Thus it's proved that job tenure and hierarchy are highly positively correlated to stress. <sup>5</sup> Richard Matthews

(2011) discussed how the work stress negatively influenced the police personnel’s marital lives. Autonomic arousal, encountering traumatizing situations, being stuck in dangerous scenario, organizational stress, and shift work are the main sources which generates stress that how communication issues can also cause the marital stress and eventually result in divorce Job stress is a reality for law enforcement personnel useful in refreshing one’s marriage.

**3. OBJECTIVES OF THE STUDY:**

- ✚ To study the socio-demographic factors of the respondents
- ✚ To study analyze the level of stress among the female police constables.

**4. RESEARCH METHODOLOGY:**

This study is about selected variable of stress this study is based on the police female constables in Ramanathapuram district. The research concentrated on Kadaladi, Kamuthi, Mudukulathur, Paramakudi, Ramanathapuram, Rameswaram, Thiruvadana, (8) sub divisions comprising 43 police stations and the researcher collected 150 samples from female police constables. The Primary data were collected through the questionnaire directly from the respondents and the secondary data were collected from previous records, books, Magazine, News Paper, journals and the Internet so on.

**5. DATA ANALYSIS AND INTERPRETATION:**

**Table - 1**  
 Demographic Profile

S.NO	Options	Frequency	Percentage
1	Grade – I	60	40.00
2	Grade - II	40	30.00
3	Grade - III	50	20.00
	Total	150	100.00

(Source: Primary data)

**Table 1.1**  
 Educational Qualification

S.NO	Options	Frequency	Percentage
1	School Level	60	40.00
2	Under Graduation	40	30.00
3	Post Graduation	30	20.00
4	Professional Degree	20	10.00
	Total	150	100.00

(Source: Primary data)

**Table 1.2**  
 Community Category

S.NO	Options	Frequency	Percentage
1	OC	10	5.00
2	BC	60	40.00
3	MBC	30	20.00
4	SC	50	35.05
	Total	150	100

(Source: Primary data)

**Table 1.3**  
 Marriage status

S.NO	Options	Frequency	Percentage
1	Married	80	50.00
2	Unmarried	40	30.00
3	Divorced	10	5.00
4	Separated	20	15.00
	Total	150	100.00

(Source: Primary Data)

**Table 2**  
 Overall Level of Stress

S.NO	Level of Stress	Frequency	Percentage
1	Very low stress	10	5.00

2	Low stress	30	20.00
3	High stress	50	35.05
4	Very high stress	60	40.00
	Total	150	100.00

(Source: Primary data)

## 6. FINDINGS:

It was shows that most of the police constables are belonging to Grade I (60) Most of the female constables are having school level (60) education qualification. 150 respondents are following Hinduism as their religion and 60 constables are belongs to Back ward castes. The constables are from rural area and most of them are married (80). 60 female police constables are facing very high amount of stress and female constables facing high amount of stress and only 10 constables are facing very low stress in their occupation. 30 respondents are facing low stress in their occupation.

## 7. CONCLUTION:

The study explained Stress due to insufficient personal time, Seeing criminals going free, Lack of recognition for good work, having to deal with the media, Meeting deadlines, Working overtime, Dealing with crisis situation, Lack of opportunity for advancement, Competition for advancement Inadequate salary, delivering a death message or bad news are the primary causes of stress among female police constables. It empirically investigate that demographic Profile educational Qualification, religion, marital status, Community Category, Overall Level of Stress of residence in the same field has significant association with stress level among female police constables. The study suggests to regularly organizing the training programs, counselling and health checkups for stress management of female police constables.

## REFERENCES:

1. Stevenson T.M., Stress among police officers: Burnout and its correlates, California School of Professional Psychology (1988)
2. Morash M. and Haarr R.N., Gender, workplace problems, and stress in policing, Justice Quarterly, 12(1), 113-140 (1995)
3. Wexler J.G. and Logan D.D., Sources of stress among women police officers, J. Poli. Sci. Admin., 11, 46-53 (1983)
4. Harrell J.J., Police work, occupational stress, and individual coping, J. Org. Behaviour, 16, 27-34 (1995)
5. Juniper D., Stress in a police force, Pol. J., 69, 61-69 (1996)
6. Kop N., Euwema M. and Schaufeli W., Burnout, job stress, and violent behaviour among Dutch police officers, Work and Stress, 13, 326-340 (1999)