



A Study of Life Satisfaction and occupational stress among: Maharashtra Police-constables

Dr. Rahul Barve

Dept. Of Psychology,

Govt. Vidarbha Institute of Science and Humanities,

Amravati. 444604.

E mail : rahul.barve29@gmail.com

Abstract:

The present study is conducted to examine the level of life satisfaction among Maharashtra police constables. But while acquiring the level of life-satisfaction, the cops faced many problems which created occupational stress among them. Since Stress and Health are interrelated, police constables working in urban area face several problems which affect their level of Life-satisfaction. To investigate the nature of the problems, police constables were randomly selected on whom psychological tools were administered. The research revealed that female police constables were having higher level of life satisfaction than male police constables. As the above results are supported by beggam et. al who reported more stress in urban police constables due to unbalancing job-demands and job-pressure in urban areas.

Key words: Occupational Stress, Life satisfaction, Roll stress, Urban/Rural, Police constables.

Introduction:

The Maharashtra Police department plays a very important role for establishing the law & order in the society, especially the Mumbai Police force have achieved so many awards for controlling the underworld crime rates. But the man/women who works in this department have to lose so

Life Satisfaction and occupational stress among: Maharashtra Police-constables

many family responsibilities due to this heavy work load and 24 hours duties. The salaries of the department are not high as compared to the Govt. it increases the stress, anxiety and low involvement in the job. If the stress and anxiety increases, it affects the behavioral pattern of the police force.

In the year 2002-03 some incidents takes place just like attacks on the police officers by the police constables fire to Sr. officers, suicides due to not sanctioning leave. These are the rare incidents but it reveals that there are some hidden reasons or psychological reasons behind such incidents. It should be find out scientifically. So that some major, preventive steps can be taken.

In this study, it is planned to study the role stress, anxiety level, Job involvement and Mental Health of the Maharashtra Policeman and policewomen. While studying these problems following factors are taken into consideration.

1) Role Stress :

We are living in an era of growing complexities and pressure where human constitution and capacities are being taxed severely. The stresses relating to job have become predominate feature of modern life, exerting far-reaching effects on focal employee's behavior and adjustments as well as off-the-Job.

Job stress is generally defined times of relationship between person and environment. Me Grath (1976) has noted that a stress involves an interaction of person and environment. To define stress he said "..... there is a potential for stress when an environmental situation is perceived as presenting demand which threatens to exceed the person's capabilities and resources for meeting it, under conditions where he expects a substantial differential in the rewards and costs from meeting the demand of not meeting it."

Psychologist and Management scientist have different views about potential Psychological and situational conditions or jobs factors which cause job-stress. In this study it is also planned to measure the amount of stress factors which are affecting behavioral patterns of police constables.

2) Life Satisfaction :

Life Satisfaction and occupational stress among: Maharashtra Police-constables

Satisfaction is a state of mind. It is an evaluative appraisal of satisfaction. The term refers to both “contentment” and “enjoyment” as such it covers cognitive as well as effective appraisal. Satisfaction can be both evanescent and stable through time.

Definition:

“Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life satisfaction than word “happiness” is also used to refer to an objective good; especially by philosopher, further, the term life satisfaction has the advantage over the label of “subjective well-being” is that life rather than to current feelings or specific Psychosomatic symptoms.

3) Use of life satisfaction:

Life satisfaction is one indicators if “apparent” quality of life, together with indicators of mental and physical health, it indicates how well people thrive. Data about life satisfactions is used of several purposes.

Objectives of the study:

- 1) To find out the level of occupational stress among the police constables of M.S. working in the Rural & Urban area comparatively.
- 2) To find out the sex role effect on occupational stress of police constables comparatively.
- 3) To search the level of life satisfaction among the police constables working in Rural and Urban Area respectively.
- 4) To investigate the level of life satisfaction among male & female police constables.

Methodology:**Sample:**

A sample comprised of total 100 constables. It includes 50 male & 50 female police constables. There will be four groups of the subjects. In each group there will be 25 police constables. The

Life Satisfaction and occupational stress among: Maharashtra Police-constables

age of the subjects will be 25 to 40 years. The distribution of the total sample is depicted as follows:

Sample distribution :

Area if working	Urban	N = 25
	Rural	N = 25
Gender of police constables	Male	N = 25
	Female	N = 25

Total = 100

Tools used for data collection:

1. Life satisfaction scale (L.S. Scale)
2. Occupational stress index (OSI)

➤ Procedure for data collection :

- One hundred Police constables were selected randomly from Rural and Urban area of Jalna District as stated in the design of study.
- Test was given to every Police constables with the Proper instructions.

Table No. I

The following table shows univariate analysis of variance dependent variable life satisfaction

Source	Type III Sum of sq.	DF	MS	F	Sig.
Area of working (Ass)	86.49	1	86.49	0.679	Not significant
Sex (Bss)	7208.01	1	7208.01	58.18	Singnifacant

Life Satisfaction and occupational stress among: Maharashtra Police-constables

Area ABssx	252.81	1	252.81	2.03	Not significant
Sex					
WSS	11906.88	96	124.03		

$P = 0.05 = 3.09 \&$

$0.01 = 6.90$

In the above table two-way univariate analysis of variance shows that the first main effect of area of working i.e. Urban & Rural Area $F(1,96) = 0.697$, which is not significant at 0.01 & 0.05 levels.

The second main effect is Sex (Male, Female) $F(df\ 1,96)$ value is 58.15, which is significant at 0.01 & 0.05 levels. Hence, Male & Female Police employees shows significant differences in terms of there life-satisfaction.

For search out the difference between two means post-hoc test i.e. t-test have been employed.

Table No. II

The following table shows the differences between male & female Police constable for dependent variable life-satisfaction.

Group	N	Mean	S.D.	t	Signification level
Male	50	44.02	5.575	0.21	Non-Signification
Female	50	42.16	7.58		

Life Satisfaction and occupational stress among: Maharashtra Police-constables

In the above table No II, the mean value of male police constables is 44.02 & S.D. 5.575 as well as female police constables 42.16 & S.D. 7.58, obtained “t” values is 0.21 which is not significant. On the basis of the mean it is concluded that female Police constables are less satisfied than male police constables & rejects first hypothesis i.e. : the level of life satisfaction would be high in female police constable than Male constable.

Table No. : III

Following table shows the difference between police constable working in rural & urban area 4 dependent variable “ life-satisfaction”

Group	N	Mean	S.D.	t	Signification
Urban	50	51.58	5.31	19.74	Significant at both the level
Rural	50	34.60	7.84		

In the above the mean value of life-satisfaction of Urban police constables is 51.58 & S.D. 5.31 as well as rural police constables mean 34.60 & S.D. 7.84, obtained t- value is 19.74 which is significance. On the basis of mean it is concluded that rural police constables are less satisfied than urban police constables. Hence the hypothesis IIInd have been accepted.

Table No. IV

Following table shows univariate analysis of varicance for the dependent variable occupational stress.

	Source	Type III sum of square.	-- df	--Ms	--F	Sign
Ass	Area of	165694.5	1	165694.5	69.74	Significant

Life Satisfaction and occupational stress among: Maharashtra Police-constables

	working					at both the level
Bss	Sex	58769.3	1	58769.3	24.73	
ABss	Area x sex	161631	1	161631	68.03	
Wss	Error	223275.20	96	2375.78		

In the above table two way univariate analysis of variance shows that the first main effect of working i.e. urban & rural area. The value $F(1,96) = 69.74$, which is significant at 0.01 & 0.05 level.

The second main effect is Sex (Male, Female) $F(df 1,96)$ value is 24.73 which is significant at 0.01 & 0.05 level hence male & female police employees shows significant difference in term of their occupational stress.

For search out the difference between two means post-hoc test i.e. have been employed.

Table No. V

Following table shows difference between Male & Female Police Constables for dependent variables occupational stress.

Group	N	Mean	S.D.	t	Signification Level
Male	50	165.58	18.02	0.033	Non-Significant accepted
Female	50	153.32	21.5		

In the above table the mean value of the male police constable is 165.58 & 21.5 as well as the mean of occupational stress of female police constables is 153.32 & S.D. 21.5, obtained t- value is 0.033 which is not significant at both the levels. On the basis of mean, it is conclude that female police constables are less satisfied than male police constables and rejects the said

Life Satisfaction and occupational stress among: Maharashtra Police-constables

hypothesis i.e. the level of occupational stress would be high in male police constables than female police constable.

Discussion :

The above table shows that the mean O.S. values score obtained by police constables working in the rural & urban areas both for mean of the O.S. male & female police constables working in the rural and urban area. It shows that male constables. The main effect of area of working F (0.67, df 1, 96 $P > 0.01$) and t values $19.74 < 0.01$ thus, the female constables are more satisfied than male constables.

The second main effect of sex F (58.18 df 1.96) $P < 0.01$ is significant at both the level. The difference of area and sex also affect the life of police constables.

The first dependent variable occupational stress has also impact of sex and working place. As shown in the above table the main effect of working F (69.74 df 1,96) is significant (PL 0.01 & 0.05) at both the levels. As per the table the mean value of urban area police constables on occupational stress index is 183.78 and for rural area constables 135.12. it indicate that urban area police constables are suffering for high stress than rural area constables. As the above results are suffering for high stress than rural area constables. As the above results are supported by the study of finoa H and Biggam el al (200), who reported more stress in urban police constables due to unbalancing job demands and job-pressure on urban area.

On the basis of statistical analysis it was concluded that:

- 1) Urban police constables are more satisfied than police constables.
- 2) Female police constables are more satisfied than male police constables.
- 3) Occupational stress is high in urban area police constables than rural area police constables.
- 4) Occupational stress is high in male police than female police constables.

REFERENCES:

Life Satisfaction and occupational stress among: Maharashtra Police-constables

Ashely Weingberg.Cary L.cooper 9199): Workload Stress and Family life in British ---: Stress Medicine: Vol.15,Iss-2,page 79-87.

Barry J.Evans, Greg J.Colman (1992): The Police personality Type A behavior and trait anxiety: Journal of Criminal Justice vol-20,Iss-5 Page 429-441.

Beckman ; Karen (2005): Trends in Police Research: A cross-sectional analysis of the 2002 literature: Police practice & Research: vol-6 (3) Page 295-320 (26)

Carol Merenmeyer, Mariyn Colmen (1987): Correlates of Inter-Role conflict in Young Rural and Urban Parents: Family Relation, Vol-36 ,Page-425-429.

Diener E; Emmons, R.A;Larson R.J.(1985): The satisfaction with life scale: Journal of personality Assessment, Vol.49,Page 71-157.

Duniela Andern, Peter Martinsoon (2006): What contributes to life satisfaction in transitional Romantia? : Review of development economics: vol -10 (1) Page 59-70.

Ezra stotland (1991): The effect of police work and professional relationship on health: Journal of Criminal Justice: Vol-19(4),Page 371-379.

Gueldner S.H, Loeb S, etal (2001): A comparison of life satisfaction and mood states in nursing; Arch Psychiatr Nurs: Vol-15(5), Page 232-40. Hamilton V.L.Hoffiman (1993): Unemployment distress and coping: Panel study of autoworkers: Journal of Personality and social psychology, Vol-65Page 234-247.

Han Hwee,Ho Kozoo Mastubayshi (2003): What determines the Life satisfaction of the elderly: Geriatrics and Gerontology International, Vol-3 (2)Page 79-85.

Occupation stress among police: Journal of offender Rehabilitation, Vol-25; No.1-2,PP103-113.