



Depression Anxiety Stress among the police personnel's

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Abstract

Background: Stress is generally taken as psychological perception of pressure as in one side, on the other side it is the disturbances in body's mental balances. The stress and anxiety can be viewed as the conceived of as pressure from the environment, then as strain within the person. Similarly it is that aspects of psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressure of the situation. As same, the stress and anxiety in workplaces and in organized official public services interferes with the productivity and performance also creates an impact on physical and emotional health of workers. The overrated increase in stress & anxiety in working professionals leads to a state of depression. (WHO, 2014). Objectives of the study were to assess the rates of depression, anxiety and stress among the police personnel's.

Methods: A descriptive survey was conducted among 60 police personnel's in selected police stations of Moradabad district, Uttar Pradesh. The sample were selected based on convenient sampling technique and Tools used were demographic Performa and Hindi version of Depression anxiety stress scale 21 short form version which was self administered.

Results: The study subjects had normal level of depression which corresponds to be 65.0%, mild level of depression is 10.0%, moderate level of depression is 11.7%, severe level is 10% and extremely severe level of depression is 3.3 %. The participants with normal Anxiety level is found to be 58.3%, mild level of anxiety is 0.83%, moderate level of anxiety is 0.83%, and severe level of anxiety is 13.3% and extremely severe level is 11.7%. The study participants had normal Stress levels which is 65.0%, mild level is 16.7%, moderate level is 11.7%, severe level of stress is 05.0% whereas extremely severe level of stress is 0.17%.

Conclusion: Through the assessment of depression anxiety and stress among the police personnel's necessary intervention can be planned for most of the armed forces in reducing their stress anxiety and depression due to working environment and there is a definite need for the periodic assessment of the mental health status of the armed forces or police officers.

Keywords: depression, anxiety, stress, police personnel

Introduction: Background

Stress is generally taken as psychological perception of pressure as in one side, on the other side it is the disturbances in body's mental balances. The stress and anxiety can be viewed as the conceived of as pressure from the environment, then as strain within the person. Similarly it is that aspects of psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressure of the situation. As same, the stress and anxiety in workplaces and in organized official public services interferes with the productivity and performance also creates an impact on physical and emotional health of workers. The overrated increase in stress & anxiety in working professionals leads to a state of depression.

As a result of which they may suffer from both physical & mental illness. They might exhibit absenteeism, lake of interest, lake of concentration within the working efficiency and performance. And when not resolved and controlled may lead to major complications like depression and suicidal thoughts. Depression is a condition in which a person feels sad, unmotivated, hopeless, discouraged and disinterested in

life. If these feelings last for a short period of time, it may be a case of "the blues". But if these feelings last for two or more than two weeks and if the feelings interfere with daily activities such as taking care of family, spending time with friends, it seems to be a major depression. Major depression is a treatable illness that affects the decision making, thinking and functions of a person. Whereas, majority of the people take depression as negative rumination, poor outlook to work and weak energy to do work.

Depression is distress that may have anxiety too, but people with depression often experience symptoms similar as anxiety disorder such as nervousness, irritability, problem in sleeping and concentrating.

Objectives

To assess the level of depression, anxiety and stress among police personnel with structured questionnaire in selected police stations of Moradabad, U.P.

Methods

A descriptive survey study was conducted among 60 study

subjects adopted in the study. The sample consists of 60 police personnel at selected police stations of Moradabad district, Uttar Pradesh. The sample was selected based on convenient sampling technique and police stations were selected based on purposive sampling technique. The following criteria were set for the sample selection - who are willing to participate in the study and who are available at the time of data collection. Tools used were demographic Performa and Depression, Anxiety and Stress (DASS21) Hindi version. The chronbach alpha for entire scale was .83 (bhupendrasingh *et al* 2013).

Table 1: Score rating and interpretation of the DASS 21

Severity	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

Data was obtained by self report using the standardized scale. The administrative permission from the District

Superintendent of Police was taken and after that written consent was taken from the participants by explaining about the research study. Participants confidentiality and anonymity was maintained throughout the study.

Results

Obtained data was analyzed based on objectives of the study by using SPSS 20.0 version. Out of 60 study subjects, the study found that maximum age of respondents is between 25-30 years which contribute to (46.7%). The majority of respondents are males corresponds to 98.6%, the maximum respondents are Hindu 90.0%, and majority of participants are married 81.7%. The experience of work is found to be more than 10 years which is 56.7%, whereas the maximum participants are of constable cadre is 70.0%. The majority of the participants 61.7% are posted on urban area and the majority of participants are graduates 43.3%. The maximum monthly income among participants is Rs 20,000- 25,000/- with 33.3%. The majority of the participants are living with joint families which corresponds to 76.7%.

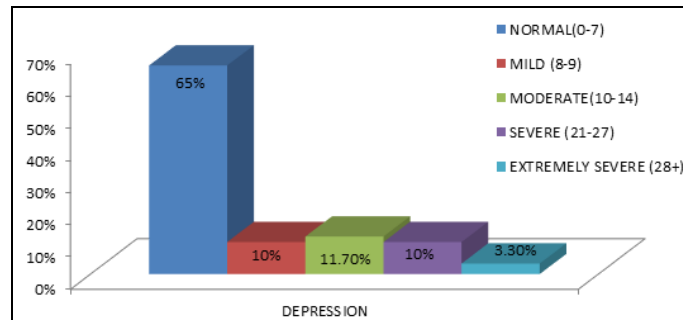


Fig 1: Frequency and Percentage distribution of level of depression among police personnel's

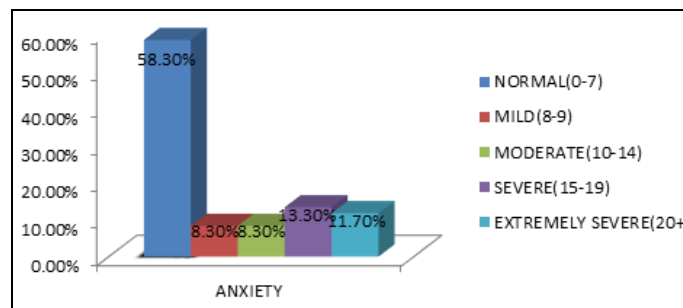


Fig 2: Frequency and Percentage distribution level of anxiety among police personnel's

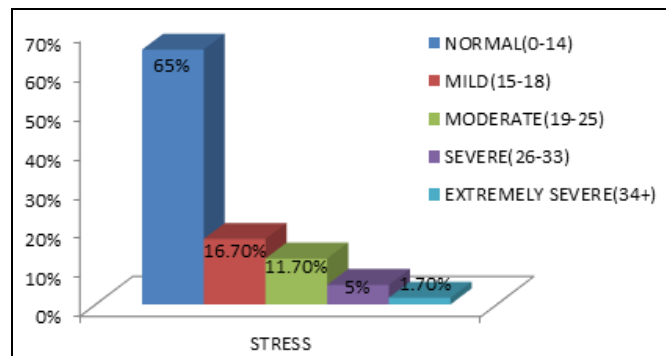


Fig 3: Frequency and Percentage distribution of level of stress among police personnel's

Discussion

- The present study showed that majority of the participants had normal level which is found to be 65.0%, mild level of depression is 10.0%, moderate level of depression is 11.7%, severe level of depression is 10% and extremely severe depression is 3.3 %.
- The Anxiety level of the participants is found to be 58.3% normal, mild level is 0.83%, moderate level is 0.83%, and severe level is 13.3% and extremely severe level is 11.7%.
- The stress level of the participants is found to be normal which corresponds to 65.0%, mild level is 16.7%, moderate level of stress is 11.7%, severe level is 05.0% whereas extremely severe level of stress is 0.17%.

The findings of the study is supported by the other study conducted by Retneswari Masilamani *et al* (2013) titled “prevalence and associated factors of stress in the Malaysian Police Force” with a aim to determine the prevalence of stress and the associated socio-demographic and work factors among police personnel’s in Kuala Lumpur, Malaysia. The study participants included are 579 police officers from 11 police stations, the tool used was 21-item Depression, Anxiety and Stress questionnaire. Analysis is done by multinomial logistic regression for examining the effect of socio-demographic and work related factors on stress. The findings revealed that the prevalence of stress was 38.8% (95% CI 34.2, 43.6) with 5.9% (3.9, 8.8), 14.9% (11.6, 18.8) and 18.0% (14.5, 22.2) for severe, moderate and mild stress respectively. The inspectors and the participants who think that their salaries were not commensurate with their jobs were more likely to suffer from moderate level of stress. The study discloses the findings that police job is stressful, special attentions needs to be paid to higher level ranks and the remuneration structure of police officers to address this issue.

Future implications

This particular study throws light on the job stress depression and anxiety among the police personnel and necessary nursing and multidisciplinary interventions can be planned in a vast level to focus on improving the psychological health of the police personnel’s and moreover the assessment itself gives a strong evidence that the regular monitoring of the law enforcing officers is a must and should be carried out on a regular basis as it has great impact on the health of the individual who look into the law and order of the society.

Limitations

Study is limited only to selected police stations of Moradabad district Uttar Pradesh and the size of the participants is less as the researcher does not have adequate data collection time frame.

Recommendations

1. A similar study can be conducted taking a large sample throughout the country.
2. An interventional study can be planned to reduce the job stress anxiety and depression on large scale.

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