



# Journal of Research and Development

A Multidisciplinary International Level Refereed Journal

UGC Journal List No.64768 • Impact Factor 4.270

Journal of Research and Development  
A Multidisciplinary International Level Refereed Journal



4.270

UGC Journal List No. 64768

Vol.No. 08

Special Issue 10

March 2018

ISSN No. 2230-9578

» वस्तु व सेवा कर (जीएसटी) चा शेती क्षेत्रावरील परीणाम – एक अभ्यास .....	१२०
- मुरलीधर चिंधाजी जाधव	
» मानवी समाजासमोरील सांप्रदायिक आव्हान .....	१२१
- आकाश शेषराव बांगर	
» पंचायत राज आणि महिला सक्षमीकरण .....	१२४
- कु. प्रियंका राजेंद्र आटे	
» शेतकरी कर्जमाफी : एक चिंतन .....	१२६
- पाटील अनुराधा सुनिल	
» पंचायत राज आणि महिला सक्षमीकरण .....	१२९
- पवार विश्वनाथ हणमंतराव	
» <b>Impact Of GST On Indian Economy</b> .....	132
- Kapil M. Wadode	
» <b>Environment : Effects And Consequences</b> .....	135
- Prof. Dr. Ajay Janrao Solanke	
» <b>GST And Indian Economy – Structure, Impact And Future</b> .....	137
- Narendra Dnyandeo Najardhane	
» <b>The Importance Of Electronic Business In India</b> .....	139
- Dr. Pawan Ramesh Naik	
- Prof. Mahadev Rambhau Sadawarte	
» <b>Environmental Awareness And Education In India</b> .....	144
- Dr. Prasanna Suresh Deshmukh	
» <b>An Analytical Study Of Arts And Science College Student's Adjustment</b> .....	146
- Dr. N. S. Dongare	
» <b>Climate Change and Human</b> .....	149
- Dr. Raju Suresh Gaware	
» <b>Occupational Stress And Remedy : A Study Of Police Cops With</b> .....	153
<b>Special Reference To Jalgaon District</b>	
- Dinesh Prakash Patil	
» <b>GST Impacts On Indian Economy</b> .....	156
- Shri. Vishal P. Hause	
» <b>Displacement in Michael Ondaatje's Novelln the Skin of a Lion</b> .....	160
- Prof. Mahadev K. Waghmode	
» <b>Climate Change And It's Impact On Agricultural Field In India</b> .....	163
- Patil Kishor Dadaji	
» <b>Importance Of Higher Education In Rural Devlopment In India</b> .....	166
- Prof. S.R. Valavi	
» <b>Namdev Dhasal's Poetry Reveals The Voice Of Supressed Class</b> .....	168
- Sunil Surwade	
» <b>Digital Payment System in India - A way towards Digital India</b> .....	170
- Harshal H. Patil	

## Occupational Stress And Remedy : A Study Of Police Cops With Special Reference To Jalgaon District

- Dinesh Prakash Patil

Assistant Professor, Dept. of English Language and Literature

A. R. B. Garud Arts' Commerce and Science College, Shendurni, Tal.Jamner, Dist.Jalgaon

### Abstract

In present condition workplace stress is becoming a major issue and a matter of concern for the workforce and various organization. In modern era, within complex life style it is impossible to avoid stress and its psycho-biological concern to human life. Occupational stress has related to workplace. It occurs when environment at workplace is not fit for a person. It creates effect on efficiency, creativity, balance temperament, & potential of an individual. Occupational stress is also associated with various biological reactions that may lead ultimately to comprise health such as, diabetes, cardiovascular diseases. Area of occupational stress consider difficult to study because of its complexity. During the past few years the occupation of police cops had under gone rapid and striking changes due to 26/11 terrorist attack, riots etc. This transformation has affected social, psychological, and biological domains of police cops. Day by day occupational stress among police cops accelerating and it is related with drastic changes. In this concern, the present study has undertaken to address specific problems of police cops related to occupational stress, Present study has also attempted to explore causes and remedy to cope up with it.

**Key words:** Biological, psychological, occupational, workplace, complex

### Introduction

Stress can be define in many ways,

Van Fleet (1988), stress is caused when a person is subjected to unusual situations, demands, extreme expectations, or pressures that are difficult to handle. Job stress can be lead to poor health and even injury. Stress can be brought about by pressures at home and at work. Stress at work can be real problem for police cops as far as concern of responsibility load.

In this concern, the present study has undertaken to address specific problems of police cops related to occupational stress, Present study has also attempted to explore causes and remedy to cope up with it.

### Methodology Of The Study

#### Population

The population selected for this particular study is employees from Maharashtra State Police in Jalgaon district. Maharashtra state Police employees in Jalgaon district comprise of M.I.D.C. police station Jalgaon (A grade), Pachora Police station Pachora (A grade), Jamner Police station Jamner (B grade), Pahur Police station Pahur (C grade), Traffic Police Station, Jalgaon (A Grade)

Questionnaire are distributed and collected personally by the researcher.

#### B] Research Design

The study is explorative as well as descriptive in nature.

#### C] Sample Design

The particulars of sample design,

1. SAMPLING UNIT : Jalgaon district.
2. SOURCE LIST : Maharashtra state police cops

3. SIZE OF SAMPLE : 125

4. PARAMETERS OF INTEREST : In estimating the number of persons being stressed in their jobs.

#### D] Tool Of Data Collection

A pilot testing has conducted initially by administrating the questionnaire on around 25 numbers of respondents. The information has collected from the Maharashtra state police cops at all the level. Interviews were conducted with the employees for gathering information on their perception about their organization and the problems which they face both directly and indirectly in the discharge of their responsibilities. The respondents were questioned on the issues affecting the stress levels of the employees, impact of family pressures on their work, expectations from their roles, up to what extent they are satisfied and possible suggestions for overcoming the adversities of stress by evaluating the individual initiatives and organizational initiatives.

#### E] Sources Of Data

The study consists of both primary data and secondary data. The primary data has collected by direct interview through questionnaire. The secondary data has collected from research publication, references, & standard journal etc.

#### F] Research Instrument – Questionnaire Method

The instrument has administered in the workplace to employees. Data has collected using a structured questionnaire (OCCUPATIONAL STRESS INDEX), which has distributed in the workplace to employees and in Jalgaon district.

**G] Analysis Of Data**

The data analysis determines any differences between the stress levels of employees and their impact on reducing stress.

**OBJECTIVE OF THE STUDY**

**Primary Objective**

» The Primary objective for the study is to analyze the occupational stress among the Maharashtra State Police Cops in Jalgaon district.

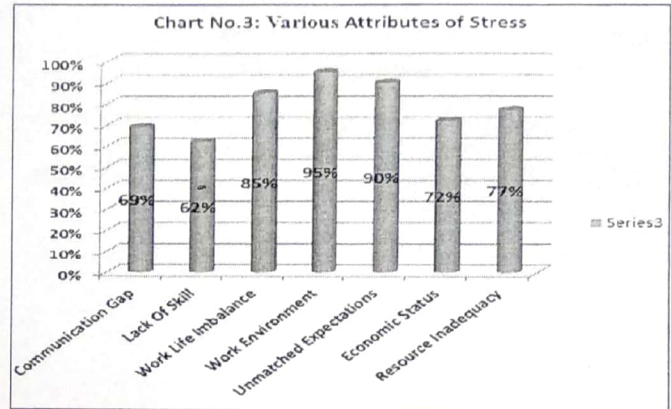
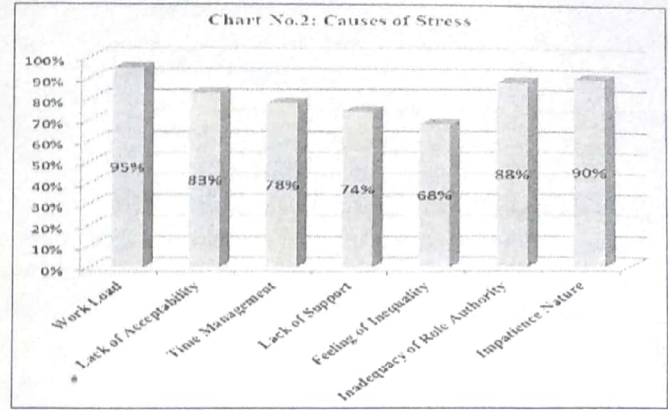
**Secondary Objective**

- » To examine what is the effect of stress on work factors when cops are under the high stress.
- » To identify different methods and techniques to reduce job-related stress.

**Questionair Analysis**

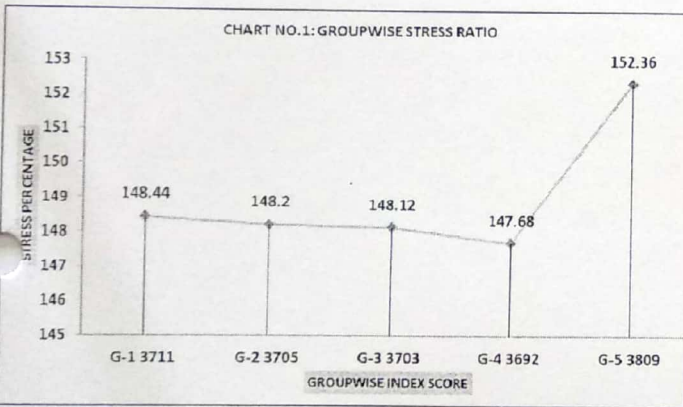
**Chart No.1: Groupwise Total Index Score**

POLICE STATIONS (S)	GRADE ACCORDING TO WORKLOAD	RESPONDENT	Stress Index Total Score	% of Stress
M.L.D.C., JALGAON	'A'	25	3711	148.44
PACHORA	'A'	25	3705	148.2
JAMNER	'B'	25	3703	148.12
PAHUR	'C'	25	3692	147.68
TRAFFIC JALGAON	'A'	25	3809	152.36



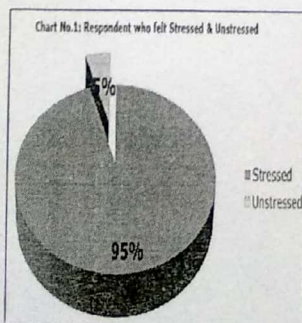
**Suggestions And Recommendations**

- 1) Reduction of long duty hour (in 08 hours)
- 2) Organize effective stress management programme in regular annual duration.
- 3) Need of open channel communication among police cops for handling stress.
- 4) Appoint a professional trainer/counselor for stress management of police cops.
- 5) Establish laughter club in each police station for reducing stress.
- 6) Implement holistic approach to control stress such as Pranayama, Yoga.
- 7) Open a career-counseling center for children of police cops.
- 8) Undertake regular stress audit by professionals it helps to find out stress area to be improve.
- 9) Establish attractive system of reward and recognition of good work.
- 10) Compulsion of total medical check-up twice in a year for police cops.
- 11) Organize gathering, social meet and get-together with family for police cops.
- 12) Provide basic facilities properly e.g. lodging, travelling, fund for welfare.



**Data Analyses And Discussions**

Present study includes an analysis of data collected by representing it in chart form along with interpretations. The information collected were analyzed for arriving at proper conclusion on the topic.



**Conclusion**

» The problem of stress is inevitable and unavoidable in the Maharashtra state police sector. A majority of police cops face severe

stress related ailments. In this concern, Govt. must take initiatives in helping to overcome it.

- » In police, cops pressure is created by heavy workload so long duty hours should be reduce.
- » For effective productivity work force is important. To maintain effective workforce balance temperament is important, for maintaining the peace of mind of police cops perfect system of stress management is important. In present research work attempt has been made to present comprehensive scenario of stress level of police cops in transparent manner.

#### Reference

1. Joshi B K, Stress Management, Avishkar Publishers, Jaipur 2007.
2. Brown J M, Berrien F K, Russell, Wells W D, Applied Psychology, Amerind Publishing, New Delhi 1966.
3. Murphy Gardner, An Introduction to Psychology, OXFORD & IBH PUBLISHING, Calcutta (Kolkata) 1968.
4. Gokulananda Swami, HOW TO OVERCOME MENTAL TENSION, Ramkrishna Mission Institute of Culture, Kolkata 2011.
5. Journal - 1) Academe Vol. XIV, No.1, January, 2011-'Anger management for stress Relief' Dr. Anita Sharma Dept' of Psychology, H.P. University, Shimla.