

Psychological Coping for the Management of Stress, Anxiety and Depression in Police

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ABSTRACT

In many mechanisms of media, it is also noticed that there are a number of cases of suicide and/or homicide due to overwhelming, stress and depression in the Indian setting. Some of the major threat full situation, the police personnel deal with in their daily work life is combating the criminal and prevention of the crimes, police patrolling, crime scene investigation, threats from the antisocial, terrorist, and political pressures lead police life towards anxiety, stress, and depression. In the Indian setting policing is divided into some major categories such as Civil/General, Traffic, and Central armed police. Although the work profile of different police is diverse in nature the purposes are the security of the individual in society, the maintenance of law and order situation, and the security of the nation. Although there are some interventions programs that have been conducted by the Government of India and the authority of the respective police departments, herewith the authors suggested some simple techniques to manage the anxiety, stress, and depression on the day-to-day life of the police personnel. The authors suggested some of the management strategies for the authority/government and also for the police personnel for their self-management to deal with day-to-day anxiety, stress, and depression.

Keywords: Policing, Traffic police, Civil police, Women police, Anxiety, Stress, Depression

Some of the most common assignments in policing involves investigations, patrolling, attending to traffic accidents, security for the country, crime scene investigation, and some of the interior disturbances such as riots, arrests and even making tough decisions. Simply, the duties of the police officers are to maintain the law and order system in society and for the security of the nation. Due to many sensitizing job assignments police personnel are exposed to different types of work situations, which makes it necessary different physical and mental ability and stability to deal with (Alkus & Padesky, 1983; and Aron, 1991). But it is observed that, due to poor health management skills, they suffer many physical and mental health problems (Casserley, & Megginson, 2008). Many studies already on police personnel in different countries affirmed some of the common mental health problems primarily anxiety, stress, and depression further, that lead to some of the other chronic mental health problems.

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Generally, in the Indian sector, police personnel are divided into some major categories such as Civil/General, Traffic, and Central armed police. Under central armed police again it is sub-categorized as “Border Security Force (BSF), Central Reserve Police Force (CRPF), Central Industrial Security Force (CISF), Indo-Tibetan Border Police (ITBP), Sashastra Seema Bal (SSB)”. The purposes and functions of the police forces are as similar as a military force. Police forces under the central government help military forces, control civil agitations, and help people in disaster management. Further, these forces are used to manage crowd and riot controlling, patrolling the borders, policing at sea, counter-terrorism, providing security at airports, VIP protection, and security of important industrial sites. They also maintain the law and order in conflict areas, and in peacekeeping operations.

Mental Health of Police Personnel

As Policing is one of the most responsible and demanding jobs, it is very clear that most of the time, police personnel face day-to-day stress, and anxiety in some cases they are also depressed. Besides that, occupational stress job-related anxiety, and stress are also more common in the police. In this regard, it is recognized that police occupation is stressful and significantly associated with increased anxiety and depression. In this regard, the study of Violanti and Marshall (1983) observed that police officers respond either psychologically or behaviorally to the pressure of police work by becoming distrustful and/or deviant way. The ways of their responses indicate police officers are in occupational stress, individual stress, or family stress, and also, they have greater coping strategies to deal with these stresses effectively (Kyle, 2008). A study conducted by Channabasavanna (1996) has indicated that heavy workload and long duration of work, conflicting orders and harassment from senior officers, inability to give them to the family and lack of facilities, job insecurity leads to mental health problem. Similarly, in another study, Tripathi, Naidu, Thapa, and Biswas (1993) on a sample of 226 Police officers from the levels of constables, Head Constables, Sub-Inspectors, Inspectors, Dy Superintendent of Police from Uttar Pradesh, found that no social life, no leave, long duration of work, the threat to life, poor salaries, not able to give time to family and not able to pay attention to children education, pressure from seniors, and inadequate infrastructure are some of the major problems faced by the police officers lead to their life into stress, depression, and anxiety.

Concept of Stress

Stress is an internal state that can be caused by social situations, by environmental factors, and mostly by physical demand of the body such as due to disease, extremes of temperature, etc., and these can be evaluated as potentially uncontrollable, harmful to the person, over and above person resources for coping. Fineman (1979) defined stress as a psychological response state of negative effect, characterized by a persistent and high level of experienced anxiety or tension. Fineman (1979) further views that, stress as a condition of organic damage resulting from strain.

Concept of Anxiety and Anxiety Disorders

Anxiety is a vague, objectless fear, an uneasy feeling, fearful feeling and it is also a broad term for a number of disorders that cause apprehension, uneasiness, worrying, and nervousness. Such disorders can affect- how a person feels and behave and the person can evident real physical symptoms. Vague and unsettling can be mild anxiety, while extremely unbearable, could put such serious impact on daily life can be severe anxiety. Anxiety is mostly accompanied by restlessness, problem in concentration, muscular tension, and fatigue. During the examination, interview, and something challenging people confront the general experience of a state of worry or fear and these feelings are considered normal. When

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symptoms interfere with the individual's ability to sleep and in other functions then anxiety can be considered as a problem. In this concern, Ballenger (2000) stated that "An anxiety disorder can be characterized by a continuing or episodic state of anxiety and fear which is not limited to specific events or objects". The symptoms of anxiety can be expressed in the form of sleeplessness, disturbance, an outburst of irritability, fears such as death and insanity, palpitations of the heart. Exhaustion is mostly expressed as a result of too much effort put in to manage the stressful fear. Therefore, anxiety is expressed in a more acute form which could result in physiological symptoms such as diarrhea, nausea, suffocating sensations, perspiration, or rapid breathing.

Concept of Depression

In psychology depression can be simply defined as the condition of being alone, loss of interest in day-to-day activities, mood upset that directly or indirectly affect the person's behavior, thoughts, feelings, and well-being of social, physical, and psychological. A person with depression can experience anxiousness, sadness, hopelessness, helplessness, guilty, worthlessness, and restlessness, irritability. Activities that were a once pleasurable person may lose interest in it, and loss of appetite, concentration problems, making decisions and remembering details, insomnia, fatigue, reduced energy, excessive eating, and pains. Depression could lead to suicide. It can be mild to moderate with symptoms- apathy, little or high appetite, insomnia, negative thoughts, and low-grade fatigue. Or it can be more severe. Beck, (1961) suggested that depression cannot be defined only by reference to mood. Beck, (1961) also stated that mood change may only be one element of depression and may not, in any event, always be present. Further, Beck, (1961) also stated that a person with depression may face the problem of Specific alteration in moods such as sadness, apathy, or loneliness; A negative self-image such as self-blame, desire for self-punishment, desire to escape, to hide, or die; Physically expressed changes such as anorexia, loss of libido or insomnia; and Changes in the level of activity such as increased agitation or hyperactivity or withdrawal and inaction or Hypoactivity.

Some of the major symptoms in depression can be illustrated such as hopeless and sad feeling for more than a few days, lack of motivation, trouble in concentration and making decisions, feeling tiredness (lack of energy), excessive alcohol drinking and smoking, getting irritated and restless, negatives thoughts about self, excessive anger and withdrawing from other officers and family members, thoughts of suicide and more sleep or insomnia and gain or loss of weight.

Stress in Police

Stress in police work can be referred to as negative pressure (Bakker, & Heuven, 2006). Many types of research have shown that police officer is affected due to the daily exposure to violence and pain, dealing with criminals and handling public safety, shift changes, long duration of work, and danger or threat to the life of police officer are part of police work and cause serious job stress (Parsons, 2004). Lack of support and negative attitude of the public towards the police also add stress (Lieberman, Best, Metzler, Fagan, Weiss, & Marmar, 2002).

Administrative policies and supervisors neglecting the work of police officers can also add to the stress (Malloy, & Mays, 1984). It is observed that police officers sometimes feel they have lesser rights, lack of rewards for good job performance, the workload of paperwork and, lack of resources, the political and authority pressure leads to police stress. Due to stigma and male dominance in Indian policing, women police officers face additional stresses. The sources of stress in women police may be from fellow officers, family, friends, and other sources of the

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society. Most of the time to prove themselves to male officers and to the public contributes to major stressors for women police officers (Taylor Greene, & del Carmen, 2002).

In some of the Indian studies (e.g. Rao et al., 2008; Selokar, Nimbarte, Ahana, Gaidhane, & Wagh 2011; and Kaur, Chodagiri, & Reddi, 2013) have found that stress is one of the major mental health problems in the Indian police system. From their study, Selokar, Nimbarte, Ahana, Gaidhane, and Wagh (2011) explored that a negative workplace environment in a police job is one of the major problems and is considered as those conditions which evoke feelings of disappointment, anger, and distress. They also observed some of the stressful situations such as long duration of work, criticism by the superiors, dissatisfaction after finishing their work, feeling inadequately rewarded and valued for abilities and work are related to occupational stress in Indian police. In another Indian study Kaur, Chodagiri, & Reddi, (2013) on a sample of 150 police personnel from the police department, Vizianagram town, Andhra Pradesh, India affirmed that 35.33% of the police personnel has a high level of psychological stress and personnel with psychotic and neurotic traits to take more maladaptive coping methods and are more likely to have a high level of stress. In this regard, it can be concluded that psychological stress puts burdensome on the attitude of the police personnel as well as their personality traits and wrong coping methods can lead to hazardous situations like stress, physical or mental trauma, and even death. A study of stress and psychiatric morbidity in the central industrial security force (CISF), Rao et al. (2008), observed that out of the total participants, 28.8% were suffering from high stress. The researchers also found that participants from the central industrial security force had high psychiatric morbidity in the group of high stress. Studies conducted on job-related stress, causal factors, coping strategies of traffic constables, Kolkata police, India, Deb et al. (2008), have found that 79.4% of traffic constables had moderately or high level of stress. On contrary, a study conducted by Sinha and Mahakud (2012) on the effects of emotional competency on the occupational stress level amongst the police personnel in India have found that Personnel having high job profiles (Inspectors and Sub-Inspectors) are more stress-prone as compared to the personnel having low job profiles (Constables). The researchers also illustrated that occupational stress and emotional competence have significant relationships with each other. People having low emotional competency are more prone to stress as compared to the persons having high emotional competency (Sinha & Mahakud, 2012).

Besides that, many western studies on police officers also confirmed that stress is an effect of exterior demands. Some of the studies also stated that physically or mentally burdensome can create stressful conditions (Agolla, 2009). The conditions can evoke feelings of disappointment; anger and simply individuals can feel that situation should not exist. In this context, Pancheri, Martini, Tarsitani, Rosati, Biondi, and Tomei (2002) conducted research on the Assessment of subjective stress in the municipal police force of the city of Rome randomly on a group of 590 traffic police and 590 clerical police officers. From their study, Pancheri, Martini, Tarsitani, Rosati, Biondi, and Tomei (2002) confirmed that there is a significant difference in stress between traffic police and clerical police officers i.e. Stress is more in traffic police than clerical police officers. Effects of physical strains on police officers and the nature and effects of stress on a police officer can be analyzed by physical evidence. Research has shown that police officers meet many causes of physical stress (Anderson et al., 2002; Bonneau & Brown, 1995). A study done by Grecik (1975) has shown that 27% of police officers who were examined had medium to high risk of coronary heart disease and about 86% performed little or no exercise.

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In this regard, Anderson, Lichtenberger, and Plecas (2002) conducted research on physical evidence of police officer stress, and the purpose of their research was to find out the acute physical and psycho-social stressors in police work and they used heart rate monitoring device. Researchers took a random sample of 287 police officers from 12 municipal police departments in British Columbia. They used detailed tracking sheets and 30 different activities happening within each minute of each shift, the ride-along exercise was fitted with a heart rate monitor device and it recorded every heartbeat. The result showed that physical activities of increased intensity increased physiological stress, and psycho-social stress too on the job.

A negative work environment in the job is one of the major problems and is considered as those conditions which evoke feelings of disappointment, anger, and distress. So, occupational stress can be connected to stress experienced as a direct result of a person's job. Gibbons and Gibbons (2007) and McCarty et al. (2007) have done widespread research on occupational stress and have shown that stress is related to how the person takes the situations and how the individual tries to adopt coping strategies. On the other hand, some researchers (e.g. Gibbons & Gibbons (2007), and Malach-Pines & Keinan (2007) have debated that occupational stress in police officers specifies that officers are exposed to numerous stressful situations which influence negatively on performance and health of the officer. In this context, Agolla (2009) conducted a study on occupational stress among police officers: the case of Botswana police service. A sample of 229 police officers was taken. The result showed that getting injured while on duty and the use of force, most these stressors are the main ones for the stress of police officers.

In their study, Wexler and Logan (1983) interviewed 25 women police officers from the police department in California and found that women police personnel feel neglected by their co-workers, not equally accepted by their male counterparts, and they had been harassed in their respective workplace. These above-said factors lead to stress in occupational and family life. Further, it is also observed that due to the repeated encounters with violent people and with dangers, the stress and anxiety level in police officers gets increased and make them susceptible to many aspects of the job like the problem in management, dissatisfaction, fear of being injured and problems in their own lives and with family members too. In this context, Storch and Panzarella (1996) conducted research on Police stress: state-trait anxiety in relation to occupational and personal stressors. The researcher combined the uniform measure of stress with a questionnaire about job stressors, career variables, individual jobs, and personal variables. They took 79 police officers from 3 different departments in the U.S and used Spielberg state-trait anxiety inventory. The result showed that officers scored low in the inventory and more stress was experienced by officers more often about the fear of being injured and not being able to adapt to change in their work or family.

Anxiety in Police

Anxiety in police work can disturb the performance of the police officer and even in morale too (Paoline, 2003). Due to the work of enforcing the law, it has created anxiety among the police officers. A police officer with an anxiety disorder could have a feeling of threat in which danger is not clearly perceived. A heightened distrust can increase anxiety (Anshel, and M. H., 2000). As in the service of police, police officer first attitude has to be suspicious towards others. Such disorders can affect- how a person feels and behave and a person can evident real physical symptoms. In some of the Indian researches (e.g., Patel, 2014) has shown that anxiety puts negative force on the physical health of the police officers. The work conditions and environment put burdens on police personnel due to which they feel anxiety most of the time. From the study Patel (2014) on a sample of 120 constables and head

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constables from 1 to 15 years of work experience from regions in the city of Ahmadabad, showed that traffic police officers face stress and anxiety due to the factors of the work environment.

Besides that, many western studies on police officers also confirmed that anxiety puts burdensome on the physical health of police officers. Law enforcement has inherently created anxiety and cynicism among police officers. In this context Edge, Buffington, and Slemmons (1980) conducted a study to measure the levels of anxiety and cynicism. In their study, the researcher took 166 police officers from Atlanta and used Spielberger state-trait anxiety inventory and Niederhoffer's police cynicism scale. The result showed that when anxiety was decreased, cynicism decreased as earlier it was that cynicism is higher among new police officers than among veteran officers.

Depression in Police

Depression in police works as a silent killer. If depression gets unrecognized and untreated it can even affect the most resilient officer and can put negative effects on health (Hackett, & Violanti, 2003). Depression acts like a silent killer as it slowly builds up and gets unnoticed due to the constant work pressure and other stressors such as problems at the workplace, such aspects of work as low and high demand of control, work shifts, frequent interaction with the public, and solving the problem of public (Lumb, Breazeale, Lumb, & Metz, 2010). Violanti and Aron (1993) showed that officers' workplace stressors augmented depression and psychological distress more than inherent police stressors. Rates of major depressive disorder and levels of depression symptoms were found to be higher in the police than the general population and those with depression have poorer quality of life (Chen et al., 2006).

In some of the Indian studies (e.g., Kohli and Bajpai, 2006) have observed that depression put a negative impact and negative attitude in police personnel which leads to unfavorable conditions. From the study of Kohli and Bajpai (2006) on 100 police trainees from Jawaharlal Nehru Police Academy, Sagar and 100 police officers from the districts of Tikamgarh, Sagar, Damoh, and Chhatrapur affirmed that serving police officers have a higher level of frustration, depression, and deprivation aspects in comparison to trainee police.

Besides that, many western studies on police officers also confirmed that depression puts a negative impact on the cognitive thinking of police personnel. Degrees of major depression and depression level symptoms were found to be higher in police and have poorer quality of life. From years in police organizations concern about depression and stress has grown a problem in the workplace, such aspects of work like low and high demand for control, work shifts, frequent interaction with the public, and solving problems of the public are considered highly stressful. In this context Hsiu, Frank, Ming, M.C, S.F, Wang, S.Y, Feng, W.W, and Wu, H.C. (2006) conducted research on a survey of quality of life and depression for the police officer. They took 832 police officers in Taiwan and examined the quality of life, possibility of depression, and related risk factors. The researcher used a 12-item short-form health survey (SF-12) and disaster-related psychological screening test (DRPST). The result showed that the rate of probable major depression in police officers was 21.6% and due to job stress, family problems, and pressure about the performance, and a heavy workload were the projecting factors for depression.

As depression can lead to poorer quality of life and the level of depression symptoms is found higher in police officers. A Prospective study conducted by Wang, et. al. (2010) to explore the predictors of symptoms of depression in police affirmed some major sources (predictors) of

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depression are “childhood trauma exposure, self-worth, and neuroticism during the academy training. Further, the researchers (e.g., Wang, et. al. 2010) stated that at 1 year of police service, participants’ depression symptoms were partly independent of PTSD symptoms and childhood trauma. Besides that, the lower self-worth during training was also a risk factor for duty-related depression.

Mental Health in Different Policing

Civil police: Police are one of the all-over organizations of the society. Police play the role of visible representatives of the government. In the hour of need, crisis, danger, and difficulty and a citizen does not know- what to do and who to approach, the policeman and police station is the most appropriate and approachable unit for the citizen (Sundaram, & Kumaran, 2012). The police are expected to be dynamic and interactive in nature. The functions, roles, and duties of the police in the society are varied and different on the one hand, and on the other, it is complicated, complex, and tricky (Butler, 2014). Civil police officers mainly suffer threats from the day to day life traumatic events, threats from the prisoner, exposure to the danger, work in isolated areas in urban and rural areas, night shifts and patrolling, high speed chasing the criminals, working on special operations with high risks, shoot out by the criminals and terrorists, lack of resources like guns and bulletproof jackets, and dangerous attacks.

Women police: Women police play an active role in servicing the nation and in the progress of society. Women police are as competent and efficient as their male police officers (Waddington, 1999). In some traumatic situations, compassion and empathy are required and traditionally women possess these skills and are invaluable for effective policing. As the policing job is demanding in nature which involves long and odd hours of duty, and women police face imbalance in work life and family life due to these odd hours. The nature of the work leads them to meet criminals- to chase them and fight with them puts their life in danger. With no regular holidays and odd hours of duty- day and night make it difficult for them to look after the responsibility of the family. As in the dominant work field lack of acceptance is very common regarding status and power in police (Remmington, 1983). Sexual harassment is one of the major threats to women police (Gruber, 1998). Imbalance in family and work, job dissatisfaction, uncertain hours of job and uncertain roles in work and department, and lack of resources and facilities for them are among the most common challenges faced by them.

Central Armed Police Forces: The purposes and functions of the central armed police force are to help military forces, control civil agitation and also help common people during any natural calamities. Some of the threats to the Central armed police forces, especially in India are from the sources such as terrorists attack, firing in borders, riots, internal conflicts, and other internal violence (Sharma, 2008). These forces guard the borders of Bangladesh, Myanmar, Nepal, Pakistan, and China, and are responsible for managing and stopping illegal immigrants. Besides that, it can be said that weapons and infrastructure in the Indian sector to make the armed force safe and secure are still not upgraded. At the time of natural calamities, these forces employed in many dangerous situations for the sake of the nation and the good fare of the people. Fighting with the Naxalites, and defusing the bombs, controlling the riots, and protecting the Very Important Persons (V.I. Ps) especially from other countries are some of the major issues that put life in danger to the central armed police personnel. The above mention threats lead to many psycho-physiological disorders such as stress, depression, and anxiety in police and even their family members (Anshel, 2000).

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Traffic Police: The other branch of Indian police is traffic police, especially in underdeveloped and developing countries; they are heavily exposed to environmental pollutants during their outdoor job activities and to radiation emitted from handheld radar equipment used to control highway traffic. In motorcycling traffic policing, police personnel can be exposed to cold, and they can experience strain in their hands and arms. Due to pollution, heavy traffic management, the unnatural posture of the trunk during motorcycle riding, and overwhelming duties they used to face both physical and psychological stress. In this context, it is observed that, in the police occupation, subjective symptoms such as pain, numbness, or stiffness in the upper and lower extremities might be experienced within an extended period of work, especially in traffic policing. The consequence of current exposure to cold, segmental, and whole-body vibration, the posture of the hands and arms during the gripping of the handlebars, the surrounding environment, and the daily hours of motorcycle riding put stress on traffic policemen and women (Mirbod, Yoshida, Jamali, Masamura, Inaba, & Iwata, 1997). Mechanical stress on the spine from the sitting posture and from vibration has been in association with low-back pain and driving a motor vehicle.

Besides that, it is also observed that traffic police officers are exposed to pollution and stress to maintain the heavy load of traffic jams, standing in sunlight for long hours and moving here and there continuously (Koren, Arnon, & Klein, 1999). Traffic police officers also work for long hours due to the lack of manpower, more population and an increasing number of vehicles, and also a number of people violating the traffic rules. All these factors lead to stress, anxiety, dissatisfaction, problems in health, and depression. Due to the increasing number of vehicles, traffic jams create more work-related stress for the traffic police. The work of traffic police officers is restrained not only to maintain smooth work of road but also at times of emergency and manage security for VIP movements and it also increases the work of traffic officer.

Management of Stress, Depression and Anxiety in Police

Although stress and anxiety are the often-observed psychological problems in police personnel, appropriate management programs by self and by the authority can help to be free from day-to-day anxiety and stress. Depression is not so severe in many police cases but still, timely intervention strategies can help police personnel to be free from major depressive disorders. In this regard, the authors suggested the following interventions strategies for self-practice and can be organized by the authority of different policing.

Management by the Authority and/or Government

- A desirable broad psychological assessment can be suggested before recruiting individuals in the police profession.
- Time to time psychological assessment can be suggested to manage the in-service job-related stress, depression, and anxiety.
- Periodical health checkups can be suggested so that physical health problems due to psychological causes can be minimized.
- Time to time workshops/ WhatsApp conversations by the experts can be conducted to achieve a positive attitude and to teach positive coping techniques like meditation, yoga, and exercise which can reduce stress, depression, and anxiety.
- As many police departments do not have psychological counselors, so it can be suggested that there can be at least one or two psychological counselors in each police district.

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- Provide therapies sections and counseling whenever required. Police officers can be taught to control and mediate their reactions to stressful situations in real-time by stress-exposure management training.
- More emphasis on fitness and time to time sessions on physical health-related training such as exercise and providing small gym.
- As India is a highly populated country and some of the untrodden areas are there in the Indian subcontinent, community policing in each and every area can be suggested to deal with the day-to-day conflict in the community.

Self-Management of Stress, Depression, and Anxiety

For self-management of stress, depression and anxiety referred Mahakud, (2004). Some of the techniques can be explained-

Cognitive and Behavioral Self-Management:

- Think positively and Think about the solution to the stress in a relaxed mood.
- Look yourself through a mirror and mark the changes on your body and face. Compare the changes in the stressful situation and with the health situation.
- Go for a walk and Sing loudly your favorite songs, but don't disturb others.
- Identify the stressful event as well as your feelings about that event, but do not dwell on the negative feelings. Learn from this event and set up an action plan so that you are able to move forward.
- Remember the face of your parents and relatives, and think of your duties for them positively, if you are at a long distance from them.

Social Support Self-Management:

- Disclose yourself with someone with whom you feel comfortable and share your feelings with a friend and family members.
- If no friends are with you make a phone call to whom you like most.

Physical Self-Management:

- Go for a deep breathing exercise and try to practice yoga for muscular relaxations.
- Go for sleep minimum of eight hours because those who sleep less than six hours on weeknights are more likely to say they are tired, stressed, sad, and angry than those who sleep more than eight hours.

Diet Self-Management:

- Eat a healthy meal and Avoid allergic and non-vegetarian food and wine at the time when you are in stress, anxiety, and depression.
- Avoid alcohol and smoking and avoid junk and oily food.

Relaxation Self-Management:

- Don't live alone at a time of stress.
- Listen to your favorite music, (avoid those music and songs related to your stress, if your stress is related to some love affairs or the loss of someone of your nearer and dearer).

CONCLUSION

Common people think that the job of the police is happier and less stressful than the other professions. But a number of studies already proved that the job of the police is more stressful

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and very hectic in nature. The job profile of all policing is always crucial and threatening in nature. Due to the threatening and sensitive job profile police personnel suffers lots of mental health especially, anxiety, stress, and depression. In this regard, the study of Territo and Vetter (1981) affirmed that the stress of police officers can put them into many different effects like poor health, poor job performance, and even disappointed family life. As a consequence, they may suffer some psychological problems like anxiety, stress, isolation, irritation, depression, and alcoholism. Some of the psychophysical health problems such as high blood pressure, heart diseases, ulcer, other gastroenterological disorders, and respiratory disorders may suffer. The psychological and psycho-physiological disorders may lead to poor job performance by decreasing productivity and dissatisfaction in the police.

Although, number of the studies affirmed that, stress, anxiety, and depression are some of the most frequent psychological problems, police officers faced in their profession but very few studies, especially suggested the management of stress, depression, and anxiety in the police. Therefore, the present article will definitely help the police personnel to manage their mental health problem in an effective way following the suggestions provided by the authors of the present study that will, directly and indirectly, improve the quality of life and performances of the police personnel.

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Conflict of Interest

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