Research Paper

A Study of Psychological Eight Mood Traits among Maharashtra Police Constables - A Special Reference to Raigad District

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ABSTRACT

The study aims to investigate the psychological well-being of Maharashtra Police Constables/Ammaladar by examining various mental health factors such as anxiety, stress, depression, regression, fatigue, guilt, extraversion, and arousal. A sample of 110 constables from the Raigad district, including 58 males and 52 females aged 20 to 55, was assessed using the Eight State Questionnaire, an Indian adaptation by M. Kapoor and M. Bhargava. The study employs non-probability quota sampling to ensure a diverse yet representative cross-section of the constable population. The hypotheses tested whether there were significant gender differences in the eight psychological dimensions. Data analysis using the 't' test revealed that female constables exhibited higher mean levels of anxiety, stress, depression, regression, fatigue, and guilt compared to their male counterparts. Conversely, male constables showed higher mean levels of extraversion. No significant gender difference was found in the arousal dimension. These findings suggest that female constables experience greater psychological distress across several dimensions, while males tend to be more extraverted. The study highlights the need for targeted mental health interventions and support systems within the police force to address these gender-specific disparities and promote overall well-being among Maharashtra Police Constables/Ammaladar.

Keywords: *Eight Mood Traits, Maharashtra Police Constables, Raigad Police, Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal*

The study of psychological mood traits among Maharashtra police constables is crucial for several reasons. First and foremost, police constables operate in high-stress environments that can significantly impact their mental health. Understanding their psychological states can help identify prevalent mood traits such as anxiety, depression, anger, fatigue, vigor, tension, confusion, and friendliness. By assessing these traits, we can gain insights into the mental well-being of police personnel, which is essential for their performance and overall quality of life. Furthermore, the findings can inform the development of targeted interventions and support systems aimed at improving the psychological resilience and well-being of police constables.

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This study is important because it addresses a gap in the existing literature on the mental health of law enforcement officers in India, specifically in the state of Maharashtra. While there has been substantial research on the psychological health of police officers in Western countries, there is limited data on Indian police constables. Given the unique socio-cultural and occupational context in India, this study can provide valuable localized insights and contribute to the global understanding of police mental health.

Theoretical Background
The theoretical framework for this study is grounded in occupational stress theory and the psychology of emotions. Occupational stress theory posits that certain professions, particularly those involving high responsibility, exposure to danger, and critical decision-making under pressure, are associated with elevated levels of stress and adverse psychological outcomes. Police work is a quintessential example of such a profession. The constant exposure to potentially life-threatening situations, the need for rapid decision-making, and the cumulative effect of dealing with crime and violence can lead to significant psychological strain.

The psychology of emotions provides a basis for examining specific mood traits. According to this theory, emotions are complex psychological states that involve a subjective experience, a physiological response, and a behavioral or expressive response. In the context of police work, emotions such as anxiety, anger, and fatigue can be heightened due to the stressful nature of the job. Conversely, traits like vigor and friendliness might be crucial for effective job performance and community relations. By studying these eight mood traits, we can better understand the emotional landscape of police constables and how it affects their professional and personal lives.

The Job Demands-Resources (JD-R) model offers additional insight. This model suggests that job demands (e.g., workload, emotional demands) and job resources (e.g., support, autonomy) interact to influence employee well-being and performance. High job demands can lead to burnout and psychological distress if not balanced by adequate job resources. Applying the JD-R model to police constables, the study can explore how the balance of demands and resources impacts their mood traits and overall mental health.

This study is significant for its potential to enhance the understanding of police constables' mental health in Maharashtra, thereby contributing to better mental health interventions and policies. The theoretical underpinnings from occupational stress theory, the psychology of emotions, and the JD-R model provide a robust framework for analyzing the psychological mood traits of police constables and the factors influencing them.

A Pawar (2014) investigated life satisfaction and mood among police and civil employees in Aurangabad, India. The research was motivated by the stressful nature of police work, which has been linked to mental health issues. 400 participants were randomly selected from both professions and locations (urban/rural) to test four hypotheses: civil employees would be more satisfied with life, urban employees would be happier, mood would differ between professions, and mood would differ between locations. Standardized questionnaires measured life satisfaction and mood states. Statistical analysis revealed significant differences ($p < 0.05$ and 0.01) on all measures, suggesting that both job type and residence location influence life satisfaction and mood.

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Parsekar, S. S., Singh, M. M., & Bhumika, T. V. (2015). Occupation-related psychological distress among police constables of Udupi taluk, Karnataka: A cross-sectional study.

A recent study by Nemlekar et al. (2022) investigated psychological stress among police officers in Mumbai. The researchers, motivated by media reports highlighting this issue, aimed to confirm its presence and explore the causes and officers' perceptions of their own stress. The study involved over 30 police personnel.

Parsekar, S. S., Singh, M. M., & Bhumika, T. V. (2015). Investigated the prevalence of psychological distress among police constables in Udupi taluk, India. The researchers recruited 76 constables from seven police stations and used questionnaires to assess psychological distress and stressors. They found that one-fourth of the participants reported high levels of psychological distress. Years of service and the number of stressful activities reported by the constables were significantly associated with psychological distress. The study suggests that psychological distress is a serious concern among police constables and that interventions such as work sharing, fixed duty hours, and stress management training may be helpful in reducing stress levels.

Objectives:
- To investigate the Eight Mood States (Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal) among male and female Maharashtra Police Constables / Ammaladar.

Hypotheses:
- There will be no significant difference in Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal between male and female Maharashtra Police Constables / Ammaladar.

Sample:
In the current research, the researcher focused on a sample of 110 Maharashtra police Constables / Ammaladar from the Raigad district. The sample comprised 58 male and 52 female Constables / Ammaladar, ensuring a balanced representation of both genders. The participants' ages ranged from 20 to 55 years, providing a broad spectrum of experiences and perspectives within the police force. The sampling method used was non-probability quota sampling, a technique that does not involve random selection. The choice of non-probability quota sampling was likely influenced by the need to capture a varied yet representative cross-section of the constable population, enabling a comprehensive analysis of factors pertinent to this demographic.

Research Tools:
- **Eight State Questionnaire (8SQ):** The Eight State Questionnaire (1990), developed by S.M. Kapoor and M. Bhargava, was utilized in this study. This questionnaire comprises 96 items that evaluate eight different dimensions: Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, and Arousal. Each of the 96 questions offers four response options, scored as 0, 1, 2, or 3. The score for each item contributes to only one dimension, with the highest possible raw score for each dimension being 36. The questionnaire boasts a high reliability range of .91 to .96 and a validity range of .62 to .92.

Variable
Independent variable-
- **Gender** a) Male   b) Female

Dependent Variable
- **Eight Mood State**
1) Anxiety,   2) Stress,   3) Depression,   4) Regression
5) Fatigue,   6) Guilt,   7) Extraversion   8) Arousal
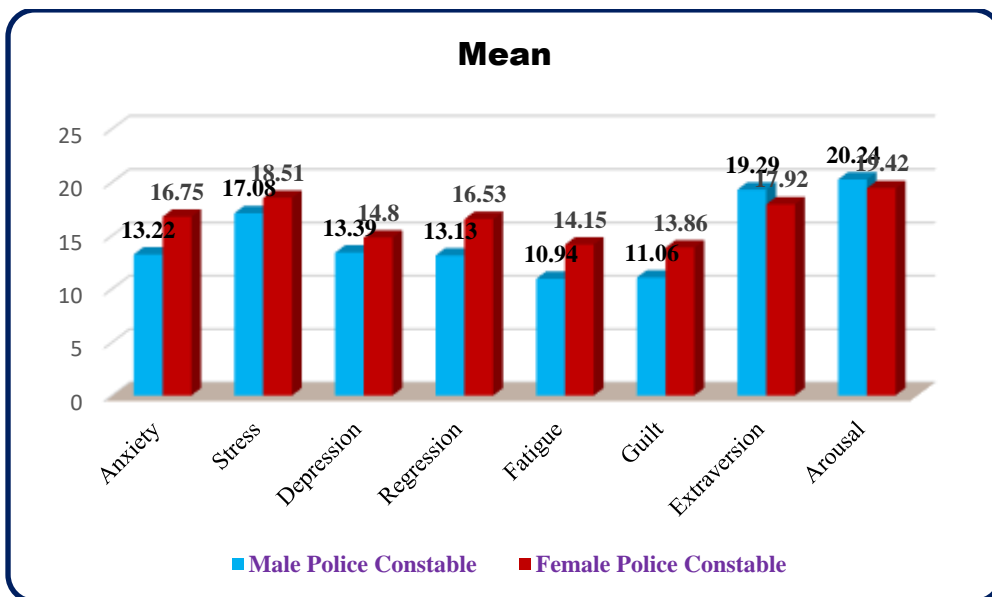
Statistical Analysis:
't' test was used for the present study.

STATISTICAL INTERPRETATION AND DISCUSSIONS

Table No. 01 Mean, S.D, 't' value among male and female Maharashtra Police Constables / Ammaladar on dimension Eight Mood State

| Eight Factors | Gender | | | | | |
| | Male | | Female | | | |
	Mean	SD	Mean	SD	df	't' value
Anxiety	13.22	6.90	16.75	7.75	108	2.53*
Stress	17.08	3.78	18.51	4.47	108	2.83**
Depression	13.39	2.92	14.80	2.04	108	2.92**
Regression	13.13	3.26	16.53	3.90	108	4.97**
Fatigue	10.94	3.49	14.15	3.16	108	5.03**
Guilt	11.06	3.10	13.86	3.35	108	4.55**
Extraversion	19.29	2.86	17.92	3.37	108	2.30*
Arousal	20.24	3.77	19.42	3.82	108	1.13[NS]

*Significant at 0.01** = 2.62,   0.05* = 1.98*

Mean

From the above Table No. 1, it could be seen that the mean anxiety score of male police constables was 13.22 with a standard deviation of 6.90. The mean anxiety score of female

police constables was 16.75 with a standard deviation of 7.75. The t-value for the comparison was 2.53. significant at 0.05 level. From this, it concluded that female police constables exhibited more anxiety than male police constables.

The mean Stress score of male police constables was 17.08 with a standard deviation of 3.78. The mean Stress score of female police constables was 18.51 with a standard deviation of 4.47. The t-value for the comparison was 2.83. significant at 0.01 level. From this, it concluded that female police constables exhibited more Stress than male police constables.

The mean Depression score of male police constables was 13.39, with a standard deviation of 2.92. The mean Depression score of female police constables was 14.80, with a standard deviation of 2.04. The t-value for the comparison was 2.92, significant at the 0.01 level. From this, it was concluded that female police constables exhibited more Depression than male police constables.

The mean Regression score of male police constables was 13.13, with a standard deviation of 3.26. The mean Regression score of female police constables was 16.53, with a standard deviation of 3.90. The t-value for the comparison was 4.97, significant at the 0.01 level. From this, it was concluded that female police constables exhibited more Regression than male police constables.

The mean Fatigue score of male police constables was 10.94, with a standard deviation of 3.49. The mean Fatigue score of female police constables was 14.15, with a standard deviation of 3.16. The t-value for the comparison was 5.03, significant at the 0.01 level. From this, it was concluded that female police constables exhibited more Fatigue than male police constables.

The mean Guilt score of male police constables was 11.06, with a standard deviation of 3.10. The mean Guilt score of female police constables was 13.86, with a standard deviation of 3.35. The t-value for the comparison was 4.55, significant at the 0.01 level. From this, it was concluded that female police constables exhibited more Guilt than male police constables.

The mean Extraversion score of male police constables was 19.29, with a standard deviation of 2.86. The mean Extraversion score of female police constables was 17.92, with a standard deviation of 3.37. The t-value for the comparison was 2.30, significant at the 0.05 level. From this, it was concluded that female police constables exhibited more Extraversion than male police constables.

The mean Arousal score of male police constables was 20.24, with a standard deviation of 3.77. The mean Arousal score of female police constables was 19.42, with a standard deviation of 3.82. The t-value for the comparison was 1.13, not significant at any level. From this, it was concluded that there was no significant difference found between male and female police constables dimension on Arousal.

Similar results were found by Mukhopadhyay, S., Sarkar, S., & Ghosh, S. (2017), A study published in the National Library of Medicine titled Mental health problems among women police officers in India suggests a higher prevalence of mental health issues like anxiety, stress, depression among women police constables.

CONCLUSION

1. Female Maharashtra Police Constables / Ammaladar have a higher mean anxiety level than male Constables / Ammaladar.
2. Female Maharashtra Police Constables / Ammaladar have a higher mean Stress level than male Constables / Ammaladar.
3. Female Maharashtra Police Constables / Ammaladar have a higher mean Depression level than male Constables / Ammaladar.
4. Female Maharashtra Police Constables / Ammaladar have a higher mean Regression level than male Constables / Ammaladar.
5. Female Maharashtra Police Constables / Ammaladar have a higher mean Fatigue level than male Constables / Ammaladar.
6. Female Maharashtra Police Constables / Ammaladar have a higher mean Guilt level than male Constables / Ammaladar.
7. Male Maharashtra Police Constables / Ammaladar have a higher mean Extraversion level than female Constables / Ammaladar.
8. There was no significant difference found between male and female Maharashtra Police Constables / Ammaladar dimension on Arousal.

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