

Research Paper

## Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police

Kanishka<sup>1\*</sup>, Dr. Pratibha Singh<sup>2</sup>

### ABSTRACT

Police and paramilitary personnel in India work under sustained operational and organisational pressure, influencing how they regulate affect and manage internal stress. This study examined implicit patterns of control, stress tolerance, and affect regulation among Railway Protection Force (RPF) and State Police personnel using the Rorschach Inkblot Method scored with the Exner Comprehensive System. Forty serving personnel (20 RPF and 20 State Police) were assessed, and protocols were coded using structured interpretive routines of Control and Stress Tolerance (STEP 1-5) and Affect Regulation (STEP 1-16). Analyses indicated no significant group differences on early control indices, suggesting comparable baseline regulatory capacity across groups. However, State Police personnel showed more strained profiles on later control and stress tolerance steps, reflecting emotional flooding, heightened internal pressure, and restricted coping flexibility. Differences were also observed in affect regulation, with Police personnel producing significantly more Pure C responses, Space responses, and Shading blends, indicating greater unmodulated affect, irritability, and painful emotional experience. Overall, the findings suggest that despite similar structural capacity for control, State Police personnel carry a heavier implicit emotional burden and may be more vulnerable to stress-related affective dysregulation. The study highlights the need for sustained, context-sensitive psychological support and stress-management interventions within Indian law-enforcement settings.

**Keywords:** *Rorschach, Control, stress tolerance, Affect, Police, Railway Protection Force*

Police and paramilitary personnel in India experience persistent operational and organisational pressures. Prolonged exposure to extended duty hours, staff shortages, public scrutiny, and unpredictable field situations leads to a wide range of stress-related outcomes. Studies involving Indian police staff have identified high levels of occupational strain associated with workload, role ambiguity, and insufficient administrative support, resulting in adverse effects on psychological well-being and job performance (Morash et al., 2006; Singh & Kar, 2015). International research has similarly linked sustained policing stress to emotional exhaustion, impaired emotional regulation, and diminished decision-making flexibility (Patterson et al., 2011; McCraty et al., 2012)

<sup>1</sup>Mahatma Gandhi Kashi Vidyapith University, Uttar Pradesh

<sup>2</sup>Mahatma Gandhi Kashi Vidyapith University, Uttar Pradesh

\*Corresponding Author

Received: January 08, 2026; Revision Received: February 05, 2026; Accepted: February 09, 2026

## Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police

Railway Protection Force (RPF) personnel face distinct organisational challenges, including frequent mobile deployments, significant passenger responsibilities, and regular interpersonal interactions. Recent reports indicate that RPF officers experience considerable emotional strain, which has led to the implementation of mental health screening and wellness initiatives within the organisation (Chaubey, 2012). These observations underscore the importance of investigating not only explicit stress but also the underlying affective and control processes that influence officers' responses to internal and external pressures.

Research on emotion regulation in high-risk occupations suggests that the strategies officers employ to manage affect can either mitigate or exacerbate stress responses. Police personnel who predominantly use suppression report higher levels of burnout and physiological strain (Arble et al., 2019). Conversely, adaptive strategies such as cognitive reappraisal are linked to better psychological functioning and reduced distress (Dixit & Ahmed, 2024). Preliminary studies in India indicate that some officers may struggle with emotional awareness and clarity (Rajan et al., 2021), yet a comprehensive assessment of the underlying affect-regulation mechanisms remains scarce.

The Rorschach Inkblot Method, as operationalized by the Exner Comprehensive System, offers a systematic approach to evaluating implicit psychological processes. By utilizing theoretically grounded indices of control, stress tolerance, and affect modulation, the Rorschach facilitates assessment of internal emotional functioning that may not be accessible through self-report measures (Exner, 2003; Weiner, 2004). Studies involving forensic and emergency service populations indicate that Rorschach variables can sensitively detect trauma-related or stress-induced disruptions in affective mediation (Gacono & Evans, 2008).

Despite these findings, no published Indian studies have directly compared RPF and State Police personnel using Rorschach-based indices of control, stress tolerance, and affect. The present study seeks to address this gap by investigating whether these two groups differ in implicit emotional processes.

Drawing on existing occupational stress literature, the following hypotheses were formulated regarding State Police personnel:

- a) Lower levels of control and stress tolerance within the control and stress tolerance cluster.
- b) A greater number of markers indicating affective dysregulation in the affect cluster compared to RPF personnel.

### **METHOD**

#### *Design*

A cross-sectional, between-groups comparative design was used to examine differences between RPF and State Police personnel on Rorschach-derived indices of control/stress tolerance and affect regulation.

#### *Participants*

The sample comprised 40 serving personnel: 20 RPF and 20 State Police. Participants ranged in age from 18 to 60 years and represented a range of junior and mid-level ranks. Inclusion criteria included: (a) active service, (b) at least one year of tenure, and (c) capacity

## **Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

to give informed consent. Exclusion criteria were active psychiatric crisis, neurological impairment, or long-term medical leave. Participation was voluntary.

### ***Measures***

- **Demographic information**

A short self-report sheet recorded age, education, years of service, and rank.

- **Rorschach Inkblot Test (Exner's Comprehensive System)**

The Rorschach was administered and scored according to Exner's Comprehensive System, which provides standardised procedures and validated interpretive guidelines (Exner, 2003).

The test was used to derive:

- Control and Stress Tolerance Cluster STEP 1-5: profiles capturing baseline control (AdjD, CDI), adaptive capacity (EA), coping balance (EB, Lambda), and chronic internal pressure (Adj es).
- Affect Cluster STEP 1-16: indices reflecting depression markers, modulation capacity (FC: CF+C, Pure C), affective distress (shading blends), defensive operations, colour-shading blends, and interpersonal reactivity (Space responses).

These indices were computed using uniformly applied algorithms derived from established Comprehensive system variables.

### ***Procedure***

Institutional ethics approval was obtained. Officers were approached at their duty locations, briefed, and individually assessed in a quiet room. The Rorschach was administered following standard free-association and inquiry phases. Protocols were scored independently by a trained examiner.

### ***Data Analysis***

Analyses were conducted using SPSS 27. Frequencies of Potential Finding (PF) categories for each Control/Stress tolerance and Affect cluster were tabulated separately for each group. Group differences were analysed using chi-square tests, and exact tests were used when the expected counts were  $< 5$ . Significance was set at  $p < .05$ , with low-frequency findings interpreted cautiously.

### ***Ethical Considerations***

The study adhered to the ethical principles of the American Psychological Association (2017) and the Indian Association of Clinical Psychologists. Prior approval was obtained from the institutional ethics committee of the affiliated university, and necessary permissions were secured from the relevant Railway Protection Force and State Police authorities before data collection. Participation was voluntary, and all participants were informed of the study's purpose, the nature of the assessment procedures, and their right to withdraw at any time without adverse consequences. Written informed consent was obtained from all participants.

Given the use of a projective assessment method, particular care was taken to ensure respectful administration and interpretation of the Rorschach Inkblot Method. Individual results were used solely for research purposes and were not shared with employing organisations or used for administrative or evaluative decisions. To protect confidentiality, identifying information was removed from all protocols, and data were stored securely with

## Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police

access restricted to the researchers. Participants were provided with general debriefing information, and those who expressed distress during or after assessment were offered appropriate psychological support or referral.

### RESULTS

Table 1 summarises the distribution of profiles across RPF and State Police personnel (N = 40). Across the first two steps of the interpretative routine, STEP1 (AdjD & CDI) and STEP2 (EA), there were no significant group differences. Baseline control profiles did not differ across occupational units,  $\chi^2(5) = 2.50, p = .776$ , and both groups showed similar proportions of average or superficially adequate control (Potential Finding 1-Potential Finding 2), with only small percentages showing stronger or reduced stress tolerance. Likewise, EA profiles were comparable,  $\chi^2(3) = 1.57, p = .667$ , with the majority of RPF (80%) and Police personnel (75%) categorised in Potential Finding-6, reflecting very low adaptive capacity and limited psychological “fuel” for coping. Cases marked NA did not meet the step-specific decision rules and were not interpreted further.

In contrast, significant group differences emerged in STEP3-STEP5. STEP3 (EB & Lambda) differentiated the groups,  $\chi^2(6) = 17.33, p = .008$ . RPF personnel more frequently exhibited PF3 profiles consistent with constricted, avoidant coping. In contrast, Police personnel showed much higher frequencies of Potential Finding 5 and Potential Finding 6 patterns, indicating emotional flooding or extreme emotional constriction. These profiles suggest heightened vulnerabilities in modulation and greater instability in affect-thought integration among Police personnel.

STEP4 (Adj es) also revealed meaningful differences,  $\chi^2(3) = 15.19, p = .002$ . While many RPF records (45%) did not trigger the Adj es, interpretable profiles showed that Police personnel were substantially more likely to fall into Potential Finding 2 (40% vs. 5%). Potential Finding-2 reflects chronic internal pressure, indicating that observed control (AdjD) may underestimate underlying distress.

Finally, STEP5 (eb & demand variables) showed significant differences between groups,  $\chi^2(6) = 20.91, p = .002$ . Police personnel were most often categorized in Potential Finding 3 (FM < 2; 50%) and Potential Finding 4 (SumC' > 2; 15%), profiles linked to poorly developed need states and internalized negative affect, respectively. These patterns suggest increased internal tension and emotional suppression, which may lead to lower stress tolerance. As with earlier steps, several cells had low expected frequencies, so these results should be viewed as exploratory indications of group trends rather than conclusive differences.

**Table 1 Distribution of STEP Control and Stress-Tolerance Profiles by Occupational Group (RPF vs Police)**

Control and stress tolerance step	Profile code	RPF, n (%)	Police, n (%)	Pearson $\chi^2$ (df)	p
STEP1 (AdjD & CDI)	NA	0 (0.0%)	1 (5.0%)	2.50 (5)	.776
	PF1	8 (40.0%)	5 (25.0%)		
	PF2	5 (25.0%)	7 (35.0%)		
	PF3	1 (5.0%)	2 (10.0%)		
	PF4	2 (10.0%)	2 (10.0%)		
	PF5	4 (20.0%)	3 (15.0%)		
STEP2 (EA)	NA	3 (15.0%)	2 (10.0%)	1.57 (3)	.667

**Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

Control and stress tolerance step	Profile code	RPF, <i>n</i> (%)	Police, <i>n</i> (%)	Pearson $\chi^2$ (df)	<i>p</i>
	PF1	0 (0.0%)	1 (5.0%)		
	PF2	1 (5.0%)	2 (10.0%)		
	PF6	16 (80.0%)	15 (75.0%)		
<b>STEP3 (EB &amp; Lambda)</b>	NA	3 (15.0%)	1 (5.0%)	17.33 (6)	.008
	PF1	3 (15.0%)	3 (15.0%)		
	PF2	1 (5.0%)	2 (10.0%)		
	PF3	7 (35.0%)	0 (0.0%)		
	PF4	5 (25.0%)	3 (15.0%)		
	PF5	1 (5.0%)	7 (35.0%)		
	PF6	0 (0.0%)	4 (20.0%)		
<b>STEP4 (Adj es)</b>	NA	9 (45.0%)	0 (0.0%)	15.19 (3)	.002
	PF1	6 (30.0%)	9 (45.0%)		
	PF2	1 (5.0%)	8 (40.0%)		
	PF3	4 (20.0%)	3 (15.0%)		
<b>STEP5 (eb &amp; demand variables)</b>	NA	12 (60.0%)	0 (0.0%)	20.91 (6)	.002
	PF1	1 (5.0%)	3 (15.0%)		
	PF2	0 (0.0%)	2 (10.0%)		
	PF3	4 (20.0%)	10 (50.0%)		
	PF4	0 (0.0%)	3 (15.0%)		
	PF5	1 (5.0%)	1 (5.0%)		
	PF6	2 (10.0%)	1 (5.0%)		

*Note.* *N* = 20 Railway Protection Force (RPF) and 20 State Police personnel for each step.

Values are frequencies with within-group percentages in parentheses. STEP1 is based on Adjusted D (AdjD) and CDI; STEP2 on Experience Actual (EA); STEP3 on the EB and Lambda configuration; STEP4 on Adjusted es (Adj es); and STEP5 on eb and demand variables (e.g., FM, C', V, T). NA = not applicable (profile rules for that step were not met), "PF" indicates the presence of the pattern defined by the Comprehensive System guidelines. Pearson's chi-square tests compare the distributions of profile codes across occupational groups for each Step.

Table 2 presents the affect-regulation interpretative routine derived from the 16 STEP steps. While many indices did not differ significantly across groups, several later-stage affective markers showed clear and meaningful divergences between RPF and Police personnel.

Early affective indicators STEP1 through STEP5 were broadly comparable. Most participants fell into the NA or normative categories for DEPI, CDI, EB exceptions, distress markers, and affective suppression indices. Only one Police participant showed the combined DEPI (Depression Index)- CDI (Coping Deficit Index) elevation linked to interpersonal-affective disarray,  $\chi^2$  (1) = 1.03, *p* = .311. EB style exceptions and EB pervasiveness were also similar (*ps* > .47). These patterns suggest that baseline affective vulnerabilities were not disproportionately elevated in either group.

Group differences became more pronounced in the mid-to-late STEP steps, which reflect modulation quality, emotional reactivity, and distress-laden processing.

A significant difference emerged in Pure C responses (STEP 10), which were more frequent among Police personnel (70%) than RPF personnel (30%),  $\chi^2$  (1) = 6.40, *p* = .011. Pure C responses represent unmodulated emotional discharge or affective "bursts" that bypass cognitive control. The elevated prevalence among Police personnel suggests greater

**Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

susceptibility to lapses in affect modulation, particularly in emotionally charged operational contexts.

A second significant difference appeared in Space (S) responses (STEP 11). Police personnel showed higher frequencies of PF2-PF3 elevations ( $\chi^2(3) = 14.00, p = .003$ ), indicating negativism, irritability, or oppositional tendencies, particularly when S responses occurred beyond the initial cards. In contrast, RPF personnel largely remained within normative ranges. This pattern points toward heightened reactivity or environmental irritability among Police personnel.

A third significant difference was found in Shading blends (STEP 16). Police personnel (55%) produced more Shading blends than RPF personnel (20%),  $\chi^2(1) = 5.23, p = .022$ . Shading blends are among the clearest Rorschach indicators of painful affect and internal emotional strain, often influencing thinking, attention, judgment, and behavioural consistency.

Several non-significant but clinically suggestive trends were also observed. Police personnel showed higher frequencies of colour-shading blends (STEP 15; 50% vs. 20%), elevated Intellectualization Index (STEP 7; 30% vs. 10%), and low affective interest (STEP 6 PF4; 65% vs. 50%), although none reached statistical significance ( $ps > .05$ ). These tendencies collectively suggest an oscillation between emotional over-involvement and emotional withdrawal, with Police personnel more likely to rely on defensive cognitive distancing or suppression when overwhelmed.

**Table 2 Affect Regulation Indices (STEP) Showing Significant or Clinically Relevant Group Differences**

STEP Variable	Category	RPF n (%)	Police n (%)	$\chi^2$ (df)	p
<b>Pure C Responses (STEP 10)</b>	PF1 (Pure C present)	6 (30%)	14 (70%)	6.40 (1)	.011
	NA (no Pure C)	14 (70%)	6 (30%)		
<b>Space Responses (STEP 11)</b>	PF2-PF3 (elevated S: negativism/anger)	1 (5%)	12 (60%)	14.00 (3)	.003
	PF1 (normative S)	13 (65%)	5 (25%)		
	NA	6 (30%)	3 (15%)		
<b>Shading Blends (STEP 16)</b>	PF (Shading blend present)	4 (20%)	11 (55%)	5.23 (1)	.022
	NA	16 (80%)	9 (45%)		
<b>Colour-Shading Blends (STEP 15)</b>	PF1-PF2 (confusion/ambivalence)	4 (20%)	10 (50%)	3.96 (2)	.138
	NA	16 (80%)	10 (50%)		
<b>Intellectualization Index (STEP 7)</b>	PF1/PF2 (elevated intellectualization)	2 (10%)	6 (30%)	5.07 (2)	.079
	NA	18 (90%)	14 (70%)		

Note.  $N = 40$  (RPF = 20, Police = 20). Only STEP indices demonstrating statistically significant differences ( $p < .05$ ) or clinically meaningful trends are included. “PF” indicates the presence of the pattern defined by the Exner Comprehensive System guidelines; “NA” indicates no elevation for that STEP step. Significant differences were observed for Pure C responses, S responses, and shading blends.

## **DISCUSSION**

This study used Rorschach-based indices to examine implicit patterns of control/stress tolerance and affect regulation among RPF and State Police personnel. Overall, the findings suggest that, while both groups appear to function with limited adaptive resources, State Police personnel exhibit more strained, pain-laden modes of managing affective demands.

The absence of significant group differences on STEP1 (AdjD & CDI) and CSTEP2 (EA) of Control & Stress tolerance indicates that, at a basic structural level, RPF and State Police personnel show comparable baseline control and similarly low levels of psychological “fuel” for coping. This is consistent with evidence that policing in general is embedded in a high-strain environment, regardless of specific posting. Indian surveys document moderate to high stress levels among police officers across different states, with prominent roles for workload, role conflict, and limited organisational support (Ragesh et al., 2017; Suresh et al., 2013). Internationally, meta-analytic work has also shown that chronic exposure to operational and administrative stressors is associated with elevated strain and impaired well-being among law-enforcement personnel (Adams & Buck, 2010; Biggs et al., 2016).

A more nuanced picture emerges in the Control and Stress Tolerance cluster, STEP3 (EB & Lamba)- STEP5 (eb). RPF personnel were more likely to exhibit STEP3 profiles consistent with constricted, yet relatively stable, coping. In contrast, State Police personnel showed higher frequencies of patterns associated with emotional flooding or massive constriction. These profiles resonate with findings that police cultures often emphasise stoicism and emotional suppression, yet officers can experience sudden surges of anger, frustration, or emotional exhaustion when demands exceed their capacity (Gershon et al., 2009; Allison et al., 2019). Elevated STEP4 (Adj es) Potential Finding-2 profiles among State Police personnel reflecting heightened chronic internal pressure are also in line with work linking cumulative organisational stress, burnout, and post-traumatic symptoms in police samples (Violanti & Aron, 1995; Violanti et al., 2018).

Control and Stress tolerance cluster STEP5 (eb) findings, suggesting more poorly elaborated need states and internalised negative affect among State Police personnel, echo Indian research documenting fatigue, somatic complaints, and tensions in family life among officers working long and irregular hours (Yadav & Yadav, 2025; Khadse et al., 2020). In this sense, the Rorschach indices appear to capture an implicit version of the same strain: officers are keeping going, but often at the cost of carrying unprocessed tension and dissatisfaction.

The Affect cluster results extend these observations to more specific affective processes. The elevated Pure C responses among State Police personnel suggest greater risk for brief lapses in modulation and affective “bursts.” This aligns with research linking maladaptive regulatory strategies, particularly suppression and avoidance, to higher burnout and emotional exhaustion among police personnel (Maria et al., 2018; Dirzyte et al., 2022). Elevated Space responses among State Police officers also align with reports of irritability, cynicism, and oppositional attitudes that can develop with prolonged service in front-line roles (Suresh et al., 2013; Lambert et al., 2018).

The higher rate of shading blends among State Police personnel is particularly notable. Shading blends are among the clearest Rorschach markers of painful affect intruding on cognition, often seen in individuals with trauma-related anxiety or depressive experiences (Weiner, 2003). Their elevation echoes evidence that police officers show higher rates of

## **Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

PTSD symptoms, emotional exhaustion, and somatic complaints than the general population (Gershon et al., 2009; Violanti et al., 2019). Pavšič Mrevlje (2018) similarly observed that crime scene investigators with more trauma exposure showed disrupted mediational processes on the Rorschach, despite maintaining outward occupational functioning.

Clinically, the pattern of more frequent colour-shading blends, higher intellectualization trends, and lower affective interest, though not statistically significant, suggests an oscillation between over-involvement in confusing emotional experiences and defensive distancing. Studies of emotion regulation in European police officers have shown that reliance on suppression and intellectualisation is linked to higher burnout and poorer well-being, whereas more flexible strategies support resilience (Wolter et al., 2019; Lennie et al., 2020). Indian intervention studies and commentaries during the COVID-19 period have also highlighted the importance of teaching officers structured coping and regulation skills to manage emerging stressors (Boovaragasamy et al., 2021; Nameirakpam et al., 2021).

From a methodological standpoint, the results add to evidence that the Rorschach, when used within contemporary, empirically evaluated frameworks, can provide clinically meaningful information about affect regulation and coping in high-risk occupations (Exner, 2003; Weiner, 2004). While self-report measures remain essential for screening, projective indices such as Control & stress tolerance and Affect may help to uncover deeper patterns of tension, avoidance, or overload that officers may not easily articulate or recognise.

### ***Clinical and organisational implications***

The findings suggest that State Police personnel may benefit from early and ongoing interventions focusing on emotion regulation, stress tolerance, and meaning-making around their work. International studies show that structured stress-reduction and resilience programmes can reduce distress and improve functioning among police officers (Anshel & Brinthaupt, 2014; Garbarino & Magnavita, 2015). In the Indian context, such programmes would need to be tailored to local realities, including heavy workloads, resource constraints, and the stigma that can surround help-seeking in uniformed services. Routine psychological monitoring, confidential counselling, and targeted group interventions may help address the implicit emotional burdens reflected in the current Rorschach profiles.

### ***Limitations and future directions***

Several limitations should be considered. The sample size is modest and drawn from a specific regional context, limiting generalisability. Chi-square analyses involved some cells with low expected counts, and the results should therefore be regarded as exploratory patterns rather than definitive estimates of population differences. The cross-sectional design precludes conclusions about causality or temporal change. Furthermore, the study relied on a single assessment method. However, the Rorschach has substantial evidence base when used within structured systems; it remains a debated instrument and is best interpreted alongside self-report and behavioural measures (Mihura et al., 2013).

Future research could address these limitations by including larger, multi-site samples from different states and central armed police forces, employing longitudinal designs, and integrating Rorschach profiles with standardised measures of PTSD, burnout, and family functioning. Such work could clarify how implicit patterns of affect regulation and stress tolerance contribute to long-term mental health and occupational outcomes in Indian law-enforcement populations.

## **CONCLUSION**

This study provides an initial, clinically rich picture of how RPF and State Police personnel regulate affect and manage internal stress at an implicit level. While both groups appear to work with limited adaptive resources, State Police personnel show more strained coping patterns and greater indicators of unmodulated and painful emotional experience. These findings suggest that the cost of maintaining control in police work may be carried quietly in officers' internal emotional lives. Recognising and addressing these hidden burdens through context-sensitive psychological support and emotion-focused interventions may be crucial for promoting sustainable well-being and effective functioning in India's law-enforcement services.

## **REFERENCES**

- Adams, G. A., & Buck, J. (2010). Social Stressors and Strain Among Police Officers. *Criminal Justice and Behavior*. <https://doi.org/10.1177/0093854810374282>
- Allison, P., Mnatsakanova, A., McCanlies, E., Fekedulegn, D., Hartley, T. A., Andrew, M. E., & Violanti, J. M. (2019). Police stress and depressive symptoms: role of coping and hardiness. *Policing (Bradford, England)*, *43*(2), 247-261. <https://doi.org/10.1108/pijpsm-04-2019-0055>
- Arble, E., Daugherty, A. M., & Arnetz, B. (2019). Differential Effects of Physiological Arousal Following Acute Stress on Police Officer Performance in a Simulated Critical Incident. *Frontiers in Psychology*, *10*, 425938. <https://doi.org/10.3389/fpsyg.2019.00759>
- Anshel, M. & Brinthaupt, T. (2014). An Exploratory Study on the Effect of an Approach-Avoidance Coping Program on Perceived Stress and Physical Energy among Police Officers. *Psychology*, *5*, 676-687. doi: 10.4236/psych.2014.57079.
- Boovaragasamy, C., Kumar, M., Sandirakumaran, A., Gnanasabai, G., Rahman, M., & Govindasamy, A. (2021). COVID-19 and police personnel: An exploratory community-based study from South India. *Journal of Family Medicine and Primary Care*, *10*(2), 816. [https://doi.org/10.4103/jfmprc.jfmprc\\_1249\\_20](https://doi.org/10.4103/jfmprc.jfmprc_1249_20)
- Chaubey, V. (2012, May 5). *12-hr shifts stressing out short-staffed RPF*. Mid day. Retrieved December 10, 2025, from <https://www.mid-day.com/news/india-news/article/12-hr-shifts-stressing-out-short-staffed-rpf-161514>
- Dirzyte, A., Antanaitis, F., & Patapas, A. (2022). Law Enforcement Officers' Ability to Recognize Emotions: The Role of Personality Traits and Basic Needs' Satisfaction. *Behavioral Sciences*, *12*(10), 351. <https://doi.org/10.3390/bs12100351>
- Dixit, O., & Ahmed, A. (2024). *A study on mental health and emotional regulation among police personnel*. Indian Journal of Psychology, (Book No. 02), 70-80.
- Gacono, C. B., & Evans, F. B. (Eds.). (2008). *The handbook of forensic Rorschach assessment*. (N. Kaser-Boyd & L. A. Gacono, Collaborators). Routledge/Taylor & Francis Group.
- Garbarino, S., & Magnavita, N. (2015). Work Stress and Metabolic Syndrome in Police Officers. A Prospective Study. *PloS one*, *10*(12), e0144318. <https://doi.org/10.1371/journal.pone.0144318>
- Gershon, R. M., Barocas, B., Canton, A. N., Li, X., & Vlahov, D. (2009). Mental, Physical, and Behavioral Outcomes Associated with Perceived Work Stress in Police Officers. *Criminal Justice and Behavior*. <https://doi.org/10.1177/0093854808330015>
- Khadse, P. A., Gowda, G. S., Ganjekar, S., Desai, G., & Murthy, P. (2020). Mental Health Impact of COVID-19 on Police Personnel in India. *Indian Journal of Psychological Medicine*. <https://doi.org/10.1177/0253717620963345>

**Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

- Lambert, E.G., Qureshi, H., Frank, J. *et al.* Job Stress, Job Involvement, Job Satisfaction, and Organizational Commitment and Their Associations with Job Burnout Among Indian Police Officers: a Research Note. *J Police Crim Psych* 33, 85-99 (2018). <https://doi.org/10.1007/s11896-017-9236-y>
- Lennie, S., Crozier Sarah, E., & Sutton, A. (2020). Robocop - The depersonalisation of police officers and their emotions: A diary study of emotional labor and burnout in front line British police officers. *International Journal of Law, Crime and Justice*, 61, 100365. <https://doi.org/10.1016/j.ijlcj.2019.100365>
- McCraty, Rollin, Atkinson & Mike. (2012). *Resilience Training Program Reduces Physiological and Psychological Stress in Police Officers*. *Glob Adv Health Med* 1. <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4890098/>
- Maria, A. S., Wörfel, F., Wolter, C., Gusy, B., Rotter, M., Stark, S., Kleiber, D., & Renneberg, B. (2018). The Role of Job Demands and Job Resources in the Development of Emotional Exhaustion, Depression, and Anxiety Among Police Officers. *Police Quarterly*. <https://doi.org/10.1177/1098611117743957>
- Morash, M., Haarr, R., & Kwak, H. (2006). Multilevel Influences on Police Stress. *Journal of Contemporary Criminal Justice*. <https://doi.org/10.1177/1043986205285055>
- Nameirakpam, D., Jupitar, S., Laishram, J., Soubam, C., & Akoijam, B. S. (2021). On-the-job stress and challenges faced by police personnel of Bishnupur district in COVID-19 times. *International Journal of Community Medicine and Public Health*, 8(12), 5668-5675. <https://doi.org/10.18203/2394-6040.ijcmph20214477>
- Patterson, G. T., Chung, I. W., & Swan, P. G. (2011). The effects of stress management interventions among police officers and recruits. *Campbell Systematic Reviews*, 8(1), 1-54. <https://doi.org/10.4073/csr.2012.7>
- Pavšič Mrevlje, T. (2018). Police trauma and Rorschach indicators: An exploratory study. *Rorschachiana*, 39(1), 1-19. <https://doi.org/10.1027/1192-5604/a000097>
- Ragesh, G., Tharayil, H. M., Raj, M. T., Philip, M., & Hamza, A. (2017). Occupational stress among police personnel in India. *Open Journal of Psychiatry & Allied Sciences*, 8(2), 148-152. <https://doi.org/10.5958/2394-2061.2017.00012.x>
- Rajan, S.K., Thomas, M.W. & Vidya, P. Emotional Intelligence as a Predictor of Police Operational Stress: A Pilot Study. *J Police Crim Psych* 36, 568-578 (2021). <https://doi.org/10.1007/s11896-021-09456-9>
- Singh, S., & Kar, S. K. (2015). Sources of occupational stress in the police personnel of North India: An exploratory study. *Indian journal of occupational and environmental medicine*, 19(1), 56-60. <https://doi.org/10.4103/0019-5278.157012>
- Suresh, R. S., Anantharaman, R. N., Angusamy, A., & Ganesan, J. (2013). Sources of Job Stress in Police Work in a Developing Country. *International Journal of Business and Management*, 8(13). <https://doi.org/10.5539/ijbm.v8n13p102>
- Yadav, N., & Yadav, G. (2025). A Study on the Prevalence of Occupational Stress Among Police Personnel in Delhi. *Cureus*, 17(6), e86588. <https://doi.org/10.7759/cureus.86588>
- Violanti, J. M., & Aron, F. (1995). Police stressors: Variations in perception among police personnel. *Journal of Criminal Justice*, 23(3), 287-294. [https://doi.org/10.1016/0047-2352\(95\)00012-F](https://doi.org/10.1016/0047-2352(95)00012-F)
- Violanti JM, Owens SL, McCanlies E, Fekedulegn D, Andrew ME (2019), "Law enforcement suicide: a review". *Policing: An International Journal*, Vol. 42 No. 2 pp. 141-164, doi: <https://doi.org/10.1108/PIJPSM-05-2017-0061>
- Weiner, I. B. (2003). *Principles of Rorschach interpretation* (2nd ed.). Lawrence Erlbaum Associates Publishers.

**Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police**

Wolter, C., Santa Maria, A., Wörfel, F. *et al.* Job Demands, Job Resources, and Well-being in Police Officers—a Resource-Oriented Approach. *J Police Crim Psych* 34, 45-54 (2019). <https://doi.org/10.1007/s11896-018-9265-1>

***Acknowledgment***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Kanishka & Singh, P. (2026). Affective Regulation and Stress Tolerance in Indian Law-Enforcement Personnel: A Rorschach-Based Comparison of RPF and State Police. *International Journal of Indian Psychology*, 14(1), 445-455. DIP:18.01.041.20261401, DOI:10.25215/1401.041