

Occupational Stress and Life Satisfaction amongst Police Personnel : A Comparative Study

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Abstract

Modern living has brought with it, not only innumerable means of comfort but also a plethora of demands that tax human body and mind. Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness. The growing stress level at work place affects the physical and mental well being and causes an alarm. It is cutting across all the professions. Police as a professional group is exposed to unique and powerful stressors affecting their life satisfaction. The present study grew out of a perceived paucity of systematic research examining the relationship between occupational stress and life satisfaction amongst police personnel. A sample of 100 police personnel working at two different levels in the age range of 28-55 years from Haryana was purposively selected and was administered Occupational stress inventory and Life satisfaction scale. Results indicated that the two groups differed significantly on all the parameters and a linear relationship was found between occupational stress and life satisfaction. The implications of the study are discussed.

Key words: Occupational stress, Life satisfaction, Police personnel

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