## CONTENTS

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>TITLE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface</td>
<td></td>
<td>i-ii</td>
</tr>
<tr>
<td>Acknowledge</td>
<td></td>
<td>iii-iv</td>
</tr>
<tr>
<td>Contents</td>
<td></td>
<td>v-vi</td>
</tr>
<tr>
<td>List of Tables</td>
<td></td>
<td>vii-x</td>
</tr>
<tr>
<td>List of Charts</td>
<td></td>
<td>xi</td>
</tr>
</tbody>
</table>

### 1 Introduction:
- Concept of Training,
- Characteristics of Training,
- Methods of Training,
- Evaluation of Training,
- Process of Evaluation,
- Methods of Evaluation,
- Rajasthan Police & Training

### 2 Research Methodology:
- Review of Literature,
- Objectives,
- Hypothesis,
- Variables,
- Research Design,
- Sampling,
- Inclusion & Exclusion Criteria,
- Data Collection,
- Tools,
- Procedure,
- Scoring,
- Statistical Analysis

### 3 Stress:
- Introduction,
- Causes of work related stress,
- Types of stress,
- Theories of stress,
- Theories of psychological stress at work

### 4 Happiness:
- Introduction,
- 4 qualities of life,
- Components of happiness,
- Types of happiness,
- Theories of happiness,
- Happiness at workplace,
- Factors determining happiness at workplace,
- Importance of happiness at workplace,
- Measuring the content of happiness at workplace

### 5 Personality:
- Introduction,
- Determinants of personality,
- Theories of personality,
- Types of personality,
- Personality traits,
- 16 factors of personality,
- Role of personality at workplace,
- Working personality of police personnel

### 6-31

| 32-61 |

| 62-93 |

| 94-117 |

<p>| 118-139 |</p>
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Emotional Intelligence: Introduction, Basic Components of Emotional Intelligence, History of Emotional Intelligence, Determinants of Emotional Intelligence, Importance of Emotional Intelligence, Emotional Intelligence at workplace, Emotional Intelligence &amp; police personnel</td>
</tr>
<tr>
<td>7</td>
<td>Data Analysis, Results &amp; Discussion: Comparative analysis of Stress, Happiness, 16 Personality factors &amp; Emotional Intelligence at pre and post training stages of the trainee constables, Comparative analysis of Stress, Happiness, 16 Personality factors &amp; Emotional Intelligence at pre and post training stages of the male trainee constables, Comparative analysis of Stress, Happiness, 16 Personality factors &amp; Emotional Intelligence at pre and post training stages of the female trainee constables</td>
</tr>
<tr>
<td>8</td>
<td>Findings, Suggestions, Conclusion: Introduction, Major findings, Limitations, Suggestions, Scope for the further research, Conclusion</td>
</tr>
</tbody>
</table>

**Bibliography**: i-xi

**Appendices**: (i) Questionnaires (ii) Raw Scores