PREFACE

Police profession includes a number of emotions such as feelings of satisfaction, fulfilment, sadness as well as irritation. In comparison with many other occupations, the police work has been identified as very stressful. It could be due to long unpredictable working hours and also due to dealing with law violators and unsocial persons of the society.

However in India, stress among police personnel is perceived but not acknowledged as major problem of law enforcement personnel. Reports of Media regarding police cruelty and indiscipline can be felt as alarming signal of job stress, indicating mismanagement of this critical problem so far. In order to deal with issue of stress and also prevent the police officers from being the prey, the need to understand the importance of positive psychological capital is essentially required. By encouraging an awareness of PsyCap, the qualities and strength of the personnel will help them to flourish, and also give them a feeling of triumph in assessing the stressful events helping them to manage stress.

Research is a team work and I wish to place on record my heartfelt gratitude to all those who directly or indirectly contributed to it. I am grateful to them for making my Ph. D. a memorable experience. Initially, adoration to almighty God who enabled me to carry out the thesis successfully.

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(Asha Pahwa)

Place..............

Date.............