PREFACE

An attempt is made through the present investigation to study the correlation between Police Specific Stress, Burnout Stress Syndrome, Coping Skills, General well-being and Job outcome amongst police personnel. An attempt is made through the study to identify the chronic job stressors among the various levels of organizational hierarchy. This thesis is an honest attempt to identify appropriate coping strategies in dealing with job stress.

One can hardly go through the day without hearing or reading about 'stress'. Much of our puzzling preoccupation with stress stems from increasing research confirming its contribution to sudden death, heart attacks, hypertension, arthritis, gastrointestinal and skin diseases, depression, anxiety, insomnia, emotional disorders, infections ranging from the common cold and herpes to tuberculosis such as lupus. Stress has become such an ingrained part of our vocabulary and daily existence that it is difficult to believe that our current use of this term originated only a little more than 61 year ago, when it was essentially 'coined' by Hans Selye.

Some degree of occupational stress is common to every organization at various level of its hierarchy. The police organization is no exception to this rule. Rather policing is widely recognized as more stressful than most other occupations. Psychological, physical and work related stressors have been shown to have negative affects not only on mental and physical well being of an individual but they also show negative affects on one's job performance and occupational duties. Stress and coping are enduring aspects of everyday life. People use a variety of coping techniques to reduce it. On the basis of above background, the present investigation is planned to focus on stress, coping, well-being, job outcome and burnout stress syndrome which is a new phenomenon.
Burnout, a relatively newer phenomenon has been discovered in the police personnel and various levels of its hierarchy. Like stress, burnout is also a serious issue that affects their welfare. Though burnout is a western concept, it has implications and relevance for the culture too. In India, situations of work set up may not be similar to those in the west but its existence needs carefully designed study to explore the field.

The present investigation is a humble attempt to explore the relationship between Police Specific Stress, Burnout Stress Syndrome, General coping skills, General well being and job outcome amongst Northern Indian Police and various levels of its hierarchy.

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