

**ISSN 0976-0377**

RNI. MAHMUL02805/2010/33461

International Registered & Recognized  
Research Journal Related To Higher Education for all Subjects



# **INTERLINK RESEARCH ANALYSIS**

**Editor In Chief  
Dr. Balaji Kamble**



RNI. MAHMUL02805/2010/33461

Interlink Research Analysis

IMPACT FACTOR  
4.55

ISSN 097

Issue: XVI, Vol. I, July 2017 To I

## INDEX

Sr. No.	Title of Research Paper	Author(s)	Page No.
1	The Role of National Human Rights Commission in India	Dr. Vitthal Gonsatwad	
2	The Element of Indianness in Indian English Poetry	Sanjay L. Khandel	5
3	Eco Tourism: A Potential Tool for Sustainable Development	Avanti Sanjay Chaphale, Dr. (Mrs.) Vandana Dhawad	11
4	Consortia for Professionals and Academic Librarians	Gajanan D. Rewatkar	22
5	Stress Levels of Policemen with and without Sports Background: A Comparative study	Dr. Appasaheb Hummbe	29
6	A Sociological Study of Socio-Medical Problems in Vidarbha	Dr. Ananda B. Kale	34
7	प्रेमचंद के उपन्यास साहित्य में गांधी विचार	डॉ. सय्यद ए. सय्यद झेड.	38
8	कथेच्या आकृतिबंधाचे विश्लेषण	डॉ. राजेंद्र वडमारे	43
9	कबड्डी खेळाडु यांच्या विकासासाठी शारीरिक क्षमता व शारीरिक घटक यांचे महत्त्व	महेश आर. पाटील	53
10	राजकारणातील महिला नेतृत्वाचा चिकित्सक अभ्यास	डॉ. विनय एच. भटकर	57





## Stress Levels of Policemen with and without Sports Background: A Comparative study

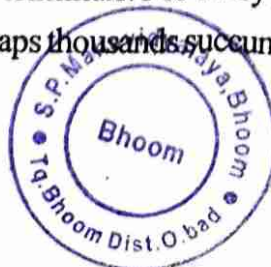
Dr. Appasaheb Hummbe  
Dept. of Physical Education,  
Shankarrao Patil Mahavidyalaya,  
Bhoom, Dist. Osmanabad

5

Research Paper - Physical Education

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when one feels unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Many of life's demands can cause stress, particularly work, relationships and money problems. And, when someone feels stressed, it can get in the way of sorting out these demands, or can even affect everything. Stress can affect how one feels, think, behaves and how his body works. In fact, common signs of stress include sleeping problems, sweating, loss of appetite and difficulty concentrating. Stress is simply a fact of nature, forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience.

There has been a lot of research on the negative effects of stress on people in general and policemen in particular. This is because police work is one of the top rated professions for job stress. Every human being has to deal with stress and there is considerable evidence suggesting that law enforcement officers are killed by more job-related stress than they are by criminals. For every police officer slain by an assailant in the line of duty, hundreds perhaps thousands succumb to the insidious, long-range effects





of job-induced reassures. The stress imposed by the physical hazards of policing is known. Few occupations require employees to face the kind of dangerous situations police officers may encounter as part of their daily routines.

This constant exposure of police officers to physical danger puts them in a state of continual conflict between their instinctual tendency to avoid hazard and their obligation to face up to the risk. Police employees typically suffer a variety of physiologic, psychological and behavioural stress effects. It has been suggested that particular attention should be given to occupational stress in policing, as its potential negative consequences affect society in more direct and critical ways than those stressed in most other occupations. Moreover, the background of the policemen such as sports background and non-sports background also plays a role in their coping strategies vis-à-vis stress sources. In the back drop of above information this study was carried out to know the stress levels of policemen with and without sports background.

### Hypothesis

It is hypothesized that the stress of players & non-players policemen will be significantly different.

### Universe, Population, Sample Selection and sample size

In the present study, complete Vidarbha region formed the universe of the study while all police officers working in this region formed the population of this study. In this study, data was collected from 400 police officers of Vidarbha region. Of these 400 policemen 200 had sports background while other 200 were non sportspersons. The age of the policemen varied between 30 and 40 yrs.

### Data collection

In the present study, data was collected by following survey method. Survey questionnaires are typically used for feedback research to determine the current status or "situation," or to estimate the distribution of characteristics in a population. The standard questionnaires were used for the purpose of data collection. The data for this study was collected from four districts namely Nagpur, Wardha, Chandrapur & Amravati of Vidarbha by using the questionnaire made by Singh et al., Singh personal Stress Source Inventory.





### Statistical Analysis and Significance Level

The data characteristics (descriptive statistics) such as Frequency, Mode, Mean, Standard deviation etc. were determined. 'Z' test of two means was used to analyze the data. The significance level was chosen to be 0.05 (or equivalently, 5%).

### Analysis and Interpretation of the Data

#### Sources of Stress – Guilt Proneness

**Table 1:** Comparative assessment of the guilt proneness of policemen (players and non- players)

Policemen	N	Mean	SD	Min	Max	MD	Z Value	P Value
Players	200	10.1	±1.2	8	13	-4.2	-2.967	<0.05
Non Players	200	14.3	±1.6	9	16			

N= Sample Size; SD: Standard Deviation; Min: Minimum; Max: Maximum;  
Z: Z Statistic; P: Probability

Above **Table 1** presents results regarding the guilt proneness of the policemen. It was evident from the results that the mean for policemen with background as a player was  $10.1 \pm 1.2$  (varying between 8 and 13), while that of policemen with background as non-players was  $14.3 \pm 1.6$  (varying between 9 and 16). The comparative assessment showed that there is significant difference ( $P < 0.05$ ) in the level of guilt proneness amongst policemen having different background (players and non-players). Specifically, it is clear from the data that the policemen with background as a non-player have higher level of guilt proneness.

#### Suspiciousness

**Table 2:** Comparative assessment of the Suspiciousness of policemen (players and non players)

Policemen	N	Mean	SD	Min	Max	MD	Z Value	P Value
Players	200	4.6	±1.1	3	6	-1.6	-2.007	<0.05
Non Players	200	6.2	±1.3	4	8			

N= Sample Size; SD: Standard Deviation; Min: Minimum; Max: Maximum;  
Z: Z Statistic; P: Probability

Table 2 presents results regarding the suspiciousness level of the policemen. It





was evident from the results that the mean for policemen with background as a pl. was  $4.6 \pm 1.1$  (varying between 3 and 6), while that of policemen with background non-players were  $6.2 \pm 1.3$  (varying between 4 and 8).

**Tension**

**Table 3:** Comparative assessment of the Tension of policemen (players and non players)

Policemen	N	Mean	SD	Min	Max	MD	Z Value	P Value
Players	200	9.8	$\pm 1.8$	7	13	-3.6	-2.219	<0.05
Non Players	200	13.4	$\pm 1.9$	10	16			

N= Sample Size; SD: Standard Deviation; Min: Minimum; Max: Maximum; Z: Z Statistic; P: Probability

Above Table 3 presents results regarding the tension level of the policemen. It was evident from the results that the mean for policemen with background as a player was  $4.6 \pm 1.1$  (varying between 7 and 13), while that of policemen with background as non-players were  $6.2 \pm 1.3$  (varying between 10 and 16).

**Level of Stress**

**Table 4:** Comparative assessment of Stress level in policeman

Level of Stress	Policemen				Chi Square
	Players		Non Players		
	No.	Per.	No.	Per.	
High Level of Stress	34	17	63	31.5	Chi Square = 19.75, P<0.01
Moderate Level of Stress	68	34	79	39.5	
Low Level of Stress	98	49	58	29.0	
<b>Total</b>	<b>200</b>	<b>100</b>	<b>200</b>	<b>100</b>	

Above Table 4 presents results regarding the stress level among policemen. It was evident from the results that 49% of players and 29 % of non-players had low level of stress respectively. 34% and 39.5% of players and non-players had moderate level of stress and 17% and 31.5% players and non-players had high level of stress respectively.

**Hypothesis Testing**

- 1) It is hypothesized that the stress of players & non-players policemen will be significantly different.
- 2) On the basis of the statistical analysis of the information received during the





research study, it is observed that there is significant difference in the level of stress of players & non-players policemen, hence, the hypothesis, which states that "It is hypothesized that the stress of players & non-players policemen will be significantly different", is accepted.

### Conclusions

On the basis of the study results, it is concluded that the policemen having background as non-player have remarkably higher level of guilt proneness, suspiciousness and tension. Moreover, the stress levels are also significantly ( $P < 0.05$ ) high in the policemen with no sports background. Hence, in broader sense it is evident that the sports participation can help the policemen in coping with the pressures of their professional work in more appropriate way.

### References :-

- 1) Agolla, J.E., Occupational Stress Among Police Officers: The Case of Botswana Police Service. Research Journal of Business Management, 2009; 3: pp 25-35.
- 2) Ahmad S, Ahmad H (1992 in press). Role stress and work satisfaction: a study on middle managers. Indian Psychiatry J., 1(6): 110-115.
- 3) Balakrishnamurthy C, Shankar S, Impact of age and level of experience on occupational stress experienced by non-gazetted officers of the central reserve police force., Ind Psychiatry J. 2009; 18(2): pp 81-3.
- 4) Berg A.M., Hem E., Lau B., Loeb M., Ekeberg O., Suicidal ideation and attempts in Norwegian police., Suicide Life Threat Behav. 2003; 33(3): pp 302-12.
- 5) Brown J, Cooper C, Kirkcaldy B., Occupational stress among senior police officers, Br J Psychol. 1996; 87 (Pt 1): pp 31-41.
- 6) Brown, J., Grover, J., The role of moderating variables between stressor exposure and being distressed in a sample of serving police officers, Personality and Individual Differences, 1998, 24(2): pp 181-185
- 7) Deschamps F, Paganon-Badinier I, Marchand AC, Merle C., Sources and assessment of occupational stress in the police., J Occup Health. 2003; 45(6): pp 358-364.



  
**PRINCIPAL**  
S.P. Mahavidyalaya, Bhoom  
Dist. Osmanabad