

STATUS OF EMOTIONAL HEALTH AMONG CHANDIGARH POLICE MALE CONSTABLES

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ABSTRACT:

The purpose of study was to analyze the emotional health among the Chandigarh Police Male constables. For this purpose a sample of 100 constables from Chandigarh Police has been taken randomly. These 100 samples were further bifurcated between two classes i.e. first; newly recruited constables with experience up to 1 year and secondly the constables with job up to 15 years. The tool used here was “Questionnaire of Health and Wellness” developed by Barker Ray, University of South California, 2001. Two groups were also chosen through random sampling. For data analysis the editing, coding, classification and tabulation of the responses of the questionnaires were used. Also the data was analyzed by using suitable statistical techniques. Further the descriptive statistic using diagram such as pie chart and other pictorial means. On the basis of finding of study, maximum numbers of constables are good in emotional health because they are quite capable to for handling the things at the time of stress or disturbed situation while other constables need improvement in their emotional trait; they use or take sleeping pills or some other mood altering drugs i.e. alcohol and other drugs. Rest of the constable’s fall in the category of excellent condition by keeping themselves allied to positive attitude peoples or making their self positive, towards a healthy lifestyle too.

Keywords: *Emotional Health, Health and Wellness, Chandigarh Police Constables*

INTRODUCTION

Health can be divided into two broad aspects - physical and mental health. Physical Health- means a physical wellbeing i.e. a good body health, which is healthy because of regular physical activity (exercise), good nutrition, and adequate rest. It relates to anything concerning our bodies as physical entities. Mental Health- refers to people's cognitive and emotional well-being. mental health includes the ability to enjoy life, the ability to bounce back from adversity, the ability to achieve balance (self-control), the ability to be flexible and

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adapt, the ability to feel safe and secure, and self-actualization (making the best of what you have). Emotional health is about being happy, self-confident, self-aware, and resilient. People who are emotionally healthy are able to cope with life's challenges and recover from setbacks. But health –including mental and emotional health - requires knowledge, understanding and effort to maintain. If your emotional health isn't as solid as you'd like it to be, here's the good news: there are many things you can do to boost your mood, build resilience, and get more enjoyment out of life.

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others.

Emotional Wellness allows you to be aware of and accept a wide range of feelings in yourself and others. You'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. On the wellness path, you'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect. You'll take on challenges, take risks, and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure.

- As you travel the wellness path, you'll begin to believe that - emotionally.
- It's better to be aware of and accept our feelings than to deny them.
- It's better to be optimistic in our approach to life than pessimistic.

Purpose of the Study

The purpose of the study was to evaluate the emotional health among the Chandigarh Police personnel's.

Methodology and Procedure

For this study, sample of 100 constables from Chandigarh Police has been taken randomly and are further bifurcated between two classes i.e. newly recruited constables with experience up to 1 year and the constables with job up to 15 years, for the in-depth analysis. Descriptive research design has been followed and survey method was adopted to help it. “Questionnaire of Health and Wellness” developed by **Barker Ray**, University of South California, 2001 was used. For data analysis the editing, coding, classification and tabulation of the responses of the questionnaires were used. Also the data was analyzed by using suitable statistical techniques. Further the descriptive statistic using diagram such as pie chart and other pictorial means.

Analysis of data and result

The analysis of data, finding and the discussion of the findings have been presented in the forms of tables, figures and along with their descriptions.

EMOTIONAL HEALTH

	NEED IMPROVEMENT	GOOD	EXCELLENT	TOTAL
NEW CONSTABLES	16	32	2	50
SENIOR CONSTABLES	28	22	0	50
CHANDIGARH POLICE CONSTABLES	44	54	2	100

Table No. 1

EMOTIONAL HEALTH NEW CONSTABLES

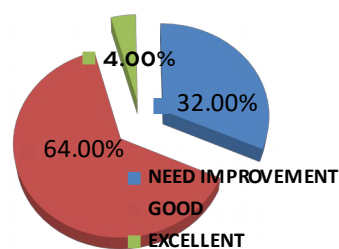


Figure-1

EMOTIONAL HEALTH SENIOR CONSTABLES

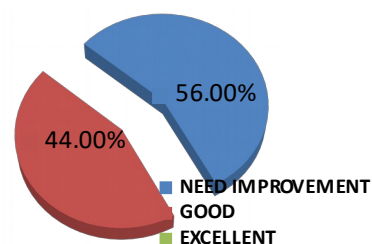


Figure-2

EMOTIONAL HEALTH

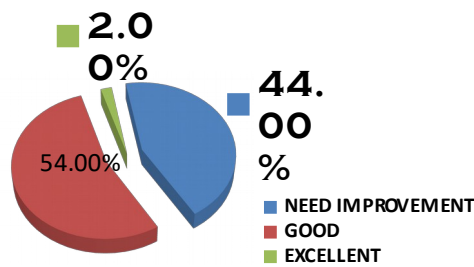


Figure-3

Figure “1.1(a)” shows the Emotional health status profile of newly recruited Constables of Chandigarh Police. Out of 50 constables 32 constables are good in their emotional health profile while 16 of them need improvement in their emotional health profile and only 2 constables are in excellent condition. Figure “1.1(b)” shows the Emotional health profile of those Constables who are serving Chandigarh Police for past 10 years. Out of 50 constables 28 constables need improvement in their emotional health profile while 22 constables are good in condition and “0” means none of them is in excellent condition. Figure “1.2” shows the Emotional Health status profile of Constables of Chandigarh Police. Out of 100 constables 54 constables are good in their emotional health profile while 44 constables need improvement in their emotional health profile and only 2 of them are excellent in their emotional health report.

Discussion of findings

This is evidently stated in the above statistics that maximum numbers of constables are good in emotional health because they are quite capable to for handling the things at the time of stress or disturbed situation while other constables need improvement in their emotional trait; they use or take sleeping pills or some other mood altering drugs i.e. alcohol and other drugs. Rest of the constable’s fall in the category of excellent condition by keeping themselves allied to positive attitude peoples or making their self positive, towards a healthy lifestyle too.

Recommendations:

The study has revealed that 44% of Chandigarh Police Constables are suffering from emotional health imbalance. The emotional health imbalance leads to the lack of understanding at the police personnel's at the family level which in return reciprocate the emotional health again. So looking at the problem closely you will find that there is unending viscous circle emotional health imbalance and family problem. Chandigarh Police administration may take precise action to reduce the stress level of its personnel's, by set up some kind of mind relaxing or meditation intensive course for them, from where they got some guidelines to calm down their minds and serve humanity better and even their family units too.

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