

A STUDY ON “STRESSORS FOR POLICE”

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ABSTRACT

Stress is a complex phenomenon. Police officers, because of the unique nature of their job, are more exposed to stress. Police are integral for well-functioning of a Society, it is therefore important to study stresses for the police so that “Stress Management Interventions” can be planned which will lead to a psychologically healthy Police Force. This paper aims to find out the reasons or stressors for the Police Force. The findings are based on the secondary research.

KEYWORDS: Stress, Police, Stressors