


EMOTIONAL AND ENVIRONMENTAL HEALTH OF PUNJAB POLICE WOMEN CONSTABLES

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The aim of this study was to assess the status of emotional health & environmental health status among Punjab Police women constables. A sample of Thirty(N=30) women constables from Punjab Police has been selected randomly and further bifurcated into two classes i.e., N1: Junior Constables with experience up to 1 year and N2: the Constables with the job up to 10 years Senior Constables, for the in-depth analysis. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. The mean, S.D. and 't-test' were calculated to find out the significance of difference between the groups. mean and S.D. of Junior and Senior Punjab Police Women Constables for their emotional health status variable is 27.20 ± 1.61 and 26.00 ± 2.17 respectively and Environmental Healthvariable is 28.46 ± 1.55 and 29.20 ± 1.65 respectively. The calculating 't'-value (1.718), of emotional health status which is less than the tabulated 't'-value (2.048), at 0.05 level. So, it shows that there is an insignificant difference between Junior and Senior Punjab Police Women Constables for their Emotional Health Variable. The calculated 't'-value (1.251), Environmental HealthVariable which is more than the tabulated 't'-value (2.048) at 0.05 level. So, it indicates that there is insignificant difference between Junior and Senior Punjab Police Women Constables for their Environmental HealthVariable.

Keywords: Health, Wellness, Women Constables, Emotional Health, Environmental Health

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Amarpreet Singh, Assistant Professor, Department of Physical Education, Punjabi University, Patiala, Punjab, India. Email: Kauryadwinder1992@gmail.com	Yadwinder Kaur, Bakhsis Singh Bakhsis Singh, Amarpreet Singh, EMOTIONAL AND ENVIRONMENTAL HEALTH OF PUNJAB POLICE WOMEN CONSTABLES. IJEMS. 2023;12(03):116-120. Available From https://ijems.net/index.php/ijem/article/view/411	

Manuscript Received
2023-05-17Review Round 1
2023-06-23Review Round 2
2023-07-25Review Round 3
2023-08-18Accepted
2023-08-31Conflict of Interest
NILFunding
NOEthical Approval
YESPlagiarism X-checker
17%

Note

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Introduction

Health and wellness are essentially about preserving animated health by acting pro-actively in maintaining your physical and spiritual being. It's around prevention and maintaining your immune system because this is our only line of defense against millions of pathogens. Sharma, A., & Verma, S. (2019). Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (According to World health organization 2001). Health is an outcome of the interaction between various factors. "There are various personality features, such as self-efficacy, expectancies, psychological hardiness, optimism and a sense of humor, are believed to have positive effects on our health" (Balog, 1981). Up to now, health education has focused mainly on physical wellness, whereas counselling has focused primarily on emotional, social, and occupational wellness (Chandler, Holden, & Kolander, 1999). The purpose of implementing wellness program in an organization is to create an awareness of wellness issues, to facilitate personal change and health management and promote a healthy and supportive workplace (Andrew, 1999). Wellness is the dynamic process of promoting and pursuing ideas, attitudes and behaviors, and making choices towards a culture and a way of life that focuses on attaining balance, good health and peace of mind. Wellness conditions are encouraged by incorporating lifestyle-enhancing processes, policies, environments, attitudes, activities, programmes and incentives into the methods according to which an organization does business (Andrew, 1999). Wellness is a dynamic procedure of becoming attentive and construct choices toward further successful life (Sumati Reddy, 2008). Policing is a complex occupation. Variances in work strategy and in the broader social framework within which police men work, enhances to the difficulty of policing. Due to the complication of policing, risks and revelations may differ within forces, between facilities and generally. Police officers play an essential role in the world. Officers' participation varieties from wide-ranging, daily, practical round actions to precise criminal activities such as narcotic investigations. Since there is such an inclusive series of activities elaborate in police work, there are several health and safety matters nearby policing as a work (Parsons J.R. 2004). Factors like, dangerous missions, overloaded

Shift hours, hierarchical and disciplined structure, etc., affect police psychology, physiology, and of course, his/her family relations (Gul&Delice, 2011).

Objective of Study

The purpose of the present study was to assess the status of emotional and environmental health among Punjab Police women constables.

Material and Methods

A sample of thirty (N=30) women constables from Punjab Police has been selected randomly and further bifurcated into two classes i.e., N1: Junior Constables with experience up to one year and N2: the Constables with the job up to 10 years Senior Constables, for the in-depth analysis. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004, 2015. The mean, S.D. and 't-test' were calculated to find out the significance of difference between the groups. The level of significance was set at 0.05.

All the participants were informed in details about research protocol and the basic characteristics of the study. No special motivation technique was used to motivate the subjects before data collection. The subjects were requested by the researcher to cooperate and to answer the questionnaire with utmost sincerity. Every question was translated in Punjabi, so that the subjects could answer clearly without getting confused.

Statistical Technique

Descriptive statistics, that is, mean, standard deviation was calculated and 't-test' was applied to find out the difference between the groups. All tests were employed with the help of SPSS software version 23. The level of significance was set at 0.05.

Results

Table No. 1.1 Shows the Mean, S.D. and 't'-value of Junior and Senior Women Constables of Punjab Police for their Emotional Health Variable (Enclosed as Annexure 01)

Table 1.1 shows that mean and S.D. of Junior and Senior Punjab Police Women Constables for their Emotional Health Variable is 27.20 ± 1.61 and 26.00 ± 2.17 respectively. The calculating 't'-value (1.718), which is less than the tabulated

'T'-value (2.048), at 0.05 level. So, it shows that there is an insignificant difference between Junior and Senior Punjab Police Women Constables for their Emotional Health Variable.

Figure No. 1.1 The figure 1.1 illustrated the Mean and S.D. of Junior and Senior Women Constables for their Emotional Health Variable (Enclosed as Annexure 02)

Table No. 1.2 Shows the Mean, S.D. and t value of Environmental Health Variable between Junior Women Constables and Senior Women Constables of Patiala Police (Enclosed as Annexure 03)

Table 1.2: shows the Mean and S.D. values of Environmental Health of Junior Women Constables and Senior Women Constables were 28.46 +- 1.55 and 29.20 +- 1.65 respectively. The obtained "t" value 1.251 was found statistically insignificant, at .05 level of significance.

Figure No. 1.2 Shows the Mean, S.D. of Environmental Health Variable between Junior Women Constables and Senior Women Constables of Patiala Police (Annexure 04)

Discussion

Emotional Health Status: The result of the study reveals that there exists insignificant difference between junior and senior Punjab police women constables for their emotional health status parameter. The reason may be that the nature of work for both the groups i.e., junior and senior Punjab police constables are same. Therefore, the emotional health status for both the groups might be similar. The results of the study fall in similar line with the findings of the study by Singh, G., & Singh, A. (2018), which confirmed insignificant difference in emotional health status.

Environmental Health Status: The result of the study showed that there was insignificant difference between junior and senior Punjab police women constables for their Environmental Health Status parameter. The reason may be nature of occupation, where they work have the similar conditions and both they suffer from large number of physical, mental and social health issues. Therefore, the environmental health status for both groups might be equivalent. The study confirmed with the findings of Sharma, A., & Verma, S. (2019), which confirmed insignificant difference in Environmental Health Status of Chandigarh police constables.

Conclusions

In conclusion, it is evident that the results of 't-test' between two groups with regard to the emotional health and Environmental Health status were found to be statistically insignificant difference between junior and senior women constables.

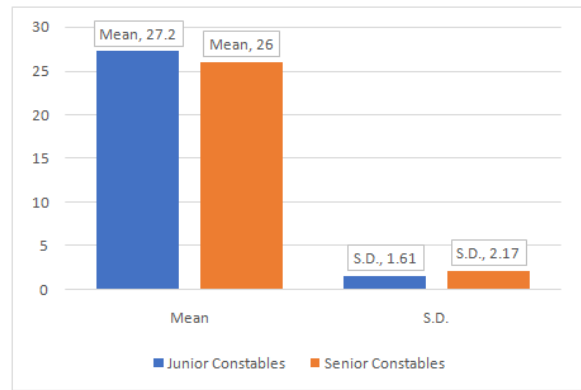
Annexure

Annexure 01

Group Name	Mean	S.D.	t - Value	Significance
Junior Constables	27.20	1.61	1.718	.081
Senior Constables	26.00	2.17		

*t*0.05=2.048

Annexure 02

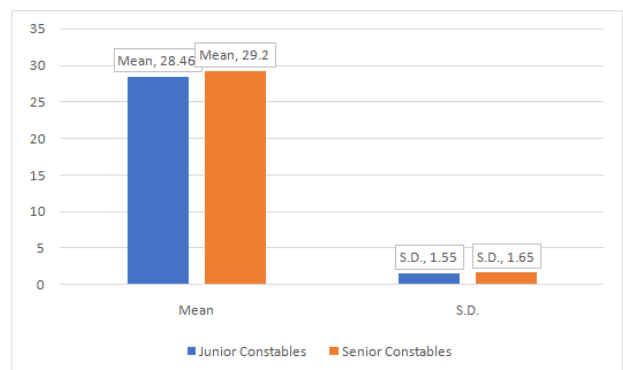


Annexure 03

Group Name	Mean	S.D.	t - Value	Significance
Junior Constables	28.46	1.55	1.251	.867
Senior Constables	29.20	1.65		

*t*0.05=2.048

Annexure 04



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