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## A Study On Psychological Stress In Police Officer, Police Families And Police Suicide.

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### ABSTRACT:

This paper talks about the psychological stress in police officers and police suicides. Police officers face a lot of stress in their job, which can affect their physical health, mental wellbeing, and personal relationships. In India, several job related factors causes stress, such as long working hours, heavy work load, poor working conditions, lack of appreciation, fear of getting seriously hurt or killed while on duty, dealing with several threats like terrorist threats and facing violent situations. So we can understand that the mental health of the police is an issue receiving more and more attention due to the effects of post-traumatic stress disorder (PTSD) and the growing number of police suicides. Police are typically more exposed to various stressors that are often of the distressing variety, such as extensive physical tasks and training, receiving verbal abuse from the civilians they deal with, receiving criticism from the media, constantly having their performance monitored by body cameras or by the public, and pressure from leadership. Basically, this study is based on the following objectives: to evaluate reasons for causes of stress in police, to study the problems faced by police officials, to examine the reasons behind the increasing trend and issues, to evaluate the view of people regarding police stress and police suicide, to find out the psychological factors which lead to various health-related problems, and to investigate strategies for prevention and treatment. A convenient sampling method is employed to gather the samples. 200 samples. Independent variables are age, gender, education, and occupation. The main aim of the study is to understand the causes of stress and problems faced by police officials in their personal life.

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**KEYWORDS:** Police,Pressure,Prevention,Fear,Stress.

## **INTRODUCTION:**

Police officers and their work have a high degree of stress and different stressful situations were present which may affect the physical, mental and interpersonal relationship of the police personnel. So certain jobs related factors among Indian police person for example working condition workload, lack of recognition, fear of severe injury or being killed on the duty, anti-terrorist operations, confrontation with the public. Various legislations were present related to the police . The Indian police Act 1860, Indian police act 1894 , The Police complaint Authority ,Criminal Procedure Code 1973 Police Act (1861), the Indian Penal Code (IPC), and the Indian Evidence Act, 1872..The 1861 Act was established directly after the Indian Mutiny of 1857 to impose a regime police upon their subjects, which might be used solely to consolidate and perpetuate British rule out the country. After India gained independence, the political system changed drastically, but the police system remained mainly based on colonial practices. In the years that followed, several states introduced new laws related to police. The first was “Bombay Police Act”, followed by the “Kerala Police Act 1960”, the “Karnataka Police Act” in 1963 and “Delhi Police Act” in 1978. Some researchers also noted that pressure of being in the duty for twenty four hours ,Working long hours and overtime produces fatigue and consequently stress in officers. Therapy sessions are being given to police officials and the people who are working over time are Given paid holiday. Who are involving in indirect combat and other work related assault, injuries they are awarded insurance covers, expenses, other expenses and work expenses related to it. In comparison with other countries in UK, last year showed more than 51 thousand police officers which is 29 out of 40 police officers took time off as sick for mental reasons. In the US, if the police officials are suffering from any psychological disorders or traumatic disorders, government will give compensation and work related methods to de-stress. The main aim of the study is to understand the causes of stress and problem faced by police officials in their personal life.

## **OBJECTIVES :**

1. To evaluate the main causes for stress among police officers.
2. To examine the problems faced by police officials in their professional and personal lives
3. To analyses the factors behind the increasing trend of police stress and suicides.
4. To know about public opinion regarding police stress and suicides

**REVIEW OF LITERATURE:**

1. **Angehrn, Andréanne, 2021. “Sex Differences in Mental Disorder Symptoms among Canadian Police Officers:** Police officers, and specifically women officers, report elevated mental disorder rates relative to the general population, which may be impacted by sleep quality, policing-related stress, and social support. Resulted was indirectly related to post traumatic stress, depression, generalized anxiety, panic, and social anxiety symptoms through its relationships with social support and sleep quality, but not through policing-related stress.(**Angehrn et al. 2021**)
2. **Browning, Christopher “Exposure to Police-Related Deaths and Physiological Stress among Urban Black Youth.”**This study examined biological consequences of exposure for urban black youthBlack boys exposed to a police-related death have higher average nightly cortisolNo effect of police-related deaths on physiological stress levels of other youthPotential negative health consequences for black boys exposed to police-related deaths(**Browning et al. 2020**)
3. **Burke, Ronald J. 2016. Stress in Policing: Sources, Consequences and Interventions. Routledge.** This book deals about the stress of police and police forces and risk , issues related to consequences of stress and potential interventions to reduce the prevalence and negative impact of police stress.(**Burke 2016**)
4. **Cerel, Julie, Blake Jones, 2019. “Suicide Exposure in Law Enforcement Officers.”** This paper examines occupational and personal suicide exposure among Law Enforcement Officers (LEOs) and related mental health outcomes.(**Cerel et al. 2019**)
5. **Civilotti, Cristina, 2021. “Trauma and Coping Strategies in Police Officers: A Quantitative-Qualitative Pilot Study.”** This paper talks about the police officer and their work, emergency workers, . These experiences can have consequences in terms of physical and emotional stress. Primary attachment relationships affect the development of coping strategies for dealing with stressful events (**Civilotti, Di Fini, and Maran 2021**)
6. **Doyle, Jessie N., Mary 2021. “Occupational Stress and Anger: Mediating Effects of Resiliency in First Responders.**The author experiences substantial stress due to the nature of their work Occupational stress (OS) results from a myriad of employment condition which can lead to maladaptive anger, which negatively impacts personal well-being and work performance (**Doyle, Campbell, and Gryshchuk 2021**).
7. **Kaldewaij, Reinoud, Saskia 2021. “Anterior Prefrontal Brain Activity during Emotion Control Predicts Resilience to Post-Traumatic Stress Symptoms.”** This paper describes about Regulating social emotional actions is essential for coping with life stressors Trauma exposure, but not trauma symptoms, predicted amygdala activation at follow-up. His findings suggest that prefrontal emotion regulation activity predicts increased resilience against developing post-traumatic stress symptoms.(**Kaldewaij et al. 2021**)

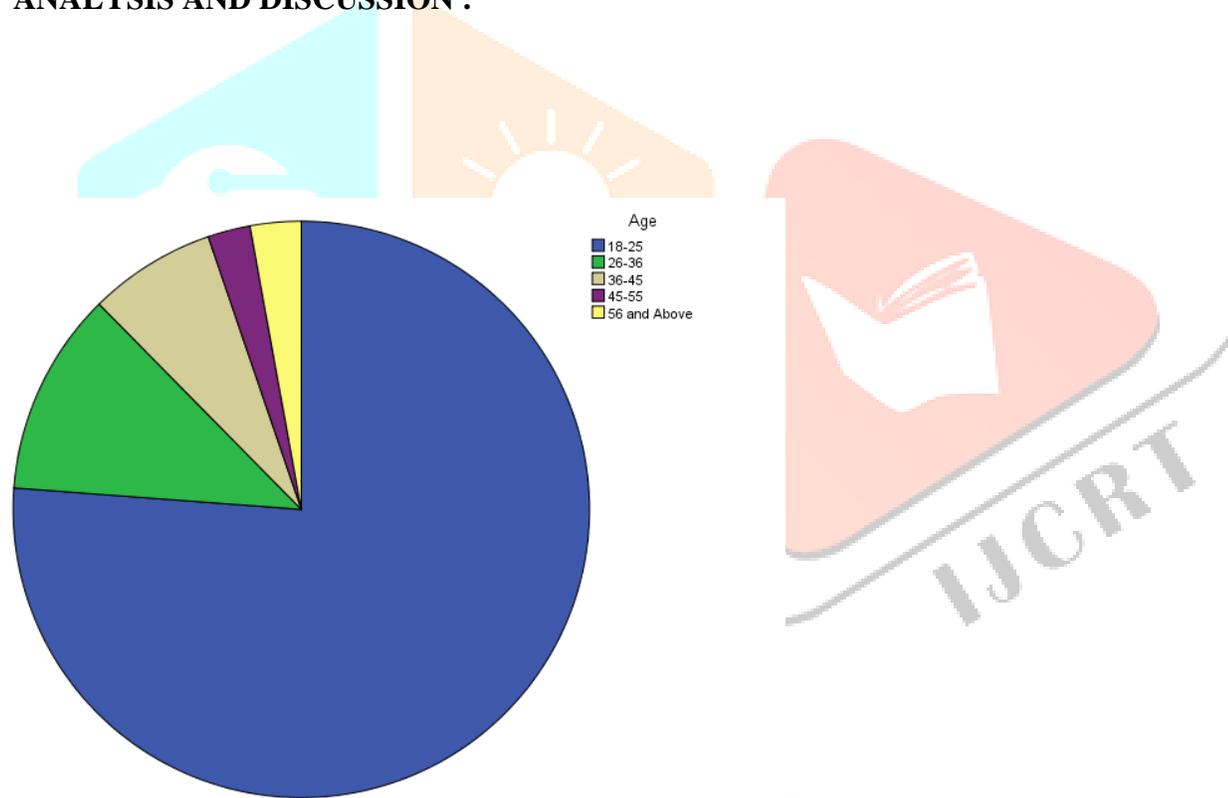
8. **Kroes, William H. 1985. Society's Victims, the Police: An Analysis of Job Stress in Policing. Charles C Thomas Pub Limited.**Police personnel form an important occupational group who constantly work under stressful situations. Preventive programs in the government organizations and studies investigating the occupational stress among police officers in India, particularly in the state of Andhra Pradesh, are still limited.(**Kroes 1985**)
9. **Luceño-Moreno, Lourdes, Beatriz Talavera-Velasco, Marian Jaén-Díaz, and Jesús Martín-García. 2021. "Occupational Stress in Spanish Police Officers: Validating the Effort-Reward Imbalance Questionnaire. (Luceño-Moreno et al. 2021)**The present study aims at measuring the sources of stress, the symptoms of stress and anger styles of police officers as psychosocial risk factors.The Psychological Symptom of police officer was used to measure the participants' psychological symptoms and the State Trait Anger Scale is used to measure anger styles of police officers.
10. **Mathur, Pragya. 1999. Stress in Police in India: Gyan Books.(Mathur 1999)**This book talks officers experience a variety of stressors because of their police work responsibilities. The use of avoidance coping in order to cope with emotions, thoughts, and memories of traumatic or stressful events may explain increases in occupational stress and poorer psychological functioning.
11. **Miller, Laurence. 2006. Practical Police Psychology: Stress Management and Crisis Intervention for Law Enforcement. (Miller 2006)**This paper addresses addresses the psychologically complex world of modern policing. It analyzes both the unusual and everyday challenges faced by all law enforcement personnel, from the street cop to the departmental brass.
12. **Milner, Allison, Kathryn Pages, 2015. "Workplace Suicide Prevention: A Systematic Review of Published and Unpublished Activities.**Suicide prevention has the potential to be integrated into existing workplace mental health activities. There is a need for further studies to develop, implement and evaluate workplace suicide prevention programmes.(**Milner et al. 2015**)
13. **Rosenbaum, Simon, Michael Stierli, 2020. "An Open Trial of the RECONNECT Exercise Program for NSW Police Officers** Posttraumatic stress disorder (PTSD) and psychological injuries are debilitating health problems facing police officers. There is increasing interest in the role of exercise as an intervention. We aimed to determine the preliminary effectiveness of the RECONNECT exercise program for NSW Police Officers experiencing PTSD or psychological injury.(**Rosenbaum et al. 2020**)

14. **Rubanzana, Wilson, 2015. “Exposure to Genocide and Risk of Suicide in Rwanda: A Population-Based Case-Control Study.”** Rwanda, an estimated one million people were killed during the 1994 genocide, leaving the country shattered and social fabric destroyed. Large-scale traumatic events such as wars and genocides have been linked to endemic post-traumatic stress disorder, depression and suicidality. The study objective was to investigate whether the 1994 genocide exposure is associated with suicide in Rwanda. **(Rubanzana et al. 2015)**
15. **Rufo, Ronald A. 2015. Police Suicide: Is Police Culture Killing Our Officers? CRC Press.** This paper talks about the Large-scale traumatic events such as wars and genocides have been linked to endemic post-traumatic stress disorder, depression and suicidality. **police suicide ... (Rufo 2015)**
16. **Shane, Jon M. 2019. Stress Inside Police Departments. Routledge** This book offers researchers, police practitioners, and policymakers a platform for organizational reform and an understanding of how the police organization creates stress, which contributes to reduced officer performance. And in-depth study exploring the relationship between perceived organizational stressors and police performance. **(Shane 2019)**
17. **Soravia, Thomas Müller. 2020. “Rescuers at Risk: Posttraumatic Stress Symptoms Among Police Officers.** The paper visualize about the Emergency personnel and rescue workers may be at a risk of posttraumatic stress symptoms due to exposure to trauma and work-related stressors. Though rescuers of different professions are often engaged in the same type of emergency, they have different tasks and responsibilities and receive different training in coping with traumatic events and stress. **(Soravia et al. 2020)**
18. **Verma, Arvind. 2010. The New Khaki: The Evolving Nature of Policing in India. CRC Press.** **(Verma 2010)** This examines how the use of new technology, the judiciary, and other creative administrative mechanisms can give determined police leaders the methods to change the policing system and its practices. It also provides strong evidence for the role of research and scholarship in transforming the police organization, offering illustrative examples and creative responses to endemic problems.
19. **Violanti, John M. 2007. Police Suicide: Epidemic in Blue. Charles C Thomas Publisher.** This paper discusses the classical studies in suicide, the accuracy and validity of police suicide rates, probable precipitating factors associated with police suicide, Also discussed is the relationship between suicide and the reluctance of police officers to seek professional help. The author stresses that the first and most important step in preventing suicide is to recognize the problem. **(Violanti 2007)**

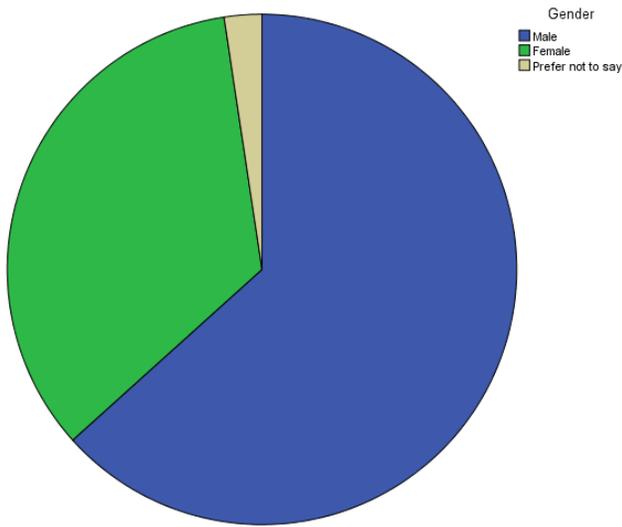
## RESEARCH METHODOLOGY:

The current study is based on empirical research. It consists of the scientific frame of research. It began with the finding of research problems based on the review of literature. The major contribution of the study is to collect the legal facts of a particular area and to test the hypothesis of a cause and effect relationship between variables. The research design is exploratory and experimental. It explored the problem tested with hypotheses and provided the solution from the analysis. Convenient sampling method is used (Non probability sampling). The sample size is **210**. Data is collected through the primary and secondary sources. Questionnaire is used as the primary data collection and the articles, journals, reports, newsletters are considered as the secondary sources. The analysis is carried out for demographic statistics (Age, Gender, Educational qualification and Occupation) and hypothesis testing graphs are used.

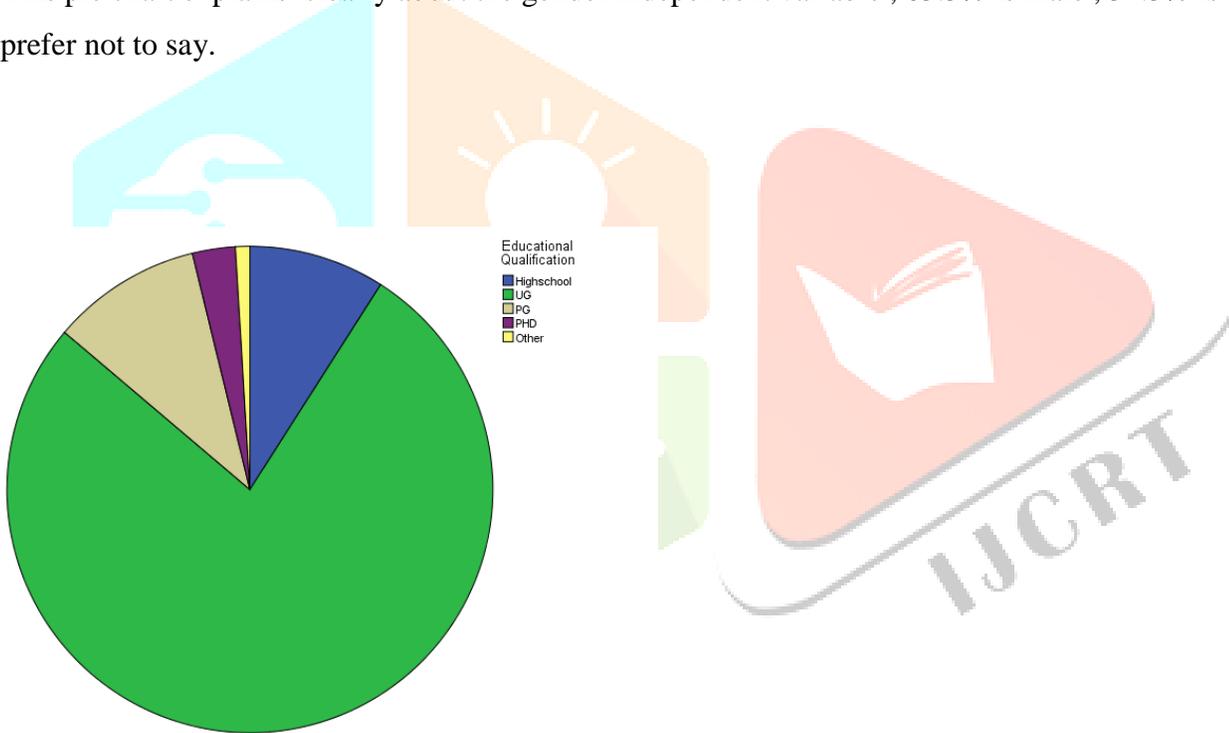
## ANALYSIS AND DISCUSSION :



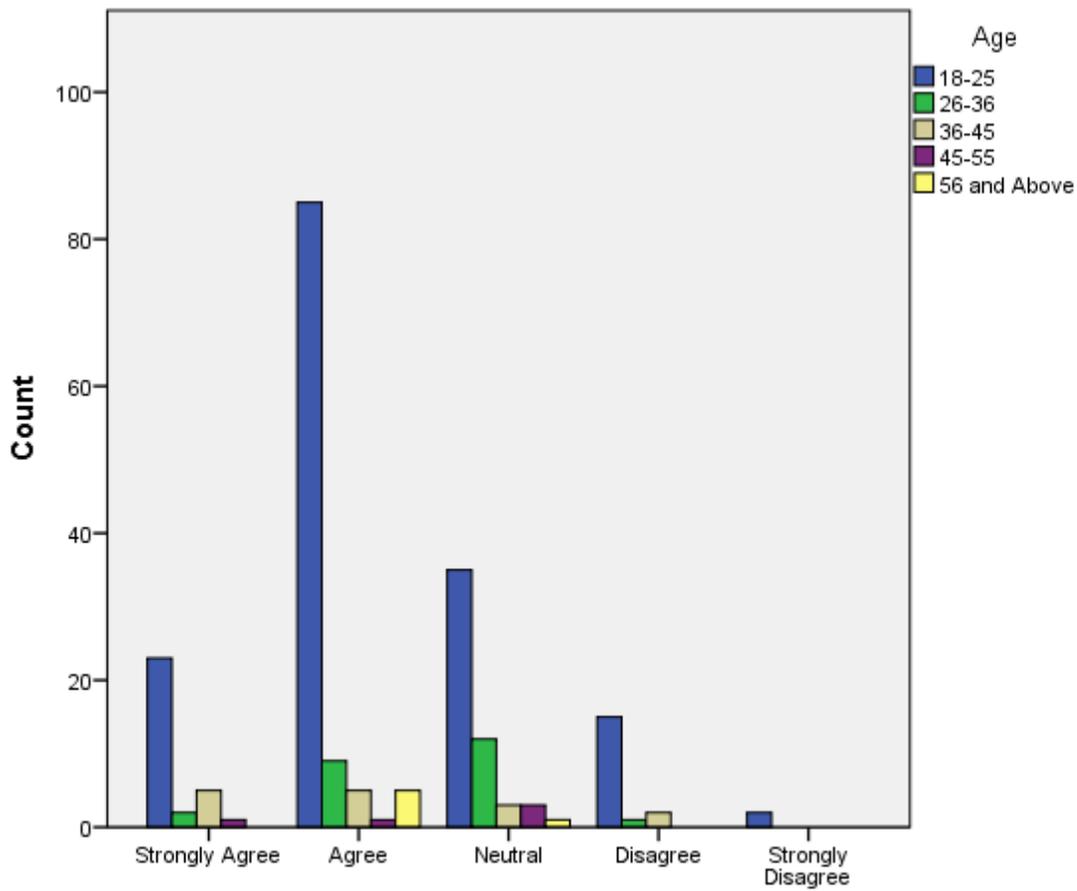
This pie chart explains clearly about the Age independent variable ,age between 18- 25 = 75%, 26-36 =11.4%, 36-45= 10.2%,44-55 =3.2%.



This pie chart explains clearly about the gender independent variable , 63.3% is male , 34.3% is female ,3 is prefer not to say.

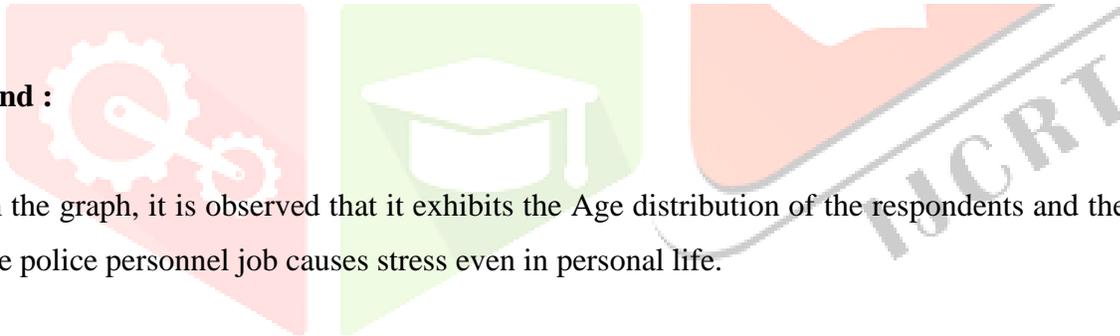


This pie chart explains clearly about the Education Qualification independent variable of the respondent. UG is 77.1% ,PG IS 9.5% , Highschool 8.6%

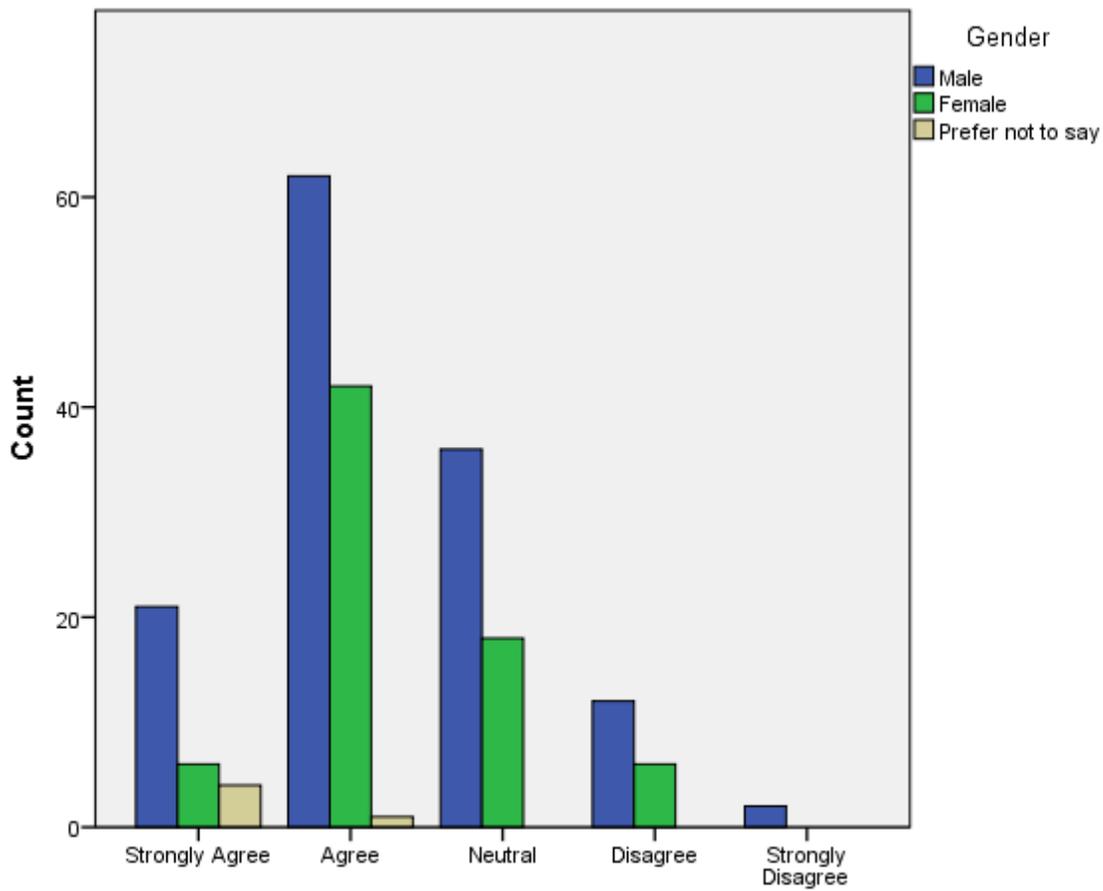


**How far do you Agree that police personnels job causes stress even in personal life.**

**Legend :**



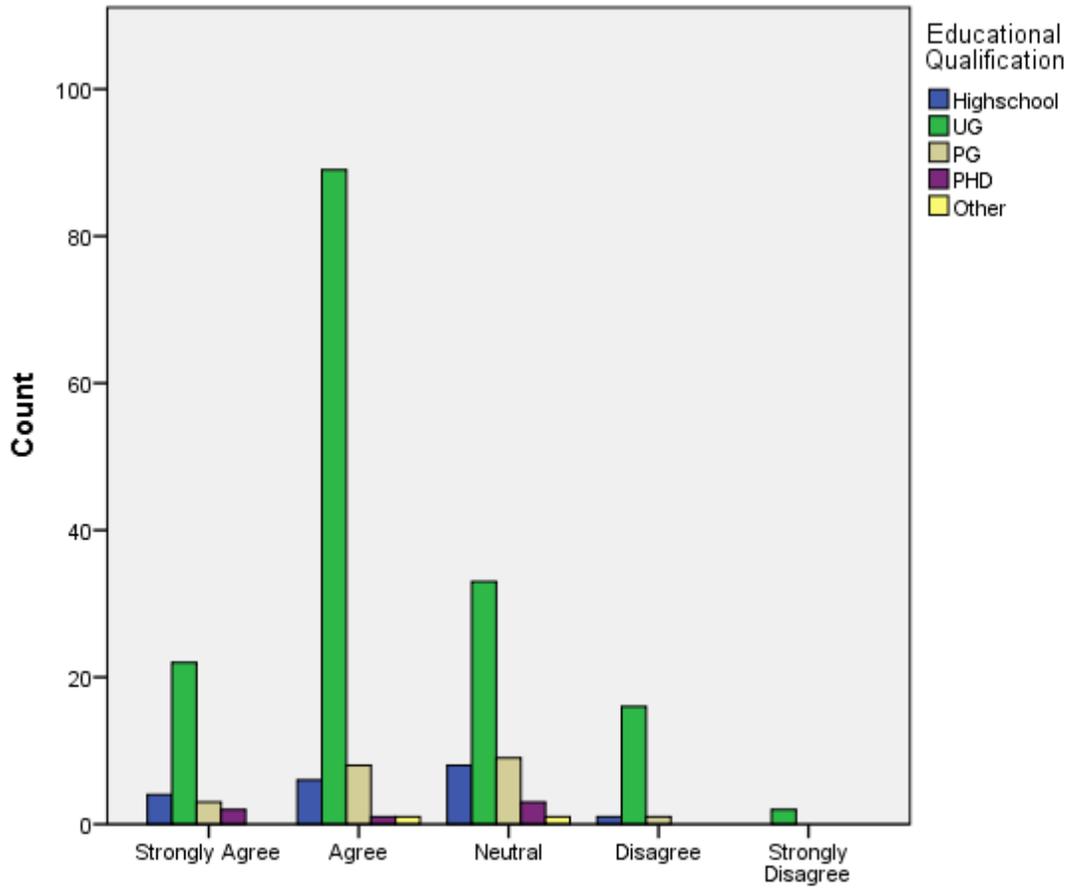
From the graph, it is observed that it exhibits the Age distribution of the respondents and their agreeability on the police personnel job causes stress even in personal life.



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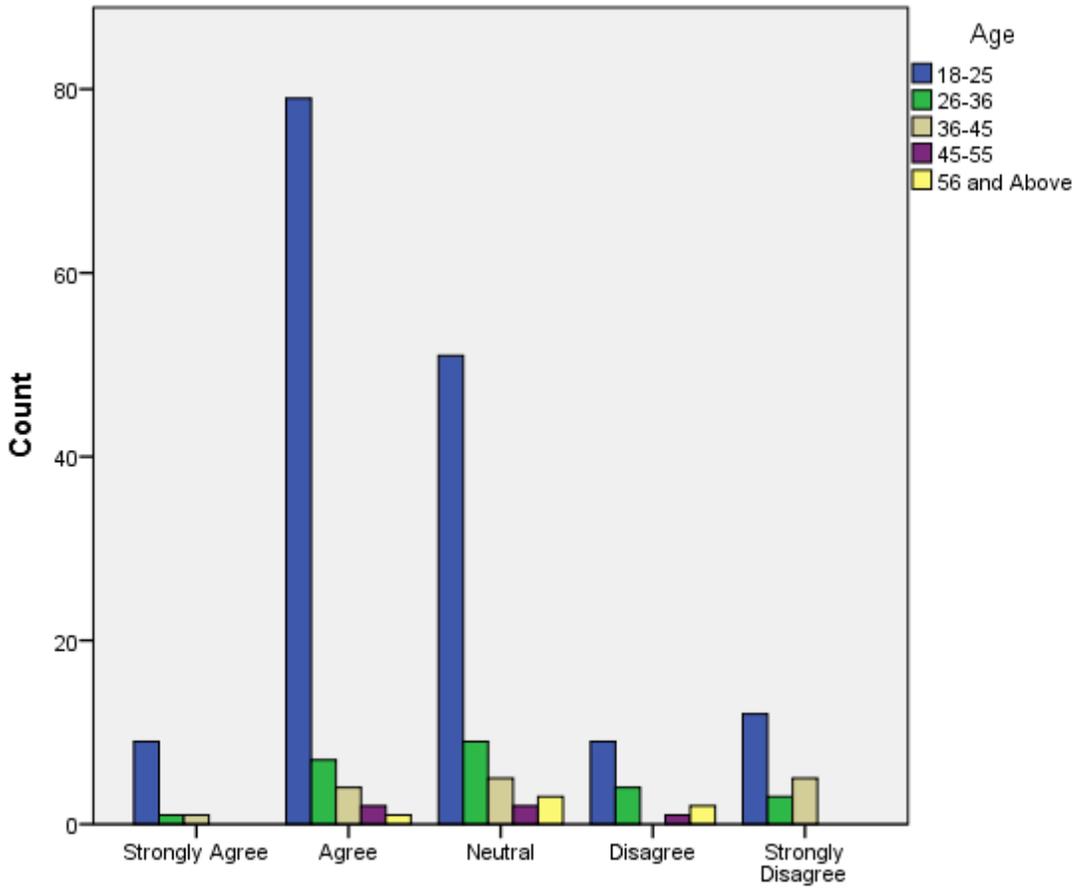
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**How far do you Agree that police personnels job causes stress even in personal life.**

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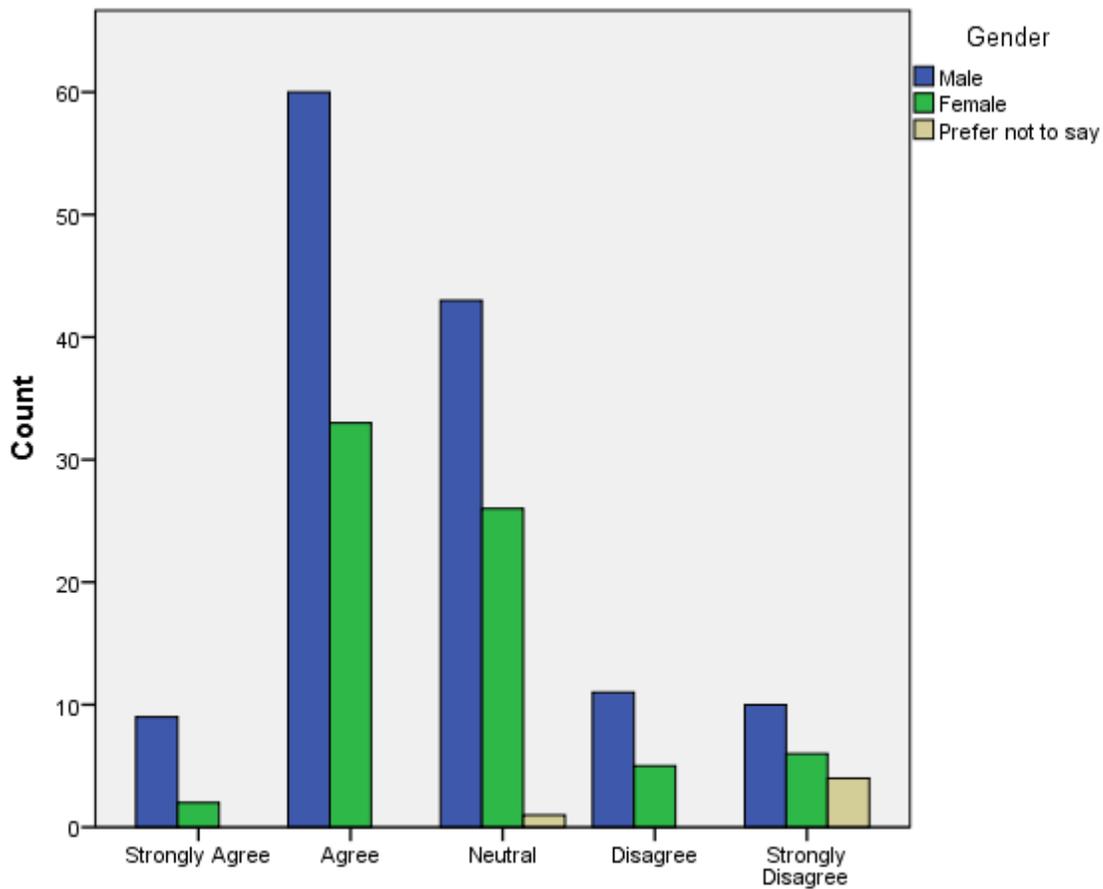
From the graph, it is observed that it exhibits the Education distribution of the respondents and their agreeability on the police personnel job causes stress even in personal life.



**The stress faced by police personnel can cause psychological imbalance.**

**Legend :**

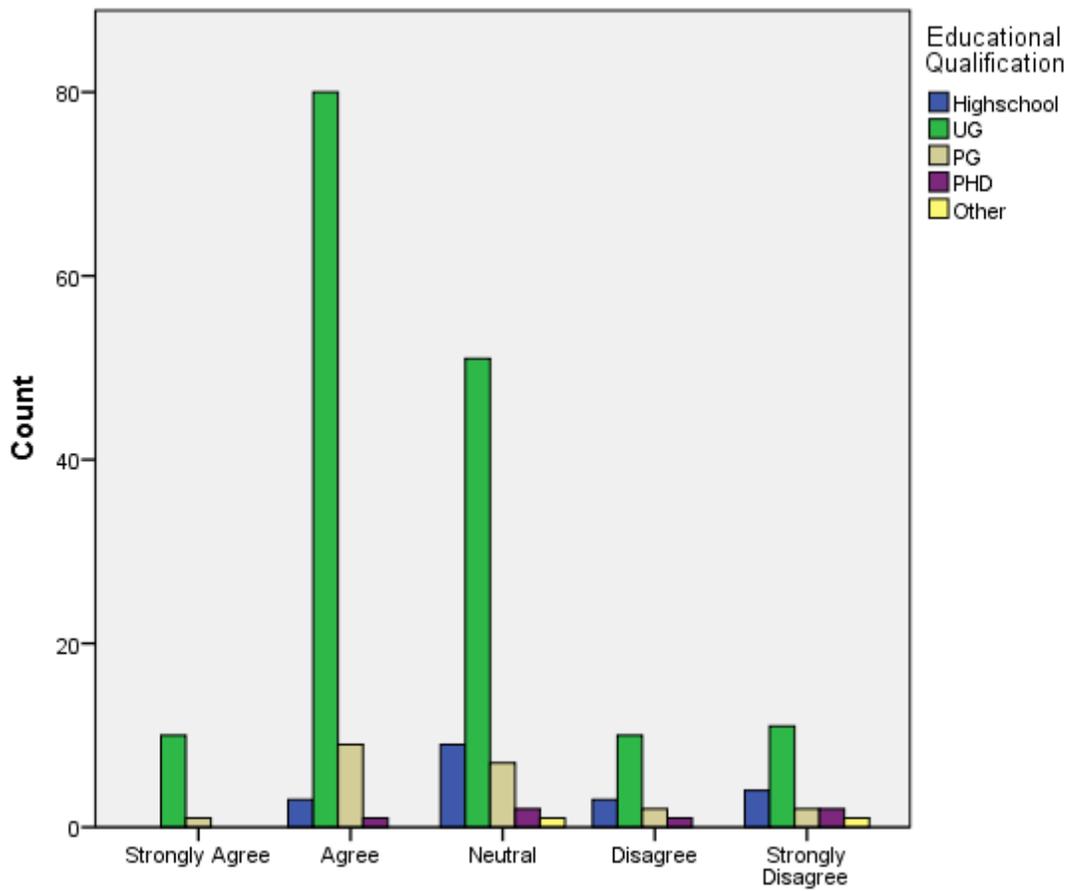
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**The stress faced by police personnel can cause psychological imbalance.**

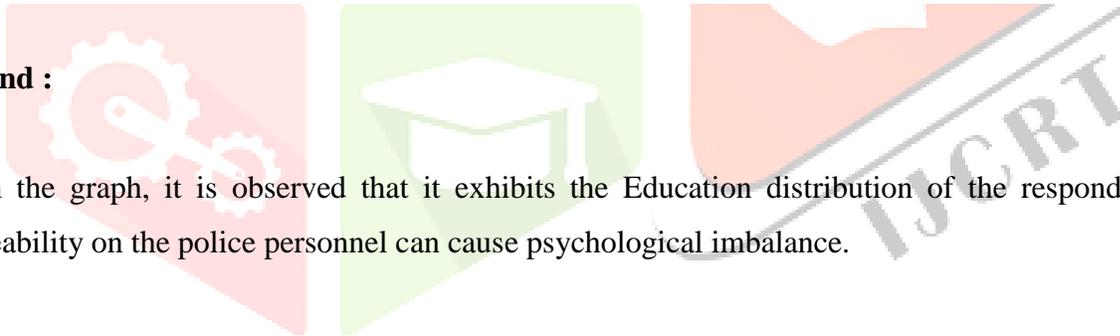
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From the graph, it is observed that it exhibits the Gender distribution of the respondents and their agreeability on the police personnel can cause psychological imbalance.

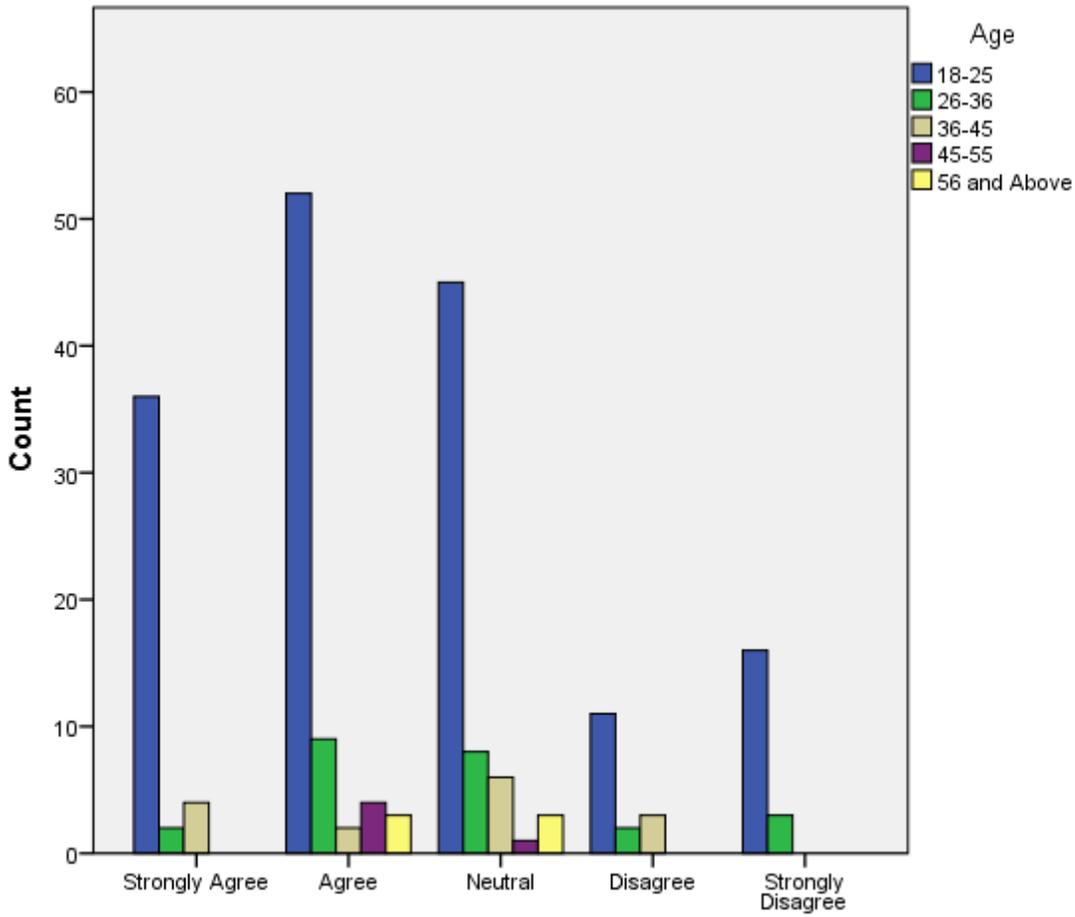


**The stress faced by police personnel can cause psychological imbalance.**

**Legend :**



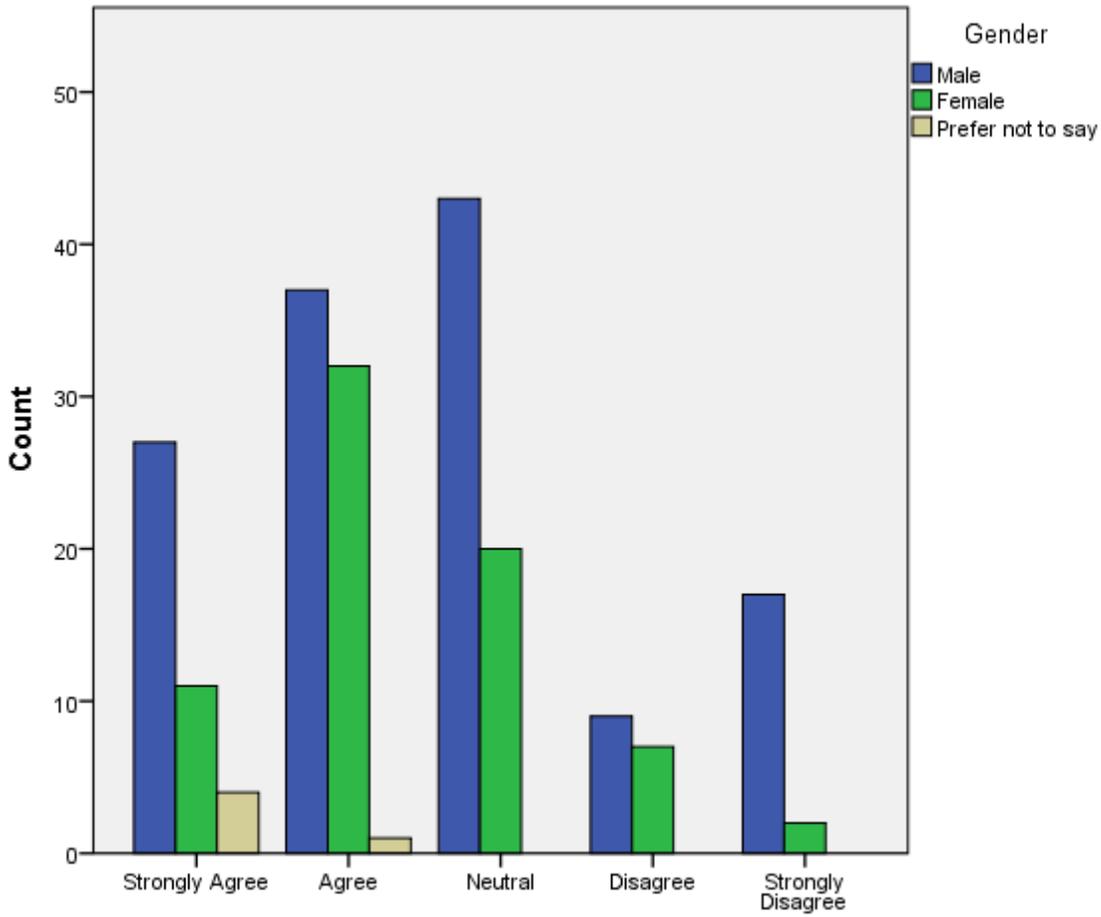
From the graph, it is observed that it exhibits the Education distribution of the respondents and their agreeability on the police personnel can cause psychological imbalance.



**Police personnel are more prone to bipolar disorder**

**Legend :**

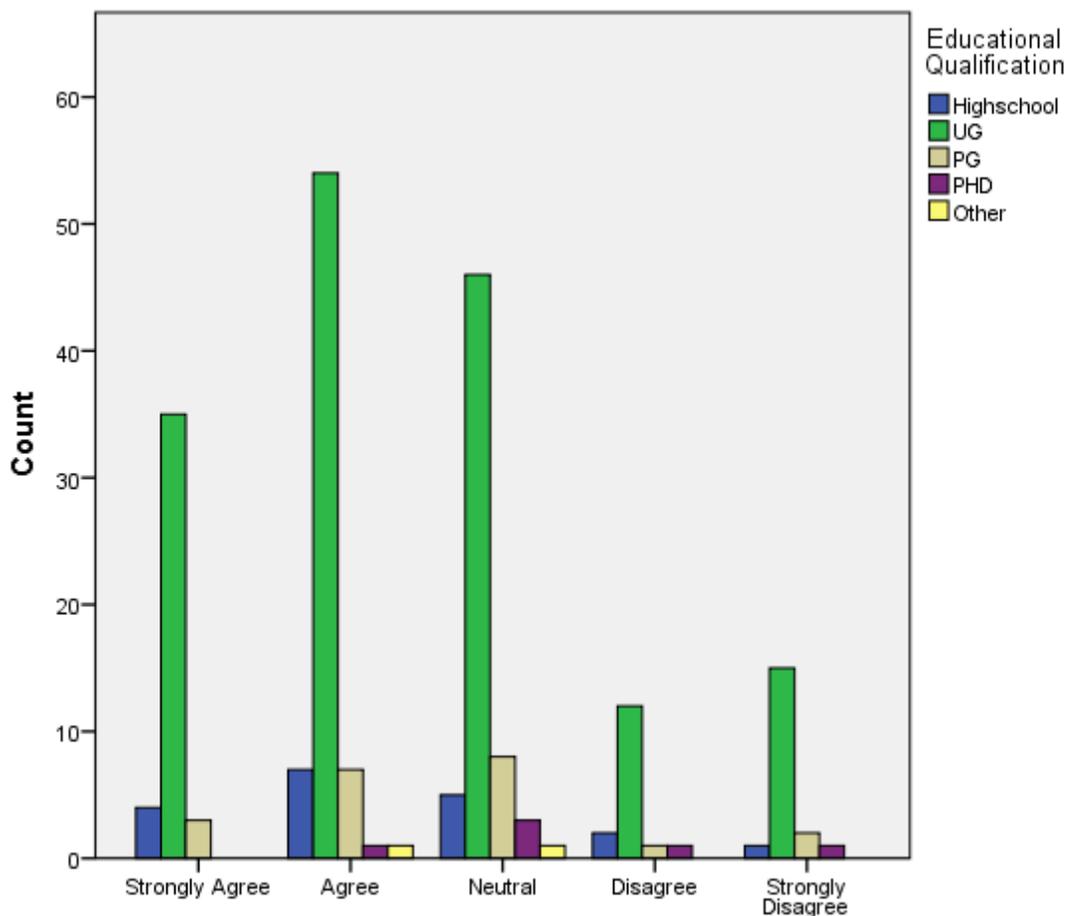
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**Police personnel are more prone to bipolar disorder**

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From the graph, it is observed that it exhibits the Gender distribution of the respondents and their agreeability on the police personnel are more prone to bipolar disorder.



**Police personnel are more prone to bipolar disorder**

**Legend :**

From the graph, it is observed that it exhibits the Education qualifications distribution of the respondents and their agreeability on the police personnel are more prone to bipolar disorder.

**RESULTS:**

From the survey : in **graph 1**, it is observed that it exhibits the age distribution of the respondents and .their agreeability on the police personnel job causes stress even in personal life.The maximum number of responses were collected from between the age group 18to 25 agrees with the statement whereas the minimum respondents between the age group 56 and above have gave least score in that statement.

From the survey : in **graph2**, it is observed that it exhibits the gender distribution of the respondents and their agreeability on the police personnel job causes stress even in personal life.The maximum number of responses were collected from between the gender group male agrees with the statement whereas the minimum respondents between the gender group female have gave least score in that statement.

From the survey : in **graph 3**it is observed that it exhibits the Education distribution of the respondents and their agreeability on the police personnel job causes stress even in personal life.The maximum number of

responses were collected from between the Educational qualifications UG have the majority respondents in Highschool second highest score and PHD have gave least score in that statement.

From the survey : in **graph 4**,it is observed that it exhibits the age distribution of the respondents and their opinion on the agreeability on the police personnel can cause psychological imbalance.The maximum number of responses were collected from between the age group 18to 25agrees with the statement whereas the minimum respondents between the age group 56 and above have gave least score in that statement.

From the survey : in **graph 5**, it is observed that it exhibits the gender distribution of the respondents and their agreeability on the police personnel can cause psychological imbalance.The maximum number of responses were collected from between the gender group male agrees with the statement whereas the minimum respondents between the gender group female have gave least score in that statement.

From the survey : in **graph 6**,it is observed that it exhibits the Education distribution of the respondents and their agreeability on the police personnel can cause psychological imbalance.The maximum number of responses were collected from between the Educational qualifications UG have the majority respondents in Highschool second highest score and PHD have gave least score in that statement.

From the survey : in **graph 7**, it is observed that it exhibits the age distribution of the respondents and their agreeability on the police personnel are more prone to bipolar disorderThe maximum number of responses were collected from between the age group 18to 25agrees with the statement whereas the minimum respondents between the age group 56 and above have gave least score in that statement.

From the survey : in **graph8**, it is observed that it exhibits the Gender distribution of the respondents and their agreeability on the police personnel are more prone to bipolar disorderThe maximum number of responses were collected from between the gender group male agrees with the statement whereas the minimum respondents between the gender group female have gave least score in that statement.

From the survey : in **graph 9**, it is observed that it exhibits the Education qualifications distribution of the respondents and their agreeability on the police personnel are more prone to bipolar disorderThe maximum number of responses were collected from between the Educational qualifications UG have the majority respondents in Highschool second highest score and PHD have gave least score in that statement.

## DISCUSSION:

Based on this general observation we can understand the outcome of the response collected in the graph and responses collected through the online. By observing **Figure 1**, emphasis about the police officers stress and suicide between the age of 36 -45 are highly accepted that high frequency of 50 ratio were respondent that naturally rated "5". This leaning towards 10 rather than 1, It increases highly affected the police personnel job causes stress even in personal life. By observing **Figure 2**, People who respondent male next to women has highly respondent neutrally and second highest is female, it is not decreasing into 1 and gradually towards 10. therefore it resulted in the police personnel job causes stress even in personal life. By observing **Figure 3**, UG people have highest respondent neutrally, Second highest score 10 that also UG qualified respondent added to that he have 7 point in frequency that therefore it resulted in the police personnel job causes stress even in personal life. Lack of job satisfaction and police hierarchy and added to that negative outcomes include health problems that illness social and mental problems as well as decrease the job performance and interestingly, those working in the police department. By observing **Figure 4**, predominantly related in between age 18-25 has highly respondent neutral and second highest response in based on frequency 80% ,50% deals with 26-36 age in related to Suicide in prisoners. so it results Through the observation made in **Figure 5**, Highest respondent is male next is female through this we can understand Suicide is growing problem aground the world and various factors leads to Suicide.

Through the observation made in **Figure 6**, Highest respondent in education qualification wise is UG people next to higher education in related to police personnel can cause psychological imbalance. Through the observation made in **Figure 7**, Highest respondent is male in every set of male group next to female respondent Between age of 18-25 strongly agree with the reason that police personnel are prone to bipolar disorder. By observing **Figure 8**, highest respondent is male next to female and this category respondent based on gender related to Police personnel are more prone to bipolar disorder. Its emphasis men who are working under government enforcement accepting causes leads to stress. By observing **Figure 9**, highest respondent is female next is male and highly respondent are under category of UG. Through this we can understand Police personnel are more prone to bipolar disorder as per their view people who working under law enforcement must have unique stress and traumatically experience several things that leads to psychological problem. are prone to the sickness and diseases such as heart attacks ,hypertension ulcers and certain other stress related illness that can result in lack lack of job satisfaction. Poor communication between the staff staff and management on the one hand staff and in inmates and other. Other causes comprises lack of support for employees confusion about specific roles within the organisation, lack of motivation from the management, and income not reflecting the contribution to the team.

**LIMITATIONS:**

The Major limitation of the study is the sample frame. The sample frame Collected through online platforms like sending mail, sending links via WhatsApp is the limitation of the study, the real field experience is missed out due to corona pandemic. The restrictive area of sample size is yet another drawback of the research. Collection of data via online platform is limiting the researcher to collect data from the field. Since the data is collected on online platform wherein the respondent is not known, the original opinion of the respondent it is not found, The researcher could only come to a approximate conclusion of what the respondent is feeling to convey.

**SUGGESTION:**

1. Need of regular mental health support and counselling.
2. Improvised transparent communication between management and government.
3. Promote work-life balance like flexible schedules, family support programs to help officers balance personal and professional lives.
4. Specialised training in stress management to maintain handling traumatic experience and emotional resilience to manage stress.

**CONCLUSION:**

The characteristic of the police personalty often extend to the personal lives of the enforcement of officers. Treating the psychological injuries can be a difficult task, especially when the department country to hold on to the sub-cultural belief leading them to avoid funding or helping to address the creation of treatment program for officers . Preventing the police officer suicide and must be happen at the department level first ,The main purpose to break down the stigma attached to mental illness, stop pretending that the negative and ideals of a police of culture in all the offices from the administration must work towards being more accepting and vocal about dealing with issues of trauma An emotion before anything can change about house officers are treated. The utilisation of programmes and increasing the availability access to various prevention program before traumsand treatment for the officer, after critical incidents the first time to moving to decrease the stigma, and getting help daddy to maintain better mental health.

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