

OCCUPATIONAL STRESS AMONG WOMEN POLICE IN COIMBATORE DISTRICT

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Abstract

Now-a day working women have two sets of responsibilities. First is the traditional role of housekeeping and other the professional role. Both these roles play a major source for stress among working women. Tamil Nadu holds fifth place in appointing women in Police Department. Women are appointed in law enforcement mainly to protect and safeguard the interest of women and children. But the society is unaware about job nature of women police. Women police face more hectic situation in their profession compared to other profession. The present study aims to find out the level of occupational stress and its relationship with the socio-economic factors of the sample 275 Women Police working in Coimbatore District. The finding of the study reveals that the women police have more stress in their occupation.

Keywords: Occupational Stress- Women Police-Stress Factors.

Introduction of the Study

In the past, women were playing major role only in their home, but in present they move out to a job to stable their family financial needs and also to enrich their carrier. Women wish to support their spouse in balancing the financial commitments which goes on increasing day by day. So women are playing multiple roles like wife, mother, homemaker, entrepreneur, employee and etc. Such a multi tasking personalities have the responsibility to balance their work and personal life. Men normally have time to relax at home, where the working women do not have such opportunity. This situation automatically creates a stressful mindset among the working women. There are two types of stress, one is positive stress and the other the negative stress. Positive stress is encouraging employees for better working performance. The best example is adopting new technology for work place. It's very stress full for workers to learn time periods only after getting knowledge the pressure is gone. So its positive stresses. Negative stress creates negative thoughts about job nature, low level of performance and some health issue like depression also.

Police officers play a very important role in society for engaging security of each and every citizen. Women police perform their job equally as male officers do. The nature of job is same but the level of stress varies for both.

Review of Literature

Kavya C.N, Dr. Chandrashekar. E (2016) in their study reveals inadequate housing /security of the family, inadequate provision for children's education, inconsistent policies regarding evaluation, accountability and transfer leads to occupational stress among women police and due to this they suffer from various health problems like blood pressure, diabetes, heart problems, back pain etc. Sandisobazana and Nicole Dodd (2013) in their study find that, conscientiousness may affect how police officers react to challenges at work, and at home, and in turn, the extent to which they experience work stress. Work and family stress may be influenced by the amount of conflict experienced between the role requirement of work and home. Ezra OdondiJonyer (2015) in her study disclose that occupational stress have negative effects on the work performance of Police officers and to overcome this problem they