

## **SOURCES OF POLICE STRESS: AN ANALYTICAL STUDY WITH SPECIAL REFERENCE TO SELECTED POLICE PERSONNEL OF GUJARAT STATE**

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### **ABSTRACT**

With the recent attention on police suicide, a number of cases have been reported in the media and studies have been undertaken to review these cases and studies indicate that one of the reasons of police suicide is the high level of stress. Between 1934 and 1960 police suicide rates were half that of the general population. Between 1980 to the present, suicide rates in some departments almost approach double. Reviews and research findings showed that the main reason behind police suicide was the high level of stress. In recent times, the stress level on police seems to increase with a high speed, so there is a need to check the reasons behind the growing stress level among police personnel in Gujarat.

Police Suicide is increasing day by day with the pace of time. A number of study have been conducted in past and found that the main reasons behind the police suicide are high level of stress. But very few studies have been conducted on the sources of stress among police personnel of Gujarat. The Gujarat police have been quite satisfactory in keeping their objectives aimed at total peace for the state. The role and need of the police at the time of any types of emergency is remarkable at national level in general. But in particular they are the messengers of God during natural disasters for Gujarat people. Even in handling criminal cases they are amazing at pointing and striking out the problems. The present study made an attempt to study the various sources of stress among police personal of Gujarat.

**KEYWORDS:** Police Stress, Sources of Stress, Gujarat Police, Depression of Police