

General Health of Women Police Officers in Reproductive Age Group

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Abstract: A descriptive study was conducted to assess the General health of women police in reproductive age group in Trivandrum district. The objective of the study were to assess the general health of women police and to assess the association between general health and selected socio personal variables. The study was based on Betty Neuman's system model used and this quantitative descriptive study was conducted among one hundred and fifty women polices in reproductive age group from twenty one police stations of Trivandrum district by using purposive sampling technique. Data was collected through socio personal proforma, physical assessment checklist Pittsburgh sleep quality index, operational police stress questionnaire. Data were analyzed through descriptive and inferential statistics method. Results shows that 90.7% of subjects had poor sleep quality 9.3% of subjects have good sleep quality. About 87.3% of subjects have regular periods and 12.7% of subjects have irregular periods. There was a significant association between working hours in a day and back pain significant at $p < 0.005$, there were significant association between sleep quality and working hours in a day and there was a significant association between sleep quality and stress due to paper work. Conclusions: Majority of the women police have moderate stress and physical problems. So it is essential to educate regarding physical and psychological problems and their management and help them cope up with this effectively.

Keywords: women police, reproductive age group

1. Introduction

Health is the balance between and person and environment, health as a soul, environment and natural origin of disease, was the backbone of perception of health.¹

In the 15 th century BC, Pindar defined health as harmonious functioning of organs, emphasizing the physical dimensions of health, the physical body and the overall functioning, accompanied by the feeling of comfort and absence of pain.²

2. Need for the Study

Every person is subject to stress, while police stress is at greater risk than other people when compared to the other occupations, police service is considered highly stressful due to shift schedules that disrupt normal sleep patterns, social life and workload.³

Due to these stressors, they experience musculoskeletal issues such as lower back pain, inflammation due to unhealthy diet and adverse cardiovascular and digestive system problems.³

Numerous studies have reported that compared to other profession police are at increased risk for stress related physical illness including heart disease, chronic pain and inflammation, as well as stress related psychological problems such as depression, anxiety etc.⁴

3. Materials and Methods

Quantitative research approach were used in the study.150 women police officers were participated in this study. The study was conducted in the 21 police stations in Trivandrum

district and had fulfilled the selection criteria were selected by purposive sampling method.

Variables were used in the study dependent variable as general health of women police officers and the extraneous variables were used in the study are age, sex, marital status, working grade, socioeconomic status

The investigator introduced herself to subjects and the objectives of the study were explained to each subject. During the time of data collection, the investigator met subjects personally and the data was collected by using self administered questionnaire.

The tools were used in the study are sociopersonal proforma, physical assessment questionnaire, Pittsburgh sleep quality index, operational police stress questionnaire, reproductive health questionnaire

Each subjects were taken 30 - 40 minutes to complete the data and the doubts were cleared then and there. The respondents were assured anonymity and confidentiality of the information provided by them. Dta collection procedure were terminated after expressing the gratitude towards the subjects.

Descriptive & inferential statistics using SPSS was used for the data analysis. Socio personal variables & clinical data was analysed by frequency & percentage distribution. Significant association was analysed by chi square test

4. Analysis

Frequency and percentage distribution subjects According to working hours in a day

Working hours in a day	Frequency (f)	Percentage (%)
6 - 12 hours	55	36.7
13 - 18 hours	93	62
≥19 hours	2	1.3
Total	150	100

Table 4.1 shows that 62% of subjects are working 13 - 18 hours in a day, 36.7% of subjects are working 6 - 12 hours in a day and 1.3% of subjects are working ≥ 19 hours in a day

Variable	sbac pai yes	Kn no	Chi square	df	p
6 - 12	26	1			It is observed that above half (61.4%) of the subjects were completed graduation / diploma, 35.3% subjects were completed post - graduation and only 3.3% subjects had completed higher secondary education. The study findings were 0.01**
13 - 18	92	6	9.067	2	
≥19	19	6			

5. Discussion

The present study show that half of the subjects (50%) were belongs to the age group of 30 - 39 years and 44% of the subjects were belongs to the age group of 40 - 49 and only 6% of subjects belongs to the age group of 20 - 29 years. These findings were consistent with study on occupational stress among 50 female police officers in Trivandrum which revealed that mean age of the study population was 38.07 years

The present study revealed that 62% of subjects were working >19 hours, 36.3% subjects were working 13 - 18 hours and only 2.7% of subjects were working 6 - 12 hours. The findings were consistent with the study on assessment of psychological stress among 75 police women of both constable and officers which revealed that female police officers working more than 12 hours in a day.

The present study shows that more than half (67.4%) of subjects were belongs to senior civil police officer, 27.3% of the subjects were belongs to civil police officers and 5.3% of subjects were belongs to assistant sub inspectors. The finding of the study was contradictory with the study on assessment of psychological stress among 75 police women shows that 45.3% of subjects were belongs to women civil consistent with study on assessment of psychological stress among 75 police women shows that 42.7% of subjects were completed graduation.

The present study revealed that majority of the subjects (96%) had moderate stress and 4% of subjects had lot of stress. The findings of the study were congruent with a study on association of personality traits and coping methods to psychological stress among 150 police officers in Andhra Pradesh showed that 35.3% of subjects having psychological stress.

The present study shows that majority of subjects (90.7%) had poor sleep quality and 9.3% had good sleep quality. The findings were congruent with another study on sleep quality on shift working officers in 206 general duties police officers of the New South Wales Police Force in Australia which found that 69% of subjects have poor sleep quality.

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Frequency and percentage distribution of subjects according to sleep quality

Quality of sleep	Frequency (f)	Percentage (%)
≥5 (poor sleep)	84	56
Total	150	100

Table 4.2 shows that majority of subjects having poor sleep

Association of subjects between working hours in a day and back pain police officer and constables

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