

# Correlation between Psychological Well-Being and Quality of Life among Traffic Police

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**Abstract:** *Traffic police play a very significant role in controlling the traffic system especially in the metropolitan cities despite several limitations. Traffic police work tends to impose a high degree of stressful situations which can affect the physical health, mental health and quality of life of traffic police and it is the matter of concern. The objective of the present study is to study the relationship between psychological well-being and quality of life of traffic police. For the present research random sampling technique was adopted. 120 traffic police was selected for the study from Lucknow city. World Health Organization quality of life questionnaire (WHOQOL) was used to measure quality of life of traffic police and psychological well being scale developed by (Sisodia S.D. and Choudary P. 2012) was used to measure the psychological well-being of traffic police. Significant positive correlations was found between two variables is psychological well-being and quality of life. This indicated that with increase in psychological well-being, there is an increase in the quality of life in the entire sample.*

**Keywords:** Psychological well-being, Quality of life, Traffic police

## 1. Introduction

Occupational health risks and hazards due to polluted environment have become a serious public health concern where there is unplanned urbanization. Pollution due to road traffic is a serious health hazard and thus the persons like traffic police who are continuously exposed may be at an increased risk. The traffic police have to undergo physical strain in an environment polluted by fumes, exhaust of vehicles, use of blowing horns, emission from nearby brick factories, and blow of dust in the air by a speeding vehicle. [1]

The World Health Organization defines quality of life (QOL) as: "the individual's perception of his/her position in life in the context of the culture and value system in which he/she lives and in relation to his/her goals, expectations, standards and concerns". [2] Quality of Life (QOL) is a broad concept incorporating the person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to salient features of the environment. Since occupation is a major determinant of health, traffic police personnel face multiple occupational hazards. They are continuously exposed to vehicular emissions and work in a noisy and polluted environment. [3]

Psychological well-being refers to the theory that social, psychological, and physical factors contribute to an individual's psychological well-being, contentment, and happiness. Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. There are two approaches typically taken to understand psychological well-being. The first is to distinguish positive and negative effects, and defines optimal

psychological well-being and happiness as a balance between the two. The second approach emphasizes life-satisfaction as the key indicator of psychological well-being. Three sub disciplines in psychology are critical for the study of psychological well-being. The first is developmental psychology, in which psychological well-being may be analyzed in terms of a pattern of growth across the lifespan. The second is personality psychology, in which it is possible to apply Maslow's concept of self-actualization, Rogers' concept of the fully functioning person, Jung's concept of individuation, and Allport's concept of maturity to account for psychological well-being. The third sub discipline is abnormal psychology, in which it may be asserted that the absence of mental illness constitutes psychological well-being. [4] Psychological Well-being at its simplest level can be defined as ultimately about personal happiness - feeling good and living safely and healthily. Psychological well-being includes all the short term and long term mental functioning and positive health (e.g. positive affect and morale) and negative health (e.g. depression, anxiety O'Driscoll & Brough, 2003). [5]

## 2. Review of Literature

[6] Goswami and Burman (2015) conducted a study on "impact of work stress on Job satisfaction and psychological wellbeing amongst Police Officers: workplace support as moderator". Objective of this study was. To find out the impact of work stress on job satisfaction among police officers. ii. To find out the impact of job stress on psychological wellbeing among police officers. iii. To analyze the role of work place support as moderator in the relationship of work stress with job satisfaction and psychological wellbeing. This conceptual paper would address the impact of work stress on job satisfaction and psychological wellbeing among police officers. The role of work place support will be considered as moderator in above mentioned relationship. Workplace support includes help

Volume 6 Issue 10, October 2017

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from supervisors, peers and colleagues. Sufficient workplace support will lead to enhance the level of job satisfaction and psychological wellbeing among officers.

[7] **Lourembam and Singh (2014)** conducted a study on “psychological impact of work culture among police personnel”. Every organization either private or public organization has their own work culture. Rules and regulations of every workplace are very important as it gives meaning to everybody’s lives at work. Work culture has to be strengthened to improve quality of life of the employees. Work culture provides a comprehensive framework for understanding the different sides of work behavior. Sometimes, due to the work culture many persons life has been affected. It can affect the well-being of any person physically as well as mentally. Police job is one of the hardest jobs in our society and they face many problems due to their work culture. In this background, this present paper tried to study how the police work culture affect the well-being of a person. Further, it provides factors which can be used as a coping resource.

[8] **Phadke and Gupta (2014)** conducted a study on “Application of WHOQOL-BREF in Measuring Quality of Life in Traffic Police”. This work investigates Quality of Life among traffic police in Navi Mumbai, India. A community based cross-sectional survey study was conducted among 269 traffic police in Navi Mumbai, India. Data on QOL was assessed by WHOQOL-BREF. Results: From the data it appears that, Traffic Police has good quality of life and satisfactory health. Environmental domain is affected most. The most affected components in environmental domain are their physical environment and time for leisure activities.

[9] **Patil et al, (2014)** conducted a study on “global review of studies on traffic police with special focus on environmental health effects”. The broad objectives of the present study are to explore the impact of occupational health hazards on the health of traffic police personnel. Published research papers on traffic police reporting occupational health issues were accessed and reviewed. Attempts were made to access papers that reported negative associations in order to present a balanced review. The majority of the studies have reported a decrease lung function and increased respiratory morbidity. The research on the cytogenetic abnormalities or genotoxic effect of vehicular emissions arising due to long-term exposure to benzene and other polyaromatic hydrocarbons has provided conflicting results, since more or less equal numbers of studies have given evidence for and against the causal association between vehicular pollution and its carcinogenic effect. Multiple studies have concluded that traffic police are highly stressed. A number of occupational factors have been attributed to stress among traffic police. Occupational health studies help us to understand the effects of vehicular pollution and its adverse influence on workers. They also provide opportunity for defined exposures measurements and precise risk assessment. The findings from these studies are easily generalizable and can help us understand the impact of air pollution on the general population.

### 3. Methodology

Past researchers, majorly focused on the physical health and stress related aspects, among traffic police and very few have concentrated on their quality of life and psychological well-being. Hence the present research was taken up to study the relationship between psychological well-being and the quality of life of traffic police with a sample of one hundred twenty traffic police.

The study was conducted in Lucknow district which is purposively selected to conduct the study, as it is the capital city and largely inhabited. Sampling technique adopted in the present study is simple random sampling. Information was collected through interview method. Quality of life scale developed by World Health Organization also known as(WHOQOL-BREF) and Psychological well-being scale developed by Sisodia and Choudhary (2012). The data was coded, tabulated and analyzed using SPSS-20 version software. **Correlation coefficient (r)-** Karl Pearson test was used to interpret results.

### 4. Results and Discussion

**Table 4.1:** Correlation between Psychological Well-Being and Quality of Life

Dependent variables	Mean	S.D.	r-value	Significant value	Conclusion
Psychological well-being (PWB)	173.26	18.23	.20**	.02	S
Quality of life (QOL)	96.36	18.24			

r= .20\*\*, N=120

The results indicate that there is positive correlation between psychological well-being and quality of life. It means that when psychological well-being increases then quality of life is also increases.

As the r value is positive. The inter-correlation coefficients (r) between PWB and QOL of the traffic police significant positive correlations were found between the two variables, PWB (.20\*\*) and QOL (.20\*\*), p<0.05 for the entire sample of traffic police. This indicated that with increase in PWB there is increase in the quality of life in the entire sample.

The study examined psychological well-being (PWB) and quality of life (QOL) of traffic police a positive significant relationship was found between two variables PWB and QOL for entire sample. It indicates that with the increase in the levels of one variable, that is psychological-well-being, there is an increase in the quality of life of the traffic police.

### 5. Conclusion

The job of traffic police personnel is a tough job, which has direct influence on their quality of life and psychological well-being. From the study, it can be concluded that the work of traffic police is highly stressful. They have to work in highly uncomfortable condition like long working hours, standing position, expose in sun light and pollution lack of proper safe water and toilet facility even nosome where no traffic cabin. Traffic police work in unfavourable working condition with the low psychological well-being and quality

of life. It was concluded that psychological well-being (PWB) and quality of life (QOL) of traffic police a positive significant relationship was found between two variables PWB and QOL for entire sample. It indicates that with the increase in the levels of one variable, that is Psychological Well-Being, there is an increase in the Quality of Life of the participants. Hence programmes to enhance to PWB may be conducted targeting the traffic police in turn to enhance their Quality of life.

## 6. Future Prospects of this Study

Further research study can be designed, which will provide appropriate solution for most affected areas like for most affected areas like Psychological Well-Being and Quality of Life. Inference of this study can be used to implement modifications for improvement in PWB enhance their QOL. Government policies can be tailored according to the need of traffic police. We can also be taken research to assess their standing position hazards on health, basic amenities in future.

## 7. Acknowledgment

The authors gratefully acknowledged Mr. Hbibul Hasan, Superintendent of traffic police, Lucknow granted permission for data collection, all traffic staff of Lucknow who willingly contributed in this study.

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Occupational Medicine and Environmental Health.  
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