



Google Scholar

Journal ID: 6092-6096

Peer Reviewed International Journal

# INTERNATIONAL JOURNAL OF ADVANCED RESEARCH IN SOCIAL SCIENCES AND HUMANITIES (IJARSSH)



# IJARSSH



academia.edu



ResearchGate

**IAEME PUBLICATION**



Plot: 03, Flat- S 1, Poomalai Santosh Pearls Apartment, Vaiko Salai 6th Street,  
Jai Shankar Nagar, Palavakkam, Chennai - 600 041, Tamilnadu, India.



E-mail: editor@iaeme.com, iaemedu@gmail.com Website: www.iaeme.com Mobile: +91-9884798314

<https://iaeme.com/Home/journal/IJARSSH>



# **A STUDY ON THE IMPACT OF EMOTIONAL MATURITY ON OCCUPATIONAL STRESS AMONG POLICE CONSTABLES**

**Abhishek Chauhan\*, Dr. Anshu Shrivastava\*\***

\* Research Scholar, Department of Psychology, MATS School of Arts and humanities,  
pandri, Raipur, Chhattisgarh, India.

\*\*Associate Professor, Department of psychology MATS School of Arts and humanities,  
pandri, Raipur, Chhattisgarh, India.

## **ABSTRACT**

*Police, considered the pride of the nation, has always been appreciated for the work they do for the people of the country. If their mental health is good, it affects their ability to work. Therefore, to improve them, it is important to work on mental health stress. Emotionality, behavior adjustment, lack of anxiety, all are important for building social relationships and coping with life's challenges. Through purposive sampling, 180 samples were taken from the police department of Durg district, out of which 80 were women and 100 were men. They were further classified on the basis of these. Data was collected through one-on-one conversation with the participant only after informed consent. To collect the data, the Page health system was used, whose basic aim is to measure one's physical, psychological and social well-being in accordance with the comprehensive outcome of mental health.*

*Police constables face high levels of occupational stress due to the demanding nature of their job, which often exposes them to traumatic events, irregular working hours, and public scrutiny. These stressors can significantly impact their mental health and emotional well-being. This study aims to examine the relationship between mental health and emotional maturity among police constables, with a focus on understanding how emotional maturity influences their ability to cope With psychological stressors. A sample of police constables was assessed using standardized tools for measuring mental health and emotional maturity. The study also explored the influence of demographic and work-related factors such as age, gender, years of service, and duty type on these psychological variables. Findings are expected to highlight the importance of emotional maturity as a protective factor against mental health issues in high-stress occupations. The results may contribute to the development of targeted mental health programs and emotional resilience training for law enforcement personnel. This research underscores the need for psychological support and wellness initiatives within police departments to promote overall well-being and job effectiveness.*

**Keywords:** Emotional Maturity, Occupational Stress, Job Satisfaction, Police constables, Workplace Well-being.

**Cite this Article:** Abhishek Chauhan, Anshu Shrivastava. (2025). A Study on the Impact of Emotional Maturity on Occupational Stress among Police Constables. *International Journal of Advanced Research in Social Sciences and Humanities (IJARSSH)*, 9(1), 146-153.

[https://iaeme.com/MasterAdmin/Journal\\_uploads/IJARSSH/VOLUME\\_9\\_ISSUE\\_1/IJARSSH\\_09\\_01\\_011.pdf](https://iaeme.com/MasterAdmin/Journal_uploads/IJARSSH/VOLUME_9_ISSUE_1/IJARSSH_09_01_011.pdf)

---

## Introduction

The role of police constables is vital in maintaining law and order, ensuring public safety, and upholding justice. However, behind the uniform lies an individual who is constantly exposed to high-pressure situations, including violence, trauma, and the unpredictability of daily duty. In such a demanding profession, the mental health of police constables often becomes a neglected concern. Over time, the accumulation of occupational stress, irregular work schedules, lack of work-life balance, and frequent exposure to distressing situations can lead to significant psychological strain. Stress is considered to be positive when the situation offers an opportunity for a person to gain something. There is a term called Eusters used to describe this positive stress Singh& Manas (2020) Mental health issues such as anxiety,

depression, burnout, and post-traumatic stress disorder (PTSD) are increasingly common among police personnel across the world, including India.

In recent years, the issues of occupational stress and job satisfaction is impact among police constables has giant significant attention it's a unique socio political landscape Borade, G. S. & Dongre, N. S. (2022). there has been a growing recognition of the psychological challenges faced by police officers. However, most of the focus remains on their physical performance and efficiency, often overlooking their emotional and mental well-being. Mohammed & Alkrimeen (2020) As a result, many police constables continue to perform their duties while silently enduring psychological distress, which can ultimately affect their decision-making, interpersonal relationships, and overall job performance. In this context, emotional maturity plays a crucial role in determining how effectively a police constable is able to handle emotional challenges and respond to stressful situations. Emotional maturity refers to the ability of an individual to manage and express their emotions in a constructive manner. motion is the complex psycho-physiological experience of an individual's state of mind as interaction with biochemical (internal) and environmental (external) influences. In humans, emotion fundamentally involves "physiological arousal, expressive behaviors and conscious experience.(George 2023) It includes qualities such as emotional stability, self-awareness, empathy, adaptability, and the ability to cope with difficult emotions. A person with a high level of emotional maturity is more likely to deal with stress in a healthy way, maintain balanced relationships, and make rational decisions even in adverse situations. In high-stress professions like policing, emotional maturity becomes a key factor that influences not only individual well-being but also team dynamics and public interactions. This study aims to explore the relationship between mental health and emotional maturity among police constables in the Durg district of Chhattisgarh. The study is based on a sample of 180 police constables, including 100 males and 80 females, who were assessed using standardized tools to evaluate their mental health status and levels of emotional maturity. By examining the interaction between these two variables, the study seeks to understand how emotional maturity may influence mental well-being in the context of police work. Additionally, the research attempts to identify any gender-based differences in the levels of emotional maturity and mental health among the respondents. The findings of this study are expected to contribute to the growing body of literature on occupational stress and emotional resilience in law enforcement. More importantly, they may offer practical insights for developing psychological training programs, mental health support systems, and stress management workshops tailored specifically for police constables. Promoting emotional maturity and prioritizing mental health in police departments can

ultimately lead to healthier, more effective, and more emotionally balanced law enforcement personnel. Occupational stress refers to the chronic stress experienced by individuals as a result of pressures and demands associated with their work environment. It emerges when the balance between job demands and the worker's ability to cope becomes disrupted, leading to psychological and physical strain. Occupational stress is influenced by a range of factors including workload, lack of control over job-related decisions, unclear job expectations, limited support from supervisors or colleagues, and exposure to unsafe or emotionally taxing conditions. In professions that require constant vigilance, public interaction, and physical risk—such as policing—occupational stress is especially prevalent. Police constables face unique stressors such as exposure to violence, traumatic events, irregular work schedules, long hours, and public criticism. The cumulative effect of these stressors can lead to serious consequences like burnout, anxiety, depression, substance abuse, and impaired decision-making. Furthermore, chronic stress affects physical health by contributing to issues such as high blood pressure, fatigue, gastrointestinal problems, and weakened immunity. Occupational stress not only impacts individual health but also affects job performance, morale, and workplace relationships. It may result in increased absenteeism, reduced productivity, and higher turnover rates. In policing, where sharp decision-making and emotional stability are crucial, unmanaged occupational stress can compromise public safety and professional integrity. To address occupational stress effectively, it is important for organizations to provide a supportive work environment that includes stress management training, mental health resources, workload management, and avenues for peer and supervisory support. On a personal level, stress reduction techniques such as mindfulness, regular physical activity, and the development of emotional maturity can significantly enhance resilience. In conclusion, occupational stress is a critical issue that requires both individual coping strategies and systemic organizational interventions. Understanding its causes and consequences is vital, especially in high-stress professions like policing, where well-being is directly linked to effective service delivery and public trust.

### **Objectives:-**

1. To assess the level of emotional maturity among police constables.
2. To measure the degree of occupational stress experienced by police constables.
3. To examine the relationship between emotional maturity and occupational stress.

4. To analyze the differences in occupational stress based on varying levels of emotional maturity.
5. To suggest practical measures for stress management based on emotional maturity findings.

### **Methodology:**

The purpose of the research work is to investigate whether or not occupational stress, anxiety and job satisfaction status independently or intersect with each other that can generate significant variance among police constables in Chhattisgarh.

### **Sample of the study:**

Police constable would be drawn Durg district of the state of Chhattisgarh serve as a sample. For this purpose, the stratified random sampling technique will be used. A random sample of roughly 180 police constables would be selected for this purpose from various districts in the state of Chhattisgarh. These samples will then be divided into Durg district in accordance with the population's distinct characteristics, namely emotional maturity and occupational stress. 180 police constables from Chhattisgarh will participate in the study as Sample.

### **Tools for Data Collection**

Two standardized tools were used to measure the variables:

#### **Emotional Maturity Scale (EMS)**

Developed by Singh and Bhargava (1990).

Measures five dimensions: Emotional Instability, Emotional Regression, Social Maladjustment, Personality Disintegration, and Lack of Independence.

High scores indicate lower emotional maturity.

#### **Occupational Stress Index (OSI)**

Developed by Shrivastava and Singh (1981).

Measures job-related stress across various dimensions like role overload, role ambiguity, and lack of recognition.

Higher scores indicate higher levels of occupational stress.

### **Design:**

There is one dependent variable in the proposed research work, i.e., Police constables. There are two independent variables in the proposed work viz.; (A) Occupational stress (B) Emotional Maturity, A(Occupational stress) is varied to two levels, i.e., (a1) high Occupational

stress (a2) low Occupational stress , Factor B (Emotional Maturity ) is varied to two levels , (b1) high Emotional Maturity (b2) low Emotional Maturity i.e. Factor , Science, levels of each of the independent variables are already fixed, the fixed effect model will be used in the proposed study. Thus, a 2x2 factorial design with fixed effect model will be employed in the present study

### **Procedure:**

The subject will be stratified based on occupational stress and emotional maturity status with help cross sectional research design to collect data at a specific time a survey questionnaire will be used the primary data collection and used random sampling from various police station of Durg, Chhattisgarh based on statistical method to ensure that the collected data will be analyzed using statistical software(SPSS) .This study aims to finding of this research can inform police departments, and relevant implementing interventions and support mechanisms to enhance the well-being and job satisfaction of police constables, leading to improved performance and a health their work environment.

### **Statistical Treatment:**

The 2x2 factorial design of the current study comprises in each treatment cell. The police constables in the state of Chhattisgarh will be divided into the Ss at random. The levels of each independent variable have already been determined for the current study, hence a 2x2 ANOVA (fixed mode) will be performed to ascertain the primary and overall impacts of the three components under investigation. The three relative contributions of each of the suspected will be computed using multiple regression coefficients.

### **Rational of the study**

Police constables play a crucial role in maintaining law and order, protecting citizens, and ensuring public safety. However, the nature of their work exposes them to various stressors, including high-pressure situations, long working hours, exposure to violence, and challenging decision-making. Understanding the impact of these factors on their well-being is essential for promoting their mental health and overall job satisfaction, Policing is considered a high-stress occupation due to the inherent risks and demands involved. Occupational stress refers to the physical and psychological strain experienced by individuals as a result of their work. High levels of stress can lead to anxiety, burnout, and other mental health issues. Investigating the factors contributing to stress and anxiety among police constables can provide insights into

potential interventions or strategies to mitigate these effects. The study has implications for police organizations and policymakers responsible for the well-being of their personnel. By identifying the factors contributing to stress, anxiety, and job dissatisfaction, the study can provide evidence-based recommendations for improving work environments, developing support systems, and implementing policies that promote the mental health and job satisfaction of police constables.

## **Result**

It is expected that police constables in Chhattisgarh will experience moderate to high levels of occupational stress and anxiety. Additionally, the study hypothesizes that higher levels of occupational stress and anxiety will be associated with lower levels of job satisfaction. The findings will provide insights into the specific stressors faced by police constables in Chhattisgarh and contribute to the development of strategies to enhance their well-being and job satisfaction.

## **References**

- [1] Vishal,P.& Dhingra A.(2016) A study of occupational stress and job satisfaction of police personnel of Gujarat state .International journal of Indian psychology , 3(3), pp 34-39  
DIP: 18.01.062/20160303 <http://www.ijip.in>
- [2] Singh, Charan & Manas, Gouri. (2020). "IMPACT OF OCCUPATIONAL STRESS AND HEALTH IN POLICE PERSONNEL". 26. 84-88.
- [3] Mohammed, Areen & Alkrimeen, Ayman. (2020). Psychological Well-being of Police Officers and Its Impact on the Level of Job Commitment and Quality of Social Relationships. Asian Social Science. 17. 91-91. 10.5539/ass.v17n1p91.
- [4] George,R.(2023).Roll of emotional maturity on personal effectiveness among police officials. International journal of creative research thoughts .vol (11),iss (5) 713-724
- [5] Borade, G. S. & Dongre, N. S. (2022). Emotional Intelligence and Job Satisfaction among the Police Constables. International Journal of Indian Psychology,10(3), 751-755.  
DIP:18.01.077.20221003, DOI:10.25215/1003.077



- [6] Upadhyay H.M, Chaudhary J., Kapadia J., Patel J., Pandya C. & Singh U.S. (2020). A study on emotional maturity in an adolescent group studying at a higher secondary school in Western India. International Journal of Indian Psychology, 8(4), 72-77  
DIP:18.01.011/20200804, DOI:10.25215/0804.011 <http://www.ijip.in>
- [7] Hans, A., Mubeen, S.A., Mishra, N., & Al-Badi, A.H.H. (2015). A Study on Occupational Stress and Quality of Work Life (QWL) in Private Colleges of Oman (Muscat). Global Business and Management Research: An International Journal, 7(3),55-68.
- [8] J.R. Auslien Nanci and Dr. V.P. Velmurugan, Impact of Occupational Stress in Quality Work Life of Teachers - A Review, Journal of Management, 5(4), 2018, pp. 255–258.<http://www.iaeme.com>
- [9] Pal, A. (2022). Occupational Stress Among Teachers of Government and Public Schools. International Journal of Indian Psychology, 10(3), 1660-1665.DIP:18.01.171.20221003, DOI:10.25215/1003.171 <https://www.ijip.in>

**Citation:** Abhishek Chauhan, Anshu Shrivastava. (2025). A Study on the Impact of Emotional Maturity on Occupational Stress among Police Constables. International Journal of Advanced Research in Social Sciences and Humanities (IJARSSH), 9(1), 146-153.

**Abstract Link:** [https://iaeme.com/Home/article\\_id/IJARSSH\\_09\\_01\\_011](https://iaeme.com/Home/article_id/IJARSSH_09_01_011)

**Article Link:**

[https://iaeme.com/MasterAdmin/Journal\\_uploads/IJARSSH/VOLUME\\_9\\_ISSUE\\_1/IJARSSH\\_09\\_01\\_011.pdf](https://iaeme.com/MasterAdmin/Journal_uploads/IJARSSH/VOLUME_9_ISSUE_1/IJARSSH_09_01_011.pdf)

**Copyright:** © 2025 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

This work is licensed under a **Creative Commons Attribution 4.0 International License (CC BY 4.0)**.



✉ [editor@iaeme.com](mailto:editor@iaeme.com)