

Stress in police in India - recognition, diagnosis and coping strategies

Gyan Pub. House - Frontiers



Description: -

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Police psychology

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Notes: Includes bibliographical references (p. [185]-199) and index.

This edition was published in 1999



Filesize: 34.75 MB

Tags: #Stress #Reduction #Programs #for #Police #Officers: #What #Needs #to #Change

Critical Incident Stress

Developmental psychobiological models that emphasize the sensitivity of the brain and associated systems to environmental inputs have explained the first set of pathways—how chronic stress and environmental adversity get under the skin to contribute to physical and mental health problems e.

Stress Reduction Programs for Police Officers: What Needs to Change

This fails to account for important factors that vary by agency, and even between officers in different roles within the same agency. Conclusion I have chronicled an expanded conceptualization of contextually adapted and adaptive coping that is consistent with developmental psychobiology theories of how chronic, uncontrollable stress during childhood gets under the skin.

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The law enforcement profession deserves tailored, evidence-based approaches that incorporate police input on their needs and preferences. Since some studies used global measures of stress or stress symptoms, it was decided to also use the short questionnaire Kessler Psychological Distress Scale K10 , which has a recent Portuguese version. For example, experimentally induced secondary control coping is associated with less HPA activity and quicker HPA down-regulation than is avoidant coping.

Critical Incident Stress

This instrument considers burnout as a process of cognitive and emotional deterioration, involving attitudes of indifference and guilt.

Stress in Police in India : Pragya Mathur : 9788121206341

However, before implementing an intervention, we need to identify burnout and stress levels, both in the early and later stages of a career. The overall mean response for the 20 items was 4.

Development of Maladaptive Coping: A Functional Adaptation to Chronic, Uncontrollable Stress

Moreover, stress, especially job stress and occupational stress, are related and can predict burnout, since job stress can result from the relationship between job demands and job resources, or from the effort-reward imbalance ; ; ; ; . The process should be started in the academy and continued with annual refresher courses. There are a number of adjectives that we can use for an individual who is under some form of stress, and learning the differences between them help us to avoid misdiagnosis and of those who may be suffering.

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