

**Job Related Stressors and Mental Health  
of Police Officers**



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## Certificate of Approval

Accepted by the Faculty of the Department of Clinical Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology.

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**Dedicated To**

**My Lovely mother**

**Who devoted her entire life for us**

**My brothers and sister**

**&**

**My Dearest Father**

**For teaching me about life**

## **Abstract**

The aim of this study is to determine job stressors and mental health functioning of Police Officers. By reviewing the literature it was determined Police employees are in constant exposure to occupation related stressors due to their job structure and demand and often suffer from traumatic situations and are higher risk of developing mental health problems. Due to job frame work and organizational factors police officers are at high risk for development of mental health problems. Cross-sectional research design was used and 331 male District Police Officers were selected through purposive sampling to investigate the relationship between job related stressors and mental health problems faced by District Police Officers. An indigenous scale, Job Stressors Scale (JSS) was developed by using psychometric properties to examine job related stressors. General Health Questionnaire (GHQ 30) was used to examine mental health of Police officers. Correlation analysis was carried out to find the relationship between JSS and GHQ, t-test, ANOVA was carried out was carried out to investigate difference between job stressors and mental health problems among different age groups, ranks, demographic groups, and experience. Regression analysis was also carried out enhance the possible predictors of job related stressors and mental health problems Police Officers. Findings of research indicate significant positive correlation between JSS and GHQ 30. Results of the study depicted that officers with higher job related stressor have more mental health problems. Results also indicate significant difference between mental health functioning of constables and higher officers.

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