

Stress and Optimism as Predictors of Health Amongst Police Personnel

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Abstract

The aim of the study was to assess the role of stress and optimism in predicting the health of the personnel. A sample of 300 police personnel was selected on the basis of purposive sampling basis from Haryana state. The participants of the study were contacted personally to administer the Police Specific Stress Questionnaire, Self-Rated Health Scale, GHQ-28 and Optimism Scale. The data was analysed using multiple regression. The findings revealed that stress turned out to be a negative predictor of self-rated health as well as general health whereas optimism was found to contribute positively to the domain of health.

Keywords: Police Stress, Optimism, Health.

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