

Qualitative Analysis of the Impact of Covid-19 on the Family and Work Life of Police Personnel

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Abstract

COVID-19 has deeply affected the frontline workers regarding their mental, physical, economic, and social well-being. The present study is targeted at the police personnel who have been round-the-clock representing governance on the streets to maintain the COVID protocols. This study is an endeavour to microscopically understand the impact of the pandemic on their family and work lives. Semi-structured qualitative and detailed telephonic interviews were carried with the police personnel posted in Delhi (N=40). The data for the study were collected from 5th May, 2020 to 1st June, 2020. Interviews were later transcribed for thematic analysis. The study shows adverse impact of COVID-19 on the physical, social, interpersonal relationships and work-life balance of police personnel. Yoga, meditation, family outreach, belief in government and God, seeking personal and professional help are some of the approaches to cope up with the adverse effect of COVID-19.

Keywords: COVID-19, Police personnel, Interpersonal relationships, Work-life balance, Stress, Coping.