

JOURNAL GLOBAL VALUES

A Peer Reviewed International Journal

Pattern of Life Satisfaction and death Anxiety in civil Police and Provincial Armed Constabulary (P.A.C.) Police : A Gender Based Study

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To maintain peace and control crimes in India, central and state police forces are appointed but in the changing social environment of the country, role of police force has become very complex.

In the present scenario, police force is not only responsible for maintaining peace but also for controlling violence, terrorism, stress and sectarianism pervading in the social environment. This affects majorly three life aspects of people in this profession i.e. life satisfaction and death anxiety. These effects differ in male and female police professionals.

Due to this a study was conducted so as to explore the pattern of life satisfaction and death anxiety between the males and females of civil police and P.A.C. police.

The life satisfaction scale (Singh and Joseph) and death anxiety scale (Dhar, Mehra and Dhar) were administered on 200 randomly selected police professionals (100 civil police and 100 P.A.C. police professionals, both males and females). The descriptive and inferential statistics were used to analyze the data obtained in the study. It was revealed that the civil police professionals (both males and females) and females of P.A.C. police scored low on the scale of life satisfaction whereas on the scale of death anxiety they scored high. The t-ratio obtained for the two variables (life satisfaction and death anxiety) were found to be significant but the four groups were not found to differ significantly in their life satisfaction and death anxiety. The results also show that death anxiety can affect life satisfaction as the groups having high score on death anxiety have low score on life satisfaction and vice versa.

Results are thoroughly discussed and interpreted. Besides, implications of the findings are also mentioned.

KEYWORDS: Life satisfaction, death anxiety, professionals, civil police, provincial armed constabulary (P.A.C.) police.

To maintain peace and control crimes in India, central and state police forces are appointed but in the changing social environment of the country, role of police force has become very complicated.

In the present scenario, police force is not only responsible for maintaining peace but is also responsible for controlling violence, terrorism, stress and sectarianism pervading in the social environment.

This affects majorly two life aspects of people in this profession i.e. life satisfaction and death anxiety.

Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future. According to Chadha et al. (1993) the term quality of life (usually measured as satisfaction) indicates general well being. It has been defined as the function of physical, psychological and social well being. It is proposed that overall life satisfaction comes from within a person himself/herself based on the individual's personal values and what he or she holds important. For some it is family, for others it is love, and for some others it is money or other material items; either way, it varies from one person to another, just as life satisfaction seems to do.

Life satisfaction has been measured in relation to socio- economic status, amount of education, life experiences nature of work and the people's residents as well as many other topics. Martin Seligman, a professor of psychology at the university of pennsylvania, uses a formula for happiness that encompasses the factors that go into general happiness. The formula is $H = S + C + V$. In this formula it stands for a person's enduring level of happiness, S is the set range (or biological boundaries), C is the circumstances of a person's life and V are the factors under a person's voluntary control.

According to Martin Seligman, the more happy are people, the less they are focused on the negative.

Death anxiety refers to the fear and apprehension of one's own death. It is the neurotic fear of loss of the self which in intense state parallels feelings of happiness and depression. Man's awareness of his own death produces anxiety, that can only be dealt with by recognising one's individually. According to fromm and the existential analysis, man's awareness of death gives him the responsibility for finding meaning in life. Death is a biological, personal, socio-cultural and existential phenomenon.

In an article Templer (1971) attempted to determine the correlation between depression, death anxiety and health of a population of elderly. The findings revealed a positive relationship between depression and death anxiety but health status and death anxiety were not found to be related.

In a cross cultural study of death anxiety reported by McMordie et al (1984), it was revealed that women scored higher than men, subjects of different ages scored differently and eastern samples scores lower than western samples.

Mahabeer and Bhan (1984) in a study of Indian University and high school students living in South Africa and representing in equal numbers the Christian, Hindu and Muslim faith examined the influence of age, sex and religion on death anxiety and the relationship between death anxiety and religiosity. Equal number of male and female subjects were included in each age and religious group. Results showed that Muslim subjects were more death anxious than Christian or Hindu subjects. The degree of commitment to religious

practices and beliefs did not intensity or reduce death anxiety. Female subjects in all groups manifested higher death anxiety than male subjects. The effect of age was not significant.

Above these two aspects, life satisfaction and death anxiety affect differ in male police professional and female police professional. Due to this a study was conducted as to explore the pattern of life satisfaction and death anxiety between the males and females of civil police and provincial Armed constabulary (P.A.c.) Police.

Objectives of the Study :

The main objective of the present investigation was to study the level of life satisfaction and death anxiety in civil police professional and P.A.C. police professional.

It also aims to investigate the effect of certain demographic variables like gender and type of police profession.

Hypothesis :

Following hypotheses were formulated regarding this study :

1. There is no significant difference between life satisfaction of Civil Police professional and P.A.C. Police professional.
2. There is no significant difference between death anxiety of civil police professional and P.A.C. Police professional.
3. There is no significant difference between life satisfaction of male and female police professional.
4. There is no significant difference between death anxiety of male and female of civil and P.A.C. Police.

Methodology :

Sample :

The randomly selected sample of 200 police professional (100 civil police & 100 P.A.C. police) of Moradabad, Meerut, Rampur, Bareilly, Sitapur and Lucknow was taken in the present study.

Tool :

The life satisfaction scale (Singh and Joseph) and death anxiety scale (Dhar, Mehra and Dhar) were administered.

Procedure :

All the respondents were personally contacted and explained the objective of the study. They were assured that responses will be kept confidential.

Result and Discussion :

Result related to Life Satisfaction

Table No. – 1

	Civil Police			P.A.C.				Significant of difference at .01 level
	N	Mean	S.D.	N	Mean	S.D.	t-value	
Total professional	100	286	36.51	100	301	30.88	6.30	Significant
Male professional	50	144	17.12	50	149	15.22	1.53	Insignificant
Female professional	50	142	19.39	50	152	15.66	2.81	Significant

Table No. – 2

	Male			Female			t	Sig. of difference at .01 level
	N	Mean	S.D.	N	Mean	S.D.		
Civil Police	50	144	17.12	50	142	19.39	.540	Insignificant
P.A.C.	50	149	15.22	50	152	15.66	.962	Insignificant

Table No. 1 shows that the mean value of P.A.C. police professional for life satisfaction is higher than the civil police professionals. It is also evident that male professionals of P.A.C. and female professional of P.A.C. scored higher mean life satisfaction score in comparison to male and female civil police professionals.

't' value between the life satisfaction mean score of civil police and P.A.C. police professionals is significant at 0.01 level of significance i.e. 6.30. t value between the female professional of civil and P.A.C. police are also significant at 0.01 level i.e. 2.81. But between the male professional of civil and P.A.C. police t value is not found significant i.e. 1.53.

The above findings suggests that the P.A.C. police professional feel better satisfaction in life in comparison to civil police professionals.

Similarly the table no. 2 shows that the male professional of civil police and female professional of P.A.C. Police scored high on the level of life satisfaction.

Above finding shows that the tough life of female police professional in comparison to female professional of P.A.C. police because the maximum number of female P.A.C. police professional are not working in the field.

Result related to Death Anxiety

Table No. – 3

	Male			Female			t value	Sig. of difference at .01 level
	N	Mean	S.D.	N	Mean	S.D.		
Total professional	100	10	1.83	100	8	1.53	8.62	Significant
Male professional	50	4	1.28	50	2	1.10	8.33	Significant
Female professional	50	6	2.24	50	6	1.87	0.00	Insignificant

Table No. – 4

	Male			Female			t value	Sig. of difference at .01 level
	N	Mean	S.D.	N	Mean	S.D.		
Civil Police	50	4	1.28	50	6	2.24	5.55	Significant
P.A.C. Police	50	2	1.10	50	6	1.87	1.13	Insignificant

The above table No. 3&4 reveals that the mean values of death anxiety of civil and P.A.C. police professionals are 10 & 8 respectively. Here the low score shows low level of death anxiety. Hence the P.A.C. police professional have low level of death anxiety in comparison to civil police professionals. Similarly female professional of civil police and P.A.C, scored lesser mean death anxiety score in comparison to their counterparts. t. value between the death anxiety mean score of civil police and P.A.C. police professional are 8.62, significant at 0.01 level of significance. t value between the male professional of civil and P.A.C. police are 8.33, significant at 0.01 level of significance. But, between the female professional of both the groups of police, it is 0.00 that is not significant at any level of significance. So the hypothesis No. 1 and no. 2 are not proved and hypothesis no. 3 and no. 4 are proved.

Above finding suggests that civil police professional are more anxious about their death. When compared according to gender, it can be analysed that the female professionals of both civil and P.A.C. police are more anxious about their death.

It is also evident from the above four table that in the P.A.C. police professional the level of life satisfaction is high and level of death anxiety is low. Similarly in the female professional of civil police and female professional of P.A.C. police, the level of life satisfaction is high and the level of death anxiety is low.

Overall result showed that the higher level of life satisfaction reduce the anxiety (fear) of death and high anxiety level about death increases the dissatisfaction in life.

Conclusion :

From the present study, we may conclude that satisfaction in life plays a very important role in reducing any type of fear and anxiety or anxiety of death. So it is possible that life satisfaction can reflect life experiences that have affected a person in a positive way. These experiences have the ability to reduce the negativities of life. The present study helps a police professional as well as common people to maintain the positivity in life.

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