

ASSESSMENT OF STRESS AND STRESS MANAGEMENT AMONG SHO'S WITH REFERENCE TO MY SURU: AN EMPIRICAL STUDY

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ABSTRACT

The subject of stress management is extensively examined by the researchers in India and abroad. Police force needs scientific stress management programs since they remain under constant stress. The present investigation was conducted in Mysuru city, Karnataka state on the basis of quantitative research methodology. Domestic problems, interpersonal work relationships, occupation related health issues, individual distress and intrinsic impoverishment, traumatic events had increased the stress among the station house officers. Scientific coping methods and coping methods are necessary to manage stress among the police force. Behavioral changes suggested by the counselors and experts in stress management should be adopted by the affected persons.

KEYWORDS: *Police Force, Assessment of Stress, Management of Stress and Remedial Measures.*