

Impact of Social Factors on Mental Health of Police Officers

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ABSTRACT

Mental disorders are prevalent among police officers and some of these personnel working in this hard condition seek care for mental health-related concerns. Different factors can cause triggers of these mental health problems of these populations. Analyzing these factors, examining cause and result relation, and finding ways to increase use of psychological support program for police staff are necessary. The literature materials, policy papers about this problem are conducted in this study. The structure of the paper is descriptive research that includes literature review. It is recommended to do deep statistical analyzing for the steps, that covers more detailed information about mental health issues of police officers. This suggestion can be helpful for preparing prevention programs, that are helpful not only police staff, and also society.

This point has been discussed as the implications of our results with suggestions for policy and practice.

Keywords: policy officers, mental health issues, social factors, job opportunity

INTRODUCTION

The activities of policy officers are almost always related to extreme conditions, and this has a traumatic effect on their mental health to some extent. In order to eliminate these, psychoprophylactic measures should be implemented with police officers, and psychological preparation should be at the

forefront in regulating their activities. Otherwise, unpleasant situations will often manifest themselves in the behavior of police officers, who are the pillars of social and political stability in the society, which is unacceptable for the society.

LITERATURE REVIEW

Modern psychiatry is dominated by the biopsychosocial approach, which considers mental disorders as the result of the interaction of biological, psychological and social factors. These factors can be assessed by such an indicator as quality of life (QOL) (Pogosov, 2004). Normally, QoL implies mental, physical and social well-being, which corresponds to the definition of health by the World Health Organization (World Health Organization, 2009). With mental disorders, military personnel and law enforcement officers may not have severe psychopathology.

In modern times, the acceleration of the pace of development of society, the sharp increase in the number of people living in psychological discomfort, anxiety, and the difficulty of adapting to the changes that occur, create various psychological situations, including stress situations, which lead to failures in certain areas of activity, anxiety in the psychological state of a person, creates conditions for its creation. From this point of view, stress is mental tension caused by difficult and complex factors encountered in a person's daily activities, in special circumstances. In general, stress occurs when a person or an animal finds himself in a difficult situation,

a situation that he is not used to and does not expect.

In the main background of the globalized world, our modern life is impossible without stress. There are many cases when one person is happy from the heart and rejoices strongly, while the other is deeply saddened and cries from the heart.

All these situations, as mentioned earlier, are accompanied by corresponding stresses that people are exposed to.

High stress at work (regardless of how it is defined for a particular individual) can lead to poor performance, difficulty communicating with people, increased workplace accidents, can be reason of more frequent employee absenteeism, lower levels of security, self-confidence and other health-related problems.

It is more important to consider these issues in the activities of law enforcement officers. Stress resistance should be viewed broadly as a function of two variables - the environment and the internal structure of the system. Based on this, it can be concluded that all existing types of resistance to stress are integral components of the whole manifestation, such as mental stability of personality.

From a psychological point of view, stress resistance reflects the functional characteristics of important psychological processes, personality qualities, as well as the degree of adequacy of the psychological system of activity to the requirements of specific situations. Thus, stress resistance is a very complex, multi-level and content quality of personality.

The professional activity of police officers occurs in stressful conditions of work activity, which are associated with high mental stress, which can be the cause of the formation of borderline mental disorders (BPD) (Ichitovkina, 2014). Psychogenic diseases among employees of internal affairs bodies account for 7.6% in the overall structure of temporary disability and occupy fourth place.

Improving approaches to preventing the formation of BPD among police officers is

one of the priority areas of departmental health care (Hisamiev, 2016). The timeliness and quality of comprehensive psychoprophylactic examinations of personnel are the main components of monitoring the state of mental health, contributing to the identification of mental health problems in the early stages of formation (Korehova, 2014). Analysis of the premorbid period and identification of pre-manifest changes in BPD contribute to the timely identification of "risk groups" and the development of optimal methods for occupational selection and timely correction of BPD in people in these professions (Galkin, 2014). An important issue is predicting the formation of BPD among police officers for the timely implementation of psychoprophylactic work with this contingent using a team multiprofessional approach in the conditions of mental health centers of the government health care institutions (Ichitovkina, 2018).

Another aspect is related to the fact that the individual-psychological characteristics of police officers are not sufficiently taken into account during their professional activities. The analysis of studies dedicated to this field shows that the influence of individual psychological characteristics of police officers on their resistance to stress has not been sufficiently investigated, and no practical recommendations have been prepared in this direction. However, individual-psychological characteristics of police officers have a serious effect on the regulation of their behavior in extreme conditions. In this regard, it is very important to increase the stress resistance of police officers and take into account their individual psychological characteristics.

Being resistant to stress loads that manifest in various situations, and maintaining one's work ability are important aspects for law enforcement agency employees. This is also one of the important factors that show their professional need. Undoubtedly, the existence of extreme situations, rich in psychogenic factors and having a strong psychological effect on the internal activity

of the employee, cannot but affect the quality aspects of their professional activity. In general, distinguishing the professionally important qualities of law enforcement agency employees, clarifying the requirements for the personality of a lawyer necessitates the compilation or creation of a generalized professional program for the employees of this field. In the psychological literature, five main factors are distinguished among the professional psychological qualities of law enforcement officers.

- High level of social adaptation (professional);
- Neuropsychological (emotional) stability;
- High level of intellectual development and cognitive (cognitive) activity;
- Communicative competence and organizational ability.

One of the main qualities of a responsible policeman, is his objectivity, compliance with the law, legally adequate assessment, correctness and objectivity, etc. The formation of morals, legal culture, moral qualities in law enforcement officers with such qualities and professional training is indisputable, and these are the basis of their profession.

The analysis of the conducted studies and the examination of the existing literature sources show that the concept of "emotional stability" is a relatively new concept in psychology. The analysis of numerous sources shows that it is extremely difficult to have an unambiguous opinion about the introduction of this concept into scientific circulation. The issue of who introduced this concept into scientific circulation for the first time has not yet been resolved.

It is clear is that the use of this concept in scientific research was related to the study of human activity in extreme situations. Because it is in extreme situations that a person's emotional stability is manifested and comes to the center of attention as a psychological phenomenon. Most researchers trying to study the problem,

while mentioning the functions of emotional stability, consider the regulation of emotions, stabilization of activity and resistance to factors that cause maladaptation as a basis.

In some cases, failure to take into account the individual psychological characteristics of the police in a number of events and difficult situations can cause serious consequences. In this regard, it is important to improve the professionalism of police officers and take into account their individual psychological characteristics. It should be taken into account that in order to be effective and perform the assigned tasks promptly, police officers must have not only special knowledge, skills and habits, but also certain personal qualities.

It is for this reason that the development of a system for diagnosing and predicting the level of professional suitability in modern conditions is more relevant than ever.

The professional fitness of people working in the police obviously depends on their personal and psychological characteristics. At present, specialists working in the field of applied psychology pay more attention to the study of personality traits that determine the individual behavioral reactions and mental state, on the one hand, which are stable, basic characteristics for a specific individual, and on the other hand, affect the effectiveness and reliability of the activity.

An analysis of studies devoted to the study of self-esteem and emotional stability of police officers shows that it is important to study emotional stability as an integrative system or trait. This is important so that it is possible to determine the structural principles of the existing psychological phenomenon, the hierarchy of its elements and their interaction. In such a case, there is undoubtedly a need to specify the structural components of emotional stability as a whole system.

The geopolitical situation is characterized by an increase in the number of military conflicts and terrorist attacks, which makes it highly relevant to research on mental disorders in military personnel and policy

officers participation in counter-terrorism operations (Pogosov, 2011). In the scientific literature, military and law enforcement service is considered as a prolonged mental trauma, which causes the development of mental disorders associated with stress, including adaptation disorder. Some researchers indicate the preference of psychotherapeutic methods for treating adaptation disorder compared to pharmacological agents, whose role is the symptomatic treatment of insomnia and paroxysmal anxiety.

Based on erroneous ideas, a person suffering from a mental disorder may form elements of a distorted internal picture of the disease, such as hypergnosis and aggravation of symptoms. Rational psychotherapy is a method of psychotherapy that uses logical persuasion as the main means of influencing the patient's sphere of ideas. In this method, formal logic serves to demonstrate to the patient errors in his conclusions associated with an incorrect assessment of his own condition. A feature of rational psychotherapy is its focus on reducing the intensity of experiences associated with stress. Rational psychotherapy is recommended as a method of treating mental disorders of the neurotic level, accompanied by difficulties in social adaptation. However, when using the technique, the question arises about the choice of psychotherapeutic targets and methods for assessing effectiveness. This is necessary to understand both the strengths of the technique and the limitations in its application.

CONCLUSION

According to literature materials it was concluded that police officers' attitude to mental health service is different. They have various expectations (Gilling et al.1990). In different researches individual rational psychotherapy was used to correct the patient's ideas regarding the nature, severity and possible complications of his disease. During the clinical conversation, the personality of the patients was studied and it

was determined what misconceptions the patients had about their condition. Individual psychotherapy sessions were prescribed at a frequency of 2-3 sessions per week.

Then work was carried out to eliminate these misconceptions using psychotherapeutic means of logical (rational) persuasion, explanation, and didactic techniques.

Rational psychotherapy was carried out according to the following scheme:

- explanation of the essence of psychogenic neurotic disorders and the mechanisms of their development (ie, the formation of concepts that were necessary for further psychotherapeutic work);
- teaching the principles and laws of logic, achieving an understanding of the cause-and-effect relationship between psychotrauma and disease;
- analysis of a stressful situation, patient's attitude, illogical conclusions and the resulting inaccurate interpretation of his own mental state;
- correction of erroneous judgments, formation of an adequate internal picture of the disease;
- reorientation (change in attitude towards the disease, personal attitudes, behavior, change in the hierarchy of values). development of rational forms of behavior and response in conditions of illness.

The results obtained suggest that the use of rational psychotherapy is advisable for borderline mental disorders among police officers in order to avoid the prescription of antidepressants and tranquilizers. The effectiveness of treatment, as well as the negative impact that borderline mental disorders have on health and social functioning, can be measured using quality of life indicators. Studying the quality of life of a patient with adaptation disorder allows us to obtain more complete information about the dynamics of the disease and the effectiveness of the treatment.

Although the study has some limitation, relation to structure, it provides evidence according to previous researches (Padilla, 2023), that officers may be more willing to take part in mental healthcare services. This is important for departments and administrators to consider the mental health of policy staff, and improve not just the individual officer, but the organization as a whole, and the relationships they have with the communities they are working during the serving process.

Declaration by Authors

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