

A STUDY ON EMOTIONAL INTELLIGENCE AND OCCUPATIONAL STRESS OF POLICE CONSTABLES OF VIRUTHUNAGAR DISTRICT

Introduction:

Work life and career can be hugely affected by individual emotional quotient. They are typically a melting pot of different personalities, skills, strengths and emotions. EQ is intricately melded into each and every decision and action within the workplace. It's there in the basic instruction to the team, just as much as it's present in mass organizational change. Those who have with higher EQ typically successfully navigate the workplace more effectively. That enables an individual to build and drive successful teams. Similarly, a lower level of EQ can be detrimental to the workplace. At its worst it can be seen in bullying, harassment and demotivated staff. It can present as insensitivity, arrogance or even aggression and volatility.

Occupational stress is stress related to ones job. It's is refers to the progressing stress an employee experience due to the responsibilities, condition, environment and other pressures of the workplace.

Aim of the study:

The aim is to determine emotional intelligence and occupational stress of police constables of viruthunagar district.

Objective of the study:

1. To study the relationship between emotional intelligence and occupational stress of police constables of viruthunagar district
2. To examine the level of emotional intelligence of police constables of viruthunagar district
3. To investigate the nature and quantum of stress among police constables of viruthunagar district
4. To find the significance difference between male and female police constables on emotional intelligence and occupational stress
5. To find the significance difference between head constables and constables on emotional intelligence and occupational stress

Methodology:

Type of research: Descriptive study

Study design: A cross sectional study

Sampling Method: Non Probability convenient sampling

Data Collection: A Semi Structured Questionnaire

Collection Method: Survey

Limitations of the study:

1. This study includes only head police constables and police constables
2. This study analyze emotional intelligence and occupational stress only
3. This study focus on police department professionals within viruthunagar district

Reference:

- <https://www.naturalhr.com/2017/10/10/emotional-intelligence-important/>
- <https://cwa-union.org/national-issues/health-and-safety/health-and-safety-fact-sheets/occupational-stress-and-workplace>