

Study of Lifestyle Assessment of the Police Constables from Anantnag City

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Abstract

Purpose of this study was to assess and compare the lifestyle of Police constables according to their service experience. Three groups were made. The first group was, constables who were having service experience of less than five years, Second group was those who were having service experience of 6 – 10 years and the last group was of those who had above 10 years service experience. A teacher made questionnaire was prepared with the help of experts. This questionnaire was filled by 100 Police constables aged between 20 – 60 years. Result of this study was based on the data collected from Police constables from Anantnag city. Analysis was done with the help of descriptive statistics and inferential statistics. Results of this study showed that the mean lifestyle score of 100 police constables is of Average level (Mean = 68.72). Only those constables who had experience of less than five years had Good lifestyle (Mean = 74.45). The analysis of the constable's lifestyle showed no significant difference in comparison, of the mean of constables who had experience of 6 to 10 years and above 10 years. Whereas, significant differences were found between the mean of constables who had experience less than 5years and 6 to 10years experience. Hence it is concluded that Police constables with least experience had 'Good' and significantly different lifestyle than other groups who had more experience.

KEYWORDS : Lifestyle, Lifestyle Assessment, Police, Police constables.

Introduction :- Health is man's greatest wealth, he who has health must cherish it with care, lest he should lose it. To this end he must have adequate knowledge of how to live healthy. Health is the way; there is no way to health let all the habits of living be health promoting.(Singh, A., Bains, J., Gill, J. S. and Brar, R. S.(2010).

It is well documented that many illnesses are associated with a number of health risk behaviours. 'Investing for Health' (2002), for example, makes it clear that the choices that people make about their lifestyles influence their health. (Department of Health social services and Public Safety (2002).

A healthy lifestyle is important in terms of quality of life. Individuals, who take part in physical activity, eat a healthy diet, don't smoke, drink in moderation and manage their stress levels are likely to live longer and cope better with the daily demands of life. Lifestyle plays a key role in the prevention of a large number of lifestyle induced diseases including coronary heart disease, cancer, diabetes and obesity. (Nationals Specifications in Sport2009).

Living a healthier life can not only extend the number of years in life, it can also improve the quality of life. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life.

Physical activity and eating patterns are two lifestyle elements that play a significant role in promoting health and preventing diseases. Other lifestyle elements such as

avoiding cigarette smoking, having good relationships with family and friends, avoiding alcohol consumption, practicing safe sex, controlling stress, besides maintaining an optimistic and positive outlook towards life are also important for promoting good health and well-being. (Original Article 2008).

Methodology:-one hundred constables of Anantnag city of Jammu and Kashmir state selected for the purpose of the study having minimum one year service experience in the Jammu and Kashmir police department. The age of the subjects ranging between 20 to 60 years. Three groups were made. The first group was, constables who were having service experience of less than five years, Second group was those who were having service experience of 6 – 10 years and the last group was of those who had above 10 years service experience.

Results :-

Table 1

Classification of subjects based on experience and lifestyle score.

Experience		Lifestyle					Total
		Very poor	Poor	Average	Good	Excellent	
Less than 5yrs	Count	0	4	17	33	2	56
	% within exp	.0%	7.1%	30.4%	58.9%	3.6%	100.0%
6 to 10yrs	Count	0	2	21	2	0	25
	% within exp	.0%	8.0%	84.0%	8.0%	.0%	100.0%
Above 10yrs	Count	1	3	9	5	1	19
	% within exp	5.3%	15.8%	47.4%	26.3%	5.3%	100.0%
Total	Count	1	9	47	40	3	100
	% within exp	1.0%	9.0%	47.0%	40.0%	3.0%	100.0%

The above table No. 1 shows the classification of subjects (n= 100) into three categories based on their service experience and into five categories based on their lifestyle score. Out of the total sample, 56 constables had less than 5 years experience. According to their lifestyle score it was observed that out of 56 constables 4 constables had poor lifestyle, 17 (30.36%) constables had average lifestyle, 33 (58.93%), constables had good lifestyle and only there were 2 constables who had excellent lifestyle.

Similarly there were 25 constables who had 6 to 10 years experience and out of these 25 constables, 2 constables had poor lifestyle, 21 (84%) constables had average lifestyle, and 2 constables had good lifestyle.

In the third group there were 19 constables who had experience above 10 years, out of 19 constables, one constable had very poor lifestyle, 3 constables had poor lifestyle, 9

(47.37%) constables had average lifestyle, 5 (26.32%) constables had good lifestyle and only one constable had excellent lifestyle.

Descriptive Statistics

Mean and standard deviation computed for lifestyle score in 3 different groups of constables are presented in table 2. Higher the score, better the lifestyle.

Table No. 2
Descriptive Statistics of Lifestyle Score for Three Groups of Constables based on Experience.

Experience	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Less than 5yrs	56	74.44	14.94	2.00	40.00	105.00
6 to 10yrs	25	59.28	8.82	1.76	44.00	84.00
Above 10yrs	19	64.26	20.77	4.76	23.00	102.00
Total	100	68.72	16.31	1.63	23.00	105.00

From the table no. 2 it is observed that there were 56 constables who had experience of less than 5 years and their lifestyle score ranged from 40 to 105. The mean performance of this group was 74.45 (± 14.94). Similarly there are 25 constables who had experience of 6 to 10yrs and their lifestyle score ranged from 44 to 84. The mean performance of this group was 59.28 (± 8.82). Similarly there were 19 constables who had experience above 10yrs and their lifestyle score ranged from 23 to 102. The mean performance of this group was 64.26 (± 20.77) (Figure .1).

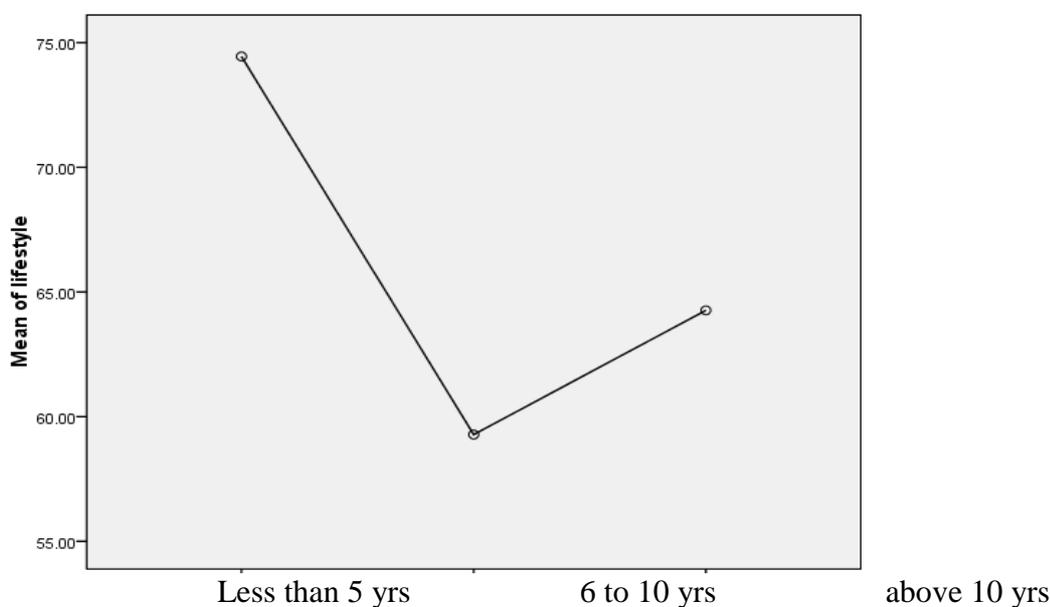


Fig. No. 1 Mean lifestyle score for three groups of police constables.

Table No 3
ANNOVA for comparing differences in lifestyle score among three groups of Police constables based on exp.

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	4441.597	2	2220.798	9.83	.000
Within Groups	21908.563	97	225.861		
Total	26350.160	99			

To examine whether there is any significant difference in lifestyle score of police constables based on their service experience, ANOVA was calculated. Table no. 3 shows comparison of the means of lifestyle score between three groups of police constables based on their service experience, the calculated F is 9.83 for degree of freedom 2 which was statistically significant at 0.05 level.

Table No. 4
Multiple Comparisons using LSD between groups based on experience.

Experience	Experience	Mean Difference	Std. Error	Sig.
less than 5yrs	6 to 10yrs	15.17	3.61	.000
less than 5yrs	above 10 yrs	10.18	3.99	.012
6 to 10yrs	above 10 yrs	-4.98	4.57	.279

table no. .4. The mean difference of life style between less than 5 years and 6 to 10 yrs is 15.17. Which was statistically significant at 0.05 level, similarly mean difference of life style between less than 5 years and above 10 yrs is 10.18, which was statistically significant at 0.05 level. While the mean difference of life style between 6 to 10yrs and above 10 yrs is -4.98 , Which was not statistically significant at 0.05.

Discussion

On observing the descriptive statistics for group of constables it can be seen that the mean lifestyle score of police constables is of Average level (Mean = 68.72). Only those constables who had experience of less than five years had good lifestyle (Mean = 74.45) but their score was towards lower limit for that category. It is evident from the results of this study that constables having more service experience follow a poor lifestyle. This is similar to that of findings of Murtagh, C., (2010) and Finney, E. J. (2009)

The result of the study shows significant difference in the life style of the constables having different service experiences. Especially those who had least experience were significantly different from others who had more experience.

There is significant difference between the comparisons of Police constables of Anantnag city according to their service experience.

The analysis of the constable's lifestyle showed no significant difference in comparison, of the mean of constables who had experience of 6 to 10 yrs and above 10 years. Hence Null hypothesis is accepted.

Whereas, significant differences were found between the mean of constables who had experience less than 5years and 6 to 10years experience. Similarly it also shows significant difference in life style of constables having less than 5 years and above 10 years experience. So Null hypothesis is rejected and the alternate hypothesis is accepted.

The majority of police constables from Anantnag city they eat the amount of fat, especially saturated fat, & cholesterol (including fats in meats, eggs, butter, cream, shortenings, and organ meats such as liver). They eat too much sugar (especially in tea, coffee and soft drinks).

Most of the police constables think that they have stress in their Profession and they used smokeless tobacco, smoke, and gutkha to handling stressful situation of the problems in their life. They drink tea and coffee in excessive amount. But they never participate in group and social activities like camp, trip, and meditation.

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