

BREAKING BARRIERS AND BATTLING STRESS: AN INVESTIGATION OF WORKPLACE STRESS EXPERIENCED BY WOMEN POLICE PERSONNEL IN KRISHNAGIRI

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ABSTRACT:

This research paper investigates the workplace stress experienced by women police personnel in Krishnagiri, using a quantitative approach with a sample size of 100 responses from women police personnel. Non-probability purposive sampling was used to select participants, and a self-prepared questionnaire was used as the data collection tool. The study aimed to analyse the environmental well-being during on duty, work-life balance, causes of workplace stress, coping mechanisms, and physical challenges faced by women police personnel. The chi-square test was used to analyse the hypotheses. The findings of this study can provide insights to organizations on developing policies to address the stress experienced by women police personnel and improving their overall well-being.

KEY WORDS: *Women police, stress, workplace problems, coping mechanisms.*