Relationship between Emotional Intelligence and Psychological Well Being of Male Police Personnel

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Emotional control is an important part of occupational identity both in terms of the public’s expectation and demands of their job. In many ways, police officers’ integrity is considered to rest with the “suppression of affect”. So, in this context, emotional intelligence skill, such as above-average communication skills, reactions appropriate to the presenting situation, and the ability to resolve conflicts satisfactorily can be listed as desirable characteristics in police personnel. Keeping the above things in view it was felt necessary to study the relationship between emotional intelligence and psychological well being of police personnel. Male police personnel were selected as they constitute the major portion of our police organization. The sample (N=200) for the present study was taken from Jammu and Kashmir police. Results revealed that male police personnel are well placed in terms of both emotional intelligence and psychological well being. Furthermore, high positive correlation was found between emotional intelligence and psychological well being.

Keywords: Psychological well being, Work commitment, Environmental mastery, Self acceptance, Emotional intelligence.

The word police is derived from Latin word ‘politia’ which literally stands for the condition of a ‘polis’ or state. In the past it meant a system of governance or administration (police state) but now it indicates an organized body of civil officers engaged in the preservation of law and order, detection of crime and enforcement of laws. The Oxford Dictionary defines the term as a system of official organization whose job is to make people obey the law and to prevent and solve crime. According to the Encyclopedia International, police are agents charged with enforcing the law and maintaining order.

Alternative names for police force include constabulary, gendarmerie, police department, police service, crime prevention, protective services, law enforcement agency or Garda Síochána, and members can be police officers, troopers, sheriffs, constables, rangers, peace officers or Garda. Russian police and police of the Soviet-era Eastern Europe are (or were) called militsiya. As police are often in conflict with individuals, slang terms are numerous e.g., pond police, as they are called in Kashmir valley. Many slang terms for police officers are decades or centuries old with lost etymology.

Emotional intelligence is the ability to perceive emotions, to assess and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional intellectual growth. According to Goleman (1998) “emotional intelligence” refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions, well in ourselves and in our relationships. Ryback cited in Wolmarans (2001) describes “emotional intelligence” as the ability to use our