



Analysis of Job Stress, Psychosocial Stress and Fatigue among Korean Police Officers

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Dear Editor-in-Chief

Stress is known to be associated with almost all of the diseases of experienced by humans, including various physical diseases. Studies show that job stress occurring while in service has negative effects on physical, mental, behavioral and emotional aspects of health, and worsens diseases and risk factors (1). In addition to the relationship between job stress and disease, police officers' stress continues to be studied, and Arter's study overseas shows that stress is related to police officers' deviant accidents (2).

This study showed that police officers' job stress level was at 47.96 ± 9.2 points, while other papers using the KOSS, for example, Kim Hae-ran's study, using a short form of KOSS, showed that police officers' job stress was at 60.02 ± 2.49 points (3), and the study by Son et al. showed that stress was at 2.4221 on a 4-point scale, which was 60.5 points if it is converted into a 100-point scale. Such gaps seem to be related to the characteristics of the subjects in this study, who were advanced in age, experienced in organizational life, had an interest in welfare policy, and therefore, they seemed to have benefited. Fire officers who are similar to police officers in many ways showed a job stress level of 48.60 ± 9.892 , which was close to the level that was found in this study, when the KOSS was applied.

In this study, the overall average and standard deviation of psychosocial stress (PWI-SF) was 21.34 ± 6.61 , while the overall average and standard deviation of fatigue (MSF) was 80.98 ± 17.65 . A local past study of fire officers similar to the one done on police officers in many ways showed that the overall average of psychosocial stress (PWI-SF) was 22.4 ± 7.122 , while a study of fatigue in domestic workers. There have been varying results on the relationship between age and fatigue, with no significant difference shown for those from age 18 to 50 but a decrease for women under the age of 50 (4) shown, and significantly high fatigue for women, and younger, unmarried and highly educated people (5). This study showed that there was no association between age and job stress, psychosocial stress and fatigue, respectively. This seems to be a result of the differences in the population and the classification standard between this study and existing studies. In particular, this study had an age distribution in which people aged in their 50s were dominant, and there were limitations in getting information because the subjects were in the hospital.

This study showed that smokers had significantly higher stress levels than non-smokers, which was a similar result to other studies reporting that non-exercisers had significantly higher stress levels

than exercisers. In particular, this study showed similar results to Cha's study, which reported that smoking had no relation to job stress but had a statistically significant relation to psychosocial stress (5). In the end, job stress, psychosocial stress and fatigue have a correlation to each other, and there was a positive association between job stress and fatigue as shown by Choi et al. (6).

This study reconfirmed that stress and fatigue were all health-threatening factors. Based on studies like this, regular studies of stress and fatigue of police officers and studies of how to improve factors affecting these will help improve the mental health of individual police officers and the safety and efficient personnel management of the organization. Such studies can be used as basic and comparative data for the prevention and early control of job-related diseases for police officers.

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