



**ASSESSMENT OF QUALITY OF LIFE IN POLICE PERSONNEL'S
WORKING AS FRONTLINE WORKERS IN COVID-19 PANDEMIC- A
CROSS SECTIONAL STUDY**

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Received 12th July 2022; Revised 18th Sept 2022; Accepted 4th Nov. 2022; Available online 1st July 2023

<https://doi.org/10.31032/IJBPAS/2023/12.7.6662>

ABSTRACT

Background: India is noticing the occurrence of COVID-19 virus since January 2020. Millions of people have suffered by this virus. In COVID-19 pandemic Police Personnel's are the first defendants and commonly called as "Corona worriers". Police Personnel's were highly exposed to COVID-19 virus and led ill effects on their body and mind. Work stress, fear of virus and social discrimination largely affected the mental health and triggers to negative effects on Physical health also .So this study was taken to assess the Quality of Life in Police Personnel's working as frontline workers in COVID-19 pandemic. **Objectives:** The aim of the study was to assess the Quality of Life in Police Personnel's working as a frontline worker in COVID-19 pandemic **Methods:** This was a cross-sectional study conducted among 313 Police Personnel's working as a frontline worker in COVID-19 pandemic in Pune district area. The assessment was done during June 2021-July 2021. **Result:** Total 313 Police Personnel's participated in this study. Near about 76.4% participants rated their quality of life as poor.43.1% participants have negative feeling such blue mood, despair, anxiety, and depression. This study reveals that the quality of life of Police Personnel's who are working as frontline workers in COVID-19 pandemic were mostly affected.

Keywords: COVID-19 Pandemic, Frontline workers, Police Personnel's, Quality of life

INTRODUCTION

India is observing the outbreak of COVID-19 virus since January 2020 [1]. While the whole world was undergoing various precincts and following conventions under lockdown to protect themselves from being exposed to the life threatening disease, on the other hand, entire Police Personnel's were devoted for doing their duties in best possible ways. This condition was very stressful and lead to exceptional disruption to normal life. Increased work load, fear of infection and social discrimination may have a negative impact on Mental as well as Physical health, affecting the quality of life [1]. This study was done to assess the quality of life in Police Personnel's working as a frontline worker in COVID - 19 pandemic.

MATERIALS AND METHODS

STUDY DESIGN, STUDY AREA AND STUDY PARTICIPANTS

It was a Cross sectional observational study conducted in Pune district area during June 2021-July 2021. Police Personnel's were selected by convenience sampling method who was worked more than six months as frontline workers in COVID-19 pandemic.

SAMPLE SIZE AND SAMPLING TECHNIQUE

Considering feasibility aspect of study a convenience sampling method was used and Sample size was 313.

TOOLS AND TECHNIQUE - DATA COLLECTION

The Questionnaire was taken from the World Health Organization Quality of Life assessment (WHOQOL)-Brief scale [2].

Questionnaire was administered by Google form, data was collected, analysed accordingly and results were drawn.

There were no personal identification questions. The data were collected after taking permission from the respective Participants.

STATISTICAL ANALYSIS

Percentage method was used to calculate response of study participants of each variable.

ETHICAL ISSUES

The ethical approval was obtained from Ethics committee of Dr. D. Y. Patil college of Ayurved and Research centre, Pimpri, Pune-18.

RESULTS

Total 313 Police Personnel's were participated in this study. Near about 76.4% participants rated their quality of life as poor. While 60.4% Participants were dissatisfied with their health and 41.2% with their sleep .However 61.3% participants were dissatisfied with their personal relationship and 60.4% with their sex life. Near about 61% participants were dissatisfied with health services and 41.5 %

were moderately need medical treatment to function daily life. About 51.1% were moderately enjoy life where as 56.2% participants believed that their physical environment was a little Healthy.60.1% participants expressed that they have a little money to meet their needs. Near about

56.2% participant said that they have a little time for leisure activities, however 43.1% participants have negative feeling such blue mood, despair, anxiety, and depression.

**WORLD HEALTH ORGANIZATION
QUALITY OF LIFE ASSESSMENT
(WHOQOL)-BRIEF SCALE [2]**

Table 1

Sr.no.	Domain	Variable	Responses n (%)	
			No	Yes
1	The following question refers to how you think about your health in the last two weeks	Are you currently ill	281(89.8)	32 (10.2)
2		Is something wrong with your health?	32 (10.2)	281(89.8)

Table 2

Sr.no.	Domain	Variable	Responses n (%)			
			Very Poor	Poor	Good	Very good
3	The following question refers to how you rate your quality of life in the last two weeks	How would you rate your quality of life?	7 (2.2)	239 (76.4)	18 (5.8)	49 (15.7)

Table 3

Sr. no.	Domain	Variable	Responses n (%)				
			Very Dissatisfied	Dissatisfied	Neither dissatisfied nor Satisfied	Satisfied	Very Satisfied
4	The following questions ask you to say how good or satisfied you have felt about various aspects of your life over the last two weeks	How satisfied are you with your health?	6 (1.9)	189 (60.4)	68 (21.7)	15 (4.8)	35 (11.2)
5		How satisfied are you with your sleep?	23 (7.3)	129 (41.2)	118 (37.7)	38 (12.1)	23 (7.3)
6		How satisfied are you with your ability to perform your daily living activities?	-	14 (4.5)	100 (31.9)	171(54.6)	27(8.6)
7		How satisfied are you with your capacity for work	-	14 (4.5)	189 (60.4)	82 (26.2)	27 (8.6)
8		How satisfied are you with yourself?	3(1)	17 (5.4)	190 (60.7)	70 (22.4)	33 (10.5)
9		How satisfied are you with your personal relationships?	4(1.3)	192 (61.3)	66 (21.1)	16 (5.1)	35 (11.2)
10		How satisfied are you with your sex life?	3(1)	189 (60.4)	82 (26.2)	10 (3.2)	29 (9.3)
11		How satisfied are you with the	3(1)	8 (2.6)	66 (21.1)	202 (64.5)	34 (10.9)

		support you get from your friends?					
12		How satisfied are you with the conditions of your living place?	-	189 (60.4)	72 (23)	21 (6.7)	30 (9.6)
13		How satisfied are you with your access to health services?	2 (0.6)	191 (61)	69 (22)	20 (6.4)	31(9.9)
14		How satisfied are you with your transport?	3 (1)	8 (2.6)	77 (24.6)	198 (63.3)	27 (8.6)

Sr.no.	Domain	Variable	Responses n (%)				
			Not at all	A Little	A Moderate amount	Very much	An extreme amount
15	The following questions ask about how much you have experienced certain things in the last two weeks	To what extent do you feel that physical pain prevents you from doing what you need to do	24 (7.7)	69 (29)	146 (46.6)	55 (17.6)	19 (6.1)
16		How much do you need any medical treatment to function in your daily life	32 (10.2)	93 (29.7)	130 (41.5)	40 (12.8)	18 (5.8)
17		How much do you enjoy life	8 (2.6)	26 (8.3)	160 (51.1)	96 (30.7)	23 (7.3)
18		To what extent do you feel your life to be meaningful	7 (2.2)	20 (6.4)	141 (45)	117 (37.4)	28 (8.9)
19		How well are you able to concentrate	5 (1.6)	30 (9.6)	163 (52.1)	93 (29.7)	22 (7)
20		How safe do you feel in your daily life	7 (2.2)	169 (54)	86 (27.5)	34 (10.9)	17 (5.4)
21		How healthy is your physical environment	9 (2.9)	176 (56.2)	77 (24.6)	31 (9.9)	20 (6.4)
22		The following question ask about how completely you experience or were able to do certain things in the last two weeks	Do you have enough energy for everyday life	8 (2.6)	32 (10.2)	173 (55.3)	80 (25.6)
23		Are you able to accept your bodily appearance	9(2.9)	22 (7)	161 (51.4)	95 (30.4)	26 (8.3)
24		Have you enough money to meet your needs	8 (2.6)	190 (60.1)	63 (20.1)	31 (9.9)	21 (6.7)
25		How available to you is the information that you need in your day to day life	4 (1.3)	28 (8.9)	192 (61.3)	68 (21.7)	21 (6.7)
26		To what extent do you have the opportunity for leisure activities	18 (5.8)	176 (56.2)	51 (16.3)	52 (16.6)	16 (5.1)

Table 4

Sr.no.	Domain	Variable	Responses n(%)				
			Never	Seldom	Quite often	Very often	Always
27	The following question refers to how often you have felt or experienced certain things in the last two weeks.	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	27 (8.6)	44 (14.1)	135 (43.1)	82 (26.2)	25 (8)

DISCUSSION

The front-line Police Personnel's suffered from apparent health risk, work stress and psychological distress during the COVID-19 outbreak [3]. During lockdown the increased duty hours of Police led them to face misery and helplessness much more than any other professional group apart from the health professionals .During the execution of lockdown the Police have come up through the physical assaults on them and through coming the course of their exposure to the affected people .Though the effect of the pandemic on Police Personnel's assumed to be intense but have not been explored.

In this study it was found that 76.4% participants rated their quality of life as poor and 60.4% participants were dissatisfied with their health.

Government should take initiative for Police Personnel's

- Design online communication techniques to interact with COVID-19 positive patients and ensure amenability with public health

restrictions.

- Give proper training, education and information about COVID-19, so they can protect against COVID -19 infections in some extent.
- Provide appropriate and quick counselling services and treatments to police personnel's affected by COVID-19.
- Offer adequate and immediate funds to police personnel's and their families to take out their fears and anxieties.
- Consult experts regarding plan about next waves of the pandemic.
- Govern least staff pattern and create staffing techniques to maintain them.
- There is a need of remedial classes of Yoga and Meditation to prevent mental health problems arising due to work stress.

CONCLUSION

The study reveals how the quality of life of Police Personnel's had been affected by

this pandemic. It was observed that quality of life of Police Personnel's was extremely affected and emphasis should be given to develop concrete strategies to minimize the suffering. There should be a concrete protocol for frontline workers to deal with such kind of pandemic in future.

This study opens several opportunities for future research to cope with problems faced by front-line workers during a pandemic.

ACKNOWLEDGEMENT

The authors wish to thank Dr. Digamber Dipankar and Dr. Sheetal Rasane for their technical support

FINANCIAL SUPPORT AND SPONSORSHIP

Nil

CONFLICT OF INTEREST

There are no conflicts of interest.

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