The Impact of Stress and Depression on the Effectiveness of Police Officers

Name

Course

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Date

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**PART 1: Dissertation Premise**

Police offer work under very stressful circumstances. Many police officers work for long hours, and there is always a lot of pressure on them. The cumulative effect of the pressure and long working hours that the officers go through usually have adverse effects on them. In the long run, many police officers end up being stressed and eventually getting depressed so much that they experience poor health. Police officer players play an important role in the maintenance of law and order all over the world. In the United States, police officers have been at the forefront in making sure that there are law and order. Any issue that is capable of affecting service delivery among police officers needs to be treated with great concern. In this paper, the primary objective is to analyze the impact of stress and depression on the effectiveness of police officers.

This paper uses qualitative approaches to analyze this phenomenon. Qualitative approaches apply non-experimental approaches to investigate a phenomenon (Creswell & Creswell, 2018). One of the advantages of using qualitative approaches is that they make it possible to carry out an in-depth analysis of a phenomenon. Most importantly, it is useful in the instance where it is difficult to obtain direct data from targeted populations. Ordinarily, involving policed officers in research studies is not very easy due to the nature of their jobs that require them not to speak publicly about some issues. Finally, the use of this approach is necessary where resources are limited. In this study, it is notable that I may not get access to the resources that may enable me to carry out experimental investigations.

References

Creswell, J. W., Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods* (5th ed.). Thousand Oaks, CA: Sage