

Modern understanding of stress factors in police work in scientific research

Olga Balynska

Doctor of Law, Professor
Lviv State University of Internal Affairs
79007, 26 Horodotska Str., Lviv, Ukraine
<https://orcid.org/0000-0002-0168-143X>

Zoriana Kisil*

Doctor of Law, Professor
Lviv State University of Internal Affairs
79007, 26 Horodotska Str., Lviv, Ukraine
<https://orcid.org/0000-0003-1405-4547>

Viacheslav Blikhar

Doctor of Philosophy, Professor
Lviv State University of Internal Affairs
79007, 26 Horodotska Str., Lviv, Ukraine
<https://orcid.org/0000-0001-7545-9009>

Abstract. In the context of dynamic changes in Ukrainian society, it is extremely relevant to summarise international practices of preventing stress factors in the activities of police officers. The purpose of this study was to analyse the state of scientific developments in the field of the impact of stress factors on police officers' professional skills. The study employed a series of general scientific and sectoral methods, specifically, methods of systematisation such as analysis, synthesis, comparison, the method of alternatives, and grouping. The review of a wide range of scientific sources helped to establish that the professional activity of police officers is characterised by a strenuous and extreme nature, which leads to a weakening of the body's defence functions, the development of psychogenic disorders and the phenomenon of professional deformation. It was found that the issue of stressful experience is extremely relevant in the scientific literature. Researchers state that the ability to prevent and overcome it is transforming into a total problem. The study, based on a thorough analysis of the scientific developments of researchers, characterised four groups of stress factors, namely: operational; organisational; external; and individual. Based on the analysed material, the study proposed a system of measures that would help to overcome elevated levels of stress and reduce the effects of stress factors on the activities of police officers. The findings of this study can be used for further scientific research on the outlined issues, as well as in the context of developing practical recommendations for the development of stress resistance in police officers

Keywords: law enforcement officers; stress factor; psychological factors of occupational stress; mental health; hazard; high-risk working conditions

Introduction

The liberalisation of social relations in Ukraine and the modification of the guidelines for the actions of the National Police of Ukraine from repressive to service-oriented ones require continuous improvement of the level of their professional activity, development of interaction and partnership relations between law enforcement agencies and the public. This is because ensuring public security and law and order, constitutional rights and freedoms of human

and citizen, as well as the needs of society and the state, and combating crime are among the suppressive vectors of national security. An adequate level of public security and law and order means protection of vital interests of individuals and citizens, society, and the state, and ensures sustainable development of civil society, prompt manifestation, prevention, and counteraction of existing or emerging risks to national interests.

Suggested Citation

Article's History: Received: 24.08.2024 Revised: 01.12.2024 Accepted: 23.12.2024

Balynska, O., Kisil, Z., & Blikhar, V. (2024). Modern understanding of stress factors in police work in scientific research. *Social & Legal Studies*, 7(4), 240-247. doi: 10.32518/sals4.2024.240.

*Corresponding author



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The National Police of Ukraine is tasked with serving the public by ensuring the protection of fundamental rights and freedoms of citizens, combating crime, maintaining public safety and legal order (Law of Ukraine No. 580-VIII, 2015), whose professional actions are among the most challenging and are characterised by an extreme level of danger and risk. Police officers' professional actions are always accompanied by a significant level of psychological and emotional stress, professional unpredictability, psychological trauma, a great degree of conflict, and in many cases the degree of tension is beyond the limit, as police officers are confronted with criminal actions of both individuals and criminal groups on a daily basis.

In the context of preventing and counteracting unlawful acts, police officers' professional actions in most cases are implemented under extremely unfavourable circumstances. D. Shvets (2024a) rightly believes that modern police officers' professional actions are inherently subject to professional stress, as they are characterised by a significant level of compliance, responsibility, the rhythm of professional functions, the need for strict control and self-control over personal actions, as well as the need to make informed and adequate decisions in the context of a lack of necessary information and time. The professional actions of police officers are always accompanied by an extreme level of both psychological and emotional stress, hazardous and dangerous circumstances, professional stress, and psychological shocks. The stressful nature of police officers' official acts and their negative components lead to the negative phenomenon of "emotional burnout"; loss of the positive type of official motivation; development of negative anxiety reflexes; and the emergence of physical and mental health disorders.

The consequences of police officers' actions under extremely intensive stress factors are often fatal. Thus, S. Maksimenko and V. Medvedev (2018) rightly point out that according to various estimates, of police officers who have used firearms to kill, approximately 70% leave the service within five years, with the motive being psychological trauma. Most police academics believe that a unit involved in a mass casualty incident is likely to lose up to 20% of its personnel in the next three to five years due to a disruption in mental adaptation. Thus, a survey of this category of personnel found a high prevalence of post-traumatic stress disorders (over 60% of respondents reported that the incidents significantly affected their mental state and future life, and only 35% did not experience any negative psychological consequences).

A thorough analysis of scientific research by Ukrainian and foreign researchers suggests that the professional activity of police officers is not easy in terms of simultaneity, multidimensionality, ruthlessness, and sometimes escalation of the disruptive behaviour declared against them. The increased degree of interaction of the positioned factors in the context of their interaction with opposing determinants creates a situation where police officers act in the mode of a specific course of mental processes and testing their personal qualities. At the same time, the more complex and responsible the professional task, the more dangerous and conflictual the circumstances in which a police officer must make professional actions, the more accurate the assessment of not only the degree of their professional knowledge, skills, and abilities, but also the inherent internal potential of their personality and body, moral and volitional qualities.

H. Douglas and A. Gatens (2022) argued that due to the high-stress nature of police work, police officers may experience a series of stress-related psychological problems. Stigmas about mental health, the masculinity of police culture that does not recognise change, concerns about lack of confidentiality and time constraints create barriers to police officers actually seeking help for stress. H. Douglas and A. Gatens (2022) noted that despite this circumstance, a considerable number of departments provide a range of counselling services that are designed to address these issues. Furthermore, according to the researchers, professional training of police officers helps them to recognise the symptoms of stress and improve their resilience to stressors. H. Douglas and A. Gatens (2022) showed that police officers are more likely to seek treatment if they feel encouraged and supported by their colleagues, and therefore it is crucial to develop a police environment that does not judge mental health problems.

O. Sashurina (2023) noted that police work is a highly stressful profession that requires stress resilience and adaptation to unforeseen circumstances. The relevant risks of "professional burnout" and the adverse impact of stress on the mental state itself are relevant to scientific research aimed at investigating the dissipation of psychological resourcefulness in the context of police officers' service and professional growth. In modern society, police actions play a prominent role in the context of maintaining civil order and security and preventing crime. Professional activity in the police involves a strong level of responsibility, interaction with conflict and stressful circumstances, as well as the constant presence of psychological stress and traumatic events. O. Sashurina (2023) rightly concluded that the ability of police officers to effectively overcome various professional challenges and stressful situations plays a fundamental role in their professional success, and at the same time in their physical and mental well-being.

R. Wijayanti and H. Fauzi (2020) noted that police officers are vulnerable to stress on duty, regardless of the area or functions they perform. The researchers identified factors that influence police officers' job stress, namely the suitability of individuals to cope with stress; role contradiction; existing role conflict; existing overload; disposition to critical incidents; manifestations of discrimination in the service; lack of established cooperation among colleagues; dissatisfaction with the service; lack of organisational justice in the service; low degree of motivational orientation; past trauma or injury; low level of psychological strength and control over stress; low level of influence on the coping used.

M. Lohvynenko (2024) reasonably claimed that the actions of law enforcement agencies are inextricably linked to the growth of various types of crime, including organised and transnational crime, acts of terrorism, corruption, drug addiction, cybercrime, and arms trafficking. For Ukraine, an added factor is the manifestation of armed aggression by a neighbouring state. The above aspects lead to an increase in the number of fatalities; injuries, traumas, or mutilations; mental disorders; and suicides among law enforcement officers. The rapid increase in the number of crimes and incidents of violence constantly threatens the quality and safety of police officers' lives, while at the same time increasing the risks to their mental health and performance.

A review of the available studies revealed a lack of fundamental research that directly addresses the problematic

quests related to the effects of stressors on police officers' professional learning. In this regard, the purpose of this study was to analyse the issues and practices of professional stress in the work of police officers.

To fulfil the purpose of the study, a series of survey research methods were employed. The systematic method was used to select and systematise a set of studies on the stated issues. The descriptive method helped to reveal the key positions of researchers, outline their findings and conclusions of theoretical significance. The method of comparison allowed for an analytical approach to the study of scientific developments and a comparison of the positions and results under study. This method became the basis for the use of the method of alternatives, which was employed to select and present the most thorough studies with a broad evidence base. The application of the methods of grouping and systematisation helped to identify four groups of stress factors that were analysed in the studies under review. The synthesis method was used to formulate the conclusions of the study.

Specifics of modern police activity

First of all, it was necessary to analyse the specifics of police actions, organisation, and activities that potentially cause professional stress in police officers. Firstly, professional actions of a police officer involve not only emotional interactions but also actions of direct confrontation with other subjects, up to and including the use of police coercive measures. J. Noppe *et al.* (2019) and O. Sashurina (2023) considered the right to use force or the threat of its use to be a key structural element of the social role of a police officer, as stipulated in the legislation. At the same time, the constant use of coercive measures and force as part of their actions, according to A. Verhage *et al.* (2018), the constant use of coercion and force as part of their work is sometimes extremely stressful and emotionally burdensome for police officers. H. Douglas and A. Gatens (2022) noted that police officers rarely recall danger, acts of violence, or human suffering as sources of their stress.

Secondly, the elevated level of responsibility for police officers' actions, the high margin of error, and sometimes the life of a person, act as an existing stressor. According to A. Verhage *et al.* (2018), "policing is an essential function in society, but as a police officer, it can be challenging to meet everyone's expectations. One wrong decision by a police officer can affect both the life of the officer and the citizen". In the context of a survey of US police officers, J. Violanti *et al.* (2021) found that the main source of stress is the need to take personal responsibility in the performance of professional duties. At the same time, this responsibility is also inherent in those structural units that do not directly confront criminals on the streets but approve decisions to issue a notice of suspicion, apply preventive measures, charge, etc. Thirdly, as rightly argued by A. Verhage *et al.* (2018), a police officer must make a considerable number of decisions quickly, in circumstances of information uncertainty, as well as under the influence of a series of factors. Fourthly, the specifics of police work cause such stress factors as acts of overt confrontation, clashes with antisocial elements, contradictions to their will, aspirations, intentions, and delinquent acts. H. Douglas and A. Gatens (2022) considered professional risk, involvement in dangerous incidents, which, in contrast to the above category, pose a threat to the life or health of the police officer.

B. Tuttle *et al.* (2018) also distinguished the presence of external stressors that occur in the context of the influence of political conditions, public opinion, media interpretation of law enforcement activities, etc. According to the researchers, there is also a group of internal, personal stressors, such as existing family conflicts, lack of friends, existing levels of stress, depression, emotional or professional burnout, etc. However, this analysis is primarily focused on acute stress, as opposed to chronic stress. B. Chopko *et al.* (2019) rightly noted that acute stress occurs in the context of a traumatic event, critical circumstances and is more dramatic, overwhelming, and can easily overcome the person's usual ability to handle the situation. B. Chopko *et al.* (2019) provided examples of correlated stressors faced by police officers: "... physical injuries while on duty, officer-involved shootings, the death of a colleague, hostage situations, and officer suicides". According to M. Maurya and M. Agarwal (2018), "acute stress is associated with a serious life event or situation that threatens a person's safety and triggers a "do or die" response, while chronic stress is defined as the cumulative load of minor daily stress". Furthermore, most researchers who investigate stress in police work tend to believe that chronic stress itself is large and dangerous, caused by everyday seemingly non-acute factors. In this regard, J. Violanti *et al.* (2017) noted that "descriptions of police work tend to emphasise the risk factors inherent in the task, but police officers themselves do not tend to mention danger as a stressor".

The current ambiguous "four-part model of stress", wherein "exposure and response are located in an integral concept", makes it difficult to classify stressors, but J. Violanti *et al.* (2017) considered it reasonable to divide stressors into two groups, namely: traumatic, acute, unexpected, and destructive; and everyday, patterned, accumulating over time, and causing a slow pathological effect.

It is necessary to characterise the stress conditions inherent in police actions and classify them. Thus, Y. Rachma and H. Fauzi (2020), in the context of a scientific study of the factors that influence work stress among police officers, found that police officers themselves do not tend to consider danger as a stressor. J. Violanti *et al.* (2017), contrary to the general perception of hazardous professional situations that cause the most destructive stress in the professional activities of police officers, found the dominant influence of stereotypical, everyday factors that shape the conditions for the development of chronic stress in police officers, which subsequently leads to emotional burnout and professional deformation. Furthermore, researchers found that the actual impact of stressors classified as organisational (shift work, lack of time, lack of support from management, etc.) has a 6.3 times greater effect on the overall level of stress than acute stress factors that occur in the context of hazardous or emergency circumstances.

M. Maurya and M. Agarwal (2018) identified a group of operational stressors, which are caused by the actions of police officers (unpredictability of circumstances and the need to act extremely quickly; acts of violence, crimes; the need to use police coercion, firearms, etc. L. Baka (2015) also considered it expedient to apply the term "job demands" to these positioned groups of stressors, which is reasonable according to A. Bakker *et al.* (2023), who identified the theory of "police stress" as a part of the generally accepted theoretical job demands-resources model (JD-R model), which interprets the essence of occupational stress.

A. Lancione (2015) and B. Tuttle *et al.* (2018) also identified external stressors that are developed in the context of the influence of the current political climate, public opinion, media positioning of professional practices of law enforcement agencies, etc. According to the researchers, there is also a group of internal, individual stressors, namely: family conflicts, lack of friends, already existing levels of stress and depression, professional burnout, etc.

Operational stress factors in police work

The classification of stressors according to this four-component architectonics is a crucial further task, although the positioned model of stress is ambiguous. At the same time, the outcome of stress itself becomes an internal stressor at the next stage, while it outlines the true nature of stress, which is not a static phenomenon, but a dynamic process.

Operational stress factors are the factors arising in the context of the very quintessence of the police as an executive body whose principal task is to protect the rights, freedoms, and legitimate interests of citizens and society up to the use of police coercion. Experts identify a variety of factors as stressors. Firstly, police coercive measures and confrontational interaction with citizens. Thus, an elevated degree of operational stress is directly related to the regularity of the use of police coercive measures, and therefore this stressor is included first (Devroe *et al.*, 2019). The name and scope of the stressor can be characterised in different ways. For example, according to E. Devroe *et al.* (2019), it can be limited to the detention of a person who resists; or to the wording of the detention of suspects, the choice of preventive measures, confrontational interaction with citizens. The range of the latter interaction includes, *inter alia*, interrogation or questioning of a suspect or witness of a tort. Secondly, the elevated degree of responsibility and the cost of mistakes is extremely closely related to the above. The extreme nature of police powers to use coercive measures, such as the use of force, special means, and firearms, always corresponds to a prominent degree of responsibility for such actions. Therefore, according to R. Pereira *et al.* (2023), there is the fear of injuring or killing someone in the implementation of police actions. At the same time, according to R. Anders *et al.* (2022), a stressor can be the response to receiving disturbing calls from citizens and appearing in court.

A. Bakker and E. Demerouti (2017) identified the encounter with interpersonal violence in society as a stressor, while A. Lancione (2015) identified the threat of human deprivation as a stressor. At the same time, the stressful impact is likely to be not only related to the delinquent, but also to the encounter with the victims in various ways, namely: communication, observation, protection, care, etc. At the same time, A. Bakker and E. Demerouti (2017) considered emotionally intense encounters with victims of crimes and accidents to be a stressor, while C. Queirós *et al.* (2013) also noted the uncertainty and diversity of citizens' demands.

Overall, researchers considered the death or injury of colleagues to be particularly acute stressful circumstances that are related to encounters with antisocial individuals and manifestations of their behaviour (Lancione, 2015); hostage-taking; acts of violence, observation of corpses, victims of crimes and emergencies, especially incidents involving the injury or death of children (Bakker & Demerouti, 2017), etc. Q. Hu *et al.* (2017) noted that occupational risk, *i.e.*, the danger of injury, illness, or death, even with full compliance

with precautions and all requirements for personal safety, is inherent in police officers as a result of their involvement in hazardous incidents. J.M. Violanti *et al.* (2021) also included participation in shootings and detention of criminals as such hazardous situations.

A series of professional situations, in the context of everyday actions of police officers (patrolling the streets; responding to calls; carrying out a series of measures to protect a physical facility or mass events; detaining delinquents; performing a series of search activities and other intelligence gathering and investigative actions) are inherently subject to information uncertainty. J.M. Violanti *et al.* (2021) rightly described the external professional environment of a police officer as uncertainty. J. Li *et al.* (2019), based on a random sample of 514 male and female Hong Kong police officers, found that constructive coping was positively related to job stress and negatively related to actual engagement.

The need to control one's personal emotional state is not an influential stressor, but the need for emotional detachment was mentioned in the study by R. Wijayanti and H. Fauzi (2020). E. Demou *et al.* (2020) and the interviewed police officers considered the need to suppress some emotions and the conflict between manifested emotions and feelings to be a stressor. This stressor may appear to be attributed to organisational stressors, *i.e.*, those that are not related to the quintessential police functions, but this is not the case, since controlling emotions (*e.g.*, anger) constitutes an essential prerequisite for the productive and objective exercise of police officers' powers. Therefore, this stressor should be attributed to operational stressors that are directly inherent in police functions.

Organisational factors of stress in the work of law enforcement officers

The second group of stress factors includes organisational stressors – factors within the police team that lead to negative emotions and are cognitively understood and assessed by police officers as obstacles to their functioning and/or dispelling them. At the same time, there are differences of opinion among researchers concerning a series of organisational stressors for police officers, sometimes expressing factors that are quite unusual for developed countries, such as discrimination by superiors.

The analysis of scientific publications suggests that the list of organisational stressors is the largest. The first factor is the existing understaffing, overtime, and lack of free time. B.R. Van Gelderen *et al.* (2017) included understaffing in the group of organisational stressors, which correlates with an increase in workload and overtime. According to M. Maurya and M. Agarwal (2018), police officers perceive the existing understaffing and lack of free time as a stress factor. R. Wijayanti and H. Fauzi (2020) found that overwork was one of the principal factors that caused stress among police officers. E. Demou *et al.* (2020) found that lack of free time for family and close friends is a major stressor for police officers. The second factor is shift work. In highly developed Western countries, police officers, according to J. Bertilsson *et al.* (2019) and A. Purba and E. Demou (2019), constantly complain about the existing understaffing, which leads to overtime work, and there are also complaints about shift work and the fact that they are forced to work on night shifts. The third factor is the existing problems with direct and immediate supervisors. There

are a lot of correlated stress factors *de facto*. For instance, P. Allison *et al.* (2019) included pressure from the leadership, C. Queirós *et al.* (2020) included inadequate leadership style in solving and overcoming existing problems, which further causes stress in the police system, which is characterised by a rigid militarised hierarchy.

A. Purba and E. Demou (2019) rightly pointed out that the phenomenon of stigmatisation and hypertrophied criticism complained about by police officers deserve the status of stressors. Specifically, P. Allison *et al.* (2019) noted the fear of being exposed or the fear that the management will deprive the police officer of their badge and weapon due to stress or personal problems as a stressor. Furthermore, C. Queirós *et al.* (2020) noted excessive administrative tasks and lack of support from the organisation. B. Basinska and A. Dåderman (2019) included a lack of communication among police officers as a stress factor.

The fourth factor is the presence of bureaucracy. Such stressors as bureaucracy and a considerable number of impersonal regulations were mentioned by R. Wijayanti and H. Fauzi (2020), A. Purba and E. Demou (2019), L. Baka (2015). A. Lancione (2015) noted the need to adhere to strict deadlines, while P. Allison *et al.* (2019) noted the considerable number of prohibitions and limited scope of control.

Inadequate financial support is also a significant stressor. In their study on the satisfaction of Ukrainian police officers with their professional activities, R. Valieiev *et al.* (2019) showed a prominent degree of dissatisfaction among the police officers with their salaries and bonuses for productivity and quality of work. M. Castro *et al.* (2019) rightly pointed out that Brazilian police officers believe that low salaries are a stressor, while L. Baker *et al.* (2023) found that American police officers have an extremely negative perception of the lack of reward for quality work.

Group of external stressors. External stressors originate from outside the police structure. J. Sadulski (2018), B. Bano and P. Talib (2017) referred to external stressors, first of all, as low level of image and support of the police among citizens; L. Baker *et al.* (2023) referred to hostile attitude and negative assessment of police officers by citizens, verbal abuse by citizens. E. Demou *et al.* (2020) noted that the leniency of courts to delinquents is one of the stress factors for police officers. This factor is also recognised as a stressor by Ukrainian police officers.

Group of individual stressors. Personal stressors are individual for each police officer and can be related to the degree and specificity of their professional training, cognitive independence, personal growth, emotionality, stress resistance, emotional burnout, cynicism, maladjustment, sense of unproductivity, depression, deprivation, coping strategies, family relationships, etc. I. Botnarenko (2023) rightly noted that the prevention of psychophysical exhaustion of police officers is one of the leading guidelines of public policy in foreign countries. According to the researcher, prevention of emotional burnout syndrome should be carried out at both the personal and organisational levels. To maintain the professional well-being of police officers, apart from a series of prevention measures aimed at developing mechanisms to prevent and counteract burnout syndrome, which improve the quality of life and professional actions of police officers, the full conviction of the value of personal health and professional health specifically gain particular significance.

The complex geopolitical circumstances in Ukraine create new challenges for law enforcement officers and increase the relevance of ensuring the personal security of police officers. M. Lohvynenko (2024) revealed that the issue of ensuring the personal security of a police officer in the context of military operations is currently not sufficiently addressed in modern scientific research. The researcher showed that in the current scientific discourse, this issue is positioned only in view of the existing shortcomings of standard education (training) programmes for law enforcement officers, which are currently unable to ensure their safety. The lack of a theoretical component, in the researcher's opinion, creates the urgency of finding ways to exercise the right of a police officer to perform their duties safely.

V. Lytvyn and V. Ahmadov (2024), in the context of their empirical study, concluded that since the declaration of martial law in Ukraine, the scope of risks to the life and health of police officers who perform their professional duties under the stressful circumstances of military conflict has greatly expanded, which can be considered a significant collateral damage to the population (Uludag, 2024). This necessitates improving the existing system of professional and psychological support and training for police officers.

It is not without reason that the actions of police officers are classified as hazardous and stressful. At the same time, society hopes that, despite an extremely wide range of stressors, police officers will always be fit for productive and high-quality work. To achieve this, a series of measures should be taken, including the introduction and application of innovative achievements of practical psychology; psychological support for professional and service training; permanent monitoring of the degree, factors, and consequences of stress, while providing adequate psychological care and taking a series of measures to mitigate stressors; adaptation and application in Ukraine of the Police Stress Questionnaire Operational (PSQ-Op) and the Police Stress Questionnaire Organisational (PSQ-Org).

Conclusions

The purpose of this study was to systematically analyse the literature on the influence of stress factors on police officers' professional actions, to analyse the issues and practices of professional stress in police work. The study obtained the findings that form a holistic view of the state of scientific developments on the topic and the key areas of research in this field. Therewith, this allowed systematising the data obtained in empirical studies and make meaningful theoretical generalisations based on them.

Summarising all the above, police officers in the context of performing their professional tasks are exposed to a considerable number of adverse factors, diverse in nature and forms of manifestation, which negatively affect their emotional well-being. The development of professional stress in police officers is determined by the most diverse factors in nature, which are caused by the specific conditions of their professional actions, including rescue of hostages; counteraction to armed delinquents; injury or wounding in the context of professional functions; constant interaction with representatives of criminal subculture; elevated level of personal responsibility for decisions; pronounced degree of stress, danger, and risk of tasks performed; use of police coercion measures in professional actions, etc. Therefore, in this context, professional and psychological capability

becomes crucial as a basis for the prevention of professional stress and the dispelling of maladaptive reactions.

A thorough analysis of the scientific findings of foreign researchers helped to establish that sometimes researchers focused on the methodological foundations of stress analysis, mostly using the transactional model of stress by R.S. Lazarus, the concept of burnout by K. Maslach, and the JD-R model. Most researchers agree on the existence of four groups of stress factors, namely: 1) operational (use of police coercive measures, confrontational interaction with citizens; elevated degree of responsibility and cost of mistakes; encounters with delinquent acts and their victims; service risk and uncertainty of circumstances; the need to control personal emotions), 2) organisational (understaffing, overtime

and insufficient free time, shift work, problems with direct and immediate supervisors, bureaucracy, inadequate remuneration), 3) external, and 4) individual.

The findings of the study outlined above can be used as a basis for further research to solve debatable issues related to understanding the stressors of police work, as well as to develop practical recommendations for building stress resilience in police officers.

Acknowledgements

None.

Conflict of interest

The authors of this study declare no conflict of interest.

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Сучасне розуміння стресогенних чинників роботи поліцейських у наукових розвідках

Ольга Балинська

Доктор юридичних наук, професор
Львівський державний університет внутрішніх справ
79007, вул. Городоцька, 26, м. Львів, Україна
<https://orcid.org/0000-0002-0168-143X>

Зоряна Кісіль

Доктор юридичних наук, професор
Львівський державний університет внутрішніх справ
79007, вул. Городоцька, 26, м. Львів, Україна
<https://orcid.org/0000-0003-1405-4547>

В'ячеслав Бліхар

Доктор філософських наук, професор
Львівський державний університет внутрішніх справ
79007, вул. Городоцька, 26, м. Львів, Україна
<https://orcid.org/0000-0001-7545-9009>

Анотація. В контексті динамічних перемін в українському соціумі вкрай актуальним питанням є узагальнення міжнародного досвіду запобігання стрес-факторам в діяльності співробітників поліції. Мета дослідження полягала в тому, щоб проаналізувати стан наукової розробки проблематики впливу стресових чинників на професійні учини поліцейських. У контексті наукової розвідки застосовано низку загальнонаукових та галузевих методів, зокрема, методи систематизації аналізу, синтезу, порівняння, метод альтернатив та групування. Вивчення широкого кола наукових джерел допомогло встановити, що професійній діяльності співробітників поліції притаманний напружений й екстремальний кшталт, що у свою чергу призводить до ослаблення захисних функцій організму, утворення розладів психогенного штибу, розвитку феномену професійної деформації. Під час дослідження також здійснено системний теоретико-методологічний аналіз наукових розвідок стосовно стресових чинників, котрі впливають на діяльність співробітників поліції в процесі реалізації службових завдань. Встановлено, що в науковій літературі питання стресового досвіду є вкрай актуальним. Вченими констатується, що вміння превентувати й подолати його трансформується у тотальну проблему. У статті, на підставі ґрунтовного аналізу наукового доробку учених, схарактеризовано чотири групи стрес-факторів, а саме: операційних; організаційних; зовнішніх; індивідуальних. На основі проаналізованого матеріалу, було запропоновано систему заходів, які сприяли б подоланню високого рівня стресу та зменшенню впливу стресових чинників на діяльність співробітників поліції. Результати наукової розвідки можуть бути використані задля подальших наукових розвідок з окресленої проблематики, а також в контексті розроблення практичних рекомендації щодо формування стресостійкості у співробітників поліції

Ключові слова: правоохоронці; стрес-фактор; психологічні чинники професійного стресу; психічне здоров'я; екстремальність; ризиконебезпечні умови діяльності