

## A SOCIOLOGICAL STUDY OF THE CAUSES AND EFFECTS OF JOB STRESS AMONG OFFICERS AND OFFICIALS SERVING IN CAPITAL CITY POLICE IN PUNJAB

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### **ABSTRACT**

*Job stress is a performance affecting element regarding health and social life of police officers all over the world. Police officers of the Punjab province particularly serving in District Lahore are no exception to undergo job stress and this phenomenon needs instant consideration to help determining causes and effects of job stress among police officers. The present research was conducted in Lahore District Police. Police stations, Organized Crime Unit (formerly CIA), Traffic Police and other units of Capital City Police of Lahore were selected as the universe of the study. Police officers and officials were selected population of the present research. Data were collected from 407 respondents who were conveniently available by designing a structured questionnaire. Data was analyzed by using Statistical Package for Social Sciences (SPSS). The statistical techniques were also used for analysis.*

**KEYWORDS:** *Job Stress, Police Stations, Officials, CIA*