

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP OF STRESS ON THE
EATING BEHAVIOURS OF AUXILIARY
POLICE OFFICERS IN SELANGOR**

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ABSTRACT

Auxiliary police officers are exposed to many types of stressors as part of their professional duties. Prolonged life stress may be linked to various bad health status. Therefore, this study aimed to determine the nutritional status, stress level and eating behaviour of auxiliary police officers in Selangor with their relationships. One hundred thirteen auxiliary police officers completed the nutritional assessment, the Depression, Anxiety and Stress Scale (DASS) questionnaire and the Three-Factor Eating Questionnaire-R18 (TFEQ-R18). Data analysis is done using SPSS version 21.0 software included descriptive statistic, parametric statistics, and Pearson's correlation test. For DASS scale, most of auxiliary police officers had normal level of depression, anxiety and stress scores which are 48.7%, 39.8% and 46.9%. All of the auxiliary police officers had low cognitive restraint and uncontrolled eating (100.0%), while most of them had low emotional eating (43.4%). Unfortunately there was no statistical differences were found neither in the depression, anxiety and stress scores or cognitive restraint, uncontrolled eating and emotional eating among auxiliary police officers with different variables tested such as age category, gender, marital status, educational level, household income, working shift, BMI levels, blood pressure and smoking status ($p>0.05$). Study was found all positive correlation between DASS and TFEQ-R18 scores with uncontrolled eating showed the most significant correlation scores with the depression, anxiety and stress scores respectively ($r_s= 0.286, p= 0.002$; $r_s= 0.272, p= 0.004$; $r_s= 0.258, p= 0.006$). However, all of the significant correlation showed fall within fair strength of correlation between the variables based on the (r_s) coefficient of correlation. As lack of primary sources of auxiliary police officers, this study is meant to become one of the pioneer research in this area.

Key words: Depression, Anxiety, Stress, Eating behaviour, Auxiliary police

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

The current economic crisis in Malaysia has affected almost all professional groups in terms of working demand and stressful working condition, including professionals in the auxiliary police force. Since the past years of 2008 Global Financial Crisis (GFC) on Malaysia's economy, the responses of the government in countering the crisis become challenges. According to Khoon, Hui, and Sua (2012), the policies implemented by the government to counter the GFC could not yield the desirable results. There have been riots in some of the places in Malaysia and some of the public opinion has turned against the auxiliary police force. As auxiliary police force play its roles to secure the places and maintain the tranquillity, this creating preconceived notions about this particular profession of auxiliary police officers and rendering it to be more stressful.

Auxiliary police officers prone to experience job related stress because they are bound to the shift work schedules. Previous studies indicated that there are multifaceted effects of stress caused as a whole. Based on the study done by Kalia (2002), it is estimated that the cost of these disorders is about USD 42 billion in the United States. The same result was found in Sweden and Denmark which incurred about 177 million and 125 million of money respectively as the cost of job strain (BRUN, 2008). In addition, police force is appear to experience high level of stressors and manifest greater risk of cardiovascular disease (CVD) with adverse risk of CVD factor profile based on study done by Ma et al. (2015). This finding is relevant to be applied to auxiliary police officers as they have similarity by working a shift.