

**A STUDY ABOUT WORK-RELATED STRESS  
AMONG POLICE PERSONNEL AT THE DISTRICT  
POLICE HEADQUARTERS OF BENTONG, PAHANG**

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## **ABSTRACT**

This study was about work-related stress among police personnel at the State of Pahang which is District Police Headquarters of Bentong.

In this study, the researcher was used convenience sampling technique. Convenience sampling means a nonprobability sampling procedure whereas the selected samples represent a captive audience. Nonprobability sampling is the probability of selecting a single individual is not known, Salkind (2012).

For the purpose of data collection, a questionnaire was used as the main instrument. The questionnaires consist of three sections including the demographic and two more sections were constructed according to Research Objective and Research Questions. 70 questionnaires have been distributed to the police officer at the District Police Headquarters of Bentong. Several follow up and call were made to ensure that the researchers get back all the questionnaires. Within fourteen days, all the questionnaires were collected.

The data analysis was done by using SPSS 20.0. Based on the finding, it can be seen that, there would be two factors that influence work-related stress among police personnel that include internal work-environment and external work-environment. But the internal factor gave more influences towards police personnel. By the findings it shows that, most of the police officer at the District Police Headquarters of Bentong would be depressed and stressful when they are working by looking at the attitude of the police personnel.

As for the recommendation, the researcher suggests that, police agency must create a social support including counseling, speech or else for police officers. It is recommended that the department formulate a policy and procedure for these services.

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**Muhammad s.a.w is the Messenger of Allah.**

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