

Analysis and Results

I had comprised a questionnaire which I could use across police officer and police staff to get an understanding of how others dealt with the natural of policing and the demand it has on the team. I was able to share this questionnaire across departments with ease and it allowed me to do so without personally requesting select individuals which encourages my results to be more honest and forthcoming. (CRG Predictive Intelligence)

I gained 29 responses, and it was pleasing to see I was able to reach other departments other than my own. Although the main majority of the participances were response officers being fourteen out of my twenty-nine I was able to capture one police staff, one community support officer and two other specialist departments. With neighbourhood policing being my second largest participants with eight in total being able to gather two road policing officers.

I have been able to gain information from 20 people who work on a 6 on 4 off rota, 5 who are on a Monday to Friday 09:00 till 17:00 rota, 3 who work on a four-on-four off rota and one who stated they work a different rota altogether. I had 6 participants who have been within the force for 10 years plus which is a fantastic insight on how once after the struggle of university and the exposure to the demand bring how they have adapted and how younger officer may be able to adopt there tried methods. It was also encouraging to see this 21% engagement in my university work, the main group being 48% are within the first and third year of employment which is where I fall, this helps me understand how people with the same amount experience are coping with the demand and how it effects their eating habits.

A large number 45% stated they do bring food to work with them and 52% stated they bring something easy to eat on the go when they do. 28% has stated they will buy fast food while on shift and 21% buy a ready meal to microwave.

I asked if they thought if they food they eat at work affects their performance and 34% stated it has a negative impact where 21% stated it had a positive impact on them. 24% stated they had no impact from their food and 21% stated they were not sure if they were affected by the food they eat thought their shift.

34% have stated that they saw an increased fatigue or exhaustion if they have missed their break, studies say lack of food can be a main factor in fatigue. (Lynch) 21% state they had reduced concertation or decision-making ability and 21% noticed increased stress and frustration.

To understand how often the percipients are facing these struggles I asked has any breaks been missed due to operational demand where 45% stated they miss breaks frequently (a few times per set / week) and 28% stating almost every shift. With 1% stating they get their full break.