

Chapter 1 – An introduction which will develop from your initial proposal (1,200-words)

“Almost one in five police personnel suffer with a form of PTSD” (University of Cambridge, 2019) This high number shows a serious and worrying problem in the law enforcement. The exposure to horrific events, including violent crimes, highlights the severe psychological toll that police can get.

The subject regarding violent crime on police's mental health is very important for society. Information from (College of Policing, 2013) states that according to study, "the way officers interact with the public promotes social responsibility and respect for the law, which makes people more likely to assist the police and not break the law, thereby reducing crime.". This implies there may be gaps in law enforcement efficiency if police officers' mental health stops them from carrying out their role. Criminals could feel more confidence to commit crime when they are aware the police are at a disadvantage and struggling to keep order when officers are unable to interact with their communities or react to situations in an efficient manner. When the police's ability to prevent crime declines due to ineffective policing, crime rates may rise. Police officers' interactions with the public could worsen if they are experiencing mental health problems, which could diminish the sense of community.

Understanding what the role of a police officer does is important. (National Careers Service, no date) states that “In order to keep communities secure, police officers investigate crimes, respond to occurrences, and collaborate closely with local communities. gather information and evidence from witnesses, speak with suspects, and conduct arrests”. This is significant because knowing what a police officer does is important to understanding the relationships between community safety and police, especially when it comes to mental health. We can understand the need for mental health support for police and push for the required reforms and resources to address these issues by greater understanding their daily duties.

Understanding violent crime is important for researching the subject. As defined by (Jones, 2000) “Crimes involving the use of force against people that cause bodily harm, or the possibility of bodily harm are referred to as violent crimes. This category includes offences such as sexual assault, robbery, murder, and assault. The serious impact that violent crimes have on their victims, which frequently include physical trauma as well as long-lasting psychological and emotional effects, help to identify them. In addition to the victims, these acts may have broader effects on police personnel, causing trauma”. by knowing the definition we have a framework for examining the types of violent crime that police officers handle. It will be easier to examine the physical and mental toll that violent crime has on police officers, including the chance of trauma, burnout, and PTSD.

Police officers who have experienced violent crimes frequently could suffer from trauma, which can have several negative effects. Information from (Bomyea et al, 2016) states "PTSD can have effects like disruption in cognitive systems, including disturbances in

attention, perception, judgement, emotion, anxiety, and memory." This shows that issues with judgement, focus, and emotions may arise. Officers may become more reactive while under pressure, putting their judgement and safety at risk. Police officers' capability to do their role will be worsened by burnout, taking time off work to recover, or a lack of passion for the job. These effects could eventually have an outcome of a reduction in the public's trust of police personnel and police morale.

The first aim is to analyze how violent crime impacts police officers mental and physical health. (Cambridge Dictionary, no date a) States analysing is "to study or examine something in detail in order to discover or understand more about it". Understanding what analyzing means is important for examining how violent crime affects the mental and physical health of police officers. Studying how exposure to violent crime is linked to mental health problems. This will contribute to a deeper understanding of the psychological and physical effects of violent crime, guiding the development of support and intervention strategies tailored to the unique experiences of police officers.

The second aim is to evaluate the effectiveness of the current support systems and resources available to police officers. (Cambridge Dictionary, no date) states "evaluating is the process of judging or calculating the quality, importance, amount, or value of something". Looking at how support systems for police officers work and what results they produce, we can find out how effective they are. By evaluating the availability of resources, success of mental health services, and the satisfaction rate of police officers with the support they receive will help identify the strengths and weaknesses of the systems being used.

The third aim is to identify better practices and improvements to the supports that police officers receive. (Crowe *et al*, 2022) States "negative effects like mental health issues and emotional tiredness can be mitigated by state assistance, which includes things like positive leadership, a positive work environment, social support from fellow officers, and shared work ideals. In order to improve the general health of LEOs, it is necessary to ascertain how people perceive the effective occupational supports that are available". Through careful examining of the mental health support given to police officers, the focus

on finding effective practices and areas that need improvement can be found. Analyzing existing support systems will help highlight what parts are helpful for officers' well-being and which ones are not. The evaluation will include gathering feedback from police personnel, looking at current mental health programs, and exploring successful practices in other areas. The main aim is to suggest positive recommendations that improve the mental health resources available to police officers, forming a healthier work environment and enhancing overall job performance and community relations.

The objective being used is an online questionnaire that will be given to police personnel to answer questions about the topic chosen. (Marshall, 2005) states that “questionnaires using open and closed questions is a useful data collection tool that can yield high quality usable data, achieve good response rates and provide anonymity, encouraging more honest answers. This can help to reduce bias.” This means that using questionnaires to gather quantitative data will greatly enhance the study of how violent crime affects police officers and what support is available for them. Questionnaires will enable the collection of data in a consistent way, meaning it is easier to analyze any consistencies through obtaining information from many officers and the public. The quantitative data collected can help people in charge of mental health support and police agencies understand the impact on officers better and the effectiveness of current support programs

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Reference List

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