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From,

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To,

Mr. Mrs. *Teelinda Gupta*

Department of *Commerce*

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Sub: Submission of Ph.D. thesis for evaluation.

Dear scholar,

With reference to the subject cited above, I am to convey you that plagiarism test has been done and found *0*% on the thesis entitled "*A Study on Stress Management in Central Assam Police Force*"

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This is for your kind information and necessary action.

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DECLARATION

I, Jeetendra Gupta (Final Registration No: FINAL.COM00241 of 2019-2020), PhD Research Scholar of the Department of Commerce, Bodoland University, Kokrajhar BTR, Assam hereby certify that the research work in the thesis entitled “**A Study on Stress Management in Central Armed Police Forces**”, is an original research work carried out by me under the supervision and guidance of Dr. Rajesh Deb Barman, Department of Commerce, Bodoland University, Kokrajhar, Assam. I also hereby declare that no part of the thesis has been submitted anywhere else for award of any other degree and diploma prior to this date.

I also declare that I have duly acknowledged and credited all the researchers referred and wherever their works have been cited in the body of the thesis. I also declare that I have adhered to all the rules of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea, data, fact and source in submission.



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CERTIFICATE

This is to certify that Mr. Jeetendra Gupta is a bonafide Research Scholar in the Department of Commerce of the Department of Commerce under the Faculty of Commerce & Management Studies, Bodoland University, Kokrajhar, BTR, Assam has fulfilled the requirements prescribed for the PhD degree Program.

I hereby certify that the research work carried out for the PhD thesis entitled “**A Study on Stress Management in Central Armed Police Forces**” submitted by Mr. Jeetendra Gupta for PhD is an original piece of research carried out under my direct supervision and guidance. The thesis has not been submitted earlier in any other University for the award of any degree or diploma to the best of my knowledge. It is also certified that the candidate has fulfilled mandatory conditions as stipulated in the relevant Ordinances of the University.



Place: Kokrajhar
Date: 04/10/2023

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Prima facie, I am grateful to God for the good health and well-being that were necessary to complete this thesis.

Carrying out the requisite work and then writing this thesis was, undoubtedly, the most arduous task I have undertaken. However, one of the joys of having completed the thesis is looking back at everyone who has helped me over the past Four years. The work presented in this thesis would not have been possible without my close association with many peoples who were always there when I needed them the most. I take this opportunity to acknowledge them and extend my sincere gratitude for helping me make this thesis a possibility.

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Place: Kokrajhar

Date: 04/10/2023



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LIST OF ABBREVIATIONS

CAPF	Central Armed Police Forces
BSF	Border Security Force
CRPF	Central Reserve Police Force
ITBP	Indo-Tibetan Border Police
SSB	Sashastra Seema Bal
CISF	Central Industrial Security Force
NSG	National Security Guard
AR	Assam Rifles
MHA	Ministry of Home Affairs
CPMF	Central Para-Military Forces
CPOs	Central Police Organisations
PMF	Para-Military Forces
CPF	Central Police Forces
NDRF	National Disaster Response Force
RAF	Rapid Action Force
SDG	Special Duty Group
PDG	Parliament Duty Group
COBRA	Commando Battalions for Resolute Action
SPG	Special Protection Group
RAW	Research and Analysis Wing
Bns	Battalions
ASF	Aviation Security Force
BOP	Border Out-Post
NEFA	North-East Frontier Agency
PTSD	Post-Traumatic Stress Disorder
TCM	Traditional Chinese Medicine
BO	Burnout
EFA	Exploratory Factor Analysis
KMO	Kaiser-Meyer-Olkin
PBOR	Personnel Below Officer Rank
PSAI	Pythagorean Self-Awareness Intervention

LIST OF TABLES

Table No.	Description	Page No
3.1	Scope of the Study	78
3.2	Total Strength of Central Armed Forces	82
4.1	Gender of the respondents	105
4.2	Age of the respondents	105
4.3	Educational level of the respondents	106
4.4	Position & Rank of respondents	107
4.5	Number of Years in CAPF	108
4.6	Marital Status of the respondents	109
4.7	KMO and Bartlett's Test	110
4.8	Total Variance Explained	111
4.9	Factors and Associated Variables	112
4.10	Model Summary	115
4.11	ANOVA ^a	115
4.12	Coefficients	116
4.13	Work Load	117
4.14	Long Working Hours	118
4.15	Job Insecurity	119
4.16	Lack of Participation in Decision Making	120
4.17	Lack of Fairness at Workplace	121
4.18	Level of Stress in CAPFs Personnel	122
4.19	Level of Stress in CAPF Personnel	123
5.1	KMO and Bartlett's Test	142
5.2	Total Variance Explained	142
5.3	Influence of stress on the personal behaviour	143
5.4	Reliability Statistics	144
5.5	Influence of Stress on Personal Behaviour	144
5.6	Model Summary	145
5.7	ANOVA ^a	146
5.8	Coefficients	146
5.9	KMO and Bartlett's Test	147

5.10	Total Variance Explained	148
5.11	Factor and Associated Variables	149
5.12	Reliability Statistics	149
5.13	Consequences of stress	150
5.14	KMO and Bartlett's Test	151
5.15	Total Variance Explained	152
5.16	Factors and the associated variables	153
5.17	Reliability Statistics	155
5.18	Policies and Security	156
5.19	Counselling	157
5.20	Monitoring and Stressor	158
5.21	Self-Management	159
5.22	Stress Management Training	160
5.23	Level of effectiveness of above suggestions	161
5.24	Level of effectiveness of above suggestions	162

LIST OF FIGURES

Figure No.	Description	Page No.
1.1	Organisational Structure of BSF	14
1.2	Organisational Structure of CRPF	16
1.3	Organisational Structure of ITBP	18
1.4	Organisational Structure of CISF	20
1.5	Organisational Structure of SSB	22
1.6	Deployment of CAPF in India	24
1.7	Deployment of CAPF in North-East	24
1.8	Deployment of CAPF in Assam	25
3.1	Conceptual Framework of the Study: Impact of Sources of Stress on personal behaviour of CAPFs	79
3.2	Conceptual Framework of the Study: Impact of Various Measures on Stress Management	80
3.3	Research process framework	81
3.4	Procedure Followed for Data Analysis	85
4.1	Gender of the respondents	105
4.2	Age Profile	106
4.3	Educational level	107
4.4	Position & Rank	108
4.5	Number of years in CAPF	109
4.6	Marital Status	110
4.7	Scree Plot	112
4.8	Overall level of stress of CAPFs personnel	116
4.9	Work Load	118
4.10	Long Working Hours	119
4.11	Job Insecurity	120
4.12	Lack of Participation in Decision Making	121
4.13	Lack of Fairness at Workplace	122
4.14	Level of Stress in CAPF Personnel	123
4.15	Level of Stress in CAPF Personnel	126
5.1	Scree Plot	143

5.2	Influence of Stress on Personal Behaviour	145
5.3	Overall influence of stress	147
5.4	Scree Plot	148
5.5	Consequences of Stress	151
5.6	Scree Plot	153
5.7	Policies and Security	157
5.8	Counselling	158
5.9	Monitoring and Stressor	159
5.10	Self-Management	160
5.11	Stress Management Training	161
5.12	Level of effectiveness of above suggestions	162
5.13	Level of effectiveness of above suggestions	162