

Law Enforcement: Final Exam Study Guide

Chapters: 12, 13, and 14

Chapter 12: Stress - The Occupational Scourge?

Alarm reaction stage: (pg. 433) First stage in the GAS. The perception of some stressful condition or event triggers the alarm reaction stage.

Alcohol-dependent person: (pg. 452) Drinks daily, but does not consider himself or herself to be hooked on booze. This type concedes that they drink too much. However, there is solace in the hollow belief that he or she can stop this consumption whenever he or she wants to quit.

Alcoholic: (pg. 452) is the one who has lost self-control, drinks excessively, and finds that alcohol now dominates his or her life.

Burnout: (pg. 432) occurs when there is a constant disjunction between job demands and worker resources. "the loss of enthusiasm, excitement, and a sense of mission in one's work"

Circadian rhythm: (pgs. 437-439) The Human Body has a sensitive set of inner clocks programmed to a 24 hour cycle - this circadian rhythm patterns all our physiological functions.

Death certificate: (pg. 450) After review of the patient's history, physical remains, and an autopsy if necessary, the attending physician determines the cause of death. The death certificate also contains such items as the place of birth, place of death, race, age, and sex of the deceased, as well as the person's last known occupation. This information is used to analyze morbidity and mortality patterns.

Distress: (pg. 432) carries negative results. One can think of distress as the strain that develops as a person becomes more and more engulfed in his or her occupational role.

Early warning program: (pgs. 463-464) "a truism among police chiefs is that 10 percent of their officers cause 90 percent of the problems". As a result, over half

of the city and county law enforcement agencies had an early warning program in place as of 2003 to identify problem-prone employees and mark them for participation in employee counseling. An early warning program relies upon officer mishaps (citizen complaints, traffic accidents, involvement in more than usual use-of-force incidents, disciplinary actions, etc.) to identify officers who may be experiencing some difficulties in their lives. The goal of an early warning program is to provide better access to mental health services in an effort to prevent future problems.

Eustress: (pg. 432) Good stress, or what people call eustress, has positive benefits for the individual.

Exhaustion stage: (pg. 433) The last stage, exhaustion, comes when the body finally runs out of fuel.

General adaptation syndrome (GAS): (pg. 433)

Morbidity: (pg. 450) refer to disease and sickness

Mortality: (pg. 450) deals with the causes of death

Normal drinker: (pg. 452) The normal drinker consumes alcohol under typical circumstances. He or she can skip drinking and not feel a craving for alcohol.

Post-shooting trauma: (pg. 463) Post-shooting trauma refers to the "emotional aftermath for an officer who uses fatal force in the line of duty"

Resistance stage: (pg. 433) The second stage in the GAS. Here the body steps up hormone production to correspond to the level of threat or attack.

Rotating shift: (pg. 437) Most agencies operate on the basis of three shifts per day over a 28-day cycle or some closely related variant.

Stand-by status: (461) Here the officer provides a phone number and promises to appear in court within an hour after being notified. This is so the officer doesn't have to spend a sleepless day at the courthouse waiting to testify while the deliberations plod on and on.

Stress: (pg. 431) No one definition. Hans Selye - "The nonspecific response of the body to any demand made upon it. Grencik - states that stress "occurs when a person perceives that he is unable to cope with the demands made upon him and when the consequences of this inability to cope are threatening". Stress amounts to a psychological overload on the person (Stratton, 1978).

Stress inoculation: (pg. 462) The psychological approach to stress management involves stress inoculation. Stress inoculation teaches people to recognize the signs of oncoming stress and to counter with relaxation techniques.

Stress management: (pg. 459) refers to any attempt to control or to reduce the amount of stress a person experiences. Stress management generally takes one of three forms. First, one can eliminate the source of stress. Second, one can learn how to cope more effectively with stress. Third, people can receive help and overcome the stress they are enduring.

Symbolic assailant: (pg. 447) describes young minority males in some of the more run-down areas of town.

Type A personality: (pg. 434) have a tremendous drive, high anxiety levels, and an almost insatiable desire to excel in all endeavors. Type A personalities are more prone to ulcers and heart attacks than type B persons b/c of the pressures that these characteristics generate.

Type B personality: (pg. 434) much less driven. They are more moderate in their work habits and living styles.

Witness management unit: (pgs. 460-461) People come to court only to find that the lawyers have canceled the proceedings and have forgotten to notify the witnesses. To avoid this type of unpleasantness, many have formed witness management units. The goal here is to reduce witness mishandling. One can call the prosecutor's office the night before and find out if the case is proceeding as scheduled or has had a postponement.

1) **What is stress?** (pg. 431) No one definition. Hans Selye - "The nonspecific response of the body to any demand made upon it. Grencik - states that stress