

Are Malaysian police really stressed? Understanding their potential stress factors

ABSTRACT

Background: A large number of studies have been conducted on mental health among police officers but data for Malaysian police are rarely available.

Materials and Methods: This is an archival documentary research that use documents as the research tools. Both hardcopies and online resources were sought from various online databases and related institutions. Relevant information was scrutinised to further understand about mental health status and its potential factors among Malaysian police.

Result: Two articles were published about mental health among Malaysian police. Another three studies were unpublished. Their findings indicated that several groups of police officers were stressed. However, inconsistent method and instrumentation were used in these local studies. Small sample size and different sample and job scope lead to inconclusive and uncertainty ideas about the real situation of mental health among Malaysian police. Information from several reliable documents showed that Malaysian police are facing various stressors throughout their career. However, how far these potential stressors affect their mental health remained to be unexplored. Moreover, the efficiency of the current mental health support in the Royal Malaysian Police (RMP) is yet to be discovered.

Conclusion: Future studies needs to consider the variability of work task among Malaysian police. Instruments to be used to identify stressors among police officers should be more carefully selected which can cover the unique stressors exist in police. Studies on mental health support in RMP is worth to be explored.

Keyword: Mental health; Malaysian police; Royal Malaysian police