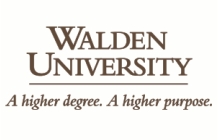

2019

A Correlational Examination Among Law Enforcement Officers' Operational Stress and Media Consumption

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This is to certify that the doctoral dissertation by

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has been found to be complete and satisfactory in all respects,
and that any and all revisions required by
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Abstract

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by

Patrick Allen Schmucker

MS, Regis University, 2015

ME, Lesley University, 2013

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Dissertation Submitted in Partial Fulfillment

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Abstract

Twenty-first century technology advancements have made the consumption of law enforcement related information on different types of media platforms more accessible. There is a relationship among media consumption on various platforms (traditional, social, and entertainment) and the altering of societal and personal perceptions and behaviors. However, there is little to no research on whether media consumption alters a law enforcement officer's operational stress (OS). The purpose of this quantitative study was to fill this knowledge gap by exploring a sample of active duty law enforcement officers in South Carolina. Social learning and rational choice theories comprised the theoretical framework for this study. Internet survey data collection entailed 124 South Carolina active duty law enforcement officers who were members of the South Carolina Law Enforcement Officers Association or a private Facebook group for South Carolina law enforcement officers. Spearman's rho correlation and stepwise multiple linear regression were used to test the hypotheses. The results indicated a statistically significant relationships among the sample between the time spent consuming law enforcement related information on traditional and social media platforms and law enforcement officers' OS, but there was no significant correlation with entertainment media. Social change implications of this study include providing information for the development of continuous stress management education and best practices in South Carolina. Preparing law enforcement officers to deal with stressors of 21st century policing benefiting the communities they serve.

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Dedication

I dedicate this dissertation to my loving and supportive family, friends, and fellow law enforcement officers who have been by my side throughout my educational journey. To my spouse Jennifer, my daughter Alyssa, and my son Alex, I dedicate this dissertation to you most of all; for all of you have sacrificed and endured to support me mentally and physically throughout my dissertation journey. All the missed date nights, soccer matches, and lacrosse matches, were lost times, but not a lost cause. I love you all to the moon and back and could not have completed this journey without your love, motivation, and even at times, your blunt remarks. For all the lost memories this journey has created, I dedicate this dissertation to you as one we will always remember.

Acknowledgments

I would like to start by acknowledging my loving and supportive spouse Jennifer. If it was from countless hours of proof-reading, to listening to me talk about quantitative data you had zero knowledge about. You were always there by my side lending me a helping eye or ear. To my son Alex and my daughter Alyssa, thank you for all the supportive text messages, social media posts, and phone calls from college, every time I completed a milestone during this journey, or needed an extra push of encouragement I knew I could always count on you two.

To Dr. Gregory Campbell, my dissertation chair and mentor, words cannot express how grateful I am for your willingness to sacrifice your time to help someone you have never even met. You are the true meaning of mentor and scholar. A mentor I will always look up to and am blessed to have earned your friendship. You were always there when the journey became overwhelming and your words of encouragement always provided reassurance and motivation. Your dedication to my success will never be forgotten, and I hope this is a start of a wonderful and blessed working relationship for years to come.

To Dr. Dana-Marie Thomas, my committee member, I would like to extend a special thank you and commend you on your attention to detail you provided throughout my journey. You ensured my dissertation was consistent and professional, meeting the highest level of scholarly workmanship. Your critical thinking skills provided me with insight, opening my thoughts to the possibility of future research, which; without your guidance, may have gone unnoticed. I am truly blessed and grateful for the time you have

sacrificed for my success. I hope one day, we too, will be able to form a successful working relationship for the betterment of social change.

To Dr. Monique Allen, my cohort leader, peer mentor, and friend. Your persistence, drive, and guidance were key factors to my success. I would not be where I am today without your countless emails and text messages, keeping me on task and pushing me beyond my limits. You always seen the drive within me and were able to use that to keep me on task. I view you as much more than a peer mentor, I view you as a trusted lifelong friend.

To Dr. Joseph Pascarella, my university research reviewer, I would like to extend a special thank for all your supportive feedback and constructive guidance. I would also like to thank Steve Creech for his support and educational guidance during my dissertation journey. In addition, I am grateful to my law enforcement family in South Carolina, California, and New Jersey for your support.

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Chapter 1: Introduction to the Study

On average, adults in the United States spend nearly 46% (an estimated 11.06 hours) of their daily lives consuming media on different platforms (Donovan & Klahm, 2015; Roche, Pickett, & Gertz, 2015; The Nielsen Company, 2016, 2018). The contexts of these media platforms have been associated with mixed perceptions and realities regarding the criminal justice system within the United States (Hoffman, 2012). Because of technological advancements, public opinions and debates on law enforcement (LE) topics, from a variety of collective communities, can be heard around the world in seconds by using electronic devices with an Internet functionality (Freelon, Mcllwain, & Clark, 2016). However, media outlets and individuals have their own ideology, which may lead to bias toward the positive or negative nature about debatable topics (Freelon et al., 2016). Therefore, it is likely that law enforcement officers (LEOs) are consuming some form of media with LE related information daily, regardless of the nature of the voice.

LE careers are one of the most stressful occupations (Brown & Daus, 2016; Donnelly, Valentine, & Oehme, 2015; Rose & Unnithan, 2015), but little is known regarding the relationship between media consumption with LE related information and LEOs' operational stress (OS). If there is a relationship, then it may lead to extended exposure to stress that has been linked to mental health issues and fatigue, which may alter an officer's decision-making process and place them and society in jeopardy (National Institute of Justice, 2012). Therefore, this study is needed so policy makers and LE administration can explore options to reduce the mental and physical health burdens

caused by increasing levels of OS, which may be created by increased levels of media consumption facing LEOs and can affect their service to communities. Consequently, the results of this study on the correlation between LEOs' OS and media consumption with LE related information may support annual stress management training for LEOs within the state of South Carolina.

Chapter 1 encompasses an overview of this study, comprised of a brief background on media consumption and its impact on societal views and how LE careers have been considered one of the most stressful careers. This study is supported with an in-depth problem statement, which is supported by the purpose of the study. This chapter also provides a summary of key terms regarding the dependent and independent variables and other key terms for this study. The chapter closes by identifying the nature and significance of the study while outlining key limitations and assumptions.

Background

The context of media sources can influence people's perceptions and behaviors on an array of topics (Croteau & Hoynes, 2006). Many members of the American society use rationale to make choices daily based largely on media consumption. In fact, the consumption of media can be associated with altering social views on different culture, economical groups, and criminal justice related themes (Awan, 2016; Donovan & Klahm, 2015; Hoffman, 2012; Reeves & de Vries, 2016; Roche et al., 2015). The way the media frames information regarding tone and reasoning are linked to societal views toward different media outlets (Skenhan et al., 2013). These views may alter the way groups of people view the information being provided by the different sources. Furthermore, there

is a link between negatively perceptive media reports by LEOs and their examinations of crime rates, police legitimacy, and levels of false allegations (Nix & Pickett, 2017). These reports can create perceived phobias, which may alter the ways humans react to their natural response to stress (Cherry, 2016).

Over history, LE careers have been rated as one of the most public and stressful careers in the United States and other parts of the world (Brown & Daus, 2016; Donnelly et al., 2015; Rose & Unnithan, 2015), with links between on-duty and off-duty stressors. Stressors most commonly observed by LEOs are comprised of operational and organizational stressors. Furthermore, Violanti et al. (2016) revealed of the top five stressors LEOs encounter, four can be observed as operational stressors; family disputes, in-progress felony crimes, inadequate performance of duties, and making split-second critical decisions. Every event LEOs responds to is a stressful event, and crimes against a child and observing fellow LEOs being killed ranking as the two most stressful events. These events are then followed by taking another person's life, use of force incidents, and being attacked by another person (Violanti et al., 2016). In addition to these stressful events while LEOs are on duty, when they are off-duty they experience stress through the consumption of media. However, there is a lack of knowledge regarding whether a relationship exists between OS and media consumption with LE information among the three media platforms: traditional media (TM), social media (SM), and entertainment media (EM).

The most commonly observed method of preventing stress among LEOs is to understand the signs and sources of stress, so coping methods can be taught to help

reduce the daily stressors of the occupation (National Institute of Justice, 2000). In addition, policymakers and LE administrators should be knowledgeable in the different sources and levels of LEOs, so long-term effects of stress can be managed among LEOs (Chapin et al., 2008). Therefore, my study is needed to provide information on whether a relationship exists between OS and media consumption so actions can be taken to educate LEOs on dealing with this stress.

Problem Statement

Observing a fellow LEOs killed, investigating a crime against a child, minimal family time, coworker conflict, repeated exposure to violence, and health issues are just the forefront of stressors LEOs encounter daily (Can, Hendy, & Camlibel, 2017; National Institute of Justice, 2000; University of Buffalo, 2008; Violanti et al., 2016). Thus, LE careers may be one of the most stressful occupations (Brown & Daus, 2016; Donnelly et al., 2015; Rose & Unnithan, 2015). Further, media consumption on different platforms is interconnected with anxiety regarding different criminal justice matters (Roche, Pickett & Gertz, 2016). However, the problem is, little is known on the impact media consumption with LE related information has on LEOs' OS. Therefore, this research filled a gap outlined by Nix and Pickett (2017) as they identified the need for potential research on how officers' perception of media exposure can potentially impact themselves and other officers. My study also addresses the gap in research about the extent of the relationship between LEOs consumption of media and LEOs' OS in South Carolina.

Purpose of Study

The purpose of this nonexperimental quantitative correlational study was to examine to what extent, if any, a relationship exists between the dependent variable LEOs OS and the independent variables consumption of traditional, entertainment, and social media with LE related information among LEOs in South Carolina. LEOs encounter many stressors throughout their daily patrols and personal lives—stressors they must be able to handle so they can serve their communities and react to incidents with sound split-second decisions to ensure life and property are safe and secure (Brown & Daus, 2015; National Institute of Justice, 2012). Therefore, this quantitative research study filled this gap with an online survey to better understand the extent of the relationship between consumption of LE related information across TM, SM, and EM and LEOs' OS. The results can be used to provide mandatory annual training to help LEOs cope with the possible increased stress from media consumption.

Research Questions and Hypotheses

The principal research question is what , if any, relationship is there between the amount of OS and the amount of time spent consuming LE related media among LEOs in South Carolina? The following specific research questions were addressed:

Research Question 1: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms?

$H1_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

$H1_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

Research Question 2: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms?

$H2_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

$H2_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

Research Question 3: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms?

$H3_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

$H3_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

Research Question 4: Which, if any of the two or more, types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers?

$H4_0$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively do not better predict operational stress than any single media type alone among law enforcement officers.

$H4_a$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers.

Theoretical Framework for the Study

The theoretical framework for this study comprises two theories to help illustrate how LEOs learn to perceive, handle, and deal with stressors while on and off duty. LE is a unique culture, where responsibilities, duties, actions, and how an individual reacts while under stress may be learned through the observations of one's peers or through one very own moral justification. In some cases, performance and behavioral traits are influenced by field training officers when officers are trainees (Novakowski, 2004). For this reason, I selected Bandura's (1977) theory of social learning for the first part of the theoretical framework. Bandura's social learning theory provides insight into how a

person learns to behave based on the learned experiences and observations of others. This theory is focused on human behavior and how people learn such behavior through reciprocal interaction between themselves and their environment. The link between learned behavior and environment and how these interactions or observations can alter the thoughts and actions of a person relate to many criminal justice related topics (Bandura, 1977; Simpson, 2000).

The second theory for the framework was rational choice theory because what one person views as stressful may not be the same for the next person. Therefore, rational choice theory was designated as second theoretical framework. The focal point of rational choice theory is that people react to different life events based on the measurement of reward and consequences. The perceived reward and consequence are just as inspiring as the tangible consequence and reward (Scott, 2000). As a result, LEOs may be observing the rewards and consequence of others through media outlets, altering their perceptions of events that may inspire reward or consequences and lead to increased levels of OS.

Nature of the Study

The nature of this study was a quantitative correlational design. A correlational design was best because I aimed to examine whether a relationship exists between the natural occurring dependent variable (LEOs' OS) and the three independent variables (traditional media, social media, and entertainment media consumption). A correlational design is used to examine if a relationship exists between two or more variables in their natural setting, free from any type of researcher-imposed control groups and/or treatments (Simon & Goes, 2013). Although the relationship between the variable may

run concurrently, unlike experimental and quasi-experimental designs, causation cannot be implied with a correlation design (Creswell & Creswell, 2018; Simon & Goes, 2013). Therefore, a correlational design was best suited to examine whether there is a relationship between LEOs' OS and the consumption of media with LE related information.

The target population was active duty LEOs in South Carolina who are active members of the South Carolina Law Enforcement Officers' Association (SCLEOA). SCLEOA (2012) is comprised of over 7,000 members encompassing every rank within LE entities within South Carolina. Based on information from one of the executive officers, of the 7,000 current members, an estimated 5,000 meet this criteria (i.e., active duty LEOs) to participate in this study. I used convenience sampling to obtain a sample size of $n = 143$, which produces 80% power to detect an effect size of 0.233, which is a medium effect size with a two-sided alpha level of 0.05. Further justification of the sample size is in Chapter 3.

Data collection consisted of a self-administered Internet survey that included demographic questions, Operational Police Stress Questionnaire (PSQ-Op), and the Police Media Consumption Questionnaire (POMCQ). The PSQ-Op is a 20-item validated instrument created by McCreary and Thompson (2013) to measure the OS of police officers. The PSQ-Op has been found to be valid and reliable with a Cronbach alpha score of 0.93 (Irniza, 2014; McCreary & Thompson 2006). The POMCQ was an instrument created by me and Steve Creech to measure the independent variables (police officer consumption of LE related media). The POMCQ is a 14-item instrument that was

used to examine consumption of LE related media on three different platforms (traditional, entertainment, and social). The validity and reliability of the POMCQ was tested in a pilot study outlined in Chapter 3. The self-administered Internet survey was e-mailed to the estimated 5,000 active duty members of the SCLEOA.

Hypotheses 1-3 were planned to be tested using Pearson's correlation coefficient, and Hypotheses 4 was tested by using a stepwise multiple linear regression analysis. All the inferential analyses were two-tailed with a 5% alpha level. Demographic characteristics of the study sample are described using the mean, standard deviation and range for continuous scaled variables and frequency and percent for categorical scaled variables. Cronbach's alpha was used to measure the internal consistency reliability of the OS score.

Definitions of Terms

Entertainment media: Media source that is aimed at providing entertainment to its consumers (i.e., television dramas, reality television, documentary-style programs, talk shows, and fictional and nonfictional literature).

Operational stress: Stress that is directly linked to the performance of job-related duties (McCreary & Thompson, 2006).

Social media: Web-based platforms where users create private or public profiles to interact with other users by sharing common connections and views socially through text or images (i.e., Facebook, WhatsApp, Instagram, YouTube, Twitter; Grimmelikhuijsen & Meijer, 2015).

Traditional media: Media sources that are aimed at providing news coverage to its consumers (i.e., national news channels, local news channels, hard copy or online news articles, and talk radio).

Assumptions

The research topic was designed to examine whether a relationship exists between the amount of OS and the amount of time spent consuming LE related media among police officers. One assumption was that LEOs who participated in this research study understood the PSQ-Op and the POMCQ and provided truthful and accurate responses. Another assumption was that Bandura's (1977) social learning theory provides a justifiable rationalization of the research topic and instrument used for data collection. A further assumption was that the sample represented a large population of LEOs within the state of South Carolina.

Scope and Delimitations

The scope of this quantitative correlational study included the use of a self-administered Internet survey to examine if a relationship exists between LEOs OS, consumption of traditional, entertainment, and social media with LE related information. OS was operationalized using the PSQ-Op to evaluate the overall OS of LEOs in South Carolina (McCreary & Thompson, 2013). Furthermore, the POMCQ was used to measure the level of traditional, entertainment, and social media consumption with LE related information by LEOs.

The target population for this study was comprised of current active duty LEOs who are active members of the SCLEOA. Therefore, one delimitation of the study was

that only active duty LEOs who are active members of the SCLEOA were invited to participate in the self-administered Internet survey. Active duty LEOs who are not active members of the SCLEOA were excluded from the study.

Limitations

Naturally, for this study to be a contributing factor to the body of knowledge within LE stressors, it was essential to recognize the study's limitations. The first limitation of this study was the use of a correlational research design. A correlational research design lacks data to determine a causation between variables due to bidirectionality problem and third variable problem, as it only describes a relationship among two or more variables (Burkholder, Cox, & Crawford, 2016; Simon & Goes, 2013). A second limitation of this study was the use of a self-administered Internet survey where there was an increased risk the participants may not answer all the questions in an accurate and honest fashion.

A third limitation to this study was the use of a convenience sampling method. Convenience sampling is a nonrandom sampling method where the sample is selected based off specific criteria, convenience, and accessibility (Burkholder et al., 2016; Creswell & Creswell, 2018; Ethikan, Musa, & Alkassim, 2015). Despite nonrandom sampling being a less desirable method of sampling (Creswell & Creswell, 2018; Ethikan, Musa, & Alkassim, 2015), convenience sampling provided an appropriate selection of LEOs from South Carolina from small, medium, and large police departments, ranging from state and municipal/local LE agencies.

Significance of the Study

Research has shown that media broadcasts in all forms influence the perceptions and feelings of society toward many criminal justice related topics (Callanan & Rosenberger, 2011). Nix and Pickett (2017) concluded that when officers have consumed media reports and viewed them as "hostile," it has altered officers' perceptions regarding local crime rates and the view that society is more disrespectful and noncompliant. By examining the relationship between LEOs' OS and media consumption, the results of this study may provide a positive social change for LE by (a) bringing awareness to LE administration as to the degree that media consumption can affect the daily operations and stress level of their officers; (b) providing information that can assist in the formulation of mandated annual stress management training to LEOs in South Carolina; (c) bringing attention to the possible need of support during heightened broadcast timeframes; and (d) helping educate LEOs to manage their stress and react according to their body's natural stress alerts. These changes may be able to assist LEOs in providing their communities with service grounded by decisions based on sound judgment free of outside influences.

Summary

In summary, OS levels among LEOs are affected by different factors. Stress in the form of observation of tarmac scenes, line-of-duty injuries and deaths, and family life events are just some of the causes for increased levels of stress. Meanwhile, different media platforms have been used to influence people's perceptions and behavior toward countless topics. Therefore, I conducted this quantitative correlational study to examine if

a relationship exists between LEOs' OS and consumption of media with LE related information in South Carolina. Bandura's (1977) theory of social learning provided a basis for how LEOs learn to deal and perceive different events and information as stressors through the learned experiences within the police culture. Rational choice theory was the ground work as to how and why LEOs select different events and information as OS. Chapter 2 is an extensive literature review comprising of a synthesis of current research relating to viewpoints surrounding problem statement.

Chapter 2: Literature Review

Introduction

The readability of media on electronic devices with an Internet functionality has contributed to a nearly 3.3% increase of daily media consumption by adults in the United States, during a three-quarter span from late 2017 to early 2018 (The Nielsen Company, 2018). Technology advancements of the 21st century have created an assortment of media platforms, where citizens are able to obtain fictional and non-fictional sources of information in real-time from any location. Furthermore, media content comprised of fictional and nonfictional LE information is one of the leading topics addressed across different media platforms (McGovern & Phillips, 2017). However, there is a lack of knowledge on the impact media consumption has on LEOs' OS. The purpose of this nonexperimental quantitative correlational study was to examine to what extent, if any, a relationship exists between LEOs' OS and media consumption of LE related information among LEOs in South Carolina.

Chapter 2 contains an analysis and synthesis of empirical research on LEOs stress and the influential factors media consumption can have on its consumers that form an understanding to the phenomenon that LEOs may be facing. The first section outlines the theoretical foundation of social learning theory and rational choice theory. The second section addresses the historical views on LE and media relations. The third section contains an examination of LEOs stress, comprising of history of stress in policing, common stressors, common causes, effects of stress, operation stress management programs within policing, and current state of stress management in South Carolina. The

fourth section contains a perception of media influence factors on society and LE. The final section of this chapter includes a discussion on the relationship between this nonexperimental correlational study of South Carolina LEOs' OS and their media consumption with a LE agenda and previous empirical research (see Figure1).

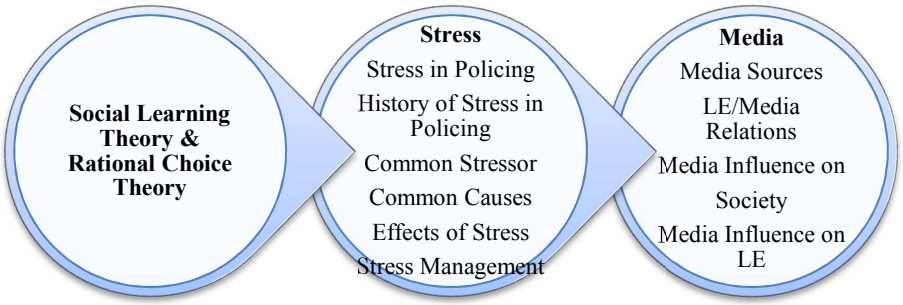


Figure 1. Interrelationships and theories that informed the literature review.

Literature Search Strategy

The literature review consisted of primary sources such as peer-reviewed journal articles, books, professional websites, and federal government publications. The articles were accessed through Walden University research databases: Communication and Mass Media Complete, EbscoHost, Political Science Complete, ProQuest – Criminal Justice Database, PsycINFO, SAGE Journals, and Taylor and Francis Online. Extensive Online and database searches were conducted using key words and phrases, including *operational stress, law enforcement stressors, media, influences, police, relationship, perceptions, societal views,* and *criminal justice.* An array of terminology variations and term combinations (*relationships, relations, media and police relationships, societal*

perceptional views on criminal justice, media influences) were used to widen the scope of the literature. The search strategies yielded over 15,000 articles, of which it was estimated over 5,000 were relevant to the topic.

Theoretical Foundation

The correlation between media consumptions with a LE related information and LEOs' OS is a new phenomenon within the field of psychology. To better understand this phenomenon, I used two theories for the theoretical foundation. As LE is a unique culture where responsibilities, duties, actions, and how a person reacts while under stress may be learned through the observations of one's peers or through one's very own moral justification, I chose Bandura's (1977) social learning theory as one of the theories to guide this study. Bandura's theory describes how a person's perception and choices are altered by observational learning of his or her culture or environment. Bandura noted that people's actions are not guided by situational conclusions but rather by previous perceptions. I also chose rational choice theory to provide a foundation as to whether a relationship exists between LEOs' OS levels and their consumption of media with a LE agenda. Rational choice theory is based on the notion that a person constructs personal choices based on the measurement of concluded rewards and consequences (Hirschi, 2017; Oppenheimer, 2008; Paternoster, Jaynes & Wilson, 2017; Scott, 2000).

Social Learning Theory

Bandura's (1977) social learning theory afforded insight on LEOs observation and perception of environmental events as stressors. Bandura's observational learning by modeling is established by four essentials: attention, retention, reproduction, and

motivation, all of which governs the perception and usage of information learned (Grusec, 1992). For instance, stressors and the behaviors associated with stress are factors that can be learned by modeling the culture that surrounds LEOs daily. Bandura noted media outlets and the rise of electronic devices with Internet functionality are formidable modeling sources connected to emotional reaction. Furthermore, repeated exposer to culturally observed threatening environmental event can prompt defensive behavior, behavior leading to increased levels of stress over a period. Therefore, once an environmental event has prompted and created a stressor, it may be difficult for LEOs to alter individual perception due to avoidance (Bandura, 1977). Social learning by means of observational learning provides an underpinning for this study by identifying cultural norms learned by LEOs to perceive different environmental incidents as stressors.

Rational Choice Theory

Rational choice theory provided a foundation on how LEOs may choose to perceive different events as stressors while performing their duties. Bandura's social learning theory explains how a culture learns to view different events as stressors, but a person still has free will to choose how an event is perceived. It is for this choice that links rational choice theory to this current study. Rational choice theory is rooted within the study of criminology and sociology. It also is used to understand why certain events may be viewed by some LEOs as stressful, whereas others view identical events as not stressful. Rational choice theory outlines that choices are made by the measurement of rewards and consequences, which can alter behavioral actions within a person (Oppenheimer, 2008; Scott, 2000). The perception of a reward or consequence is just as

influential on personal choice as the tangible conclusions (Scott, 2000). Therefore, regardless of the learned cultural considerations, LEOs are still able to view media context and determine if such observed actions or information is personally viewed as a potential reward or consequent event. This leads to a behavioral change if an event or information is deemed stressful by LEOs during their daily operations.

Stress

Stress in Policing

LEOs have been observing stress since the formulization of organized policing in America. In, the beginning, LEOs observed stress paralleled to their 21st century brethren, formulated by fear of attacks or ridicule surrounding use of force (Potter, 2013). However, compared to earlier decades, LEOs of the 21st century are more vulnerable to this stress (National Institute of Justice, 2000). Stress in this case refers to a nonspecific reaction to an "emotional incident accompanied by a predictable biochemical, physiological, and behavioral changes" (American Psychological Association, 2018b, para.1; The American Institute of Stress, 2018). Further, LE careers are one of the most stressful careers; policing is a stressful, emotional, and psychologically challenging career, that compares to no other occupation (Toch, 2002). A review of the literature indicated LEOs occupational stress can be divided into two categorical domains: operational and organizational stress (National Institute of Justice, 2000; McCreary & Thompson, 2006). More importantly, LEOs share commonly observed stressors no matter the main source.

Common Stressors in Law Enforcement

LEOs daily operational duties change at a moment's notice depending on factors ranging from their positions within an agency, the needs of the public, or the actions of the communities they serve. For this reason, the domain of OS was created to account for stress created by the uncertainty LEOs encounter while performing their duties. OS is comprised of stressors linked to the performance of LEOs duties (McCreary & Thompson, 2006). OS encompasses the decisions, observations, and actions of all parties linked to daily incidents encountered by LEOs. Therefore, as LEOs encounter and handle similar type incidents (i.e. vehicle collisions, assaults, drunkenness, and homicides) daily, it can be inferred they will encounter the same type of OS within their careers. In fact, Violanti et al. (2016) noted, the observation of a fellow officer killed, dealing with a harmful event or act involving a child, taking or harming another person, being physically attacked by a member of society, and use of force incidents are some of the most commonly observed stressful events LEOs encounter.

In addition to stress from continuous exposure to violent circumstances, stress can be caused by the feeling of an adverse perception of LE by societal members (National Institute of Justice, 2000). Societal dissension has been linked to different types of stress within LE communities. Hakan Can, Hendy, & Camlibel (2017) noted that agencies with societal dissension have observed different levels of stress linked to partner struggles, self-esteem, and work–home fray. Furthermore, although many stressors are commonly observed within LE, some positions within the field observe different types of OS. Haus et. al (2016) outlined that crises managers encounter OS specific to their leadership duties

varying from information sharing with media to highly impactable decisions. Although OS has been perceived among the most influential stress within the field, different types of organizational stress have been viewed by scholars as having more of an impact on LEOs (Avdija, 2014; McCreary & Thompson, 2006; Toch, 2002).

Organizational stressors are naturally inherited stressors created by the culture of an agency. Among the most frequently witnessed organizational stressors are lack of communication, inadequate court system, lack of support by supervisory personnel, lack of or unmaintained equipment, insufficient manpower, and working hours (McCreary & Thompson, 2006; Violanti et al., 2016). Regardless of the domain in which LE stress is encompassed, stress can be a positive aspect to LEOs, but extreme exposure to stress is dangerous.

Effects of Stress

Stress is a person's bodily change to some form of emotional incident and affects both males and females in LE. Though among the most commonly observed stressors in LE, there are no gender differences (Violanti et al., 2016), research has mixed reviews on the level of effects stress has on male and female LEOs. Research has indicated that women experience higher levels of stress and lack coping skills compared to males in LE (Alexopoulos et al., 2014, University of Buffalo, 2008). However, Bradway (2009) suggested that female LEOs showed no signs of increased levels or perceptions of stress compared to their male counterparts. Regardless of gender, stress affects LEOs in a similar manner.

Though stress overall has negative effects, in small doses acute stress can create a bodily reaction by increasing the body's energy levels and awareness that are detrimental for survival (APA, 2018a; Beshears, 2017; Cherry, 2018; Harvard Medical School, 2018).

However, due to the repeated exposure to stressful events within the course of a LEO's daily service, policing is dangerous to the mental and physical well-being of LEOs. LEOs are more at risk for physical health issues like heart disease due to high cholesterol and blood pressure as well as diabetes. LEOs also have even reported obtaining ulcers and increased weight gain (National Institute of Justice, 2000; University of Buffalo, 2008). Additionally, LEOs experience mental side effects. Studies have found that LEOs contemplate suicide nearly 10% more than other social members, and 108 LEOs committed suicide in 2016 (Kulbarsh, 2017; University of Buffalo, 2008). Other more commonly observed psychological effects are post-traumatic stress disorder, emotional detachment, increase levels of aggression, alcoholism, depression, and anxiety (National Institute of Justice, 2000; University of Buffalo, 2008; Violanti et al., 2016; Waters & Ussery, 2007).

LEOs do not have to physically encounter a stressful event for it to influence their physical and psychological well-being. A person can trigger their body's defense to stress without the presence of any stressor based on a person's created phobia (Cherry, 2018). Therefore, although a LEOs may never encounter an incident regarding the loss of life during their career, the probability of such an event is just as influential. This means that there is a need for all LEOs to participate in some form of stress management education.

Stress Management in Policing

LEOs not only need to be able to manage their stress for their well-being but so they may provide better service to their communities. The National Institute of Justice (2012) has concluded that stress leads to fatigue that inhabits LEOs' ability to perform and protect not only themselves but their communities. In many cases, effects of stress can be managed if LEOs address the source or obtain the knowledge to cope with stressors before it becomes harmful (Finn & Tomz, 1996). Thus, it is important for LEOs to understand the methods and support available. A major resource afforded to LEOs is the law enforcement assistance program (LEAP). Many states and federal governments have enacted some form of LEAP, which provide LEOs with a 24-hour service offering telephone hotlines or counseling sessions for LEOs who encounter a critical incident. However, many LEOs do not understand nor do they know how to access the service afforded by LEAP (Donnelly et al., 2015). LEOs have also feared seeking any type of treatment or assistance for psychological or stress related impairments, as it carries a stigma of having a negative impact on their careers (National Institute of Justice, 2000; Sadulski, 2018; Waters & Ussery, 2007). Further, LEOs question the ability of counselors who have not encountered or understand the stressors from their daily duties (Federal Occupational Health, n.d.; Sadulski, 2018). Therefore, LEOs are more willing to talk about their stress related issues with others who understand the stressors interconnected with their occupation.

With this in mind, creating an atmosphere within a LE agency or LEAP where LEOs are free to openly discuss stressors they encounter is a productive method of

coping with stress. For example, having a peer mentoring program within the foundation of LE agency is a great method for combating and reducing stress (Sadulski, 2018). Federal Occupational Health (n.d.) has also taken notice and has assigned only specialists with LE experience or cultural knowledge to operate LEAP. Open sources of communication within an agency is a great starting point, but LEOs and agency leaders need to be trained to observe the signs and self-coping methods specific to the stressors related to LE operations. Furthermore, stress management training is one of the leading methods for recognizing and coping with stress (Alexopoulos et al., 2014; Haus et al., 2016; National Institute of Justice, 2000; Sadulski, 2018). Training can provide LEOs with an understanding of the signs and self-coping methods needed to combat stress, but officers must discover what will personally help them cope such as officers in Europe who have bypassed trained coping methods and relied on their personal methods (Haus et al., 2016). Each LEOs is a different person and may need all or just some of the mentioned stress management programs to assist in overcoming stressors.

Stress Management in South Carolina

The effects of stress on LEOs and their families is not going unnoticed in South Carolina. South Carolina is taking steps to provide ways of reducing stress acquired by LEOs in addition to the 2-hour block of training provided during LEOs initial academy training on stress management and identification of stressor signs. Governor McMaster in 2017 signed Bill 173 into law, amending Sec. 23-23-0080 of the South Carolina Code of Law giving authorization to the Law Enforcement Training Council and Criminal Justice Academy to provide training to LEOs on recognizing trauma and stress-related disorder

in other officers (South Carolina Legislature, 2018). This same bill also amended Sec 23-3-65 to include one of the purposes of the South Carolina Law Enforcement Assistance Program (SCLEAP) to conduct stress-related counseling services to LEOs upon request (South Carolina General Assembly, 2017). LEOs who are experiencing stress-related issues can use any of the services provided by SCLEAP. However, most of the programs are post-incident types of services. The post critical incident seminar is one program provided to LEOs within the state who have experienced a critical incident, where they can talk with peers and obtain support in the company of people who understand the stress and trauma they are facing, echoing the power of peer mentoring with the culture of policing (South Carolina Law Enforcement Assistance Programs, 2018). SCLEAP provides training approved by the South Carolina Criminal Justice Academy as approved expectable continuous education credit for LEOs in the areas of grief following a traumatic event to stress management for trauma service providers. Despite the service outlined in the South Carolina Code of Law, initial stress management training, and by SCLEAP, there is still a lack of mandatory continuous education or refresher training in stress management for LEOs within the state.

Media

Media Sources

As mentioned in Chapter 1, the contexts of media-based influences established in the current study encompass traditional, social, and entertainment media sources. Media sources have been the foremost sources of information in society, but like society itself, the different sources of media have evolved over time. For instance, traditional forms of

media such as newspapers and radio maintain integrity and prevalence in today's society, yet no longer have the same vice grip of consumption influence over its audience members it once had. To summarize, the Pew Research Center (2018) reported a decrease in consumption of television news, newspaper circulation, and even slightly in radio consumption. The evolution of the Internet based media has created a platform of quickfire and frenzy sources that contribute to the reduction of traditional media consumption. Nearly the entire adult population attains some parallel news from a digital source (Pew Research Center, 2018). Social media platforms are open sources of information with capabilities of spreading information to a myriad of consumers within seconds of the information being posted. It is not surprising, social media platforms are being regarded as the mainline source of information within today's society (Gunelius, 2013; Westerman, Spence, & Van Der Heide, 2013). In comparison, while social media may be the leading source of information, it is not the leading source of media consumption among adults. Adults in the United States spend nearly 40% of their daily media consumption (11.06 hours) watching live or time-shifted television (The Nielsen Company, 2018). Furthermore, Donovan and Klahm (2015) expressed that most of this time is spent consuming televised entertainment media with a LE agenda.

Law Enforcement and Media Relations

The 21st century has observed LE propaganda as a critical component of everyday life. Therefore, LE agencies and traditional media sources are intertwined using each other to obtain their sought-after missionary objectives (Chermak & Weiss, 2005; McGovern & Phillips, 2017). Needless to say, obtaining and maintaining a wide-ranged

relationship between these two entities is paramount, but is not always the case in point. Subsequently, LE and traditional media relationships over the years have been perceived as unincorporated, suspicious, and even hastily by many scholars within the field (Chermak & Weiss, 2005; Huey & Broll, 2015; Nix & Pickett, 2017; McGovern & Phillips, 2017). Despite the fact, many LEOs and their agencies have viewed their relationships with different traditional media sources as manageable (Chermak & Weiss, 2005; Huey & Broll, 2015).

Consequently, within the last five years countless LEOs and citizen interactions have become the focal point of many media sources. Traditional and social media sources have broadcasted a vast interpretation of these interactions, some without any creditable sources of information. Information is being quickly obtained throughout personal source without any form of creditability check. As previously noted, social media is now one of the major sources of information within society. While, information is not always negative in nature, it has altered the perceptions of LEOs across the United States. Majorities of LEOs hold the opinion they are being mistreated and misrepresented by media sources. Furthermore, 81% of LEOs whom are employed within agencies of 100 or more, hold a perception that traditional media mistreats LEOs within their context (Gramlich and Parker, 2017). These perceptions coincide with the traditional media's view on the relationship, where if the LE information is constructive than the relationship is manageable, but if the reports are undesirable this leads to an unmanageable relationship (Chermak & Weiss, 2005).

Social media has led the way for altered perceptions between the users of media sources and LE, as everyone within society can become a journalist and broadcast their own opinions and agendas. A simple Internet search can reveal countless sources of such information. Nevertheless, LEOs and their agencies are creating a bond within society using social media. In fact, Harms and Wade (2018) conclude the bond created by LE on social media have the potential to be like no other they have observed. Subsequently, the give and pull of the relationship between the different media sources and LE agencies and their officers can have major influential impact.

Media Influence

Society of the 21st century is riddled with technology advancements empowering citizens with means of accessing different media sources regardless of their locations (Croteau & Hynes, 2006). Devices with a cellular interface have the means of connecting their users to the Internet even without a WiFi connection, simply through their cell phone signal. Regardless of where a citizen is or what they are doing, citizens can be linked to a media outlet at the click of a button. Citizens no longer have to wait for yesterday's headlines, societal opinions, or media messages, as they are reported in real time from around the world. An extensive review of the literature poses that the information comprised with these readily accessible messages from different platforms are influential to society on an array of topics.

Placing the current study into context, my literature review focuses on the influencing power of media content on society in four general topics: political agenda, social economic status, personal behaviors, culture differences. In addition, a

comprehensive representation of the medias influence on society relating to criminal justice matters with assist in placing the current study into context.

General influence on society. Media outlets and its context are substantial in influencing the perceptions and behaviors of its consumers. An incalculable amount of societal members from all configurations of demographics are impacted by the information retrieved from media sources. Media platforms have been the open sources of information regarding political agenda for decades. In fact, Croteau and Hoynes (2006) addressed the alarming growth and influential power of the media in altering the political arena, by illustrating how Rupert Murdoch utilized the different media platforms under his control to influence elections. Granted that many political agendas have some type of negatively viewed undertone, Croteau and Hoynes (2006) portrayed how media sources can have a positive influence on society, as the U.S. government used different media sources to spread anti-drug propaganda to influence societal opinions on drug usage. Political type influences are not the only context within media that has the power to alter perceptions. Media platforms have been used to alter the perceptions of different socioeconomic status. For instance, Reeves and de Vires (2016) discovered how printed press on the 2011 English riots negatively doctored societal interpretations of welfare recipients. The fact is, a simple Internet based search can illustrate how media platforms have emphatically altered the perceptions of society toward random acts of kindness and social belonging. Not only are digital sources of media located on the Internet influence sources, but the creation of social media sites has led the way for their discussion as one of most powerful influencing sources of media.

Nearly 67% of Internet consumers use some form of social media platform (Pew Research Center, 2012). Social media sites, and the context found within, have also been used to alter societal perceptions on an array of topics and personal visions. As an illustration, Awan (2016) summarized social media sites are being used by hate groups to influence the perceptions of its consumers towards different culture communities. Additionally, research has indicated information obtained on social media sites have been found to influence young adult's health behaviors (Vaterlaus et al., 2014). Social media may be viewed as one of, if not the most, powerful influential media sources on the market. After all, Freelon et al. (2016) disclosed an influencing entanglement on social media site, a social media post by different social movements are altering the perceptions of prominent members of society, who's perceptions and views are then broadcasted throughout news media sources. Political, socioeconomic status, personal behaviors, and cultural differences are just a few of the vast topics research has disclosed media having an influential impingement.

Criminal justice related influence on society. Media sources are fundamental in influencing behaviors and perception within the area of criminal justice within society. Mann (2018) reported within today's media half of their publications can be viewed as having a LE agenda. Therefore, it is not surprising it is the overwhelming source of crime and LE information within society. Media sources and their contexts have drawn different retrospect as to the nature and inflecting power on criminal justice related topics within the literature. In particular, Roche, Pickett, Gertz (2016) and Britto and Noga-Styron (2014) noted the consumption of entertainment media and traditional media were

related to supporting perceptions of harsh punitive measures, where information obtained off an Internet based platform held an opposing perception specifically regarding capital punishment. Media sources have also been influential in diversifying its consumer's perceptions on fear of crime. Schroder and Pennington-Gray (2014) revealed the consumption of media on the London riots were coupled with increased levels of fear of crime during the 2012 Olympic games held in London. In spite of Hollis et al. (2017) parallel findings on the influencing factor of media consumption on the fear of crime, they noted traditional media source were more influential than social media sources.

The messages consumed throughout the different media sources have been reported to influence different members of society divergently. Societal members interactions with LE, racial faction, and gender are a few of the societal subgroups affected differently by the consumption of media regarding criminal justice matters. More specifically, the consumption of entertainment media only influences members of society who have not had a negative encounter with LE (Callanan & Rosenberger, 2011). Additionally, Callanan and Rosenberger noted the consumption of media with a LE agenda did not have any influence on African-American's perceptions of LE. Despite the fact, Dowler and Zawilski (2007) noted minorities consumption of traditional media alter their views on police misconduct and threat of different racial faction. The literature has concluded, LEOs as a subgroup of society are no exception to the influential factors of media consumption.

Medias influence on law enforcement officers. The influential power of media as an influential element is profound with society. LEOs as a subgroup of society are no

exception, in fact the influential nature of media consumption may be intensified as they absorb more of the influential elements through their role as a citizen and as a LEOs. While LEOs are just as likely to be influenced by the general influential factors of media messages. A simple Internet-based search can reveal different media messages can affect LEOs specifically. In fact, literature regarding the consumption of negatively perceived media messages allied with low levels of self-legitimacy and views on crime within their communities among LEOs (Nix & Pickett, 2017, Nix & Wolfe, 2017). Nix and Wolfe added negatively viewed media messages are influential in the manner LEOs view job safety, ease of duty, and duty motivation levels. While it may seem, the media has only a negative influence on LEOs, this is not the case. In fact, viewing positive media messages have been linked to increased positive perceptions of societal actions by citizens (Janicke, 2016). Likewise, the consumption of positive media messages can lead to a higher level of performance and legitimacy within LEOs.

Gap in the Literature

Research regarding media consumption as an influential element on consumers stress levels has started to emerge in the 21st century. Current research has exhibited consumers of different media messages are experiencing increased levels of stress. Silver, Holman and Andersen (2013) concluded the consumption of tarmac media messages is associated with acute stress, which can increase with extended consumption. Furthermore, White et al. (2016) has linked stress from the consumption of media messages surrounding food intake and body figure is a formulating cause of eating disorders. A review of the current research has revealed a lack of knowledge on extent of

media consumption with a LE agenda on LEOs' stress. This study filled the gap in the literature outlined by Nix and Pickett (2017) as it "compare officers' perceptions of the media's influence on themselves" (p.31). The current study enriched the body of knowledge as it examines the extent of the relationship (if any exists) between LEOs consumption of media and LEOs' OS in South Carolina.

Summary

Chapter 2 discussed the technology advancements of the 21st century that has created an assortment of media platforms for which information sharing has transformed the media message of tomorrow into today's highlights. Chapter 2 has an extended literature review that included a discussion as to the common influential impact the consumption of media messages on an array of different platforms can have on societal members. Chapter 2 expanded this discussion on the influential powers toward criminal justice related topics within society. Furthermore, addressing how media messages alter LEOs own perceptions on LE related topics. The literature review in Chapter 2 included analyses and syntheses of empirical research on LEOs stress and the influential factor of media consumption that inform the understanding of the phenomenon that LEOs are facing. Chapter 2 proffered a review of the current literature that revealed support for the notion that media consumption can alter stress within its consumer. Additionally, the literature review consisted of two sections of empirical research regarding the theoretical platforms surrounding how LEOs may perceive different environmental events as stressors. Chapter 3 encompass a detailed account of the methodology chosen to collect the necessary data to test the hypotheses for the current study. Chapter 3 described the

instrumentation for data collection, detail the participants logic and plan for data analysis for this study.

Chapter 3: Research Method

Introduction

The purpose of this nonexperimental, quantitative correlational study was to examine to what extent, if any, a relationship exists between the dependent variable LEOs OS and the independent variables consumption of traditional, entertainment, and social media with LE related information among LEOs in South Carolina. Media consumption has a history of altering the human perspective on a multitude of topics (Donovan & Klahm, 2015; Freelon et al., 2016; Nix & Pickett, 2017; Nix & Wolfe, 2017; Reeves & de Vries, 2016). This study brings attention to the possible influence of media consumption on LEOs' OS. Chapter 3 includes the research questions and hypotheses, population and sample, research method and design, appropriateness of design, ethical consideration of participants, instrumentation, and data collection and analysis. Additionally, Chapter 3 incorporates the rationale for selecting a correlational design to address the research question and the procedures that confirm or reject the null hypotheses.

My quantitative correlational study consists of four research questions and hypotheses to examine if a relationship exists between consumption of media with LE related information and LEOs OS in the state of South Carolina. A review of the current literature in Chapter two revealed a study on influential factors of consuming media and acute stress levels of its consumers, therefore providing evidence, and supporting the relationship between consumption of media with LE related information and LEOs OS (Silver et al., 2013). Although researchers have conducted studies on various samples

regarding an array of influential factors generated by media consumption; a review of the literature in Chapter two indicated that relatively few researchers have focused on how that media consumption personally influences LEOs (Nix & Pickett, 2017). Therefore, this gap in the literature was addressed in this study through an examination of if a relationship, if any, exists between consumption of media with LE related information and LEOs OS.

LEOs comes at an exorbitant price, not only to the well-being of the LEOs, but also to the services provided to society. For instance, decisions made while under increased unmanaged stress are interconnected with mental disorders and fatigue; both for which places the LEOs and society at risk (National Institute of Justice, 2012). LEOs are continuously implanted within environmental events riddled with possible stressors.

Additional, technology advancements of the 21st century are making tomorrows headlines, today's highlights regarding such environmental events. Societal voices from an array of collective communities and media messages, with respect to LE information, are being heard within seconds from the start of an environmental event or debate on electronic devices equipped with an Internet functionality (Freelon et al., 2016; Mann, 2018).

Research Design and Rationale

In this quantitative correlational study, I examined whether a relationship exists between LEOs' OS and consumption of media with LE related information. A correlational design is a type of descriptive quantitative research used to examine whether a relationship exists between two or more variables free from control groups or

treatments (Creswell & Creswell, 2018; Simon & Goes, 2013). Unlike experimental and quasi-experimental designs, correlational studies describe relationships among variables rather than causation. This design aligns with the post positivist worldview, in which a researcher analyzes a theory by establishing hypotheses and data collection to support or repudiate hypotheses (Creswell & Creswell, 2018). Therefore, a correlational design was the most appropriate method to answer the research questions and the overarching research question regarding whether there is a relationship between the amount of OS and the amount of time spent consuming LE related media among LEOs South Carolina.

Research Question 1: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms?

$H1_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

$H1_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

Research Question 2: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms?

$H2_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

$H2_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

Research Question 3: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms?

$H3_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

$H3_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

Research Question 4: Which, if any of the two or more, types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers?

$H4_0$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively do not better predict operational stress than any single media type alone among law enforcement officers.

$H4_a$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers.

In addition to a correlational design, I considered phenomenology as a qualitative design. The circumstances surrounding qualitative research methods differ from quantitative research methods regarding philosophical assumption, interpretations, data collection strategies, analysis, and strategies of inquiry. For instance, qualitative methods to explore the lived experience of humans through examination of personal interviews using open-ended questions, document review, journal notes based off personal observations, and transcription of video and photographs. A phenomenological research design is used to gain an understanding of a shared lived experience among the sample (Creswell & Creswell, 2018) primarily through interviews (Ravitch & Carl, 2016). Although a phenomenological approach provides an organized method to understanding the experiences of individuals, the approach involves challenges like guaranteeing that every individual within the sample has experienced the phenomena and avoiding personal biases. A phenomenological design was not selected because I did not pursue to explore the lived experience of the sample surrounding a shared phenomenon (Burkholder et al., 2016; Creswell & Creswell, 2018; Ravitch & Carl, 2016). In the final analysis, a correlational design was the most suitable method to examine whether a relationship exists between consumption of media with LE related information and LEOs OS.

Methodology

Population

The population included active duty LEOs in South Carolina who are active members of the SCLEOA. The population included a multitude of LEOs across different size agencies comprised of state and municipal or local LE agencies whose LEOs have their e-mail addresses on the active e-mailing list with SCLEOA as well as access to the Internet to complete the online survey. A convenience sample of LEOs who are active duty and active members of the SCLEOA were eligible to participate in this study. This estimated population size was approximately 5,000 active duty LEOs, which produced a sample size of 143.

Sampling Procedures

As mentioned, the target population for this study was active duty LEOs in South Carolina who are active members of the SCLEOA. SCLEOA (2012) is comprised of an estimated 5,000 active duty LEOs as members. These members encompass an array of experience, age, and ranks across LE agencies in South Carolina. The sampling frame for this study included all 5,000 active duty LEOs who are active members of the SCLEOA, who have provided their e-mail address to the SCLEOA with their memberships.

The sample for this study was selected using a convenience sampling method in which the sample was selected based on location and availability (Creswell & Creswell, 2017; Simon & Goes, 2013). Convenience sampling is a form of nonprobability sampling, which include two common vulnerabilities: (a) findings are restricted in regard to the generality of the population and (b) unable to determine correctness, due to

inability to predict variability (Burkholder et al, 2016; Etikan et al., 2015; Simon and Goes, 2013). With a total target population of only 5,000, the selections of a random or systematic sampling method would unnecessarily limit the sample size. Although selecting a random or systematic sample may improve the generalization of the findings, the selection of a convenience sampling method was more sensible due to the size of the sample. Although a nonprobability sample may weaken the validity of the study (Simon & Goes, 2013), the use of this method resulted in an appropriate representation of a magnitude of LEOs from state, local, and municipal agencies in South Carolina.

The power calculations were performed using the G*Power version 3.1.9.2 software. All 5,000 active duty LEO who are current members of the SCLEOA were invited to participate in the study. The sample encompassed only SCLEOA active duty LEOs members who agree to participate, sign informed consent forms, and complete the online survey. An exhaustive literature review did not reveal any articles reporting the results of a study similar to this study. Therefore, there was no precedence in the literature upon which to base an estimate of the expected effect size. However, the expected sample size was estimated by historical survey response rates reported by SCLEOA. A representative of SCLEOA indicated that in the past, when all 7,000 members of SCLEOA are invited to participate in a survey, the average number of responses was $n = 200$ (i.e., average response rate = 200/7,000 = 0.0286). To maximize the sample size for this study, all 5,000 active duty members of SCLEOA were invited to participate in this study. Thus, the expected sample size for this study was 0.0286*5,000 = 143.

Hypotheses 1-3 were planned to be tested using Pearson's correlation coefficient. According to Cohen (1988), small, medium and large effect sizes for hypothesis tests about the Pearson correlation coefficient are $r = 0.1$, $r = 0.3$ and $r = 0.5$ respectively. A sample size of $n = 143$ produces 80% power to detect a small to medium effect size of 0.233 with a two-sided alpha level of 0.05 for Hypotheses 1-3. For example, if the true population correlation between consumption of media with LE related information and LEOs OS is .233 or more, then there is an 80% chance of detecting (i.e., achieving statistical significance) the correlation at the .05 level of statistical significance.

Hypothesis 4 was tested using stepwise multiple linear regression analysis. Power analysis for multiple linear regression analysis is based on the amount of change in R-squared attributed to the variables of interest. According to Cohen (1988), small, medium and large effect sizes for hypothesis tests about *R*-squared are $f^2 = 0.02$, 0.15, and 0.35 respectively. A sample size of $n = 143$ produces 80% power to detect a small to medium effect size of $f^2 = 0.069$ attributed to 2 independent variables (e.g., TM and SM) using an *f* test with a significance level (alpha) of 0.05. Thus, a sample size of 143 provided a high level of statistical power for testing Hypotheses 1-4.

Procedures for Recruitment, Participation, and Data Collection

The Internet survey was e-mailed to participants as undisclosed recipients, and personal information was not recorded in the research records to ensure privacy during the data collection process. I was the only individual to have access to the research records, so confidentiality agreements were not necessary for this study. An electronic consent statement was incorporated in the text of the survey and only those who agreed to

participate received access to the survey instrument. Participants received my contact information, and the results of the study shall be shared with participants upon request via an executive summary. To remove any form of potential conflicts of interest or bias, members of the my LE agency were excluded from participating within the study. This was ensured by their removal from the SCLEOA e-mail mailing list. Participants in the pilot study were afforded the same ethical protections regarding deception, anonymity and confidentiality, personal harm, and informed consent. Participant responses to both the pilot and focus study are stored electronically in a password-protected database for 5 years, and no paper copies have been maintained.

This study involved examining whether a relationship exists among the independent variables (consumption of TM, SM, EM with LE related information) and the dependent variable of LEOs' OS. Data collection consisted of a self-administered Internet survey that encompassed demographics, the PSQ-Op, and the POMCQ (see Appendix A). This method of data collection was the most time-efficient and economic approach to survey LEOs in South Carolina. Permission was granted to use PSQ-Op instrument for this study (see Appendix B).

Table 1

Factors of Internet Survey

Factors	Description
Demographic	Gender, age, service in years, years of education
Officer Operational Stress	Operation Police Stress Questionnaire (PSQ-Op)
Media Consumption with LE Information	The Police Officer Media Consumption Questionnaire (POMCQ)

Demographic Factors

Demographic items of this study included such factors as gender, age, years of service, and years of education. Demographic characteristics of the study are described using the mean, standard deviation, and range for continuous measurement scaled variables and frequency and parentage for categorical scaled variables.

Conducting a Pilot Study

Consumption of media with LE related information was operationalized using an instrument that measures the consumption of LE related information across three specific media platforms: traditional (TM), entertainment (EM), and social media (SM). The 14-item POMCQ was used to measure the consumption of media with LE related by LEOs across the three stated platforms by measuring the consumption of 14 specific types of media sources (see Table 2). The POMCQ was created only after an extensive literature review did not identify an existing valid and reliable instrument. Development of the instrument was based on relevant information found during the search for an existing valid and reliable instrument.

Table 2

Police Officer and Media Consumption Questionnaire Media Sources

Traditional Media	Entertainment Media	Social Media
Television News	Nonfictional Literature	Facebook
Hardcopy or Online Newspaper	Television Crime Dramas	Instagram
Radio	Reality Crime Shows	Snapchat
	Fictional Literature	YouTube
	Nonfictional Law Enforcement Documentary-Style Programs	Twitter
	Television Talk Shows	

Instrumentation and Operationalization of Constructs

The PSQ-Op was used to operationalize the dependent variable, LEOs OS. The 20- item PSQ-Op is a validated instrument created by McCreary and Thompson (2013) to measure the OS of police officers. The creation and validation of the validity and reliability of the PSQ-Op has been published in McCreary and Thompson's (2006) article "Development of Two Reliable and Valid Measures of Stressors in Policing: The Operational and Organizational Police Stress Questionnaires." McCreary and Thompson addressed the PSQ-Op signifying advanced the measurement of stress associated with LE operations in that it (a) is relevant to the police environment, (b) is short in length, and (c) takes into consideration the permeability of the work-family relationship (pp. 512-513).

Data Analysis Plan

All statistical analyses were performed using the SPSS (v.24) software. All of the inferential analyses are two-tailed with a 5% alpha level. Demographic characteristics of the study sample were described using the mean, standard deviation and range for

continuous scaled variables and frequency and percent for categorical scaled variables. Cronbach's alpha was used to measure the internal consistency reliability of the OS score.

Hypothesis 1 was planned to be tested using Pearson's correlation coefficient if the assumptions are satisfied. Specifically, three assumptions were evaluated prior to conducting the analysis. The first two assumptions: (a) linearity of relationship between the independent (TM) and dependent variable (OS), and; (b) no outliers, were evaluated by inspection of a scatterplot of OS versus TM. The third assumption, that the independent and dependent variables have a normal distribution, were evaluated by inspecting histograms of TM and OS. If any of the assumptions are severely violated, then Spearman's rho correlation statistic would be used instead of Pearson's correlation statistic. If the correlation coefficient is statistically significantly different than zero, then the null hypothesis would be rejected, and it would conclude that there is a relationship between TM and LEOs' OS. The strength and direction of the relationship were reported and interpreted.

Hypothesis 2 was planned to be tested using Pearson's correlation coefficient if the assumptions are satisfied. Specifically, three assumptions were tested prior to conducting the analysis as described above for Hypothesis 1. If any of the assumptions are severely violated, then Spearman's rho correlation statistic would be used instead of Pearson's correlation statistic. If the correlation coefficient is statistically significantly different than zero, then the null hypothesis would be rejected and it would conclude that

there is a correlation between SM and LEOs' OS. The strength and direction of the correlation were reported and interpreted.

Hypothesis 3 was planned to be tested using Pearson's correlation coefficient if the assumptions are satisfied. Specifically, three assumptions were tested prior to conducting the analysis as described above for Hypothesis 1. If any of the assumptions are severely violated, then Spearman's rho correlation statistic would be used instead of Pearson's correlation statistic. If the correlation coefficient is statistically significantly different than zero, then the null hypothesis would be rejected, and it would conclude that there is a correlation between EM and LEOs' OS. The strength and direction of the correlation were reported and interpreted.

Hypothesis 4 was planned to be tested using stepwise multiple linear regression analysis if the assumptions are satisfied. Specifically, six assumptions were evaluated prior to conducting the analysis. The first assumption was that the independent variables collectively have a linear relationship with the dependent variable. This assumption was evaluated by inspecting a scatterplot of the studentized residuals versus the unstandardized predicted values. The second assumption was that each independent variable is individually linearly related to the dependent variable. This assumption was evaluated by inspection of partial regression plots of each independent variable individually versus the dependent variable. The third assumption was that there is homogeneity of variance (homoscedasticity). This means the variance in the dependent variable was approximately the same for all values of the independent variable. This assumption was evaluated by inspection of the same scatterplot used to evaluate the first

assumption, the studentized residuals versus the unstandardized predicted values. The fourth assumption was that there was no multicollinearity. This means that two or more of the independent variables are not strongly correlated with each other. This assumption was evaluated by inspecting the variance inflation factors. The fifth assumption was that there are no unusual data points, meaning, no significant outliers, high leverage points or influential data points. Evaluation of potential outliers were conducted by inspection of case wise diagnostics and studentized deleted residuals. Evaluation of potential leverage points were conducted by inspection of leverage values. Evaluation of potential influential values were done by inspection of Cook's distance values. The sixth assumption was that the error terms have a roughly normal distribution. This assumption was evaluated by inspection of two different graphs: (a) a histogram of the regression standardized residuals and (b) a normal p-p plot of the expected cumulative probability values versus the observed cumulative probability values. If any of the assumptions are severely violated, then transformations of the independent and dependent variables were tried in attempt to remedy the problems. If transformations are ineffective, the stepwise multiple linear regression was performed without transformations and any violations of assumptions would be reported as potential limitations of the study.

If the assumptions for multiple linear regression are satisfied and two or more of the independent variables are statistically significant, then the null hypothesis would be rejected, and it would conclude that two or more independent variables collectively better predict OS than any single independent variable alone. The equation of the model was

reported, and statistically significant regression coefficients were interpreted. The R-square for the final model was also presented and interpreted.

Independent Variables

The independent variable (consumption of media with LE related information) consisted of three media consumption platforms: traditional media, social media, and entertainment media. Table 3 depicts the media platforms and items.

Table 3

Police Officer Media Consumption Questionnaire Media Platforms and Items

Media platforms and sources	Items
Traditional media (TM)	1,5,8
Entertainment media (EM)	4,6,7,11,14
Social media (SM)	2,3,9,10,12

Traditional media. This variable was measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on traditional media. This variable was planned to be computed as the average of questions 1, 5, and 8 from the POMCQ questionnaire. Prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes would be converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on traditional media while larger values indicate more consumption of LE related information on traditional media.

Social media. This variable was measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on social media. This variable was planned to be computed as the average of questions 2, 3, 9, 10, and 12

from the POMCQ questionnaire. Prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes would be converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on social media while larger values indicate more consumption of LE related information on social media.

Entertainment media. This variable was be measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on entertainment media. This variable was planned be computed as the average of questions 4, 6, 7, 11, and 14 from the POMCQ questionnaire. Prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes would be converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on entertainment media while larger values indicate more consumption of LE related information on entertainment media.

Dependent Variable

Operational stress. This variable was measured on a continuous measurement scale. The score was derived from the PSQ-Op. Responses to the 20 survey questions are measured on a 7-point Likert-type scale ranging from 1 = No Stress at All to 7 = A Lot of Stress. The score was computed as the average of the 20 survey questions. Therefore, the

score had a range of 1 to 7 where smaller scores indicate less OS while larger scores indicate more OS.

Threats to Validity

Validity symbolizes the accurateness of the instrument and determines if one can draw meaningful and useful inferences from the data collected from a particular instrument, whereas reliability symbolizes whether item sources are internally consistent, determines if item sources are constant overtime, and whether test administration and scoring were consistent (Creswell & Creswell, 2018). To establish the validity of the POMCQ, a panel of three experts in the field of LE and public policy and administration research (e.g., professors of criminal justice and public policy and administration who have published relevant articles within their field) were consulted. The consulting panel comprised of two criminal justice subject matter experts and one public policy and administration subject matter expert from Walden University. The panel was asked to review the questionnaire for face validity. The panel members suggested revisions to the original draft of the POMCQ (see Appendix C). After making the suggested revisions, the instrument was considered to have face validity.

To establish the reliability of the POMCQ, a pilot study of 15 LEOs was conducted to measure the test-retest reliability of the questionnaire. A sample size of 15 LEOs is a conventional sample size consistent with existing literature justifying a pilot sample size of 10 to 30(Isaac & Michael, 1995; Hill, 1998). The POMCQ and a study identification number, were emailed to LEOs officer in two separate LE agencies; one located on the east coast and one on the west coast of the United States. Utilizing two LE

agencies maximum the potential to achieve the desired sample size of 15. Each of the 15 LEOs completed the questionnaire on two occasions, between 1 and 3 days apart (e.g., Time 1 and Time 2). The SID number was used to pair surveys from time 1 to time 2 for statistical measure. Pearson's correlation statistic was used to measure the strength of correlation between the two time points, separately for each of the three independent variables; TM, SM, EM. The stronger the correlation, the more reliable the questionnaire. By convention, a Pearson's correlation statistic of 0.70 or greater indicates acceptable reliability, between 0.80 and 0.90 indicates good reliability, and greater than 0.90 indicates excellent reliability. If the survey instrument is found to have less than acceptable reliability for any of the three independent variables, the specific questions creating the unreliable of the independent variable would be removed from the survey to ensure reliability.

Ethical Procedures

This study was conducted in accordance with the established procedures of Walden University's Institutional Review Board to ensure the ethical protections of research participants. According to Brukholder, Cox, and Crawford (2016), researchers must be aware of ethical problems as deception, anonymity and confidentiality, potential risks of harm, and informed consent when conducting research with human subjects. The physical, professional, psychological, and economic risks to participants was considered and deemed minimal. This study was strictly voluntary, and I ensure the confidentiality of participants.

Summary

Chapter three included the justification for using a quantitative correctional design to answer the research questions and hypotheses on the relationship between the consumption of media with LE related information and LEOs' OS. This chapter included the research questions and hypotheses, research method and design, methodology, population and sample plan, instrumentation, data collection and analysis, and ethical considerations of participants. Additionally, Chapter three contained justification for selecting a correlational design to address the research questions and the procedures utilized to confirm or reject the null hypotheses. An Internet survey consisting of demographic, the PSQ-Op, and POMCQ was used to survey participants. Descriptive, correlational, and regression analyses was performed using SPSS with a two-sided 0.05 alpha level to reject or support the null hypotheses. This chapter provided evidence to justify the validity and reliability PSQ-Op and outlined the processes of obtaining validity and reliability for the POMCQ. Chapter four includes a comprehensive account of the data analysis, including whether a statistically significant correlation exists between consumption of media with LE related information and LEOs OS.

Chapter 4: Results

Introduction

The purpose of this quantitative correlational study was to determine whether a relationship exists between LEOs' OS and the consumption of media with LE related information. The general problem was LEOs are faced with new stressors on a continuous basis that can alter decision-making ability, and LE is one of the most stressful types of occupations. Additionally, technological advancements of the 21st century have made the consumption of LE related media across different platforms part of everyday life. Though the literature indicates a strong relationship between media consumption and thoughts and actions of society members, this relationship between media consumption with LE related information and LEOs' OS has not been investigated. Chapter 4 includes a detailed account of how the pilot and the main study were conducted, modifications made to the POMCQ based on the pilot study, the data collection procedures, and the data analysis techniques used within both studies.

Pilot Study

A pilot study was conducted to measure the test-retest reliability of the POMCQ. A total of 76 LEOs from two separate LE agencies, one on the west coast and one on the east coast of the United States, were invited to participate in the pilot study. Participants received an e-mail invitation with an assigned study identification number and a hyperlink to access the Internet survey, which included an informed consent statement. The study identification number was used to identify the test-retest replies between each of the voluntary participants. Of the 76 invitations e-mailed, 26 participants responded by

filling out the test survey. Each of these 26 participants were then e-mailed a follow-up e-mail 3 days after completion of the test survey requesting for their voluntary participation in the retest survey segment. A total of 15 participants of the 26 completed the retest survey. Pearson's correlation statistic was used to analyze the test-retest reliability of the POMCQ, using SPSS (v.24) software for each of the independent variables (TM, SM, EM).

Pilot Study Data Analysis and Results

Traditional Media

The TM variable was measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on traditional media. This variable was computed as the average of Questions 1, 5, and 8 from the POMCQ. Prior to computing the score, survey responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicted less consumption of LE related information on TM, whereas larger values indicated more consumption of LE information on traditional media. Using SPSS (v.24) software to conduct a Pearson's correlation showed a strong positive correlation between the test-retest responses. The Pearson's correlation statistic was $r(13) = 0.90$; $p < 0.001$. Therefore, there was very strong evidence to suggest the traditional media score was reliable (see Figure 2).

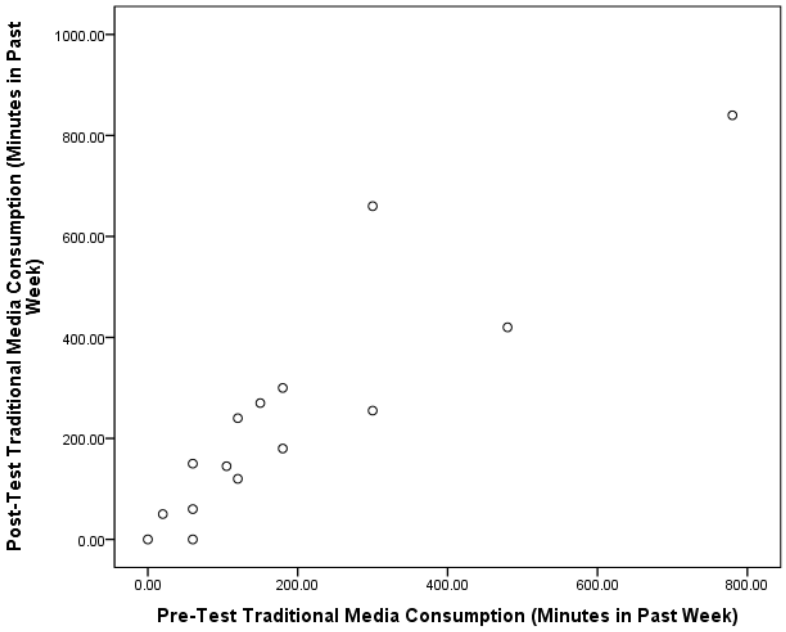


Figure 2. Scatter plot of the traditional media score test vs. retest.

Social Media

The SM variable was measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on social media. This variable was computed as the average of Questions 2, 3, 7, 8, and 9 from the POMCQ questionnaire. Prior to computing the score, again questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on SM and larger values indicate more consumption of LE related information on social media. The Pearson's correlation statistic was $r(13) = 0.96$; $p < 0.001$. Therefore, there was very strong evidence to suggest the social media score was reliable (see Figure 3).

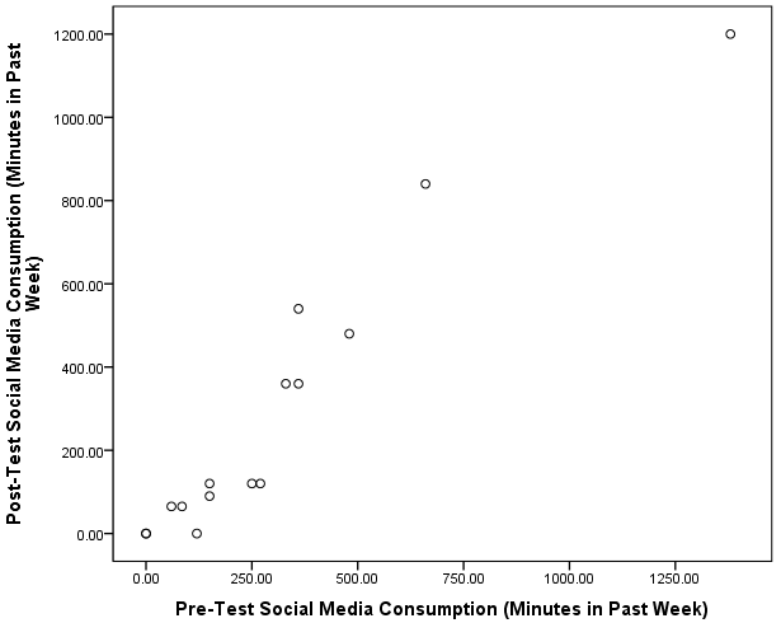


Figure 3. Scatter plot of the social media score, test vs. retest.

Entertainment Media

The EM variable was measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on entertainment media. This variable was measured by Questions 4, 6, 7, 11, and 14 from the POMCQ questionnaire. Like other variables, prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on EM and larger values indicate more consumption of law enforcement related information on entertainment media. The Pearson's correlation statistic was $r(13) = 0.54$; $p = 0.039$. Although there was a statistically significant positive correlation between test and retest, the strength of correlation was below the threshold of $r = 0.70$.

Thus, there was insufficient evidence to suggest the entertainment media score was reliable (see Figure 4).

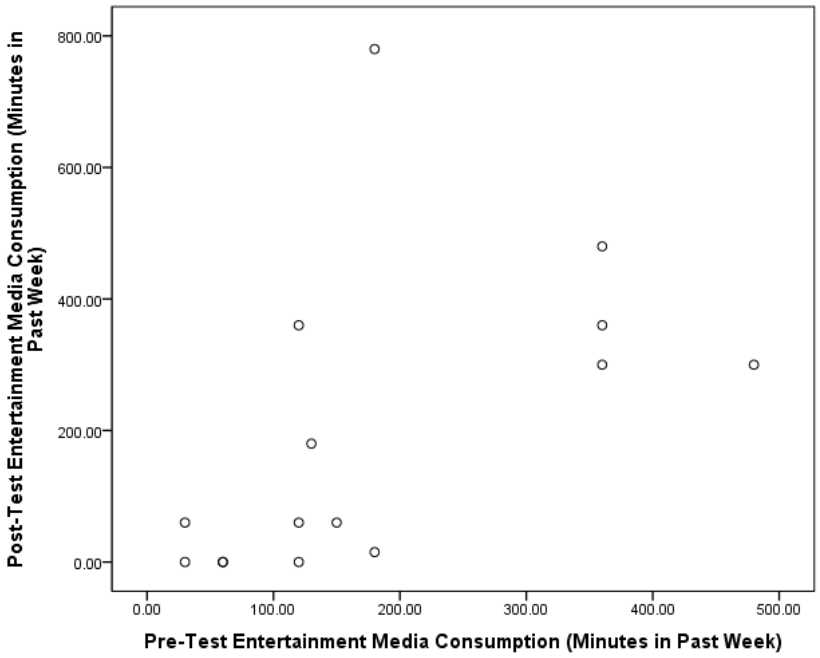


Figure 4. Scatter plot of the entertainment media score, test vs. retest.

To better understand why the entertainment media score was unreliable, evaluation of the correlation between the test-retest measures of the individual survey questions that make up the entertainment media score (survey questions 4, 6, 7, 11, 13, and 14) was conducted. It was discovered that except for Question 4, none of the questions had a correlation between test-retest that was above 0.70.

A plausible explanation for this is, Question 4 reads "How much time in the last week did you spend consuming law enforcement related information by reading nonfictional literature?" In contrast, Questions 6, 7, 11, 13, and 14 refer to television crime drama, reality crime shows on television, reading fictional literature, nonfictional LE documentary-style programs on television, and consumption of television talk shows.

Thus, the participants were more consistent from one time frame to the next with respect to Survey Question 4 compared to Questions 6, 7, 11, 13, and 14.. The Pearson's correlation statistic for Question 4 was $r(13) = 0.93$; $p < 0.001$. Therefore, there was very strong evidence to suggest the entertainment media score was reliable when only Question 4 from the POMCQ was used to compute the score (see Figure 5).

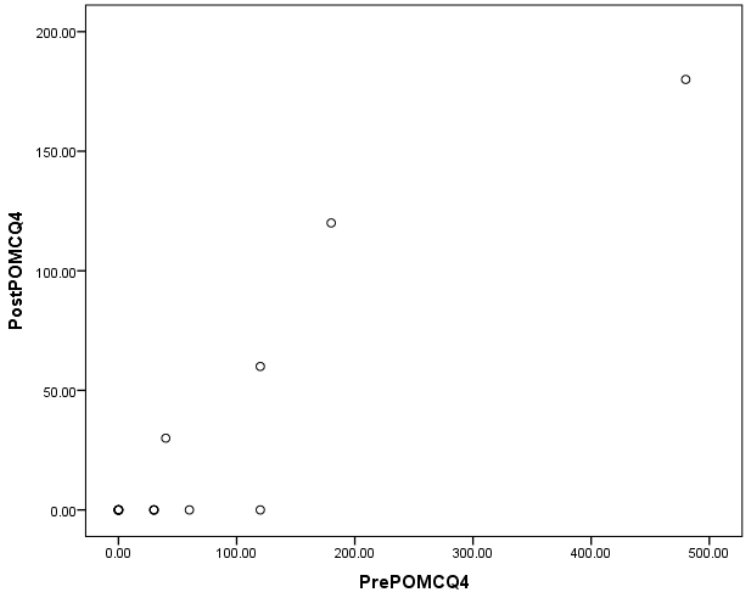


Figure 5. Scatter plot of the entertainment media score (survey question 4 only) test vs. retest.

Modification to the Police Officer Media Consumption Questionnaire

After careful consideration of the analysis from the pilot study, two options were considered to improve the reliability of the EM section of the POMCQ. The first consideration was to reword the five questions found to be inconsistent and reconduct the pilot study. The second consideration was to remove Questions 6, 7, 11, 13, and 14 from the POMCQ; thus, EM would consist of data obtained from Question 4 only.

The first consideration was an adequate modification, but I chose to evaluate EM based on data collected from Question 4. My decision was based on the population's historical inconsistent nature toward completing surveys, which was reported by Nix et al. (2017). Therefore, the likelihood of being able to complete an additional pilot study with reworded questions was not adequate for this current study. The POMCQ was then reduced to a nine-item questionnaire (see Appendix D) by removing Questions 6, 7, 11, 13, and 14, which were related to EM consumption. Therefore, the POMCQ was focused on nine media sources across TM, EM, and SM platforms.

Table 4

Final Media Platforms for Police Officer Media Consumption Questionnaire

Traditional Media	Entertainment Media	Social Media
Television News	Nonfictional Literature	Facebook
Hardcopy or Online Newspaper		Instagram
Radio		Snapchat
		YouTube
		Twitter

The independent variable (consumption of media with LE related information) still consisted of three media consumption platforms: traditional, entertainment, and social media. Table 5 depicts the media platforms and items after the modifications were made to the POMCQ after the pilot study analysis.

Table 5

Final Media Platforms and Items for Police Officer Media Consumption Questionnaire

Media platforms and sources	Items
Traditional media (TM)	1, 5, 6
Entertainment media (EM)	4
Social media (SM)	2, 3, 7, 8, 9

Measures of the Independent Variables in the Main Study

Traditional Media (TM): This variable will be measured on a continuous measurement scale to quantify the amount of time spent consuming LE related information on traditional media. This variable will be computed as the average of Questions 1, 5, and 6 from the modified POMCQ questionnaire. Prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicate less consumption of LE related information on traditional media while larger values indicate more consumption of LE related information on traditional media.

Social Media (SM): This variable was measured on a continuous measurement scale to quantify the amount of time spent consuming law enforcement related information on social media. This variable was computed as the average of questions 2, 3, 7, 8, and 9 from the modified POMCQ questionnaire. Prior to computing the score,

questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicate less consumption of law enforcement related information on social media while larger values indicate more consumption of law enforcement related information on social media.

Entertainment Media (EM)**:** This variable was measured on a continuous measurement scale to quantify the amount of time spent consuming law enforcement related information on entertainment media. This variable was measured by question 4 from the modified POMCQ questionnaire. Prior to computing the score, questionnaire responses were converted to minutes by multiplying the number of reported hours by 60 and adding the number of reported minutes. For example, a response of 3 hours and 15 minutes was converted to 195 minutes. Thus, smaller values indicate less consumption of law enforcement related information on entertainment media while larger values indicate more consumption of law enforcement related information on entertainment media.

Main Study

I extended an invitation to participate in this study to an estimated 5,000 active duty LEOs who are current members of the SCLEOA. Participants received an e-mailed invitation to participate in the study by the SCLEOA on my behalf, which included an embedded hyperlink to access the informed consent and the anonymous Internet survey on SurveyMonkey. The Internet survey consisted of nine items that measured media consumption among LEOs as related to information across three media platforms: TM,

SM, and EM. I additionally included 20 items that measured LEOs' OS and four demographic questions for data analysis.

Seventy-seven (approximately 1.5 %) active duty LEOs invited to participate attempted to complete the survey. Of the 77 respondents, 13 (16.9%) respondents either declined informed consent or failed to answer the consent questions and were omitted from further analyses for purposes of this report. Among the 64 remaining respondents, 16 (25%) failed to answer all the PSQ-Op questions and were removed from further analyses for purposes of this report. Furthermore, among the remaining 48 respondents, 6 (12.5%) failed to answer all the POMCQ questions, and they were removed from further analyses for purposes of this report. The final sample size obtained from recruitment from the SCLEOA group respondents completing the PSQ-Op and POMCQ was 42.

Obtaining a low sample size is not uncommon for LEOs being requested to partake in an Internet-based survey. Research has revealed a decline in completion rates of surveys not overseen face-to-face for this population. Additionally, Internet-based surveys were found to have the lowest response rate among this population than any other form of non-face-to-face survey method (Nix et al., 2017). Therefore, given the low completion rate obtained by the SCLEOA recruitment method, a remedial recruitment method was attempted to increase the overall sample size of this study.

The remedial recruitment plan implemented was to create a social media post on a private Facebook group. This group was comprised of nearly 5, 209 verified LEOs and affiliates in South Carolina. The administrators of the group are repeatedly confirming members of the group as LEOs or affiliates, with non-LEOs being removed from the

group. A Facebook post invitation was posted within the group, which included an embedded hyperlink to access the informed consent and the anonymous Internet survey on SurveyMonkey. The Internet survey consisted of nine items to measure media consumption with LE related information across three media platforms, which were categorized into TM, SM, and EM. Also included were 20 items to measure LEOs' OS and four demographic questions.

One hundred thirty-four (approximately 2.6 %) active duty LEOs from a private Facebook group reached the online survey and attempted to complete the survey. Twenty-eight (21.0%) respondents either declined informed consent or failed todid not answer the consent questions, and they were omitted from further analyses for this report. Among the 106 remaining respondents, 20 (18.9%) failed to answer all the PSQ-Op questions, and they were removed from further analyses for purposes of this report. Additionally, among the remaining 86 respondents, four (4.7%) answer all the POMCQ questions and they were removed from further analyses for the purposes of this report. The final sample size obtained from recruitment from the private Facebook group respondents completing the PSQ-Op and POMCQ was 82.

The second recruitment method observed the same low rate of completion as did the primary method. Therefore, I elected after 56 days of data collection to conclude the data collect segment. The combined sample size between the two recruitment methods yielded a final sample size of n =124. This was 19 fewer than the original target sample size of n =143, which was based off the historical response rates of members of the SCLEOA. I recalculated the power analysis using G*Power, this recalculation showed a

sample size of n =124, a two-sided alpha of 0.05 and 80% power was capable of detecting a medium effect size of r = 0.25 for Hypotheses 1-3 and a medium effect size f2 = 0.08 for Hypothesis 4.

Descriptive Statistics for Demographic Variables

Descriptive statistics for demographic variables was the first statistical analyses performed. Among the 124 study participants, 2 (1.6%) failed to provide their gender. Among the remaining 122 study participants, there were 90 (72.6%) males and 32 (25.8%) females. A total of 1 (0.8%) failed to report their age. Among the remaining 123 participants, the average (and standard deviation) age was 40.5 (8.7) and the range was 23 to 61. A total of 4 (3.2%) participants failed to report their years of service. Among the remaining 120 study participants, the average (and standard deviation) number of years of service was 15.4 (8.5) and the range was 1 to 40. A total of 1 (0.8%) failed to report their years of education. Among the remaining 123 participants, the average (and standard deviation) years of education was 15.0 (3.8) and the range was 2 to 20. Among the 124 study participants, Cronbach's alpha for the 20-item PSQ-Op score was 0.92, indicating excellent reliability. See Appendix E for detailed descriptive statistics and frequency tables for all survey questions.

Descriptive Statistics for the Independent and Dependent Variables

Table 6 shows descriptive statistics for the independent and dependent variables. Considering the smallest possible score for the consumption of media with a LE related information on the three different media platforms for traditional media (TM) social media (SM), and entertainment media (EM) was 0 and the maximum possible score was

10,080 (maximum minutes in a week), the mean time spent consuming TM was 118.87, SM was 70.0, and EM was 86.6. Taking in count, that the minimum score on the PSQ-Op was a 1 and the maximum score was a 7, the mean score of 4.13, which was near the middle of the scoring range of 4.0 indicates on average, the study participants had a moderate amount of stress. Additionally, it should be noted that among the 124 study participants, Cronbach's alpha for the 20-item PSQ-Op score was 0.92, indicating excellent reliability.

Table 6

Descriptive Statistics for Independent and Dependent Variables

	N			Std.		
	Valid	Missing	Mean	Deviation	Minimum	Maximum
Amount of time per week (minutes) spent consuming law enforcement related information on traditional media	124	0	118.6	173.0	0.0	1320.0
Amount of time per week (minutes) spent consuming law enforcement related information on entertainment media	124	0	86.9	202.9	0.0	1220.0
Amount of time per week (minutes) spent consuming law enforcement related information on social media	124	0	70.0	105.0	0.0	720.0
Operational Police Stress Questionnaire (PSQ-Op) Score	124	0	4.1	1.2	1.0	6.9

[a] Independent variables: Media Consumption.
[b] Dependent variable: Operational Police Stress Questionnaire (PSQ-Op) Score

Data Analysis and Results

Research Question 1

The principal research question was what, if any, relationship was there between the amount of OS and the amount of time spent consuming LE related media among LEOs, in the state of South Carolina? The first research question was as follows: What, if any, relationship exists between law enforcements' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms? To answer this question the following hypotheses were formulated:

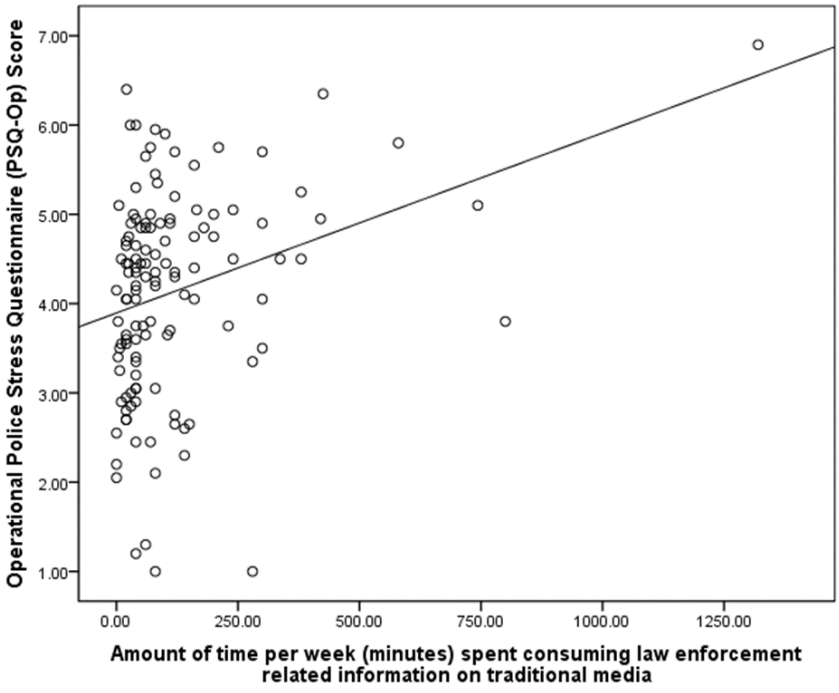
$H1_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

$H1_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms.

The planned analysis for testing hypothesis 1 was Pearson's correlation analysis. The assumptions for Pearson's correlation were evaluated prior to conducting the analysis. One of the assumptions was that the two variables have a normal distribution. Appendix F shows the independent variables had highly skewed distributions and therefore did not meet the normality assumption for Pearson's correlation. An alternative to Pearson's correlation statistic was Spearman's rho correlation statistic. Spearman's rho does not require normal distributions. The only requirement for Spearman's rho was that the relationship between the two variables was monotonic. That is, either an increasing,

or a decreasing trend, but not a curvilinear relationship such as a U-shaped pattern. This assumption was confirmed by inspection of a scatterplot of LEOs' OS versus TM (Figure 6). Thus, Spearman's rho was used to test hypothesis 1 instead of Pearson's correlation. Figure 6 is a scatter plot which graphically depicts the relationship between OS and TM. The figure shows some evidence of a positive correlation between the two variables.

The results of the Spearman's correlation analysis showed there was a statistically significant, moderately positive correlation between OS and TM, $r_s(122) = 0.32$; $p < 0.001$; medium effect size $r = 0.32$. The null hypothesis was rejected, and it was concluded that among LEOs, those who spend more time-consuming LE related information on traditional media tend to have a higher level of OS.



Spearman's rho: $r_s(122) = 0.32$; $p < 0.001$; medium effect size $r = 0.32$

Figure 6. Scatter plot of Operational Police Stress Questionnaire and amount of time per week (minutes) spent consuming law enforcement related information on traditional media.

Research Question 2

The second research question was as follows: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms? To answer the question, the following hypotheses was formulated:

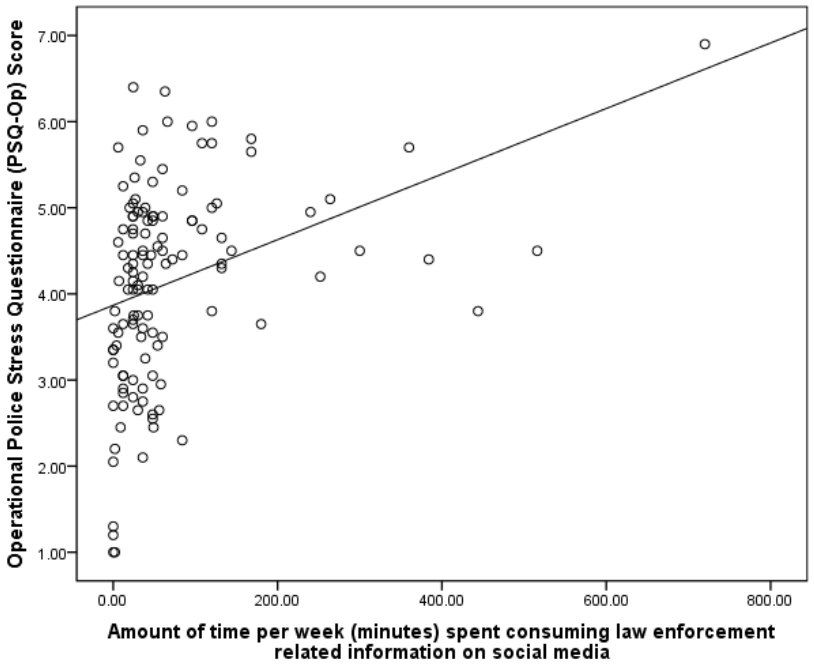
$H2_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

$H2_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on social media platforms.

Spearman's rho correlation was used to test hypothesis 2 because the assumptions for Pearson's correlation were not satisfied. Specifically, the SM score had a non-normal distribution. The assumption that the relationship between the two variables are monotonic was confirmed by inspection of a scatterplot of OS versus SM (Figure 7). Figure 7 is a scatter plot which graphically depicts the relationship between OS and SM. The figure shows some evidence of a positive correlation between the two variables.

The results of the Spearman's correlation analysis showed there was a statistically significant, moderately positive correlation between OS and SM, $r_s(122) = 0.44$; $p <$

0.001; medium to large effect size $r = 0.44$. The null hypothesis was rejected, and it was concluded that among LEOs, those who spend more time-consuming LE related information on social media tend to have a higher level of OS.



Spearman's rho: $r_s(122) = 0.44$; $p < 0.001$; medium to large effect size r = 0.44.

Figure 7. Scatter plot of Operational Police Stress Questionnaire and amount of time per week (minutes) spent consuming law enforcement related information on social media. Spearman's rho: $r_s(122) = 0.44$; $p < 0.001$; medium to large effect size r = 0.44.

Research Question 3

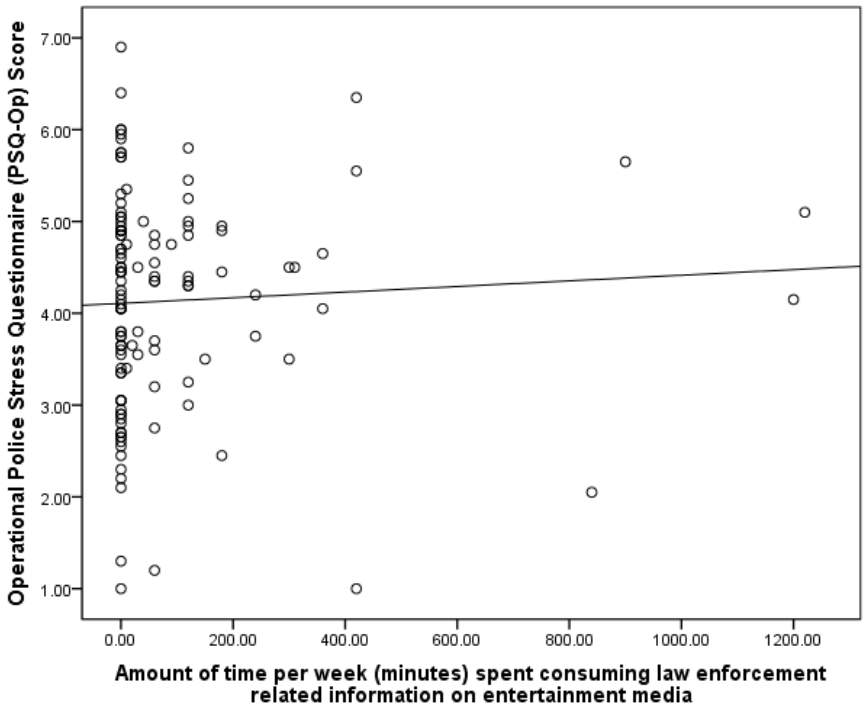
The third research question was as follows: What, if any, relationship exists between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms? To answer the question, the following hypotheses was formulated:

$H3_0$: There is no relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

$H3_a$: There is a relationship between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms.

Spearman's rho correlation was used to test hypothesis 3 because the assumptions for Pearson's correlation were not satisfied. Specifically, the EM score had a non-normal distribution. The assumption that the relationship between the two variables are monotonic was confirmed by inspection of a scatterplot of OS versus EM (Figure 8). Figure 8 is a scatter plot which graphically depicts the relationship between OS and EM. The figure shows little evidence of a correlation between the two variables.

The results of the Spearman's correlation analysis showed there was not a statistically significant correlation between OS and EM, $r_s(122) = 0.08$; $p = 0.38$; small to medium effect size $r = 0.08$. The null hypothesis was not rejected, and it was concluded that among LEOs, there was insufficient evidence to show a relationship between the amount of time-consuming LE related information on entertainment media and the level of OS.



Spearman's rho: $r_s(122) = 0.08$; $p = 0.38$; small effect size $r = 0.08$.

Figure 8. Scatter plot of Operational Police Stress Questionnaire and amount of time per week (minutes) spent consuming law enforcement related information on entertainment media. Spearman's rho: $r_s(122) = 0.08$; $p = 0.38$; small effect size $r = 0.08$.

Research Question 4

The fourth research question was as follows: Which, if any, of the two or more types of law enforcement related media consumption (TM, SM, EM) collectively better predict operational than any single media type alone among law enforcement officers? To answer this question, the following hypothesis was formulated:

$H4_0$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively do not better predict operational stress than any single media type alone among law enforcement officers.

$H4_a$: Two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers.

The planned analysis for testing hypothesis 4 was stepwise multiple linear regression analysis. The assumptions for multiple linear regression analysis were evaluated prior to conducting the analysis. The assumption of linearity of relationship between the independent and dependent variables was evaluated by inspection of scatter plots between the independent and dependent variables. Inspection of Figures 6 - 8 above suggest the linear relationship assumption was satisfied. The assumption of constant variance, or homoscedasticity (i.e. the difference between the observed and predicted values of the dependent variable are constant across different predicted values of the dependent variable) was confirmed by inspection of a scatterplot of the studentized residuals against the unstandardized predicted values. The assumption that the error terms have a normal distribution with a mean of zero was confirmed by inspection of a histogram of the studentized residuals. The assumption that multicollinearity was not present (i.e. the independent variables included in the model were not too strongly correlated with each other) was not evaluated since the model contained only one independent variable. Based upon the results of these evaluations (see appendix K) the assumptions for multiple linear regression analysis were considered satisfied.

Table 7 shows the results of the stepwise multiple linear regression analysis for testing hypothesis 4. The overall regression model was statistically significant, $F(1, 122) = 16.4$; $p < 0.001$; medium effect size $f^2 = 0.14$. However, only one independent variable,

time spent consuming LE related information on social media platforms (SM) was statistically significant. The null hypothesis was not rejected, and it was concluded two or more types of LE related media consumption (TM, SM, EM) do not collectively better predict OS than SM alone among LEOs.

Table 7

Multiple Linear Regression for Testing Hypothesis 4

Model [a, b]		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	*p*-value
1	(Constant)	3.9	0.1		32.7	0.0
	Amount of time per week (minutes) spent consuming law enforcement related information on social media	0.0	0.0	0.3	4.1	0.0

a. Dependent Variable: Operational Stress Questionnaire Score (OS)
b. $F(1, 122) = 16.4$; $p < 0.001$; $f^2 = 0.14$

The unstandardized coefficient (B) measures how much the dependent variable (OS) changes on average for a 1-point (1 minute) increase in the independent variable. A one-minute increase in SM was not very meaningful, so to make the model more practical to interpret, SM was converted to units of standard deviations. The standard deviation for SM was 105.0. Therefore, SM was divided by 105.0 so that a 1-point increase in the independent variable represents a 105.0 minutes/week increase. Table 8 shows the results of the stepwise multiple linear regression analysis for testing hypothesis 4 after converting SM to units of standard deviations.

Table 8

Multiple Linear Regression for Testing Hypothesis 4 After Converting Social Media to Units of Standard Deviations

	Unstandardized Coefficients		Standardized Coefficients		
Model [a, b]	B	Std. Error	Beta	t	*p*-value
(Constant)	3.9	0.1		32.7	0.0
Amount of time per week (measured in units of standard deviations) spent consuming law enforcement related information on social media. [c]	0.4	0.1	0.4	4.1	0.0

Note. a. Dependent Variable: Operational Police Stress Questionnaire Score. b. $F(1, 122) = 16.4$; $p < 0.001$; $f^2 = 0.14$. c. One standard deviation = 105.0 minutes/week.

The equation of the model is: OS = 3.87 + 0.40*SM where OS was the average OS score and SM was the amount of time per week (minutes, measured in units of standard deviations, 105.0 minutes/week) spent consuming LE related information on social media. The interpretation of the model was, the average OS score was expected to increase by 0.40 minutes for every 105.0 minute/week increase in SM. The R^2 for the model was 0.12, which means SM explains 12.0% of the total variance in OS. The effect size was $f^2 = 0.14$, which was a medium effect size.

Summary

An estimated 10,000 active duty LEOs were invited to participate in the study. Two hundred and ten (approximately 2%) of those invited to participate attempted to complete the survey, resulting in a final sample size of 124 (1.2% response rate). The

data collected from 124 participants via an Internet survey were imported into SPSS software program for analysis.

Descriptive statistics were conducted to identify demographic characteristics of the sample. The majority of the participants were male (72.6%) and 25.8% were female, with the remaining percentage calculating for those not providing information. The average age of the sample was 40.5 years of age, with an average of 15.4 years of service in LE. The sample had an average of 15 years of education.

Spearman's rho correlation and stepwise multiple linear regression were performed to test the hypotheses. Results illustrated a statistically significant evidence that individually, TM and SM are statistically significantly correlated with OS but EM was not correlated with OS. Specifically, on average, the more time a police officer spends watching LE related information on either traditional or social media, the more occupational stress they will experience. There was insufficient evidence to suggest two or more types of media better predict occupational stress than either TM or SM alone. Among the three types of media, social media was the strongest predictor of occupational stress.

Chapter 5 includes an interpretation of the findings, limitations of the study, recommendations for further research, and implications for positive social change. Chapter 5 also includes a discussion on how the findings from the current study align or diverge from findings of prior research studies in the literature review.

Chapter 5: Summary, Conclusion, and Recommendations

Introduction

The purpose of this nonexperimental quantitative correlational study was to determine whether relationships exist among LEOs' OS and consumption of traditional, social, and entertainment media with LE related information by LEOs in South Carolina. As technology is making the consumption of LE related information more accessible, it is necessary for LEOs to understand that media consumption can impact stress. Although researchers have conducted studies on the impact of media consumption on different groups (Awan, 2016; Donovan & Klahm IV, 2015; Hoffman, 2012; Reeves & de Vries, 2016; Roche et al., 2015), little to no research has been conducted on the relationship between media consumption and OS of LEOs. Chapter 5 contains a summary of this study, which encompasses the (a) interpretations of significant findings, (b) limitations, (c) recommendations for further research, (d) implications for positive social change, and (e) conclusions.

Interpretation of Findings

Participants of this study included active duty LEOs (n = 124) who are members of either the SCLEOA or a private Facebook group. The sample was predominantly male with 90 (72.6%) males and 32 (25.8%) females. The average age of the participants was 40.5 years of age, with 21 (17.1%) reporting between 23-31, 48 (39%) between 32-41, 40 (32.5%) between 42-51, and 14(11.4%) between the ages of 52-61. Twelve (12.5%) reported having between 1 to 5 years of service and 25 (20.8%) reported having 6-10 years of service. Most of the participants (44; 36.7%) reported having 11-20 years of

service. Thirty-one (25.8) reported having 21-30 years of service, with only five (4.2%) reporting years of service between 31 and 40 years. The participants reported having an average of 15 years of education.

In addition to demographic information, descriptive statistics for the dependent (OS) and independent variables (consumption of LE related media) were examined. The average time of consumption for TM was 1 hour and 48 minutes a week, which was the largest of consumption time among the three independent variables. Social media was reported to have the lowest average time of consumption among LEOs with an average consumption time of 1 hour and 10 minutes per week. EM had an average consumption time of 1 hour and 27 minutes per week. The OS scores of LEOs had an average score of 4.13, which indicated that on average, the study participants had a moderate amount of stress, considering that the smallest possible score for OS was 1 and the maximum possible score was 7.

Spearman's rho and stepwise multiple linear regression were also performed to test hypotheses and answer the research questions. Spearman's rho was used only after an analysis of the independent variables revealed highly skewed distributions; therefore, Person's correlations analysis could not be performed. All statistical analyses were performed using SPSS (v24) software with a two-sided 5% alpha level. A p value of less than 0.05 was established to support rejecting the null hypotheses. This section provides an interpretation of the findings presented in Chapter 4.

Research Question 1

Research Question 1 queried whether a statistically significant relationship existed between law enforcement officers' operational stress and the amount of time spent consuming law enforcement related information on traditional media platforms. Hypothesis 1 was tested using Spearman's rho analysis. According to the results of the data analysis, there was a statistically significant, moderately positive correlation between LEOs' OS and the amount of time spent consuming media with LE related information on TM platform, $r_s(122) = 0.32$; $p < 0.001$; medium effect size $r = 0.32$. Therefore, the null hypothesis was rejected, and it was concluded that among active duty LEOs in South Carolina, those who spend more time-consuming LE related information on TM platforms tend to have a higher level of OS.

The findings to this research question are not surprising, given prior research has linked a positive connection between the consumption of TM regarding the 9/11 attack and Iraq War to acute stress (Silver et al., 2013). In contrast, the findings regarding the average amount of time-consuming TM contradicted research showing the consumption of TM on the decline (Pew Research Center, 2018). Despite these findings, TM consumption was the main source of media platform consumption among my sample, which comprised of over one-third (39%) from the millennial or Gen Y generation. Future researchers within the area of TM consumption and stress might examine the consumption rates of the different generation toward specific types of generational type stressors.

Research Question 2

Research Question 2 queried whether a statistically significant relationship existed between law enforcement operational stress and the amount of time spent consuming law enforcement related information on social media platforms. Hypothesis 2 was tested using Spearman's rho analysis. According to the results of the data analysis, there was a statistically significant, moderately positive correlation between LEOs' OS and the amount of time spent consuming media with LE related information on SM platform, $r_s(122) = 0.44$; $p < 0.001$; medium to large effect size $r = 0.44$. Therefore, the null hypothesis was rejected, and it was concluded that among active duty LEOs in South Carolina, those who spend more time consuming LE related information on SM platforms tend to have a higher level of OS.

The findings to this research question expand the body knowledge, as little to no research has revealed the relationship of SM consumption and stress. Though the Nelson Center (2018) reported that adults over the age of 18 spend an average of 45 minutes a day on social media, SM consumption among my sample was only 25 minutes higher on average per week compared to reported daily usage averages of adults in the United States. Through my 11 years of professional experience as a LEOs, I perceive this misalignment of averages between my sample and the average adults in the United States being related to the hours LEOs spend on shift work and/or departmental policies regarding social media usage while on duty. In addition, the Nelson Center (2018) includes all forms Internet consumption, not just SM which may explain the misalignment. Regardless of being the smallest weekly consumption average among my

study's three media platforms, SM has the highest correlation among my sample. Future research, within the area of SM consumption and stress, might focus on the causes of such short consumption rates leading to higher relationship of stress.

Research Question 3

Research Question 3 queried whether a statistically significant relationship existed between law enforcement officer occupational stress and the amount of time spent consuming law enforcement related information on entertainment media platforms. Hypothesis 3 was tested using Spearman's rho analysis. According to the results of the data analysis, there was not a statistically significant correlation between LEOs' OS and the amount of time spent consuming media with LE related information on EM platform, $r_s(122) = 0.08$; $p = 0.38$; small to medium effect size $r = 0.08$. Therefore, the null hypothesis was not rejected, and it was concluded that among active duty LEOs' in South Carolina, there is insufficient evidence to show a relationship between the amount of time consuming LE related information on EM platforms and the level of OS.

The findings to this research question expand the body knowledge, as little to no research has illustrated the relationship of EM consumption on stress. The findings to this research question was not surprising, as EM was only measured on the consumption of nonfictional literature. This was one of the key limitations to this study, as EM did not encompass any form of entertainment television type programming, which needs to be examined because 40% of media consumption by adults in the United States is on live television (The Nielsen Company, 2018). Therefore, future research is needed to strengthen the measurement of the consumption of EM to include entertainment

television. Subsequently, research should reexamine whether there is a relationship between EM consumption and LEOs OS.

Research Question 4

Research Question 4 queried whether any of the two or more types of law enforcement related media consumption (traditional, social, or entertainment media) collectively better predict operational stress than any single media type alone among law enforcement officers. Hypothesis 4 was tested using stepwise multiple linear regression. According to the results of the data analysis, the overall regression model was statistically significant, $F(1, 122) = 16.4$; $p < 0.001$; medium effect size $f_2 = 0.14$. However, only one independent variable, time spent consuming LE related information on social media platforms (SM), was statistically significant. Therefore, the null hypothesis was not rejected, and it was concluded that two or more types of LE related media consumption (TM, SM, EM) do not collectively better predict OS than SM alone among LEOs in South Carolina.

The findings to this research question expand the body knowledge, as there has been little to no research on the relationship between a combination of media platform consumption and stress. The findings to this research question go against my assumption that if any one media platform's consumption was found to have a relationship, then the combination of two or more would better predict LEOs' OS. Future researchers might examine specific platform combinations as a better predictor of LEOs' OS than the totality of general media platforms.

Interpretation of The Theoretical Framework

LE is a unique culture, therefore, to gain an understanding of how police officers translate operational event and incidents into stress, I took a bi-fold theoretical approach to gain a better understanding. The first theory utilized to gain an understanding of LEOs stress perception was Bandura's (1977) social learning theory. Bandura's notion is one's perception and choices are altered by their observational learning of one's culture or environmental surroundings. I came to the interpretation there are operational events and incidents which are deemed stressful based off the observation of other LEOs within a culture. This interpretation was concluded by examining the frequency charts (see Appendix E) of the response by the participants to the PSQ-OP. During this analysis it was observed that five specific events have been highly skewed towards causing higher than moderate stress among the sample; eating healthy at work (60.5%), finding time to stay in good physical condition (63.7%), fatigue (66.1%), occupation-related health issues (60.4%), and feeling like one was always on duty (57.2%). This information supports the notion that LEOs may be perceiving different events based off the observations of their unique culture.

The second theoretical approach utilized to gain an understanding of how LEOs perceive events and incidents as stressful, was rational choice theory. Rational choice theory outlines choices are made by the measurement of rewards and consequences, which can alter behavioral actions within a person (Oppenheimer, 2008; Scott, 2000). I concluded, based off the interpretation of the data collected from the PSQ-Op, that most operational events and incidents are perceived as stressful based off the free will

judgement of LEOs. This interpretation was illustrated by the nearly equal, or sporadic distribution of items, being perceived as not stressful to highly stressful across fifteen of the twenty PSQ-Op items by the participants. This analysis supports my notion that LEOs perceive stress based off the LE culture they are enrooted within and by their own free will to make decisions based off the potential rewards and consequences of the event or incident.

Limitations of the Study

For the study to make a significant contribution to altering abilities of media consumption and LEOs OS literature, it was paramount to realize the study's limitations. Although the study provided LEOs leadership and policymakers in South Carolina with useful information, it has several limitations that could be focused on by altering or modifying the research design. The use of a correlation design was the first limitation of the study. Although a relationship was established between two of the three independent variables, and the dependent, causation was not determined. The second limitation to the study was the use of a self-reported Internet survey, which increased the risk of participants not answering all the questions in a truthful manner and hindered my ability to ask explorative questions to gain additional information about LEOs perceptions.

The third limitation of the study was the use of a convenience sampling method, in which LEOs were selected from either their membership within the SCLEOA or the private Facebook group. Despite nonrandom sampling being a less desirable method of sampling (Creswell & Creswell, 2018; Ethikan, Musa, & Alkassim, 2015), the use of this method provided a diverse selection of LEOs for the state of South Carolina, from

different types and sizes of agencies, age (range of 23 to 61), and years of service (range of 1 to 40).

The last limitation of the study was the measurement of EM within the POMCQ. The study only measured the consumption of nonfictional literature as a source of EM. This limitation was created after the analysis of the pilot study revealed the questions measuring other sources of EM, such as the consumption of documentary television programs, crime drama programs, and fictional literature were found to be unreliable. These types of questions were then removed from the POMCQ for the current study, with the notation of additional research and analysis needed to straighten this segment of the POMCQ.

Recommendations of Further Research

The current study contributes to the body of knowledge on the altering abilities of media consumption and LEOs OS; however, the limitations of the study affected the generalization of the findings. Therefore, future researchers might consider several issues in further research efforts. First, further consideration was recommended to strengthen and expand the source of EM media outlined in the POMCQ, as to provide a more in-depth examination of the consumption EM by LEOs. Further research efforts might then replicate study with the same population utilizing face-to-face versus Internet surveys. This might increase the target population (n = 124), might increase the rate of completion, might provide a more generalization of the data, and might provide a more informative analysis of if there is a relationship between the consumption of EM with LE related information and LEOs OS. Another consideration might be to replicate the study

with the same LEOs populations for a different geographical area. Such a study might give a comparison into whether the study's findings are generalized to one area or observed in different geographical areas across the United States.

In the current study, demographic characteristics were described using descriptive statistics. For instance, the sample consisted of 72.6% males, which might provide an opportunity for future researchers to determine if findings are similar across demographic variables. A researcher might consider using the International Association of Women Police as a target population. While in the current study, race was not measured, this is an area future research should consider. A possible consideration for a target population are current members of the National Black Police Association. Additionally, further research might examine organizational stress as the dependent variable, which might provide researchers with a complete understanding of the impact media has on LEOs stress.

A limitation of this study was the use of a correlational study design. Correlational study designs do not provide evidence of cause and effect relationships. Therefore, future research might consider using a qualitative phenomenological research design. A phenomenological research design aims at exploring the lived experiences of the target population regarding a specific phenomenon in common. Hence, gaining personal experiences into media consumption related to LEOs stress might provide empirical evidence to cause and effect relationship.

Implications for Positive Social Change

The results of my study could be useful to LE administrations and policy makers in making decisions regarding the education of, approaches to, and strategies toward

stress management training practices. According to the findings of the study, among active duty LEOs in South Carolina, TM and SM had a statistically significant relationship with LEOs OS. While this study did not find any relationship between EM or that any combination of media platforms better predicted LEOs OS, LE administrations and policy makers may want to emphasize the impact media consumption on all platforms has toward LEOs OS.

The significance and positive social change implications of my study are LE administrations and policy makers could use the results from my study to gain a better understanding of 21st century stressors plaguing LEOs. Equally important, decisions about organizational and LEOs education programs, expansion and creation of repetitive stress management training might be examined to better prepare LEOs in South Carolina to cope and handle stress. My findings can also be used to support the creation of a stress management program that provides a multitype stress management skillset approach. A multitype training approach is suitable as my findings show stress can either be learned through cultural observations or personal judgement. Therefore, training created or altered to utilize self-regulation skills, relaxation training, resilience training, or any combination of skills to overcome the stressor, might be beneficial to all stakeholders (Aagaard, Fuberg, Rineer, n.d; Murphy, 1996). Also, no one skillset can be used to manage stress, training needs to prepare LEOs to handle both the psychologic and physiologic effects of stress (Aagaard, Fuberg, Rineer, n.d; Murphy, 1996). South Carolina Criminal Justice Academy (2017) address in their stress management training block, for skills to be developed, a progression of learning must take place consisting of

sound fundamentals, concentration, consistency, accuracy, and speed. Furthermore, stress management skills are perishable, therefore supporting the need for annual stress management training for LEOs in South Carolina, grounded by their own teaching.

Conclusion

This study successfully met the purpose of the research and provided practical information for LEOs, administration, and policy makers. The general problem addressed was that LEOs are faced with countless stressors throughout their careers and need to be able to identify and handle these stressors, so they can make sound split-second decisions to better serve their communities. The research problem was that that literature indicated a relationship between media consumption and altering perceptions and behaviors; however, little was known on the impact media consumption with LE related information had on LEOs OS. The purpose of the quantitative correlational study was to assess the relationship among time spent consuming TM, SM, and EM with LE related information and LEOs OS within South Carolina. The research questions were designed to answer whether, and to what extent, correlations exist among time spent consuming TM, SM, and EM and LEOs OS. Among active duty LEOs in South Carolina, the consumption of TM and SM had a statistically significant relationship with LEOs OS. There was no evidence of a relationship between time spent consuming EM and LEOs OS. Likewise, no evidence supported the consumption on two or more media platforms collectively better predicted OS than any single media type alone among active duty LEOs in South Carolina.

The consumption of media was measured on three general media platform types; traditional, entertainment, and social media which contained LE related information. TM was the highest type of media platform consumed weekly (avg. 118 minutes per week), with EM (avg. 87), and SM with the lowest average consumption rate at 70 minutes per week. Considering the smallest possible score for LEOs OS was a 1 and the maximum possible score was a 7, active duty LEOs in South Carolina had on average moderate amounts of stress. The significance is that LE administrations and policymakers could use the results of this study to expand the stress management program and laws within the state of South Carolina to encompass the need for annual stress management training geared around stressors created by 21st century technology.

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Appendix A: Survey Instrument

Demographics

1. Gender Male or Female
2. Age (rounded to nearest year) _____
3. Years of Service (rounded to nearest year) _____
4. Years of Education (rounded to nearest year) _____

Operation Police Stress Questionnaire

Below is a list of items that describe different aspects of being a police officer. After each item, please circle how much stress it has caused you over the past 6 months, using a 7-point scale (see below) that ranges from "No Stress At All" to "A Lot Of Stress"

No Stress At All			Moderate Stress			A Lot Of Stress
1	2	3	4	5	6	7

1. Shift work 1 2 3 4 5 6 7
2. Working alone at night 1 2 3 4 5 6 7
3. Over-time demands 1 2 3 4 5 6 7
4. Risk of being injured on the job 1 2 3 4 5 6 7
5. Work related activities on days off (e.g. court, community events) 1 2 3 4 5 6 7
6. Traumatic events (e.g. MVA, domestics, death, injury) 1 2 3 4 5 6 7
7. Managing your social life outside of work 1 2 3 4 5 6 7
8. Not enough time available to spend with friends and family 1 2 3 4 5 6 7
9. Paperwork 1 2 3 4 5 6 7

10. Eating healthy at work	1 2 3 4 5 6 7
11. Finding time to stay in good physical condition	1 2 3 4 5 6 7
12. Fatigue (e.g., shift work, over-time)	1 2 3 4 5 6 7
13. Occupation-related health issues (e.g., back pain)	1 2 3 4 5 6 7
14. Lack of understanding from family and friends about your work	1 2 3 4 5 6 7
15. Making friends outside the job	1 2 3 4 5 6 7
16. Upholding a "higher image" in public	1 2 3 4 5 6 7
17. Negative comments from the public	1 2 3 4 5 6 7
18. Limitations to your social life (e.g., who your friends are, where you socialize)	1 2 3 4 5 6 7
19. Feeling like you are always on the job	1 2 3 4 5 6 7
20. Friends / family feel the effects of the stigma associated with your job	1 2 3 4 5 6 7

Police Officer Media Consumption Questionnaire

The POMCQ comprises of fourteen questions created to gain an understanding of the time spent in the last week, law enforcement officers consume media on three specific types of media platforms; (1) traditional media, (2) social media, and (3) entertainment media which contained law enforcement related information. The consumption of media will be measured on a scale of hours ranging from 0 minutes (minimum hours in a week) to 168 hours (maximum hours in a week) and/or minutes ranging from 0 to 60 minutes (after the 60 minute mark it should be rounded to the next hour). For the purpose of this survey law enforcement information is defined as any directly or indirectly, fictional or nonfictional, subjective or objective context pertaining to information linked to the law enforcement environment.

1. How much time in the last week did you spend consuming law enforcement related information on any television news platforms? (TM)

   Hours_____Minutes_____

2. How much time in the last week did you spend consuming law enforcement related information on Facebook? (SM)

   Hours_____Minutes_____

3. How much time in the last week did you spend consuming law enforcement related information on Instagram? (SM)

   Hours_____Minutes_____

4. How much time in the last week did you spend consuming law enforcement related information by reading nonfictional literature? (EM)

   Hours_____Minutes_____

5. How much time in the last week did you spend consuming law enforcement related information by reading hardcopy or online newspaper? (TM)

   Hours_____Minutes_____

6. How much time in the last week did you spend consuming law enforcement related information through the consumption of television crime dramas? (EM)

   Hours_____Minutes_____

7. How much time in the last week did you spend consuming law enforcement related information through consuming reality crime shows on television? (EM)

   Hours_____Minutes_____

8. How much time in the last week did you spend consuming law enforcement related information from any type of radio platform? (TM)

   Hours_____Minutes_____

9. How much time in the last week did you spend consuming law enforcement related information on Snapchat? (SM)

   Hours_____Minutes_____

10. How much time in the last week did you spend consuming law enforcement related information on YouTube? (SM)

    Hours_____Minutes_____

11. How much time in the last week did you spend consuming law enforcement related information by reading fictional literature? (EM)

    Hours_____Minutes_____

12. How much time in the last week did you spend consuming law enforcement related information on Twitter? (SM)

    Hours_____Minutes_____

13. How much time in the last week did you spend consuming law enforcement related information through consumption of nonfictional law enforcement documentary-style programs on television? (EM)

    Hours_____Minutes_____

14. How much time in the last week did you spend consuming law enforcement related information through consumption of television talk shows? (EM)

    Hours_____Minutes_____

Appendix B: Permission Granted to Use PSQ-Op

Don McCreary
Sun 10/21, 8:25 PM
Patrick, thanks for the note. The PSQ measures are free to use for students, researchers, and those working in public safety - actually, they are free to use for everyone. The method of scoring is just to compute an overall average - sum responses and divide by 20. This is done separately for both Op and Org scales. I do recommend using both Op and Org measures, especially since Org stress tends to be higher on average. But I understand that every study has its specific length issues, and not every study can use both. I am hoping you know that McCreary & Thompson (2006) describes the development and validation of the measures, but a recent paper by McCreary, Fong, and Groll (2017) provides high/moderate/low cut points for each scale, as well as norms.

Good luck with your study.

Best,
Don

Don McCreary, PhD
Owner, DRM Scientific Consulting
Adjunct Professor of Psychology
Fellow, American Psychological Association
Toronto, Canada

Patrick Schmucker
Sun 10/21, 8:19 PM
Dr. McCreary,

I first would like to thank you for the quick reply. I am conducting my dissertation research on if there is a correlation between law enforcement officers operational stress and the consumption of media with a law enforcement agenda. I have selected your instrument due to its proven validity and reliability. I am emailing you to obtain permission to use your instrument within my study. I am also requesting the method for which you designed the PSQ-Op to be scored.

I want to thank you in advance for your time and consideration.

Patrick Schmucker

Appendix C: Subject Matter Expert Review of POMCQ

Subject Matter Expert #1 Review:

Suggestion #1 – I see you are listing news media, is there a purpose if so let me know. It seems like this question can focus more on what station I am relying on for information. This could lead to some bias assumptions (Fox News vs MSNBC or CNN).

Suggestion #2 – I would lay it out in a totally different format.

Subject Matter Expert #2 Review:

Suggestion #1 - For the student I mentor, I require multiple questions to try to capture any single research question or underlying concept. That is a way to increase validity. If only one question is used, it's really hard to determine if the underlying concept is accurately being collected.

Suggestion #2 - In terms of the questions themselves, I recommend avoiding "on average" as that relies both on recall as well as the ability to try to figure out some sort of numeric value. Asking about last week or their behavior the last week or even the last few days would get a more accurate result.

Suggestion #3 - Finally, there are existing survey questions related to media consumption that could be used (and modified as needed for the law enforcement angle) that may be a better starting point for these questions. A quick Google search helped me locate a recent survey from Pew on social media consumption. The way the questions are asked - i.e. getting a baseline if people use a cite and then how frequently - may be a better approach. Pew has a good deal of resources

they can use in constructing valid surveys and there are likely other resources out there that could be consulted.

Subject Matter Expert #3 Review:

Suggestion #1 - I like the new version. Will you define what is law enforcement information? (If you think it is needed I can define it in chapter one) I am more concerned about the person completing the survey.

Appendix D: Modified POMCQ 9-Items

Police Officer Media Consumption Questionnaire

The POMCQ comprises of fourteen questions created to gain an understanding of the time spent in the last week, law enforcement officers consume media on three specific types of media platforms; (1) traditional media, (2) social media, and (3) entertainment media which contained law enforcement related information. The consumption of media will be measured on a scale of hours ranging from 0 minutes (minimum hours in a week) to 168 hours (maximum hours in a week) and/or minutes ranging from 0 to 60 minutes (after the 60 minute mark it should be rounded to the next hour). For the purpose of this survey law enforcement information is defined as any directly or indirectly, fictional or nonfictional, subjective or objective context pertaining to information linked to the law enforcement environment.

1. How much time in the last week did you spend consuming law enforcement related information on any television news platforms? (TM)

   Hours_____Minutes_____

2. How much time in the last week did you spend consuming law enforcement related information on Facebook? (SM)

   Hours_____Minutes_____

3. How much time in the last week did you spend consuming law enforcement related information on Instagram? (SM)

   Hours_____Minutes_____

4. How much time in the last week did you spend consuming law enforcement related information by reading nonfictional literature? (EM)

   Hours_____Minutes_____

5. How much time in the last week did you spend consuming law enforcement related information by reading hardcopy or online newspaper? (TM)

   Hours_____Minutes_____

6. How much time in the last week did you spend consuming law enforcement related information from any type of radio platform? (TM)

   Hours_____Minutes_____

7. How much time in the last week did you spend consuming law enforcement related information on Snapchat? (SM)

   Hours_____Minutes_____

8. How much time in the last week did you spend consuming law enforcement related information on YouTube? (SM)

   Hours_____Minutes_____

9. How much time in the last week did you spend consuming law enforcement related information on Twitter? (SM)

   Hours_____Minutes_____

Appendix E: Descriptive Statistics and Frequency Tables for All Survey Questions

Table E1

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	90	72.6	73.8	73.8
	Female	32	25.8	26.2	100.0
	Total	122	98.4	100.0	
Missing	System	2	1.6		
Total		124	100.0		

Table E2

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	23	1	0.8	0.8	0.8
	25	2	1.6	1.6	2.4
	26	2	1.6	1.6	4.1
	27	2	1.6	1.6	5.7
	28	3	2.4	2.4	8.1
	29	7	5.6	5.7	13.8
	30	3	2.4	2.4	16.3
	31	1	0.8	0.8	17.1
	32	2	1.6	1.6	18.7
	33	4	3.2	3.3	22.0
	34	3	2.4	2.4	24.4
	35	8	6.5	6.5	30.9
	36	5	4.0	4.1	35.0
	37	8	6.5	6.5	41.5
	38	4	3.2	3.3	44.7
	39	3	2.4	2.4	47.2
	40	7	5.6	5.7	52.8
	41	4	3.2	3.3	56.1
	42	3	2.4	2.4	58.5
	43	4	3.2	3.3	61.8
	44	3	2.4	2.4	64.2
	45	7	5.6	5.7	69.9
	46	2	1.6	1.6	71.5
	47	7	5.6	5.7	77.2
	48	2	1.6	1.6	78.9
	49	5	4.0	4.1	82.9
	50	6	4.8	4.9	87.8
	51	1	0.8	0.8	88.6
	52	2	1.6	1.6	90.2
	53	3	2.4	2.4	92.7
	54	2	1.6	1.6	94.3
	55	1	0.8	0.8	95.1
	56	1	0.8	0.8	95.9
	57	2	1.6	1.6	97.6
	58	1	0.8	0.8	98.4
	60	1	0.8	0.8	99.2
	61	1	0.8	0.8	100.0
	Total	123	99.2	100.0	
Missing	System	1	0.8		
Total		124	100.0		

Table E3

Service

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2	1.6	1.7	1.7
	2	4	3.2	3.3	5.0
	3	3	2.4	2.5	7.5
	4	2	1.6	1.7	9.2
	5	4	3.2	3.3	12.5
	6	5	4.0	4.2	16.7
	7	3	2.4	2.5	19.2
	8	2	1.6	1.7	20.8
	9	3	2.4	2.5	23.3
	10	12	9.7	10.0	33.3
	11	5	4.0	4.2	37.5
	12	5	4.0	4.2	41.7
	13	6	4.8	5.0	46.7
	14	6	4.8	5.0	51.7
	15	3	2.4	2.5	54.2
	16	3	2.4	2.5	56.7
	17	3	2.4	2.5	59.2
	18	4	3.2	3.3	62.5
	19	4	3.2	3.3	65.8
	20	5	4.0	4.2	70.0
	21	5	4.0	4.2	74.2
	22	8	6.5	6.7	80.8
	23	5	4.0	4.2	85.0
	24	3	2.4	2.5	87.5
	25	4	3.2	3.3	90.8
	27	1	0.8	0.8	91.7
	28	3	2.4	2.5	94.2
	29	2	1.6	1.7	95.8
	32	1	0.8	0.8	96.7
	33	1	0.8	0.8	97.5
	37	1	0.8	0.8	98.3
	39	1	0.8	0.8	99.2
	40	1	0.8	0.8	100.0
	Total	120	96.8	100.0	
Missing	System	4	3.2		
Total		124	100.0		

Table E4

Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	3	2.4	2.4	2.4
	4	4	3.2	3.3	5.7
	5	1	0.8	0.8	6.5
	6	1	0.8	0.8	7.3
	10	1	0.8	0.8	8.1
	12	8	6.5	6.5	14.6
	13	4	3.2	3.3	17.9
	14	18	14.5	14.6	32.5
	15	8	6.5	6.5	39.0
	16	39	31.5	31.7	70.7
	17	7	5.6	5.7	76.4
	18	20	16.1	16.3	92.7
	19	6	4.8	4.9	97.6
	20	3	2.4	2.4	100.0
	Total	123	99.2	100.0	
Missing	System	1	0.8		
Total		124	100.0		

Table E5

PSQ-Op Question 1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	16	12.9	12.9	12.9
	2	14	11.3	11.3	24.2
	3	19	15.3	15.3	39.5
	4	28	22.6	22.6	62.1
	5	28	22.6	22.6	84.7
	6	10	8.1	8.1	92.7
	7	9	7.3	7.3	100.0
	Total	124	100.0	100.0	

Table E6

PSQ-Op Question 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	19	15.3	15.3	15.3
	2	21	16.9	16.9	32.3
	3	24	19.4	19.4	51.6
	4	19	15.3	15.3	66.9
	5	20	16.1	16.1	83.1
	6	9	7.3	7.3	90.3
	7	12	9.7	9.7	100.0
	Total	124	100.0	100.0	

Table E7

PSQ-Op Question 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	18	14.5	14.5	14.5
	2	15	12.1	12.1	26.6
	3	15	12.1	12.1	38.7
	4	24	19.4	19.4	58.1
	5	25	20.2	20.2	78.2
	6	14	11.3	11.3	89.5
	7	13	10.5	10.5	100.0
	Total	124	100.0	100.0	

Table E8

PSQ-Op Question 4

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	11	8.9	8.9	8.9
	2	15	12.1	12.1	21.0
	3	24	19.4	19.4	40.3
	4	30	24.2	24.2	64.5
	5	19	15.3	15.3	79.8
	6	10	8.1	8.1	87.9
	7	15	12.1	12.1	100.0
	Total	124	100.0	100.0	

Table E9

PSQ-Op Question 5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	12	9.7	9.7	9.7
	2	13	10.5	10.5	20.2
	3	23	18.5	18.5	38.7
	4	20	16.1	16.1	54.8
	5	30	24.2	24.2	79.0
	6	13	10.5	10.5	89.5
	7	13	10.5	10.5	100.0
	Total	124	100.0	100.0	

Table E10

PSQ-Op Question 6

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	11.3	11.3	11.3
	2	18	14.5	14.5	25.8
	3	17	13.7	13.7	39.5
	4	21	16.9	16.9	56.5
	5	25	20.2	20.2	76.6
	6	17	13.7	13.7	90.3
	7	12	9.7	9.7	100.0
	Total	124	100.0	100.0	

Table E11

PSQ-Op Question 7

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	11.3	11.3	11.3
	2	17	13.7	13.7	25.0
	3	21	16.9	16.9	41.9
	4	21	16.9	16.9	58.9
	5	28	22.6	22.6	81.5
	6	9	7.3	7.3	88.7
	7	14	11.3	11.3	100.0
	Total	124	100.0	100.0	

Table E12

PSQ-Op Question 8

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	8	6.5	6.5	6.5
	2	13	10.5	10.5	16.9
	3	15	12.1	12.1	29.0
	4	18	14.5	14.5	43.5
	5	31	25.0	25.0	68.5
	6	15	12.1	12.1	80.6
	7	24	19.4	19.4	100.0
	Total	124	100.0	100.0	

Table E13

PSQ-Op Question 9

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	11	8.9	8.9	8.9
	2	17	13.7	13.7	22.6
	3	17	13.7	13.7	36.3
	4	26	21.0	21.0	57.3
	5	21	16.9	16.9	74.2
	6	14	11.3	11.3	85.5
	7	18	14.5	14.5	100.0
	Total	124	100.0	100.0	

Table E14

PSQ-Op Question 10

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	9	7.3	7.3	7.3
	2	12	9.7	9.7	16.9
	3	12	9.7	9.7	26.6
	4	16	12.9	12.9	39.5
	5	30	24.2	24.2	63.7
	6	26	21.0	21.0	84.7
	7	19	15.3	15.3	100.0
	Total	124	100.0	100.0	

Table E15

PSQ-Op Question 11

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	6	4.8	4.8	4.8
	2	12	9.7	9.7	14.5
	3	8	6.5	6.5	21.0
	4	19	15.3	15.3	36.3
	5	29	23.4	23.4	59.7
	6	28	22.6	22.6	82.3
	7	22	17.7	17.7	100.0
	Total	124	100.0	100.0	

Table E16

PSQ-Op Question 12

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	6	4.8	4.8	4.8
	2	7	5.6	5.6	10.5
	3	10	8.1	8.1	18.5
	4	19	15.3	15.3	33.9
	5	35	28.2	28.2	62.1
	6	24	19.4	19.4	81.5
	7	23	18.5	18.5	100.0
	Total	124	100.0	100.0	

Table E17

PSQ-Op Question 13

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	5	4.0	4.0	4.0
	2	10	8.1	8.1	12.1
	3	10	8.1	8.1	20.2
	4	24	19.4	19.4	39.5
	5	33	26.6	26.6	66.1
	6	22	17.7	17.7	83.9
	7	20	16.1	16.1	100.0
	Total	124	100.0	100.0	

Table E18

PSQ-Op Question 14

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	21	16.9	16.9	16.9
	2	22	17.7	17.7	34.7
	3	18	14.5	14.5	49.2
	4	20	16.1	16.1	65.3
	5	15	12.1	12.1	77.4
	6	13	10.5	10.5	87.9
	7	15	12.1	12.1	100.0
	Total	124	100.0	100.0	

Table E19

PSQ-Op Question 15

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	26	21.0	21.0	21.0
	2	11	8.9	8.9	29.8
	3	19	15.3	15.3	45.2
	4	23	18.5	18.5	63.7
	5	22	17.7	17.7	81.5
	6	15	12.1	12.1	93.5
	7	8	6.5	6.5	100.0
	Total	124	100.0	100.0	

Table E20

PSQ-Op Question 16

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	20	16.1	16.1	16.1
	2	19	15.3	15.3	31.5
	3	13	10.5	10.5	41.9
	4	20	16.1	16.1	58.1
	5	28	22.6	22.6	80.6
	6	15	12.1	12.1	92.7
	7	9	7.3	7.3	100.0
	Total	124	100.0	100.0	

Table E21

PSQ-Op Question 17

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	11.3	11.3	11.3
	2	10	8.1	8.1	19.4
	3	16	12.9	12.9	32.3
	4	24	19.4	19.4	51.6
	5	20	16.1	16.1	67.7
	6	21	16.9	16.9	84.7
	7	19	15.3	15.3	100.0
	Total	124	100.0	100.0	

Table E22

PSQ-Op Question 18

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	17	13.7	13.7	13.7
	2	18	14.5	14.5	28.2
	3	22	17.7	17.7	46.0
	4	20	16.1	16.1	62.1
	5	24	19.4	19.4	81.5
	6	13	10.5	10.5	91.9
	7	10	8.1	8.1	100.0
	Total	124	100.0	100.0	

Table E23

PSQ-Op Question 19

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	10.5	10.5	10.5
	2	8	6.5	6.5	16.9
	3	19	15.3	15.3	32.3
	4	13	10.5	10.5	42.7
	5	27	21.8	21.8	64.5
	6	22	17.7	17.7	82.3
	7	22	17.7	17.7	100.0
	Total	124	100.0	100.0	

Table E24

PSQ-Op Question 20

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	12	9.7	9.7	9.7
	2	27	21.8	21.8	31.5
	3	16	12.9	12.9	44.4
	4	21	16.9	16.9	61.3
	5	23	18.5	18.5	79.8
	6	13	10.5	10.5	90.3
	7	12	9.7	9.7	100.0
	Total	124	100.0	100.0	

Table E25

POMCQ Question 1 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	31	25.0	25.0	25.0
	1	27	21.8	21.8	46.8
	2	18	14.5	14.5	61.3
	3	12	9.7	9.7	71.0
	4	7	5.6	5.6	76.6
	5	9	7.3	7.3	83.9
	6	5	4.0	4.0	87.9
	7	3	2.4	2.4	90.3
	8	1	0.8	0.8	91.1
	10	2	1.6	1.6	92.7
	12	3	2.4	2.4	95.2
	14	1	0.8	0.8	96.0
	15	2	1.6	1.6	97.6
	25	1	0.8	0.8	98.4
	40	1	0.8	0.8	99.2
	60	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E26

POMCQ Question 1 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	99	79.8	79.8	79.8
	1	1	0.8	0.8	80.6
	2	1	0.8	0.8	81.5
	3	1	0.8	0.8	82.3
	5	3	2.4	2.4	84.7
	10	1	0.8	0.8	85.5
	15	4	3.2	3.2	88.7
	20	1	0.8	0.8	89.5
	30	12	9.7	9.7	99.2
	45	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E27

POMCQ Question 2 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	27	21.8	21.8	21.8
	1	20	16.1	16.1	37.9
	2	27	21.8	21.8	59.7
	3	10	8.1	8.1	67.7
	4	6	4.8	4.8	72.6
	5	13	10.5	10.5	83.1
	6	4	3.2	3.2	86.3
	7	3	2.4	2.4	88.7
	8	3	2.4	2.4	91.1
	10	3	2.4	2.4	93.5
	12	1	0.8	0.8	94.4
	15	2	1.6	1.6	96.0
	20	1	0.8	0.8	96.8
	25	1	0.8	0.8	97.6
	30	2	1.6	1.6	99.2
	60	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E28

POMCQ Question 2 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	105	84.7	84.7	84.7
	2	1	0.8	0.8	85.5
	5	1	0.8	0.8	86.3
	10	2	1.6	1.6	87.9
	15	3	2.4	2.4	90.3
	20	1	0.8	0.8	91.1
	30	9	7.3	7.3	98.4
	45	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E29

POMCQ Question 3 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	99	79.8	79.8	79.8
	1	11	8.9	8.9	88.7
	2	7	5.6	5.6	94.4
	3	1	0.8	0.8	95.2
	5	3	2.4	2.4	97.6
	7	1	0.8	0.8	98.4
	10	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E30

POMCQ Question 3 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	116	93.5	93.5	93.5
	10	1	0.8	0.8	94.4
	15	1	0.8	0.8	95.2
	20	1	0.8	0.8	96.0
	30	5	4.0	4.0	100.0
	Total	124	100.0	100.0	

Table E31

POMCQ Question 4 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	81	65.3	65.3	65.3
	1	12	9.7	9.7	75.0
	2	13	10.5	10.5	85.5
	3	4	3.2	3.2	88.7
	4	2	1.6	1.6	90.3
	5	3	2.4	2.4	92.7
	6	2	1.6	1.6	94.4
	7	3	2.4	2.4	96.8
	14	1	0.8	0.8	97.6
	15	1	0.8	0.8	98.4
	20	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E32

POMCQ Question 4 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	112	90.3	90.3	90.3
	10	4	3.2	3.2	93.5
	20	2	1.6	1.6	95.2
	30	5	4.0	4.0	99.2
	40	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E33

POMCQ Question 5 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	50	40.3	40.3	40.3
	1	35	28.2	28.2	68.5
	2	21	16.9	16.9	85.5
	3	7	5.6	5.6	91.1
	4	3	2.4	2.4	93.5
	5	2	1.6	1.6	95.2
	6	2	1.6	1.6	96.8
	7	1	0.8	0.8	97.6
	10	2	1.6	1.6	99.2
	15	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E34

POMCQ Question 5 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	107	86.3	86.3	86.3
	10	2	1.6	1.6	87.9
	15	4	3.2	3.2	91.1
	20	1	0.8	0.8	91.9
	30	8	6.5	6.5	98.4
	45	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E35

POMCQ Question 6 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	101	81.5	81.5	81.5
	1	12	9.7	9.7	91.1
	2	3	2.4	2.4	93.5
	3	1	0.8	0.8	94.4
	5	2	1.6	1.6	96.0
	10	4	3.2	3.2	99.2
	15	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E36

POMCQ Question 6 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	115	92.7	92.7	92.7
	5	1	0.8	0.8	93.5
	10	1	0.8	0.8	94.4
	15	1	0.8	0.8	95.2
	20	1	0.8	0.8	96.0
	30	5	4.0	4.0	100.0
	Total	124	100.0	100.0	

Table E37

POMCQ Question 7 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	118	95.2	95.2	95.2
	1	4	3.2	3.2	98.4
	2	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E38

POMCQ Question 7 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	119	96.0	96.0	96.0
	10	1	0.8	0.8	96.8
	30	4	3.2	3.2	100.0
	Total	124	100.0	100.0	

Table E39

POMCQ Question 8 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	88	71.0	71.0	71.0
	1	18	14.5	14.5	85.5
	2	7	5.6	5.6	91.1
	3	4	3.2	3.2	94.4
	4	2	1.6	1.6	96.0
	5	3	2.4	2.4	98.4
	6	1	0.8	0.8	99.2
	10	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E40

POMCQ Question 8 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	101	81.5	81.5	81.5
	5	1	0.8	0.8	82.3
	10	3	2.4	2.4	84.7
	15	2	1.6	1.6	86.3
	20	4	3.2	3.2	89.5
	30	11	8.9	8.9	98.4
	45	2	1.6	1.6	100.0
	Total	124	100.0	100.0	

Table E41

POMCQ Question 9 (Hours)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	114	91.9	91.9	91.9
	1	5	4.0	4.0	96.0
	2	3	2.4	2.4	98.4
	8	1	0.8	0.8	99.2
	20	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Table E42

POMCQ Question 9 (Minutes)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	117	94.4	94.4	94.4
	5	2	1.6	1.6	96.0
	10	1	0.8	0.8	96.8
	20	1	0.8	0.8	97.6
	30	2	1.6	1.6	99.2
	45	1	0.8	0.8	100.0
	Total	124	100.0	100.0	

Appendix F: Histograms for Independent and Dependent Variables

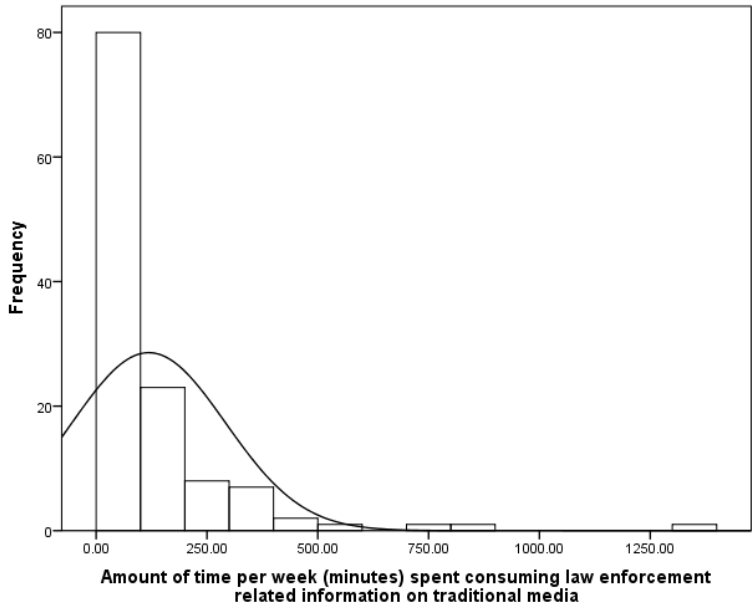

Figure F1. Histogram of time spent consuming law enforcement related information on traditional media.

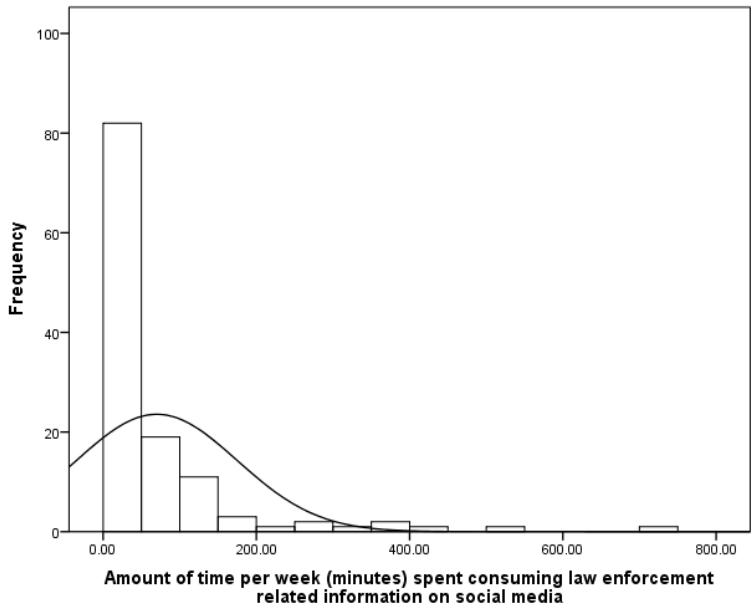

Figure F2. Histogram of time spent consuming law enforcement related information on social media.

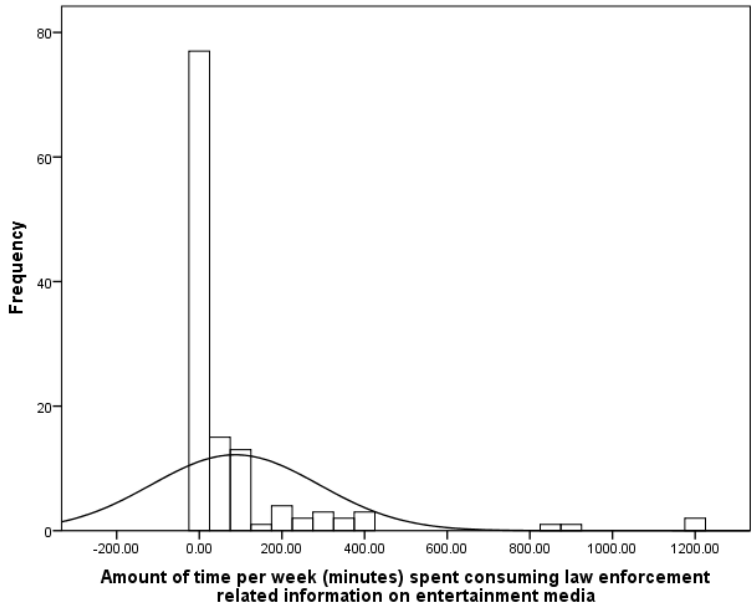

Figure F3. Histogram of time spent consuming law enforcement related information on entertainment media.

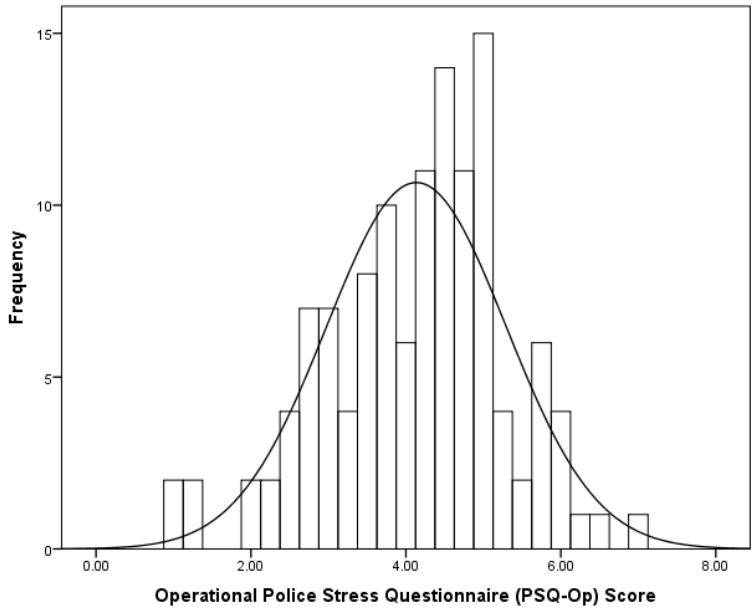

Figure F4. Histogram of Operational Police Stress Questionnaire score.

Appendix G: Testing Assumptions of Multiple Linear Regression for Hypothesis 4

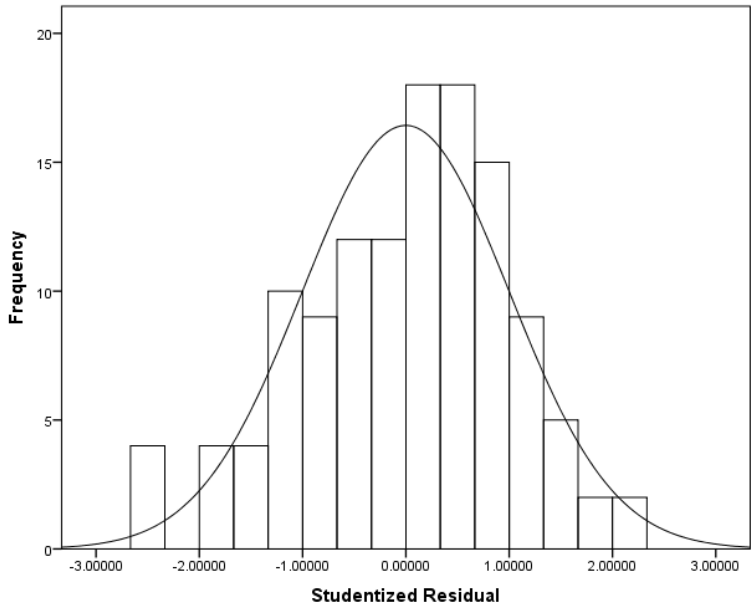

Figure G1. Histogram of the Studentized Residuals to Test the Assumption That the Error Terms have a Normal Distribution with a Mean of Zero for Hypothesis 4.

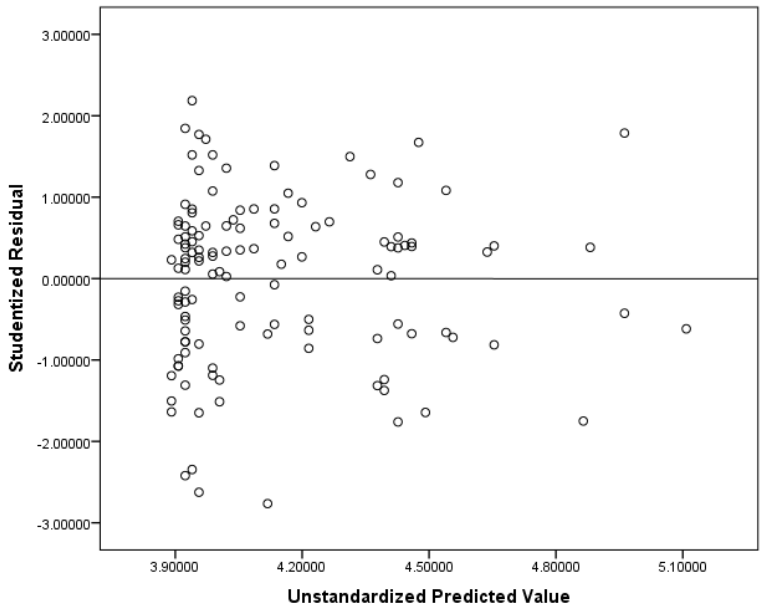

Figure G2. Scatterplot of the Studentized Residuals Against the Unstandardized Predicted Values to Test the constant Variance Assumption of Hypothesis 4.