

Means of Police Officers' Physical and Psychological Rehabilitation in the Conditions of their Service Activities

Metody rehabilitacji ruchowej i psychologicznej policjantów w warunkach ich aktywności służbowej

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SUMMARY

Aim: To determine the negative factors of police officers' service activities and to theoretically substantiate the available means of police officers' physical and psychological rehabilitation in the conditions of their service activities.

Materials and Methods: To analyse the peculiarities of police service activities, we conducted the survey of police officers (n=237) of various structural units of the National Police of Ukraine. The expert assessment was conducted in order to determine the effective means of police officers' physical and psychological rehabilitation, which involved 18 experts. The research was conducted in 2016-2021.

Results: Negative factors were identified that lead to a deterioration in police officers' service activities, including: overtime at work, frequent involvement in public safety and public order maintenance, day's duties, frequent injuries and injurious effects during the detention of offenders and other events. The expert survey of the specialists involved in professional training, medical examination, psychological support of police officers showed that pedagogical (33.2%), physical (39.6%), psychological (39.2%) means are highly effective in police officers' physical and psychological rehabilitation.

Conclusions: It was found that the negative factors of police officers' service activities collectively result in fatigue, excessive fatigue, lead to deterioration of physical working ability, mental status and require introduction of physical and psychological rehabilitation means.

Key words: physical and psychological rehabilitation, service activities, police officers

Słowa kluczowe: rehabilitacja ruchowa i psychologiczna, aktywność służbowa, policjanci

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INTRODUCTION

The service activities of police officers involve significant physical and psychological stress [1]. Their systematic action on the body reduces the level of physical working ability of the police officer, worsens his psychological status and can result in such negative consequences as excessive fatigue, overexertion, traumatizing, professional burnout, mental disorders, etc. [2]. This necessitates the search for means and methods that contribute to the rapid and full recovery of police officers' physical working ability and their psychological status.

The analysis of publications gives grounds to acknowledge the existence of a significant array of works devoted to the study of the features of physical and psychological rehabilitation of specialists in various specialties and finding ways for its

improvement [3, 4]. Physical rehabilitation is the use of physical exercises and natural factors for therapeutic and prophylactic purposes in the complex process of restoring the health, physical well-being and working ability of a human being [5]. Psychological rehabilitation is a set of measures of rehabilitation (restorative) medicine aimed at restoring mental and physical force in a person with a mental disorder to the control level i. e. the ability to work [1, 6].

The scientists classify the means of restoring police officers' physical working ability according to their direction and mechanism of action as well as by time and conditions of their use [7]. In particular, they distinguish the means of urgent recovery (urgent effect of recovery means on metabolic processes in the intervals between exercise), current (during

daily professional activities) and preventive (to increase non-specific stability of the body and prevent excessive fatigue). Elaboration of the scientific works [8, 9] gives grounds to distinguish three main groups of means of physical working ability recovery, including pedagogical, medical-biological and psychological ones.

In terms of police officers' professional training, psychological and pedagogical means are the critical ones in optimizing the recovery process, as they are based on the body's natural ability to self-renew consumed energy and functional resources, both during the load and after it. This ability was formed during the evolutionary development of living organisms and is genetically programmed. Psychological and pedagogical means provide the optimal dosage of the load on various organs and systems of the body in the process of a single training session, week, month, year, which increases the effectiveness of training by activating the processes of self-regulation [10].

Medical-biological and psychological means of recovery are considered additional only upon the rational construction of the educational (training) process, but they are critical in the conditions of police service activities [7, 11]. If the basic parameters of physical load (volume, intensity) can be regulated during physical training, then it is not always possible to do it in the conditions of service activities, as it is determined for the employees of most police departments by irregular working hours, day's duties, frequent involvement in public safety and public order maintenance, etc.

When performing work involving a high degree of responsibility, which requires the search for non-standard ways out of stressful situations, the following can happen: confusion (24%); reduction of critical thinking (11%); decreased coordination and accuracy of movements (29.8%); slow reaction (27%); decreased quality of perception and attention (8.9%); logic thought disorder (18%) [12].

Medical-biological means of physical working ability restoring include: hygienic; pharmacological; physical; sensible nutrition [6, 13]. Psychological means include psycho-therapeutic, psychoprophylactic and psycho-hygienic ones [4, 5].

In general, well-organized work on psycho-physical rehabilitation affects increased productivity (depending on the industry by 10-30%); reduced fluctuation movement of personnel (by 20-25%); reduced number of injuries and irreversible losses (by 30-45%); prolongation of the active period of working capacity (by 8-10%) [1, 3].

Thus, the analysis of the literature sources showed that the issue of improving the efficiency of police work is covered by a large number of publications [2, 8, 14], however, the problem of police officers' physical and psychological rehabilitation in conditions of their service activities is insufficiently covered, which determined the relevance of our research.

AIM

The aim of this article is to determine the negative factors of police officers' service activities and to theoretically substantiate the available means of police officers' physical and psychological rehabilitation in the conditions of their service activities.

MATERIALS AND METHODS

The research involved the use of a number of theoretical and empirical methods, including analysis, synthesis, classification, generalization, questionnaires, observations, expert assessment and methods of mathematical statistics.

Determining the impact of negative factors on the level of psycho-physical performance of police officers provided a survey of employees of a number of structural units of the National Police of Ukraine, including: patrol police (n=138), criminal police (n=53), special police (n=46). A total of 237 police officers from Kyiv, Zhytomyr, Kryvyi Rih, Kharkiv, and Lviv took part in the survey. The questionnaire included 14 questions that comprehensively covered the peculiarities of police service activities.

Determining effective means of rehabilitation and recovery of police officers' physical working ability involved the use of expert assessment. 18 experts were involved, including: employees of the Division of Psychological Maintenance of the Department of Cultural Communication and Psychological Support of the National Academy of Internal Affairs (Kyiv, n=4), inspectors of the Department of Professional Training of the Patrol Police Department (Kyiv, n=5), medical workers of the Central Polyclinic of the Ministry of Internal Affairs of Ukraine (Kyiv, n=5), research and teaching staff of the Department of Special Physical Training and the Department of Legal Psychology of the National Academy of Internal Affairs (Kyiv, n=4).

The research was performed according to the requirements of the Regulations on Academic Honesty at the National Academy of Internal Affairs, which were developed on the basis of Ukrainian and world experience of ethical rulemaking. This document was approved by the Academic Council of the National Academy of Internal Affairs (Protocol No.5 of March 27, 2018 and implemented by the order of the Rector of the Academy (Order No.422 of March 30, 2018. According to its provisions, the members of the scientific community are guided by the rules of ethical conduct and professional communication; respect the principles, values, norms, rules, and conditions of academic honesty in their activities. The consent to participate in the research was obtained from all subjects.

RESULTS

Processing the results of police questionnaires gives grounds to identify a number of factors of service activities that negatively affect the level of physical working ability, psycho-emotional status, result in fatigue and excessive fatigue and, accordingly, worsen the effectiveness of service tasks accomplishment (Table 1). In particular, negative factors leading to excessive fatigue were identified, namely: overtime at work, frequent involvement in public safety and public order maintenance and day's duties due to insufficient staffing of units. It was found that 53.7% of employees constantly stay on the workplace after the end of the working day, and 28.3% of them do it rather often. 46.7% of employees focused on the frequent involvement into public safety and public order maintenance activities and 31% of them mentioned such events on constant bases. Involvement into day's duties was mentioned by 58.9% of employees as constant and by 33.5% of them as often.

Table 1. Negative factors of service activities that affect the level of police officers' working ability, %

No	Questions of the questionnaire	Response option				
		Not often	Sometimes	Difficult to answer	Often	Constantly
1.	How often do you stay on the working place after work?	6.3	9.7	2.5	28.3	53.7
2.	How often are you involved into public safety and public order maintenance activities?	9.4	8.1	4.8	46.7	31
3.	How often are you involved into day's duties?	3.2	2.8	1.6	33.5	58.9
4.	How often do you face the disobedience and resistance of offenders during your service?	28.2	41.4	3.7	22.6	4.1
5.	How often do you encounter an attack by an armed offender?	68.3	22.2	6.6	2.6	0.3
6.	Have there been any injuries while on duty?	14.4	39.4	1.1	41.5	3.6
7.	How often do you feel tired at the beginning of the working day?	26.6	20.5	6.4	37.9	8.6
8.	How often do you feel irritated during the working day?	3.7	22.4	4.8	49.2	19.9
9.	How often do you have to stay in a standing position during the working day?	25.5	45.6	3.4	18.7	6.8
10.	How often do you have to stay in a sitting position during the working day?	12.3	9.4	2.8	65.3	10.2
11.	Are you worried about back pain?	5.2	24.3	3.1	55.8	11.6
12.	How often do you experience the following symptoms at the end of work shifts:					
	– irritability	6.9	8.6	3.8	62.3	18.4
	– depressed state	3.5	15.5	1.1	57.4	22.5
	– increased fatigue	4.1	7.2	2.7	70.6	15.4
	– headache	18.7	20.3	2.4	53.2	5.4
13.	How often have you had to see a doctor in the last year?	18.7	67.1	1.4	9.1	3.7
14.	How often do you attend physical training sessions?	38.6	36.5	2.8	13.5	8.6

As a result of irregular working hours and significant psychophysical loads during the work shift, only 8.6% of police officers are constantly engaged in physical training, 38.5% of them do it not often and 36.5% – only sometimes. The consequences of the systematic action of the outlined factors worsen the need to be in a forced position, which exacerbates the negative effects of insufficient motor activities and worsens the level of physical working ability. Thus, 65.3% of police officers often have to stay in a sitting position. At the same time, 55.8% of police officers often complain of back pain, and 11.4% of them do it constantly.

Irritation during the working day is constantly felt by 19.9% of the respondents, often by 49.2% of them. Police officers often have symptoms at the end of the work shift, such as irritability (62.3%), depressed state (57.4%); increased fatigue (70.6%); headache (53.2%). This results in chronic fatigue, as a result of which 37.9% of the respondents often felt tired at the beginning of the working day and 8.6% of them felt it constantly.

While on duty, 41.4% of police officers mentioned that they sometimes had to face disobedience and resistance from offenders, and 22.6% of them said that it had happened often.

At the same time, the majority of police officers (68.3%) do not often face confrontation with an armed person, 22.2% of them answered – sometimes and only 2.6% – often. 41.4% of the respondents indicated that they are often injured (closed wounds, bruises, sprains, etc.) in the process of offenders detention.

Thus, the general effect of negative factors of service activities significantly worsens the level of employees' physical working ability and their mental status, accompanied by the most common reactions: increased sense of danger, feelings of fear, anger and even fury, sleep disturbances, night terrors, depression, feeling of guilt, emotional numbness, sexual disorders, etc.

The expert survey of the specialists involved in professional training, medical examination, psychological support of police officers was undertaken in order to determine effective means of physical and psychological rehabilitation and restoring of police officers' physical working ability (Table 2).

Based on the expert assessment, it was found that 61.2% of the experts emphasize the average effectiveness of psychological and pedagogical means of restoring police officers' working ability, including active recreation. 83.2% of them are convinced of the

Table 2. The effectiveness of means of restoring police officers' physical working ability (based on the expert survey), %

Means of restoring physical working ability	Effectiveness		
	Low	Medium	High
1. Pedagogical (active recreation)	5.6	61.2	33.2
2. Hygienic	83.2	16.8	0
3. Pharmacological	44.4	44.4	11.2
4. Physical:			
– ultraviolet radiation, air ionization	94.4	5.6	0
– hydrotherapy	5.6	55.2	39.6
– massage therapy	11.2	44.4	44.4
5. Sensible nutrition	5.6	39.2	55.2
6. Psychological (psycho-therapeutic, psycho-prophylactic, psycho-hygienic)	28	32.8	39.2

low effectiveness of hygienic means, which should ensure the conformity of clothing to climatic, geographical and weather conditions, etc. The same number of the experts (44.4%) notes the low and medium effectiveness of pharmacological means of restoring police officers' working ability in line of their duties. In particular, the use of healthcare products that help to restore energy reserves, increase the body's endurance under stress; drugs that stimulate the function of blood formation; preparations of plastic action, providing the process of body structures restoration, which are exhausted in the process of intense physical and psychological stress; vitamins and minerals; adaptogens of plant and animal origin; warming, analgesic and anti-inflammatory drugs.

According to the experts, physical means, including the use of temperature treatments i.e. hydrotherapy and massage therapy, seem to be much more effective. These means for working ability restoring are based on changes in the reactivity of the body, increasing its resistance to stressors of the environment, acting through the skin by physical irritation of receptors. As a result, there is a reflex effect on the activity of the muscular system, internal organs and the central nervous system. The effect of temperature procedures is due to their ability to irritate the skin's thermoreceptors and affect the functional state of the body. Alternate use of cold and hot baths during injuries, muscle pain has a positive effect. The heat has an analgesic and antispasmodic effect, causing muscle relaxation, changing the sensitivity of the body.

Hydrotherapy involves temperature, chemical and mechanical methods of impact. The police officer's body, as a single integral system, reacts to such influences in a complex way and combines the reaction of the skin, the cardiovascular nervous, endocrine, muscular systems, heat exchange, redox processes, etc. 39.6% of the experts emphasize high effectiveness of hydrotherapy (shower, bath, steam bath) and 55.2% of them indicate its medium effectiveness.

Massage therapy is an important and quite affordable means of physical working ability restoring. Massage therapy is a method of treatment and preventative care, which is a set of techniques of mechanical impact on various parts of the surface of the human body, performed by the hands of a massage therapist

or special devices. You can reduce the effects of fatigue, as well as prepare for significant physical activities by means of massage therapy. 44.4% of the experts are convinced of high effectiveness of this means of police officers' physical working ability restoring.

According to the experts, psychological means are quite effective in restoring the police officers' physical working ability. In particular, 39.2% of the specialists emphasize high effectiveness of these means, 32.8% of them mention their medium effectiveness and 28% – low. Three groups are distinguished as part of psychological means of restoring the police officers' physical working ability: psycho-therapeutic; psycho-prophylactic; psycho-hygienic. Psycho-therapeutic means of recovery include: making one sleepy; muscle relaxation, special breathing exercises, psycho-gymnastics, projective drawing, music therapy. Psycho-prophylactic means include: psycho-regulatory training (individual and collective), discussion, use of light music, psychodrama. Among the psycho-hygienic means are: reduction of negative emotions, versatile rest, comfortable living conditions and more.

DISCUSSION

According to the scientists [10, 15], medical-biological means help to increase the body's resistance to stress, accelerate the reduction of acute manifestations of general and local fatigue, effective recovery of energy resources, accelerate adaptation processes. Medical-biological means with their action on the processes of metabolism, blood formation, thermoregulation, plastic and energy resources help to restore the functions of regulatory mechanisms, reduce the feeling of fatigue, increase working ability, which accelerates the natural course of recovery. The specialists [15] claim that medical-biological means can have a significant impact on the human body and be an additional load. Therefore, they should be used with caution (under the supervision of a doctor), taking into account age, health status, level of training, body characteristics. Applying the means of recovery, it is necessary to influence the body's systems, which are essential in ensuring special working Capability.

Within the framework of psychotherapy of police officers in the conditions of their service activities, the use of effective

means should be aimed at a specific sphere of the specialist's personality:

- *Cognitive sphere* (cognitive aspect, intellectual awareness): awareness of such relationship as “personality – situation – disease”, awareness of the interpersonal flow of one's own personality and awareness of its genetic (historical) flow.
- *Emotional sphere*: receiving emotional support and forming an emotionally favourable attitude towards oneself; direct emotion and awareness of new experiences within the group (team) and oneself; accurate recognition and verbalization of one's own emotions, as well as their adoption; afresh experiencing and realizing past emotional experiences and gaining new emotional experiences during service activities.
- *Behavioural sphere*: formation of effective self-regulation on the basis of adequate, accurate self-understanding and emotionally favourable attitude towards oneself and professional environment.

The scientists [16, 17] focus attention upon the compatibility and rational balance of the means they use, because some means can increase the effect of others or, conversely, weaken, or even completely eliminate it. We are talking about complex means used in psycho-therapeutic and rehabilitation work. Rational psychotherapy, suggestion and self-suggestion, autogenic training, sports therapy, landscape therapy, phytotherapy, aromatherapy, creative self-expression therapy, etc. are most often used.

It is also important to take into account the individual characteristics of the body for recovery and differences in the body's perception of different means of recovery (drugs, food products), namely: age, genetic condition, nutritional habits, bad habits, diseases and more. The speed and quality of recovery processes can vary widely in different people. Accordingly, it is necessary to clearly know the natural ability of each organism to recover in order to properly select recovery procedures and modes of their application.

The scientists [18, 19] note that a rational combination of means of general and localized action becomes important when choosing the means of restoring police officers' working ability. The means of general influence are defined by a wide range of nonspecific general strengthening influence on the organism. Adaptation to them develops more slowly than to localized means. The localized means are primarily aimed at reducing the fatigue of certain muscle groups by improving their blood supply and enhancing cellular metabolism. The localized means of recovery are used after the means of general influence during complex application. It is necessary to constantly change their combination in order to prevent getting used to the means used. In each case, the options for the application of means to accelerate the recovery process depend on the nature of the previous and subsequent loads.

The obtained results confirm the conclusions of the works of many scientists and expand them, including the areas of formation and maintenance of the internal balance of the police officer; developing the correct attitude of a specialist to a traumatic situation; assisting him in adapting to new social and professional conditions.

CONCLUSIONS

The negative factors of police officers' service activities are singled out on the basis of the conducted research, which collectively result in fatigue, excessive fatigue, lead to deterioration of physical working ability, mental status and require introduction of physical and psychological rehabilitation means.

The expert survey showed that the most effective means of rehabilitation and restoring of physical working ability of police officers in line of their duty are psychological and pedagogical means, including active recreation, involvement of techniques for self-regulation of a personality; medical-biological means, including physical means (hydrotherapeutic procedures and massage therapy) and sensible nutrition. A set of psychological means (psycho-therapeutic; psychoprophylactic; psycho-hygienic) is quite effective. The high level of physical working ability and psycho-emotional status of police officers is one of the conditions for quality performance of their service duties and contributes to less manifestation of the effects of fatigue.

We plan to research the impact of medical-biological means of recovery on the level of police officers' physical working ability and health.

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Conflict of interest:

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Informacja prasowa

KĄPIELE W SOLANCE SIARCZKOWEJ

Młodszy wygląd, dobre samopoczucie, większa sprawność fizyczna i lepsza kondycja, to pragnienie wielu z nas.

Obecnie przeżywamy renesans lecznictwa uzdrowiskowego, powstają liczne nowe obiekty SPA i Wellness.

Coraz większym uznaniem cieszą się zabiegi oparte na naturalnych surowcach leczniczych, takich jak wody termalne, peloidy, algii itp.

Malinowe Hotele wychodząc naprzeciw tym oczekiwaniom stworzyły system profilaktyki i leczenia, oparty na kąpielach w solance siarczkowej. Hotele położone są w uzdrowiskowych miejscowościach, które dysponują warunkami naturalnymi, niezbędnymi do prowadzenia lecznictwa.

Sieć hoteli tworzą Malinowy Zdrój Hotel****Medical SPA, który niezmiennie od 10 lat posiada tytuł Najlepszego Medical Spa w Polsce oraz Malinowy Raj Mineral Hotel****, który połączony jest z jedyne w Polsce Basenami Mineralnymi.

Wszystkie trzy obiekty zlokalizowane są w malowniczej miejscowości uzdrowiskowej Solec – Zdrój w województwie świętokrzyskim. To tereny idealne do wypoczynku, rehabilitacji i relaksu. W Świeradowie-Zdroju, w samym sercu Gór Izerskich zlokalizowany jest czwarty obiekt sieci - Malinowy Dwór Hotel****Medical SPA.

Ze względu na swoje położenie to urokliwe miejsce zachwyci swoimi walorami również wielbiciele jazdy na rowerze, a zimą na nartach.

Podstawę oferty Malinowych Hotelu stanowi czerpana z własnego źródła „Malina” najlepsza i najsilniejsza na świecie mineralna woda siarczkowa. Najwyższa zawartość aktywnych związków siarki (ok. 800 mg na litr) sprawia, iż ta "woda życia", zgodnie z łacińską sentencją SPA - *Sanus Per Aquam* - zdrowy przez wodę, jest naturalnym źródłem zdrowia i długowieczności.

Woda siarczkowa wykorzystywana jest do leczenia m.in. zwyrodnień stawów i kręgosłupa, dyskopatii, reumatoidalnych zapaleń stawów, stanów pourazowych i przeciążeniowych narządu ruchu, przewlekłych chorób skóry, zaburzeń tętniczego krążenia obwodowego, cukrzyca oraz chorób pochodzenia neurologicznego.

To właśnie dla tego surowca tak licznie do Malinowych Hotelu przybywają Goście.

Centra Medyczne znajdujące się, przy obiektach oferują także pełną gamę zabiegów z dziedziny balneologii, hydroterapii, fizykoterapii oraz różnych form masażu, a także kinezyterapii. Poza kąpielami siarkowymi, to właśnie kinezyterapia i terapia manualna sprawiają, że Goście wybierają właśnie Malinowe Hotele do odbycia kuracji.

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