Types of Stress Impacts Critical Thinking Skills, Sleep, and Job-Related Performance in Law Enforcement A Literature Review

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DOI: 10.15520/jro.v7i3.54

Accepted 5 March 2020; Received 24 February 2020; Publish Online 10 March 2020

Reviewed By: Dr. Daniel V.

ABSTRACT
The research paper addresses the problem of identifying how types of stress impact the critical thinking skills of law enforcement officers while identifying through a literature review and empirical data the use of resilience promotion training, and relaxation techniques to overcome sleep issues to improve the overall health of the law enforcement officer. The problem is researched through the use of scholarly and empirical sources. The solution to the problem will help law enforcement officers manage the job-related crimes, demanding work conditions, and unfavorable consequences the different areas of law enforcement could experience during day-to-day encounters with the citizenry. Areas of interest include the types of stress, why law enforcement loses sleep, and how stress impacts police officers. To include resilience promotion training and how to overcome sleep issues and employ relaxation approaches to enhance the overall physiological health of law enforcement officers. Additionally, identifying empirical study examples of best practices while identifying positive steps to reduce negative intense job-related stress into improved health and overall performance results. The literature review illustrates the prevalence of anxiety analytically as it relates to law enforcement and identifies unique challenges officers face and therapeutic techniques proven to improve job-related performance and health.

Key words: law enforcement–police officer–stress–sleep–critical-thinking–relaxation-techniques–resilience promotion training.

1 INTRODUCTION
Critical thinking helps law enforcement analyze and evaluate day-to-day encounters with the citizenry, and in life generally. The skill critical thinking is defined as thinking that does not blindly accept arguments and conclusions. Instead, it examines assumptions, appraises the source, discerns hidden values, evaluates evidence, and assesses findings [1]. The process of critical thinking helps problem-solve more efficiently and understand concepts improve because of the way critical thinking makes an officer break down the question or problem at hand and helps to analyze the information observed, collected, or processed. However, when faced with a lack of sleep, these skills drop drastically, often making law enforcement function cognitively below peak expected performance because the first sign of stress is a lack of sleep [2]. Insomnia and poor sleeping habits can cause diminished productivity, tendency to make mistakes, irritability, fatigue, and many other expectations of responsibilities officers bear, which hinder cognitive abilities [1].

Sleep, slumber, hibernation, catnap's, dream, or merely snoozing is a crucial part of life, and without it, the quality of an officer's life rapidly plummets. Exhaustion, distressed, fatigued, and tiredness is an ethical problem bearing weight on the shoulders of not only the officer but the citizens, and there is only one way out of this situation; get some sleep and reduce the stress levels which significantly impact the cognitive abilities of the officer [2]. Law enforcement officers encounter this struggle just about every day when having to wake up early, go on patrol or other division(s), listen to operational briefs, and take notes from incidents, file reports, testify in court, run errands, and safely return home. Yet, when the day or night shift finally wraps-up the cycle of responsibilities and duty 12 hours or more later at times there are only a few hours of sleep then the process starts all over again. These types of days only leaves, at the most, six or maybe seven hours depending on the officer's schedule, but it is not ideal in any situation.
1.1 Thesis
Even though the most effective way to reduce stress may include the incorporation of relaxation techniques, and applying resilience promotion training, risk factors still include job-related violence, family, friends, sleep issues, physical pain, and mental health. More importantly, establishing effective ways to manage the different types of stresses while identifying how stress and poor sleep habits affect the critical thinking skills of law enforcement officers. Incorporating relaxation techniques, resilience training, sleep awareness habits, and stress reduction programs will help identify job burnout, poor critical thinking skills, troubled arrest procedures, inaccurate shootings, and supervisory reprimands.

1.2 Purpose Statement
The focus of this research paper is to study the literary impact that a lack of sleep has on law enforcement officers. The paper will analyze scholarly and industry sources and evaluate types of stress and the reason why local law enforcement loses sleep. And how stress impacts law enforcement, resilience promotion training, and the consequences faced. The topics include how types of stress cause a loss of sleep, the impact of stress in law enforcement, and how to overcome sleep issues and employ relax approaches, a summary, an analysis, and describe a need for further research into this critical topic.

2 LITERATURE REVIEW
2.1 Literature Review Introduction
The research paper presents the academic literature to gain a comprehensive understanding of how job-related types of stress impact the critical thinking skills and sleep habits of law enforcement officers that serve as the foundation for the academic research paper.

The literature review begins with a historical review of scholarly sources which identify the different types of stress, and how stress impacts law enforcement officer. More importantly, an industry empirical study that examines resilience promotion training of individual tactical police officers and treatment interventions of relaxation and sleep techniques within the last five years.

The next section of the research paper explores how officers can overcome sleep issues and employ relax approaches, which in turn reduce physical pain and emotional strain. Also, the research paper explores stress reduction approaches that can be incorporated on-the-job and at home empirically reported to alleviate despair, job-burnout, post traumatic stress disorder (PTSD), coronary heart disorder, diabetes, domestic violence, gastrointestinal issues, and even early mortality. Lastly, the research paper examines analytical and empirical data while expressing the need for future research. Recommending a need to collaborate with community therapy services to reduce anxiety caused by adverse job-related outcomes and stress relating to health problems for law enforcement officers.

3 UNDERSTANDING THE TYPES OF STRESS
Dealing adaptively with pressure (stress) regularly calls for identifying and distinguishing among the sorts of strain (stress) assisting experts face today: primary, secondary, systemic and moral. Any of those kinds can be acute or continual (chronic) (University of Pennsylvania Medicine, 2015).

3.1
3.1.1 Primary Stress
is in response to conditions of threat, trial or trauma that affects people and those near them without delay [3].

3.1.1.1 Acute reactions variety from sturdy reactions to most important loss or injury to much less severe reactions to social risks like dealing with an angry or traumatic member of the family affected person or boss.

3.1.1.2 Chronic persistent personal/primary stress consequences from coping with hard, frustrating and threatening life conditions that persist for an extended period like worrying for a sick accomplice at the same time as continuing to fulfill excessive expectancies at work.

3.1.2 Secondary Stress (strain)
is the kind that may include being concerned for others [3].

3.1.2.1 Acute reactions variety from the trauma caregivers can revel in/soak up due to operating with people in situations of trauma ("occasionally referred to as ‘vicarious post-traumatic strain disorder’" (wicks) to less severe reactions to dealing with other folks that are very needy, traumatic, irritated, harm or in any other case in misery.

3.1.2.2 Chronic secondary pressure (now and then classified "‘compassion fatigue’") is the type that effects from working for prolonged intervals of time (without sufficient support, alleviation and/or resources) with notably needy, infirm and/or distressed people.

3.1.3 Systemic Stress
is the type that outcomes from running with and/or within particularly demanding, hectic, strained and/or dangerous organizational or other work environments [3].

3.1.3.1 Acute reactions variety from reactions to organizational trauma like administrative center violence or sudden layoffs to less intense responses to big organizational trade, struggle, expanded needs, increased workplace hostility or anxiety.

3.1.3.2 Chronic(persistent) reactions end result from operating for prolonged durations of time(without enough aid, reward, relief and sources) with or within annoying organizational or different paintings environments. Commonly, the less strength or authority one has to persuade such structures the better the strain (stress).
3.1.4 Moral Stress

is the kind that effects from managing situations that critically take a look at or threaten our center values and feel of integrity [3].

3.1.4.1 Acute reactions range from sturdy reactions to situations wherein we pick out or feel compelled or limited to behave in methods that run strongly counter to our center values or experience of "the sort of person I’m, should or want to be". Those reactions can variety from stressful guilt, disgrace, worry of causing harm and self-contempt to less severe levels of those influences.

3.1.4.2 Chronic reactions result from operating in on-going 'de-moralizing' situations or environments where the realities of a life situation cannot be won; thus, moral conflicts and the moral stress, they set off are often denied, concealed, and left unattended. Reactions can include persistent feelings of guilt, shame, the felt erosion of average values and integrity, and a pathological cut up among soul and position.

4 REASONS WHY LOCAL LAW ENFORCEMENT LOSE SLEEP

Working at a police officer whether that be city, county, or state can be a very rewarding job, yet it can also be very stressful [4]. Many environmental and physiological factors go into anyone not getting enough sleep. For local law enforcement, however, there are many factors which they must consider where the average working citizen does not. For example, local law enforcement mentally attempts to accept the following on the job-related crimes which are reflected and outlined in the 2017 Washington State Criminal Justice Training Commission. These personal incidents and list of crimes include:

- Bodily Injury
- Dating Relationship
- Domestic Violence
- Assault in the first, second, third and fourth degree
- Drive-by shooting
- Reckless endangerment
- Coercion
- Burglary in the first and second degree
- Criminal trespass in the first and second degree
- Malicious mischief in the first, second and third degree
- Kidnapping in the first and second degree
- Unlawful imprisonment
- Violation of the provisions of a restraining order,
  - no contact order
  - protection order restraining
  - enjoining the person
  - restraining the person from going onto the grounds of
  - entering a residence
  - workplace
  - school or
  - day care
- Rape in the first and second degree
- Residential burglary
- Stalking
- Interference with the reporting of domestic violence
- The sturdiness and longevity of most sworn law enforcement careers, the strain tiers from exposure to chance, and demanding conditions may have unfavorable consequences on sworn law enforcement officials [4].

The longer officers had been in service, the higher the stress levels. Law enforcement officers also go through widespread medical, bodily, and intellectual issues the longer they stay within their work environments. Also, law enforcement officials who endure long working hours and different shifts become afflicted by the loss of sleep, amongst many other intellectual and clinical issues, which negatively show up as stressors [4]. It’s also referred to that law enforcement employees enjoy "extreme stimulus," occasionally referred to as "acute stress," inside the routine of their work situations. It is this extreme stimulus that is believed to manifest itself in adverse destructive adjustments inside the physiological, mental, and behavioral responses of law enforcement personnel (i.e., police think and act differently) than non-law enforcement people [4].

5 HOW STRESS IMPACTS LAW ENFORCEMENT

Acute stress is defined as "unsightly verbal input, pain or damage, making incorrect choices, inaccuracies in shooting, making mistakes when making arrests, uncertain or dangerous situations, and reprimands from a supervisor" [4]. The stresses arising from the law-enforcement careers are manifested as numerous bodily and psychological ailments, along with however not limited to untimely demise and incapacity. It’s far critical to note that sleepiness is regularly condition-based, with many aspects of the law enforcement’s learning surroundings exacerbating sleepiness. Not all tiredness exhibited through law enforcement is from lack of sleep but maybe circumstantial. The industry term “all-nighters” pulled through law enforcement has a significant impact on performance [4]. From the workload that neighborhood law enforcement must manage as well as each day lifestyles’ duties, once in a while, pulling all-nighters is essential to complete to meet the demanding needs of the public.

[5] performed an test that involved giving law enforcement from each level of their schooling at a historically black college a questionnaire about sleep deprivation and found that "a lack of sleep is related to the amount of pressure placed on a law enforcement officer" [9]. Those stressors come from jobs, college, personal life, interaction with the citizenry, and plenty of different elements that play into law enforcement’s everyday lives. A few of the surveyed regulation enforcement referred to that "[they] have a full or element-time job," and this takes a look at additionally observed that “much local regulation enforcement are disadvantaged of sleep on a normal foundation” (p. 6). The lack of sleep has many consequences that encompass a massive, reduced impact on cognitive skills during the day.
the simplest element you may think about is finally being capable of sleep for a break a moment before having to do something else [5].

6 APPLYING RESILIENCE PROMOTION TRAINING TO POLICE OFFICERS REDUCE STRESS

Law enforcement officials come across more than one doubtlessly disturbing incidents and extremely stressful situations as a part of their official capacity [6]. Unique special forces police (SWAT) are tackled with responding to the most critical conditions, which include incidents that require specialized abilities and equipment past usual policing events. As an example, SWAT groups are activated in hostage and terrorist situations, active shooter incidents, and seize risky criminals operating in drug and gang activities, among many different high-danger obligations [6]. The SWAT officials are engaged in lengthy missions that regularly change into excessive-pressure vital incidents that require life and loss of life decisions to be made extraordinarily quick. Law enforcement practices suggest that due to selection criteria, cops, and mainly, SWAT officers may be commonly extra resilient than the average civilian. However, continuous publicity to continual and intense pressure (stress) and probably (potential) stressful activities, related to the unpredictability of the job, is related to considerable physiological reactivity [6]. More desirable and prolonged physiological strain reactivity can, through the years, negatively affect the mental and bodily fitness of officers. Cops are at improved risk of mental fitness conditions together with despair, posttraumatic stress disorder (PTSD), burnout, and substance abuse, and excessive risk of physical fitness conditions along with a coronary heart disorder, gastrointestinal issues, and diabetes, and even early mortality [6].

7 THE EMPIRICAL STUDY APPROACH

Empirical evidence is apparent that chronic and uncontrollable stressors confer the most significant toll on bodily and mental health [6]. Therefore, previous interventions concentrated on police stress had been based on the premise that offering officers with techniques to reduce the stressfulness of essential incidents and enhance the belief of predictability and manipulate would improve health and overall performance results. To test this idea, the research layout conducted a 10-week randomized, controlled intervention that contained the following additives: (a) psychoeducation regarding stress responses to vital incidents, (b) using guided imagery to facilitate officer publicity to significant incident pressure at the same time as in a secure study room surroundings, (c) the relaxation strategies to manage stress reactions, (d) mental rehearsal of police first-rate practices (i.e., tactical competencies) in the course of the imagery exposure, and (e) learning coping strategies to deal with the fitness consequences of strain/stress [6]. This intervention approach involved the Swedish law enforcement officers as they finished their initial training.

8 RESULTS ILLUSTRATE EFFECTIVE STRESS REDUCTION

Findings revealed that members had been able to lessen their physiological stress responses for the duration of education and training. Efficaciously, discounts in cardiovascular arousal, as measured via common coronary heart rate, and progressed autonomic nervous system (ANS) control, as measured via the success rankings on the iop devices, had been located and observed [6]. Participants drastically advanced in their potential to have interaction and manage breathing from the first consultation (day 1) to the final consultation (day 5) of training. The findings from the coherence and fulfillment ratings are in keeping with what a researcher might expect of trained athletes and exceedingly skilled law enforcement to show. Especially, individuals’ coherence ratings had been excessive from the start of the training, no longer displaying a sizable improvement over the years.

This means that SWAT officials had been already fast able to obtain a physiological state of ANS control [6]. Officers understood the method swiftly and had been capable of effectively preserve a stability between sympathetic and parasympathetic bodily systems even when sitting stationary. Nonetheless, what SWAT officers had not been taught before became the ability to hold and enhance ANS manipulate all through fantastically traumatic incidents with likely lifestyles threats [6]. A slight, increase in physiological arousal at some point of disturbing situations suggests higher adaptability and extra most advantageous mental and bodily functioning in the course of stress.

Preserving mild arousal is essential to the capacity of a SWAT officer to suppose logically at some stage in lifestyles and dying situations and make selections in keeping with their training [6]. The SWAT officers’ success rankings reflected their development in the capability to obtain physiological manipulate and hold this control at the same time as the essential incidents became graphic, sophisticated, and stress arousing [6].

9 HOW TO OVERCOME SLEEP ISSUES AND EMPLOY RELAX APPROACHES

Because we recognize that strain disrupts sleep, a lot of research has targeted on the usage of relaxation techniques for improving sleep. Dozens of scientific research have shown that relaxation techniques, along with biofeedback, innovative muscle rest, and respiration strategies are influential inside the remedy of insomnia [2]. Those strategies are powerful because all of them elicit the rest reaction, which:

· Consists of decreased physiological interest (e.g., slower brain waves, reduced breathing, and muscle tension).

Journal of Research and Opinion, Vol 7 Iss 3, 2643–2648 (2020)
Relaxation is the mind’s counterbalancing mechanism to the strain (i.e., stress) response. [7]

The rest response improves sleep in three ways:
- While practiced at some point in the day, the rest reaction counters daily pressure responses. This reduces the threat that stress hormones can be accelerated at night.
- While practiced at bedtime or after an awakening, the rest reaction allows to shut-off terrible (negative) sleep, quiet the brain, and relax the body.
- It helps to quiet the mind with the aid of producing a brain wave pattern where sleep is the transition between waking and napping.

By working towards the rest reaction at bedtime or after a nighttime awakening, it is less complicated to go into sleep after which the other stages of sleep such as deep sleep and dream sleep [2].

There are several steps to the usage of rest techniques to enhance sleep:
- **Step one:** relax the muscles throughout your body.
- **Step two:** start respiration relaxation pattern. When experiencing stress, people tend to respire the usage of short, shallow, abnormal chest breaths, or we maintain our respiration using the abdomen. In case you are breathing abdominally, and the hand on the stomach will move. This process is beneficial to quiet, or center one’s mind to relax and reduces stress.
- **Demonstration:** you could practice stomach respiration sincerely by putting one hand on the stomach and the other hand to the chest, without attempting to make the breathing slow or deep, be mindful of respiration using the abdomen. In case you are breathing abdominally, and the hand on the stomach will move. This process is beneficial to quiet, or center one’s mind to relax and reduces stress.
- **Step 3:** direct your thoughts away from the everyday occurrences by way of choosing a word like "one," "loosen up," "peace," "heavy," or another name, and concentrating on the abdomen rising and falling as you breathe. Repeat the phrase silently whenever you exhale.
- **Step 4:** let rest occurs at its very own tempo. Do not "strive" to loosen up (relax), and do not worry approximately whether or not relaxation is taking place. If distracting thoughts arise, disregard them, and practice the mental focusing technique mentioned in the demonstration.

Create a block of time, about 20 minutes, find a quiet area, and attempt the rest techniques. Take into account that for law enforcement officers trying to quiet the body is more comfortable than quieting the mind. However, through exercise, officers will have the ability to relax the body and calm the mind. The only method for gaining knowledge of rest techniques is guided audio practice (instruction) instead of seeking to research the strategies on your own. Find a 20-minute relaxation mp3/4 audio/video that incorporates guided rest strategies intending to teach you how to use body rest, breathing, and relaxing visible imagery to lessen the mind and body so officers can fall-asleep more natural and without problems [2].

10 LITERATURE REVIEW SUMMARY
Overall, the literature review completed its academic objective of using scholar, industry, and empirical research toward illustrating how the different types of stress impact the sleep of law enforcement officers. The literature analyzed the reasons why law enforcement officers lose sleep while itemizing coping strategies through the use of resilience promotion training. Managing professional and personal life for law enforcement officers remains a daily challenge, and the need for stress reduction and relaxation techniques directly impact the emotional and physical well-being of the officer. Continued employment of relaxing approaches increases sleep while decreasing brain waves, reducing breathing, and muscle tension. These approaches reduce the threat of hormones and help officers develop physiological control. Control is essential to managing stressful incidents, which could be graphic and stress arousing during the performance of their duties. [8]

11 ANALYSIS
Critical thinking skills help law enforcement process daily stressors by examining assumptions, evaluate evidence, assess findings, and assess daily encounters with the citizenry [1]. There are four types of stress which cause strain for law enforcement: primary, secondary, systemic, and moral. Before an officer can adapt to the variable types of daily stress, they must first learn to identify the type [3]. This form of therapeutic education teaches the officer how to manage the emotional and physiological events which occur on the job. Such daily on-the-job related crimes cause the officer to experience emotional and physical strain due to the demanding and unfavorable consequences [4].

Stress impacts officers acutely, causing verbal arguments, poor choices, emotional pain, inaccurate shooting, physical body pains, mistakes during the arrest, and supervisory reprimands [4]. Most important is the empirical evidence that uncontrollable and chronic stress causes the most emotional and physical damage to the officer [6]. Therefore, applying resilience promotion training stress reduction approaches drastically improve overall health so the officer can serve the citizenry over many years. Predominantly, employing these relaxation techniques lead to overcome sleep issues while regaining critical thinking skills. Remaining mindful of a daily regimen of applying the four steps of rest techniques to enhance sleep helps rest become a natural state while reducing behavioral attitudes [2].

12 NEED FOR FURTHER RESEARCH
Police are exposed to human suffering, graphic violence, demanding to schedule, and emotional and physical demands, which cause stress, which returns to reduce the officer’s ability to think critically. This researcher strongly recommends community collaboration with local therapy services to provide sufficient resources and services. These services offer
techniques to reduce anxiety not only caused by adverse job-related outcomes and stress but stress relating to health problems. A continued research approach creates empirical studies designed to identify stress reduction techniques to reduce job-related conflict and develop a mind and body balance. The priority in research could include three areas.

1) Self-regulation training to improve sleep, reduce negative emotions, and increase coping strategies;
2) Relation and sleep training to enhance the quality of sleep, and reduce stress, and
3) Resilience training to reduce on-the-job stressors which impact overall health conditions and behavior outcomes.

REFERENCES