

## STRESS AND BURNOUT IN THE PUBLIC ORDER AND NATIONAL SECURITY SYSTEM

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### Abstract

This study deals with the problem of professional stress and burnout regarding the police officers who carry out various activities within the field of Public Order and National Safety, at the level of Police Units. A number of 76 police officers, agents and various other officers have been included in this study, with an average accumulated service of 5 years in their respective fields. Two questionnaires have been used to carry out the research, with closed questions, by means of which the main coping strategies employed by police officers in their professional activity have been identified; another aspect taken into consideration was the analysis of the connection between the coping strategies employed and the emotional and physical exhaustion, pertaining to improper management of stress factors.

### Keywords

stress, burnout, coping strategies, Public Order

### JEL Classification

A1; I0.

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