

## **Abstract**

Police officers play a major role maintaining law and providing basic protection to the people. Their mental stability, better quality of life and effective performance are essential for better provision of their services. Organizational fields include emotional intelligence as an essential factor for job performance. Anger outbursts and impulsivity are commonly seen in police officers. This research aimed to understand the relationship between Emotional Intelligence (EI), Impulsivity, Mental Health (MH) and Quality of Life (QOL) in police officers. Another objective was to explore job satisfaction among different educational levels in cops. Urdu translated versions of Scale of Emotional Intelligence (SEI), Barratt Impulsivity Scale (BIS-11), Mental Health Inventory (MHI-38) and WHO Quality of Life Scale (WHO-QOL-BREF) were used for data collection. Data was collected from (n=123) police officers through purposive sampling technique.

Pearson product moment correlation, Regression analysis, T-test analysis and ANOVA tests were used in SPSS-21 version. The results revealed that there is a significant correlation between study variables and demographic variables. Moreover, emotional intelligence is a strong predictor of quality of life and mental health, while Mental health of police officers living in nuclear family system is better than joint family. High job satisfaction is positively correlated with higher education in police officers and low job satisfaction leads to impulsive behavior. The findings serve as the basis to understand the importance of emotional intelligence in police officers and to understand the factors boosting their quality of life and mental health. It also clarifies the worst effects of impulsivity on mental health and quality of life.