

Abstract

The current study investigated the relationship between stressors and psychological distress among Traffic Wardens. The sample comprised of 172 Traffic Wardens (Male) with the age range of 23-30 years ($M= 27.15$, $SD= 1.35$) and 1-6 years job experience. General Health Questionnaire (GHQ-30) Urdu version was used to measure psychological distress among traffic wardens.

Three indigenous measures were constructed that included Stressors Scale for Traffic Wardens (SSTW), Stress Reactions Questionnaire (SRQ) and Affected Areas of Life Questionnaire (AALQ) to identify the routine based stressors and stress reactions among the Traffic Wardens. Psychometric properties of the measures were determined which included construct validity, item analysis and reliability analysis of the measures. Principal Component Factor Analysis of SSTW revealed three factors comprised of 26 items named as, Daily Hazards, Work Stress, and Security Risk. Correlation was computed to identify the association among stressors, stress reactions and psychological distress. Stepwise Regression Analysis revealed the stress reactions as the only positive predictor for the psychological distress among traffic wardens. T-test indicated that high and low psychological distress groups significantly differ as 52.9% traffic wardens suffering from high level of psychological distress (within the range of psychiatric population) no diagnosis was used to diagnose any one.

The most affected areas of life as reported by traffic wardens was Personal followed by Family and Work. The most reported stress reactions were Behavioral followed by Affective and Cognitive dimensions. Results of the current study were discussed in terms of cultural specific factors and need for developing indigenous measures. Introductory counseling programs for traffic wardens were needed to promote the mental health and to make them able to cope up with stressors.