

## Abstract

This research is aimed to investigate the relationship among distress tolerance, resilience, dispositional optimism and mental well-being of Police officials. It was hypothesized that distress tolerance, resilience and dispositional optimism is likely to positively related, and will predict mental well-being of police officials, and Police officials are likely to differ in terms of their working hours and service tenure. Sample of the study was consisted of (N=150) police officials (Assistant Sub Inspectors and Sub inspectors) of district Lahore and Shiekhupura. All participants were selected by purposive sampling technique with participant's age range was according to the age range specified by Punjab Police for the ASI and SI rank. Distress tolerance scale, Optimism scale, Warwick-Edinburgh Mental well-being scale (WEMWBS) and Connor-Davidson Resilience Scale (CD-RISC), were used to measure distress tolerance, resilience, dispositional optimism and mental well-being accordingly. Departmental permission was taken from concerned authorities and an informed consent form was given to all participants. Findings of the current study revealed that distress tolerance, resilience, dispositional optimism and mental well-being are significantly correlated. Findings of this study also reveals that the resilience and dispositional optimism significantly predicted the mental well-being of Police officials and Police officials differ with each other in terms of service tenure in the Department, result showed that the highest service tenure group (31-40 years) is significantly different in all variables and and they are more resilient, optimist, distress tolerant and their mental well-being is better. in working hours. Result also showed that Police officials also differ with each other in terms of working hours, Officials who work 8-12 Hours are more resilient, mental well-being and optimist except distress tolerance, 13-17 hours working group was found more distress tolerant. Future implication of the research results can be very beneficial for Police department administration to improve their working environment, psychological support and duty timings.

**Key words:** police, punjab distress tolerance, resilience dispositional optimism, mental well being, job tenure, working hours