

## Summary

**Goals:** The main target of research was empiric verification of assumed theoretical model of inter relations between changeable psychological factors: control of emotions, aggression, depression, social support, own efficient factor and description of different attitude to stress situations within police servicemen in criminal department. Above that research was aiming to implement of results in day to day operation of criminal department in police based on subjectivity and intuitional factors.

**Resources and methods:** Research was based on 100 policemen from criminal department, 44 women and 56 men in local and district police headquarters. During research 6 standard tools were in use: Coping Inventory for Stressful Situations CISS (Endler and Parker, 1990; polish translation Szczepaniak, Strelau and Wrześniewski, 1996), Difficulties in Emotion Regulation Scale DERS (Gratz and Roemer, 2004; polish translation: Czub and Brzezińska, 2012), Berlin Social Support Scales BSSS (Łuszczynska, Kowalska, Schwarzer and Schulz, 2002), Generalized Self-Efficacy Scale GSES (Schwarzer, Jerusalem and Juszczyński, 2009), Beck Depression Inventory Second Edition BDI II (Beck, Steer and Brown, 1996; polish translation: Łojek and Stańczak, 2019), Psychological Inventory of Aggression Syndrome IPSA II (Gaś, 1987) plus questionnaire prepared for research.

**Outcome:** Research confirmed high level of job related stress in mentioned group of policemen. Difficulties in control of emotions were higher than aggression level. Police servicemen with higher difficulties in emotions control, control of impulses, restrictions to emotions strategy controls and not able to accept their emotions are more prone for depression and feel less social supported. They are using tools to deal with stress based on emotions, which leads to less self confidence in their efficiency. Above that active Policemen with age are showing up more difficulties with regulation of emotions and less confidence in own perspective of efficiency. More experience in service in Police indicates more problems with impulses control. It has been proofed that female policewomen do have restricted access to control emotions strategies and trying to solve their own problems by looking for inter-social relations, looking more for emotional support and they are showing less aggression.

**Conclusions:** Control of emotions and dealing with stress are the main factor to determinate mental health of policemen and shaping the efficiency of organization and its s functionality. Special attention is dedicating for more experience Policemen and older by age. Control of emotions and knowing “style” of dealing with stress are a key factors to feel by mentioned

depression and aggression. Above may be a substantial element of program of to help in maintain mental health within criminal department of Police.