

Self Check Answers Chapter 8

8.1 Self Check

1. How does cynicism usually develop throughout a police officer's career?
There are usually five steps of cynicism. The earliest stages, when the officer is the least knowledgeable and the most fearful, show the highest levels of cynicism. The later stages, when the officer is more mature and comfortable with his or her job, show the lowest levels.
2. What specific elements characterize the subculture that develops among police officers?
The six main elements are cynicism, solidarity, authoritarianism, isolationism, conservatism, and a siege mentality.

8.2 Self Check

1. What are eustress and distress?
Eustress is considered good stress. It can result from any positive event such as getting a good grade, falling in love, or winning the lottery. Distress results from negative events.
2. What are the typical signs and symptoms of stress?
Some symptoms include weakened immune system, depression, and muddled cognitive processes.

8.3 Self Check

1. What is burst stress?
Burst stress refers to any stress that is brought on by a single event, such as a shootout, rather than continual low-grade stressors, such as departmental politics.
2. Name five personality characteristics that are necessary for the successful performance of police duties.
Five personality characteristics that are necessary for the successful performance of police duties are
 1. Emotional restraint, which is the officer's ability to control his or her anger in confrontations with a suspect, especially when a suspect is verbally abusive
 2. Emotional expressiveness, which is the use of interpersonal communication to avoid physical confrontation, make chaotic situations calm, and relax nervous citizens
 3. Group cohesiveness, which is following group norms and the concept of teamwork
 4. Independent style, which involves being self-sufficient and autonomous
 5. Realistic orientation, which means that officers must be logical and analytical instead of emotional and impulsive in their decision-making.

8.4 Self Check

1. What are some of the components of developing a stress-resistant lifestyle?
Some of the 14 components are learning to relax, eating nutritious foods, getting enough sleep, and finding leisure time for yourself and your loved ones.
2. What are the benefits of looking at organizational problems in relation to stress management?
When police departments address organizational problems that avoid stress, a single change can eliminate a stressor from an entire department. Police departments can eliminate several stressors with this approach, and consequently raise officer morale and effectiveness.