Research on Prison Police’s Subjective Well-Being in Jiangxi Province

Hua-jie SUI¹,a, Yin HAN²,b, and Xiao-fei XIAO³,c*

¹,²School of Humanity, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China
³Higher Education Research Office, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China
³Tin Ka Ping Institute of Educational Sciences, Zhejiang Normal University, Jinhua, Zhejiang, China

¹510563704@qq.com, ²89415333@qq.com, ³289241871@qq.com

*Corresponding author

Keywords: Prison Guard, Jiangxi Province, Subjective Well-Being

Abstract. Objective: This investigation was to study the factors which influence subjective well-being of prison police in Jiangxi province. Objects: 107 police from two prisons in Jiangxi province were studied. Methods: We used General Subjective Well-Being (SWB) Schedule to measure 107 prison police in the form of voluntary randomly questionnaire. Results: ① The total score of the SWB of the prison police in Jiangxi province was significantly lower than that of the norm; ② The score of SWB for female prison police was higher than that male prison police. There was significant difference; ③ There were significant differences between the position, the length of service and SWB ④ There was no significant difference between degree and SWB for the prison police in Jiangxi province. Conclusion: The job position and the length of service of prison police affected the SWB, but influence of the degree and gender was not significant.

Introduction

The 21st century, people face more opportunities. At the same time, they also face more and more psychological pressure. "And, in all the excitable profession, the psychological stress index of police ranked first" Prison police as a special group, have the responsibility of reforming the prisoners, always in a "high load, high strength, high risk" status, and they also face the low social status, low wages. Research showed that compared with other industry citizens, the pressure of prison police slightly higher, but the level of mental health was lower; Compared with other types of public security police, prison police had the lower level of mental health, and the proportion of psychological unhealthy was higher. This problem was gradually noticed by the scientific community, some related scholars analyzed on the problem. This program investigated part of the possible influencing factors, analyzed the prison police's subjective well-being in Jiangxi province. We expected to draw some meaningful results of prison police team, then to provide effective help. In actual work, the prison police appeared a serious psychological confusion and job burnout because of physical and mental pressure, which seriously affected the policemen's own development and the construction of the police force. The study of the factors affecting the well-being, can understand the cause of confusion and job burnout, and effectively improve the quality of the work and their own quality of life.

1. Objects and Methods.

1.1 Objects

With the method of questionnaire survey, all the participants came from Nanchang Prison, Nanchang Women's Prison in Jiangxi province. There were 160 questionnaires distributed and a
total of 107 (including 76 male, 31 female) valid samples were collected, with the 66.8% effective rate.

1.2 Measuring Tool

General Subjective Well-Being Schedule (GWB) was used to investigate the participants. General Well-Being Schedule (Fazio, 1977) was edited by The National Center for Health Statistics in America. It was used to assess subjects a statement of the happiness. The scale with a total of 33 cases, the higher the score, the more happiness. General Well-Being Schedule evaluated six factors of happiness through the content of six subscale. These six factors are: the fear of health, energy, to the satisfaction of life and interests, sad or happy state of mind, control of the emotions and behavior, and relaxation and tension, anxiety.

1.3. Statistical Analysis

All data were analyzed by SPSS 19.0, including descriptive statistics, correlation analysis and variance analysis.

2. Results

2.1 The Total Score of the SWB between the Prison Police and Norm

As table 1.showed, the total score of the SWB of the male prison police in Jiangxi province was significantly lower than that of the norm. While the total score of the SWB of the female prison police was similar to the norm.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Prison police (x ± S)</th>
<th>Norm (x ± S)</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>69.14±15.71</td>
<td>75±15</td>
<td>-2.71</td>
<td>0.000*</td>
</tr>
<tr>
<td>Female</td>
<td>72.16±19.62</td>
<td>71±18</td>
<td>0.19</td>
<td>0.87</td>
</tr>
</tbody>
</table>

**significant in .01 level (two-tailed),  *significant in .05 level (two-tailed)

2.2 The Comparison between the Different Factors

<table>
<thead>
<tr>
<th>Item</th>
<th>Score</th>
<th>T/F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>69.14±15.71</td>
<td>2.34</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>72.1±19.62</td>
<td></td>
</tr>
<tr>
<td>Position</td>
<td>Front-Line</td>
<td>67.76±14.21</td>
<td>4.76</td>
</tr>
<tr>
<td></td>
<td>Un-Front-Line</td>
<td>76.51±20.14</td>
<td></td>
</tr>
<tr>
<td>Degree</td>
<td>Senior High School</td>
<td>69.31±12.23</td>
<td>3.29</td>
</tr>
<tr>
<td></td>
<td>Junior College</td>
<td>70.24±10.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Undergraduate Course</td>
<td>71.15±12.15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;Master</td>
<td>73.54±13.45</td>
<td></td>
</tr>
<tr>
<td>Length of Service</td>
<td>1~5 years</td>
<td>67.51±12.47</td>
<td>12.46</td>
</tr>
<tr>
<td></td>
<td>5~10 years</td>
<td>70.52±11.42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;10years</td>
<td>74.65±10.17</td>
<td></td>
</tr>
</tbody>
</table>

**significant in .01 level (two-tailed),  *significant in .05 level (two-tailed)
2.2.1 The SWB between Different Genders
As showed in Table 2, the average score of male prison police's subjective well-being was significantly lower than that of female police (P<0.05).

2.2.2 The SWB between Different Job Position
As showed in Table 2, the average score of front-line prison police's subjective well-being was significantly lower than that of un-front-line police (P<0.05). This means that front-line prison polices face more pressure. Because they have to contact a lot of prisoners, the risks are higher than un-front-line police officers, and the work intensity of big differences. These factors may affect the prison police's subjective well-being.

2.2.3 The SWB between Different Degrees
We could know by studying the single factor analysis of variance of data. There was no particularly significant difference in different degree levels (P > 0.05). Although degree levels were different, the differences on subjective well-being score were not big, maybe that related to the meaning of subjective well-being. Subjective well-being is the evaluation of quality of life for themselves. It contains individual cognitive and emotional evaluation. The influence of degree levels in these areas is not particularly evident.

2.2.3 The SWB between Different Lengths of Service
From table 2, we could know there was significant difference in different length of service.
In the work of more than 10 years of prison police's subjective well-being scores were obviously higher than just coming into the prison for 1-5 years. The discovery of this phenomenon may be due to the work in prison after a certain period of years, their perception of work changed. They also would not have too many things to worry. Personal life tended to be stable. Pressure was less than the former.

Discussion
In the survey, from the point of statistics the total score, the average score of male prison police's subjective well-being was significantly lower than that of female police. Female prison polices are mostly in the civilian. They don’t participate in a line at the grass-roots level. The risk of contacting the prisoners is lower than the male prison polices, so from the point of average, female prison officer's overall subjective well-being score was slightly higher than male prison officers.

The average score of front-line prison police's subjective well-being was significantly lower than that of un-front-line police (P<0.05). This means that front-line prison polices face more pressure. Because they have to contact a lot of prisoners, the risks are higher than un-front-line police officers, and the work intensity of big differences. These factors may affect the prison police's subjective well-being. So those in low position had higher psychological pressure than the prison polices in high position. Their subjective well-being was lower than the polices with high position. Different position is connected with different income, too, so the polices of low position and low level of economic pressure also creates a gap in life.

There was significant difference between different working time. In the work of more than 10 years of prison police's subjective well-being scores were obviously higher than just coming into the prison for 1-5 years. This may due to the new prison police need to adapt to the new work environment. They found that the present work has bigger gap with their own ideal. After considering the promotion space is little, they will feel unhappy. Most of these polices are in a line at the grass-roots level. They have low level of subjective support, which may even aggravate the unhappiness. So we should focus on such people in prison, on the regular counseling. From the results of the analysis we can find some issues which should be noticed: the subjective well-being at the grass-roots level is not high, so we should give them more mental relaxation and more promotions. Prison police's subjective well-being is lower than social groups. Notably the grass-roots frontline police lower subjective well-being is worthy of attention.
Acknowledgement
This research was financially supported by the Discipline Foundation of psychology of traditional Chinese medicine. And it was also supported by the project of Jiangxi province Education Department (NO: GJJ150885)

References
[8] Zhang Lin, etc. Prison police social support, the relationship between subjective well-being and mental health. China Journal of Health Psychology. 20D9(8).