

Original Article

Police Science and Emotional Intelligence

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Submitted: 08-Oct-2024 Revised: 10-Nov-2024 Accepted: 15-Dec-2024 Published: 31-Dec-2024

Quick Response Code:



Access this article online

Website: <https://ibrrj.us>

DOI: 10.5281/zenodo.15016224

Manuscript ID:
IBMIIRJ -2024-010301

Volume 1

Issue 3

December 2024

E-ISSN: 3065-7857

How to cite this article:

Thorat, P. G. ji P. (2024). Police Science and Emotional Intelligence. InSight Bulletin: A Multidisciplinary Interlink International Research Journal, 1(3), 1-3. <https://doi.org/10.5281/zenodo.15016224>

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ABSTRACT:

The police department's procedures include investigating cognizable offenses, conducting inquiries, researching the details of incidents, gathering evidence, investigating suspected deaths, presenting charge sheets to the court, and conducting inquiries as per the court's orders. Police officers also conduct forensic analyses of individuals and objects.

To investigate crimes effectively, police officers need to study social psychology, basic psychology, criminal psychology, and forensic science. This research paper on Police Science and Emotional Intelligence highlights the importance of mental health and emotional well-being for police officers. The Maharashtra Police Training Institute has introduced a course on emotional intelligence, which is a commendable step. However, there is still a lack of emphasis on mental health in police training. The Indian society's attitude towards mental health is alarming. The administration and civil society are indifferent to mental health concerns, and there is a stigma surrounding mental illnesses. Police officers face immense challenges, and approximately 16% of them suffer from mental health issues. This has led to instances of police personnel engaging in violent behavior.

Dr. Pandit Ghanshyamji's research paper sheds light on this critical issue, emphasizing the need for emotional intelligence in policing. Human nature is inherently positive and pure, a notion shared by Abraham Maslow and Carl Rogers. Positive psychology focuses on promoting adversity quotient, productivity, mental and physical well-being, and humanism. Its primary objective is to cultivate gratitude, resilience, and emotional intelligence.

Renowned researchers like Don Clifton, Albert Bandura, Martin Seligman, and others have made significant contributions to this field. Their work has been instrumental in shaping the concept of positive psychology. The Maharashtra Police Department has taken a pioneering step by introducing "Police Science and Emotional Intelligence" as a research topic. This study, dedicated to Pandit Dr. Ghanshyamji and Police Superintendent Somnath Gharage, is a unique achievement. It has been recognized globally, with an ISBN from India and America, making it a valuable contribution to the field of police science and emotional intelligence.

This research will pave the way for a new era in police science and emotional intelligence, providing a fresh perspective and approach.

Keywords: Moral Ethics, Social Intelligence, Homo Sapiens, Limbic System, Feeling, Passion, Agitation, Disturbance Of Mind

INTRODUCTION:

Emotional Intelligence (EI) refers to the ability to recognize and understand emotions in oneself and others, and to use this awareness to guide thought and behavior. Here are some key details about Emotional Intelligence and current research:

Components of Emotional Intelligence:

1. Self-Awareness: Recognizing and understanding one's own emotions.
2. Self-Regulation: Managing and regulating one's own emotions..



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3. Motivation: Using emotions to drive motivation and achieve goals.
4. Empathy: Recognizing and understanding emotions in others.
5. Social Skills: Using emotional intelligence to interact and communicate effectively with others.

CURRENT RESEARCH:

1. Neuroscience: Research has shown that emotional intelligence is linked to specific brain regions, including the prefrontal cortex, amygdala, and hippocampus.
2. Artificial Intelligence: Researchers are exploring the development of AI systems that can recognize and respond to human emotions.
3. Workplace Performance: Studies have shown that emotional intelligence is a strong predictor of job performance, leadership effectiveness, and teamwork.
4. Mental Health: Research has found that emotional intelligence is linked to better mental health outcomes, including reduced stress, anxiety, and depression.
5. Education: Emotional intelligence is being increasingly recognized as an important aspect of education, with many schools incorporating EI training into their curricula.

Notable Researchers:

1. Peter Salovey: Known for his work on emotional intelligence and its relationship to mental health.
2. John D. Mayer: Developed the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT).
3. Daniel Goleman: Popularized the concept of emotional intelligence in his book "Emotional Intelligence".
4. Richard E. Boyatzis: Developed the Emotional Competence Inventory (ECI), a widely used assessment tool.

Real-World Applications:

1. Leadership Development: Emotional intelligence training is being used to develop more effective leaders.
2. Conflict Resolution: EI training is being used to improve conflict resolution skills in personal and professional settings.
3. Mental Health Support: Emotional intelligence training is being used to support mental health professionals in their work.
4. Education: EI training is being incorporated into school curricula to improve student well-being and academic performance.

The Future of AI Research: Benefits and Risks for Humanity:-

Artificial Intelligence (AI) has made tremendous progress in recent years, transforming various aspects of our lives. As AI research

advances, it's essential to consider its potential benefits and risks for humanity.

Benefits:

1. Improved Healthcare: AI can help diagnose diseases more accurately, develop personalized treatment plans, and streamline clinical workflows.
2. Enhanced Productivity: AI-powered automation can increase efficiency, reduce costs, and augment human capabilities in various industries.
3. Environmental Sustainability: AI can help optimize resource usage, predict and prevent natural disasters, and develop sustainable infrastructure.
4. Scientific Breakthroughs: AI can accelerate scientific discoveries, simulate complex phenomena, and analyze vast amounts of data.

To mitigate these risks and ensure that AI benefits humanity, it's crucial to:

1. Develop AI responsibly: Encourage transparency, accountability, and ethics in AI development.
 2. Invest in AI education and re-skilling: Prepare workers for an AI-driven economy and provide opportunities for re-skilling.
 3. Implement robust regulations and governance: Establish frameworks to prevent AI misuse, ensure accountability, and protect human rights.
 4. Foster international cooperation: Collaborate globally to address AI-related challenges and ensure that benefits are shared equitably.
- By acknowledging both the benefits and risks of AI, we can work towards a future where AI enhances human life while minimizing its negative consequences.

The SOCS Theory: A Globally Renowned Methodology:

The SOCS theory, which stands for Situation, Options, Consequences, and Solution, is a widely recognized problem-solving framework. By applying this methodology, individuals can achieve better results in various aspects of life.

To develop a comprehensive curriculum for emotional literacy, one can refer to The Collaborative for the Advancement of Social and Emotional Learning (CASEL), Psychology Department, Illinois University, Chicago.

Despite the importance of emotional intelligence, many people are still unclear about its meaning. According to the Oxford Dictionary, emotion is defined as:

"Any agitation or disturbance of mind, feeling, passion, any vehement or excited mental state."

To manage uncontrolled emotional impulses, psychologists Carol Kusché and Mark Greenberg from Washington have developed the

"Promoting Alternative Thinking Strategies" (PATHS) program, based on psychological methods.

CONCLUSION:

After evaluating all the facts and relevant information, it can be concluded that emotional literacy, adversity quotient, police science, and emotional intelligence are essential topics that require continuous training and research. This will enable every newly trained police officer to understand themselves, their emotions, and their neurology, and to develop the skills to adapt and adjust easily.

As a result, the United Nations' Universal Declaration of Human Rights and the Indian Constitution's principles of global human rights, law, world peace, global brotherhood, and harmony will be promoted and developed.

Let us remember that police officers are also living human beings with emotions and sensitive minds. It is essential to nurture their personality through classical research in modern psychology, which is the need of the hour!

In essence, this research emphasizes the importance of integrating emotional intelligence, police science, and adversity quotient into police training to create a more empathetic, efficient, and effective police force that upholds human rights and promotes global peace and harmony.

Acknowledgments

I am Dr. Pandit Ghansham Pundlik Thorat thankful to Principal Dipak Babulal Gavle Padma vibhushan Pandit Udit Narayan Niramal Diploma college of Jaranlisim Nagone Bari Dhule Maharashtra for granting permission to carry out the work.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

Risks:

1. Job Displacement: AI-powered automation might displace certain jobs, exacerbating income inequality and social unrest.
2. Bias and Discrimination: AI systems can perpetuate existing biases and discriminate against marginalized groups if not designed and trained carefully.
3. Cyber security Threats: AI-powered attacks can compromise sensitive information, disrupt critical infrastructure, and pose significant national security risks.
4. Existential Risks: Some experts worry that advanced AI systems could become

uncontrollable, posing an existential threat to humanity.

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