

THE MAIN SOURCES OF STRESS AND SPECIFIC COPING STRATEGIES FOR POLICE MANAGERS

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***Abstract:** The research addresses the problem of professional stress, the purpose being to know the specificity of the stress generated by the occupation of a management position in the Romanian Police and the peculiarities that can lead to the occurrence of some dysfunctions in the managerial act. The participants in the study are managers, men, who work in a police unit and who have staff in their subordination working in the street field. The paper is a qualitative approach, the instrument used being a questionnaire with open questions, with the help of which the main sources of stress and their management strategies specific to the police environment were identified, as a stage of diagnosis in the construction and implementation of prevention programs aimed at reducing the negative consequences associated with organizational stress and increasing the efficiency of managerial work.*

***Keywords:** stress, manager, stressors, coping strategies, efficiency.*

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