

Abstract

The purpose of present study aimed at better understanding of the associations and moderated mediations between police stress and satisfaction in close relationship. Data included measures of police stress as predictor variable, inward anger expression (AX-I), outward anger expression (AX-O) & state anxiety (STAI-State) as mediator variables, problem-focused disengagement (PFD) and emotion-focused disengagement (EFD) copings as moderator variables, and satisfaction in close relationship as criterion variable. 196 self-rating questionnaires from police officers of the Hong Kong Police Force were obtained with bootstrapping techniques being used for the test of moderated mediation. Results indicated that police stress had significant positive associations with both anger expressions, state anxiety and both disengagement copings but a significant negative association with satisfaction in close relationship. Conditional indirect effects of police stress on satisfaction in close relationship were observed through three moderated mediation paths: AX-I by PFD when PFD is high and EFD was low; AX-O by EFD when EFD was low in all levels of PFD; STAI-State by EFD when PFD was low while EFD was high. Direct effect of stress-satisfaction relationship was insignificant. Results highlighted the importance of appropriate social withdrawal (EFD) as a useful means for stressful participants with intense outward anger levels to recover from high arousal state to baseline state, which in turn may better preserve close relationship from further harm. Findings also provide directions for clinical practitioners and counselors on how to facilitate police couples in developing tailor-made management skills that can effectively cope in different stressful contexts.