



Virtual Reality Training’s Impact on Police Officer Stress in Johannesburg: An Action Research Study

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Abstract

Virtual reality (VR) training programmes are increasingly being used to address stress among military personnel and healthcare workers. However, their efficacy in reducing stress among law enforcement officers remains underexplored. Participants included 50 police officers randomly selected from various departments across Johannesburg. Pre- and post-stress assessments were conducted via validated scales. A VR training module was delivered over six weeks. Post-training stress levels decreased by 32% compared to pre-training, indicating a significant reduction in perceived job-related stress among participants. The VR training programme effectively reduced police officer stress, providing evidence for its potential use as an adjunctive therapy in law enforcement settings. Future research should explore longer-term effects and broader applicability across different types of police departments. Police Officer Stress, Virtual Reality Training, Johannesburg, Action Research

Keywords: African geography, virtual reality, stress management, □□□□, action research, cognitive appraisal

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