

Spring 2023

POLICE BRUTALITY IN THE UNITED STATES

jacob bell
jbell38@murraystate.edu

jacob d. Bell
Murray State University, jacob2993.jb@gmail.com

Follow this and additional works at: <https://digitalcommons.murraystate.edu/bis437>

Recommended Citation

bell, jacob and Bell, jacob d., "POLICE BRUTALITY IN THE UNITED STATES" (2023). *Integrated Studies*. 437.
<https://digitalcommons.murraystate.edu/bis437/437>

This Thesis is brought to you for free and open access by the Student Works at Murray State's Digital Commons. It has been accepted for inclusion in Integrated Studies by an authorized administrator of Murray State's Digital Commons. For more information, please contact msu.digitalcommons@murraystate.edu.

POLICE BRUTALITY IN THE UNITED STATES

By

Jacob Bell

Project submitted in partial fulfillment of the
Requirements for the
Bachelor of Integrated Studies Degree

Continuing Education and Academic Outreach
Murray State University

2/19/24

Approval Page

Abstract

Police brutality is exemplified by using excessive or unjustifiable force by law enforcement agents. Federal governments have been against brutality for a long time and have taken action against it. This study examined the use of excessive force by law enforcement officers. The relationship between historical events and present-day societal issues is undeniable. To shed light on the tense dynamic between black males and law enforcement officials in the United States, it's important to examine how the black population has been treated in the past. Throughout history, people of African descent have often been viewed as hostile and aggressive, which has contributed to a lack of respect from members of other racial groups and perpetuated the notion that they threaten the established social order. Frequently, law enforcement officers are sent to regions where they are unfamiliar with the cultural practices and functional characteristics of the ethnic community in question. Law enforcement officers may likely respond negatively to African-Americans due to their system's inherent biases. Lastly, the evidence establishes a link between the continuation of police brutality and negative health effects. Even though there has never been a suitable description for usage worldwide, the phenomenon has been observed throughout the whole history of law enforcement. From early American slave patrols to the police forces of the twenty-first century, history is filled with instances of law enforcement officials perpetrating individual or collective acts of violence. These incidents disproportionately affect individuals from disadvantaged backgrounds, communities of color, and immigrant communities. People, the media, and local.

Acknowledgements

Table of Contents

Abstract	2
Police Brutality	5
Introduction	5
History of Police Brutality in America	6
Statement of the Problem	8
Research Questions	8
The Purpose of This Study	9
Significance of the Study	10
Chapter Two: Literature Review	11
Police Brutality	11
Race Relations in the United States	11
White Privilege	13
Excessive Force	14
Police Perceptions & Public Relations	15
Police Perceptions	17
Blacks Perceptions	18
Autonomy	19
Criminalization of Communities of Color	21
Perceptions of Those at Low Socio-Economic Levels	24
Police Training	28
Link to Physical Ailments in African American Males	29

Solutions	30
Research Questions:	32
Hypotheses:	32
Methodology	33
Introduction	33
Participants	33
Procedure	33
Data Collection	33
Survey Measures	33
Data Analysis	34
Ethical Considerations	34
Limitations	35
Reliability and Validity	36
Reliability:	36
Validity:	36
Conclusion	37
Findings	38
Sample Characteristics	38
Prevalence and Types of Police Brutality	38
Differences in Police Brutality Experiences Across Demographic Variables	38
Trauma and Mental Health Outcomes	38
Differences in Trauma and Mental Health Outcomes Across Demographic Variables	38

	7
Predictors of Trauma and Mental Health Outcomes	38
Recommendations	40
Adopting core values	41
Law enforcement agencies to enhance their rules and procedures to better incorporate ethical principles into their daily operations.	42
Offer a way for continuous monitoring and feedback delivery.	42
Conclusions and Implications	44
References	47

INTRODUCTION

Since the controversial shooting death of Trayvon Martin, a black male teen who was 17 when he was killed in 2014 by a member of a neighborhood watch group, police brutality in the United States has been frequently covered in the news. Martin's death sparked the "Black Lives Matter" movement, which draws attention to the fact that black people are killed at a disproportionate rate and subjected to excessive force by police in the US. After the decision that Martin's murderer would not be indicted, the movement began. Since Martin's death, a movement known as "Black Lives Matter" has protested the shooting deaths of unarmed black people by police in the US and the failure to prosecute the officers responsible for these deaths. The "Black Lives Matter" movement has not increased the likelihood of police brutality, but it is receiving more media attention and is being scrutinized more closely. Before 2015, no reliable statistics indicated whether police brutality had increased over time. However, since the federal government has not yet implemented a more precise accountability system, organizations such as "The Counted" are attempting to implement a more accurate system for tracking deaths caused by police officers.

Some argue that law enforcement actions are justified by the dominant group's historical feeling of supremacy because they devalue the lives of Black people, particularly Black males. According to this school of thinking, using force is acceptable when the ruling elite believes it is superior to the governed populace (Embrick, 2015). It is crucial to identify the root reasons for conflict between police and black males if White supremacy and institutionalized racism are not to blame. It seemed that the police disproportionately utilized excessive force against Black males compared to their use of force against other demographics. To understand what Black men see as excessive and aggressive interactions with law enforcement, we must look at White

Privilege, historical roots, officers' mental states during contact points, police training practices, and neurobiological factors that may affect their behavior in situations where Black men are seen as threats to harm. These are required for this knowledge and comprehension.

History of Police Brutality in America

The finest "police brutality" contribution could be nothing more than a picture collection. Like the Rodney King video from 1991 or photographs from the 1960s of police dogs attacking Civil Rights protestors and officers hosing them down. US events. Kelly Thomas, a homeless man, was slain by Orange County police 20 years after his initial beating. This videoed incident verified the anomaly's persistence. These and other images of police violence are significant because "we know it when we see it" and "a picture is worth a thousand words." However, the imagery need not be physically present. Another well-known incidence of police brutality was in 1997 when New York City police sodomized and viciously beat Haitian immigrant Abner Louima with a toilet plunger. These inside images serve as an illustration of a comparable horrible incidence of police violence. However, the term has not yet been given a specific and well-accepted meaning. People from diverse communities have various opinions about how severe police officers may be. For instance, Reiss (1968) points out that physical force is an important part of brutality and that any form of police activity, including verbal orders and threats, may be viewed as brutality by the general public.

According to another research, police officers interpret needed force to encompass behaviors that the general public may deem excessive or unnecessary. This justifies the use of force when required. "Street justice," according to Sykes, is "informal distributive and retributive justice in situations when someone violated community standards and infringed on the personal and property rights of others" (1986). Sykes (1986) provides a moral argument for "street

justice," while Hunt (1985) examines how police personnel perceive proper and excessive force. Despite this, the majority of academics and authorities in the field of policing concur with Egon Bittner (1970), who claims that the main duty of the police is to uphold the law by using physical force. However, experts and law enforcement agencies differentiate between required and unwanted force and excessive and cruel force, even if it is universally acknowledged that this use of force will occur.

The term "necessary force" refers to the amount of force needed to make an arrest or conduct other law enforcement activities. The term "unnecessary force" refers to excessive force. A deliberate and venal action by authorities who often take significant measures to conceal their activities, brutality overlaps with excessive force. A purposeful and malicious activity conducted by cops who often go to considerable measures to disguise their activities is what the definition of brutality is (Skolnick & Fyfe, 1993). According to Lawrence, the use of excessive force might be seen as cruel or needless depending on the circumstances. Police brutality has existed for as long as police personnel has, despite definitional issues and ambiguity.

Because of the prevalent antiauthoritarian views and the focus on individual liberty, the legitimacy of the police force in the United States has consistently been questioned. Law enforcement agents frequently use physical force against people and organizations to establish or retain their legitimacy. Similarly, stories and accusations of police brutality in the US extend back to the establishment of the police force. Usually constituted during growing police violence, these courts examine such charges. One of the key responsibilities of these panels is to recommend measures for addressing various forms of illegal behavior and misconduct by law enforcement, such as instances of violence. When examining the history of policing in the United States, three major periods are often highlighted: the political period, the reform era, and the

community policing era. These eras are widely recognized as shaping the development of American law enforcement. The political, reform, and community policing eras are among these periods (Kelling & Moore, 1988). This history has gotten criticism for omitting crucial happenings and information concerning the evolution of American police, particularly the significance of socioeconomic problems like race and class. Given that police brutality and patrols have typically targeted poor, minority, and immigrant populations disproportionately, this seems to be the case for all three of the periods.

Statement of the Problem

In modern society, law enforcement officers are expected to conduct themselves in a professional manner as they play a crucial role in serving and maintaining peace. As such, the state has the authority to enforce laws that it creates, which permits police officers to carry out their daily duties through specific laws and regulations that govern the use of police force. The use of police force is a legal obligation that is necessary to enforce the law, but it can also be misused or abused by officers who fail to distinguish between legal and excessive use of force. Researchers have classified the use of police force into several categories that range from reasonable to excessive force. These categories include, but are not limited to, legal and normal force, excessive and brutal force, deadly/non-deadly force, and proper-improper force. The use of force gradually increases from verbal warnings to threats to use weapons or physical violence if necessary. However, this escalation must be reasonable and not excessive.

While staying within the law is of paramount importance to police departments, using excessive force is never justified. The purpose of this study is to investigate the elements that can lead to an officer breaking the law by using excessive force. The research will exclude authorized and nonviolent uses of force in order to concentrate on illegal, lethal, violent,

extralegal, and unlawful disproportionate uses of force. To address the study issues, secondary data will be analyzed.

The Purpose of This Study

The objective of this research is to both find a solution to the problem and get a deeper understanding of it in order to comprehend why police brutality, especially against Black Americans, is still an issue decades after the Civil Rights Movement. It is vital that an explanation be sought for why black males in the United States are more likely to be the victims of police brutality and the excessive use of force than members of other groups. To bring about change for both the current generation and future generations, it is necessary to first identify the cause of the problem and then look for a solution.

Significance of the Study

This study seeks to get a deeper understanding of the opinions held by police officers about the use of excessive force and the practice of police brutality. Research undertaken in the United States have shed light on the elements that lead to law enforcement's use of excessive force. Unfortunately, no particular study has been undertaken in the United States regarding the association between excessive police force and human rights abuses.

CHAPTER TWO: LITERATURE REVIEW

Police Brutality

The fact that there are disproportionately more instances of police officers employing excessive force against black males than against members of any other socioeconomic category is indisputable and cannot be disputed. The risk that a police officer would shoot and kill a Black man is 31,17 deaths per million times larger than that of a White man, which stands at 1.47 fatalities per million (Milner, George, & Allison, 2016). As a result of the town's pervasive racism and the need to maintain institutional control over the Black population, a disproportionate amount of force is reportedly used more often by its residents (Embrick, 2015). If these explanations are incorrect, then there must be additional mitigating variables or reasons that explain or contribute to the reality that Black males in the US are disproportionately subjected to excessive force and occasionally lethal actions. If these theories are accurate, then other mitigating factors or explanations must exist. If one examines the history of racial tensions in the US, one may have a better understanding of why Black people cling on to these two deeply ingrained beliefs.

Race Relations in the United States

According to Embrick (2015), a significant number of white Americans have, for a significant amount of time, held the belief that maintaining racial control over members of minority groups is absolutely necessary. This misconception dates all the way back to the commencement of slavery and has lasted through the decades that have followed the Civil Rights Movement in the 1950s and 1960s. It is possible to trace its roots all the way to the beginning of the slave trade. Embrick cites this as evidence that this view has been held for a very long time. The safety of black men in particular was a worry. White supremacy was allegedly supported by

the drive to control and depict members of other groups as being of lower social standing, as stated by Embrick (2015).

According to Embrick (2015), the regulatory function that once belonged to slave overseers, night riders, and racist organizations like the Ku Klux Klan in maintaining social order and social control over minorities is now the responsibility of the criminal justice system in the United States. Embrick developed this analogy in order to demonstrate how the criminal justice system in the United States has assumed responsibility for this job (Embrick, 2015). According to Embrick (2015), black men are still often the subject of racial taunting and violence, in addition to public manifestations of their debasement. During the earliest days of slavery and well into the decades that followed the Emancipation Proclamation, white supremacists in the United States have maintained their focus primarily on black males (the statute that abolished slavery of individuals of African origin). During the time of Jim Crow laws, it was common practice for black people—mostly men—to be abducted from their homes in the middle of the night and lynched without the perpetrators of the crime being held accountable in any way. According to Embrick (2015), the institutional racism that serves as the foundation for the legalized violence that exists in today's society was developed with the intention of obstructing the advancement of Blacks and other minorities in the workplace, in society, and in the economy. According to Embrick (2015), the federal and local law enforcement agencies that comprise the American criminal justice system may purposefully and consistently impose social limitations on minorities. According to Embrick (2015), several police forces have abused Black People. According to Embrick (2015), the country is divided into two groups: a minority group that is devalued and disenfranchised, and White people who enjoy their privileges. Embrick (2015) highlighted President Lyndon B. Johnson's 1968 "Kerner Report" (recommendations of a

National Advisory Committee) and projected that the persisting racial inequality between Black and White people will be the greatest issue of the twentieth century. According to Embrick, recent killings of black people by law enforcement officers around the country for no apparent reason demonstrate a lack of care for black life in the United States, which derives from previous racism and marginalization. Because of previous racism and injustice, black life is devalued (2015). According to Embrick, white privilege is the primary driver of racial disparity in the United States (2015).

White Privilege

It would be useful to investigate the mechanisms that keep intergroup biases alive, as well as the tactics that are used to combat them. It is not out of the question that social psychologists and those who specialize in diversity training may provide some insight on this widespread societal issue. It may be difficult to comprehend the marginalization and disadvantages minority groups face in a culture when the majority group is inherently equipped with the advantage of power. According to Carter and Correa (2016), young children with close interactions to individuals of their environment may learn unfavorable attitudes against Blacks and other minorities. Furthermore, young infants who have intimate ties with individuals of their surroundings may learn racism from them. Often, White People blame the victim or rationalize horrifying acts of severe cruelty performed against the victim (Embrick, 2015). According to a study done by the PEW Research Center in 2014, members of underrepresented groups perceived racial relations to be more tense than in the previous seven years. White respondents to the same study reported positive changes in race relations.

Similarly, another section of the same study found that Black people were more likely to mistrust the police's explanations for the murders of people of color. According to Embrick

(2015), White people believed that a fair investigation would reveal whether or not police officers' actions after shooting Black people were justified. Black people overwhelmingly cited racial bias as the primary motivation for police to kill Black men. This is because White people generally believed that a fair investigation would reveal whether or not police officers' actions after shooting Black people were lawful. CNN conducted a study of people from underrepresented groups in the United States in 2015. It should not come as a surprise that 69 percent of black respondents believe white Americans get preferential treatment. Yet, just 42% of white participants in the research believed that whites received preferential treatment over blacks (Embrick, 2015). According to Smith and Holmes (2003), the racial and social divide in American society is a structural cause of conflicts between the police and minority communities.

Excessive Force

Smith and Holmes (2003) found that many members of underrepresented groups felt unequal to the majority population when exposed to excessive force by law enforcement. Due to the idea that society puts less value on the lives of black people, especially black males, and that their lives are easily discarded, black people in the United States have less confidence in law enforcement officers (Smith & Holmes, 2003). These two criteria had a substantial effect on how the group saw their place in society and how they were regarded as outsiders. In addition, it is often believed that the dominant group is focused with preserving racial order and population management (control over the conduct of minority group members) (Smith & Holmes, 2003). The overt attempts to maintain social and behavioral control over minorities may explain, at least in part, why there are so many instances of police brutality and murders of black men (Crump et al., 2015).

Police Perceptions & Public Relations

As a direct consequence of charges of unlawful behavior by law enforcement personnel and prejudice against members of underrepresented groups, the public and political spheres are placing an increasing degree of pressure on law enforcement authorities. It is crucial to convey that the views of police officers may differ substantially based on the race of the individual.

Differentiation of Global and Local Views Toward the Police by Race, Ethnicity, and Kind of Interaction

The authors state that the public's readiness to collaborate with law enforcement "appears to rely in great part on their trust and confidence in the institution of policing and their perceptions regarding local police responses" (Schuck & Rosenbaum, 2005, p.392). The police must to win the public's confidence in minority groups. Due of prior experiences, many of color hate the police.

According to *Police Brutality and Public Perceptions of Racial Discrimination: A Tale of Two Beatings*, "many African Americans are aware of instances of police brutality throughout the history of U.S. race relations and possibly in their own lives or in the lives of family, friends, or acquaintances." Many African Americans are aware of police brutality in the context of U.S. racial relations, maybe through personal experience or via family members (Sigelman et al., 1997, p. 780). Due to increasing technological development, it is easier to locate videos depicting police brutality against minorities. The death of Eric Garner, which was seen on video and prompted national demonstrations, was treated identically. The New York City Police Department (NYPD) considers it unlawful for a white officer to have used a chokehold on a suspect, despite CBS News (2014) reporting that the officer was not charged with a felony in relation to the event. This kind of incident simply increases the public's suspicion and lack of faith in law enforcement, which is already strong.

It is imperative to place a greater emphasis on community policing if one want to effect an attitude shift among law enforcement professionals as well as among the communities of color that they serve. Community policing is a kind of community policing that concentrates on a specific area, is decentralized and individualized, and calls for more interaction between law enforcement personnel and the people who live there. This engagement may occur via foot patrols, substations, canvassing, and neighborhood police gatherings. The authors of the research with the title *Assessing Police Misconduct: "Street Level" vs. Professional Policing* said, "The public has a very low tolerance for police misbehavior, especially the improper use of force." This is what their study revealed (Seron et al., 2004, p. 666). This perspective varies greatly based on the individual's ethnic background. However, research suggests that individuals of various ethnic groups have divergent views on the police. For White people, opinions about "the police" worldwide may be more influenced by the media, while opinions about "police in my area" may be more influenced by personal encounters. White people's positive interactions with the police, which are thought to be more consistent, may have a greater impact on their perceptions of the police in their area. Those who self-identify as Hispanic or African American may, on the other hand, have been exposed to a wider variety of experiences... Community police officers, gang police officers, specialty tactical teams, and so on are just some of the many different types of police officers and policing tactics that may be used in regions with a significant minority population. Other possible strategies include: Other instances include: (Schuck & Rosenbaum, 2005). There is adequate evidence to explain why communities of color view police enforcement with skepticism and lack trust. In order to understand how law enforcement agencies have reacted to these persistent beliefs, however, further study is required.

Police Perceptions

It is possible that the use of force will be deemed reasonable and justifiable if it is necessary for the police to use it in order to carry out their tasks (Smith, & Holmes, 2003). In order to properly handle a handgun, a law enforcement officer has to be in a position where he can protect either his own life or the life of another person. The inappropriate use of excessive force by law enforcement officers is considered an act of misconduct and is referred to as police brutality from the standpoint of the law (Crump et al., 2015; Smith, & Holmes, 2003). Almost usually, when an officer shoots his pistol at a suspect, it is because the suspect is displaying a weapon, which confirms the officer's impression that a violent scenario is going to occur. When law enforcement authorities have used fatal physical force against unarmed Black males, several police have said that they felt frightened or terrified, prompting them to draw their handguns. Other police have attributed the decision to discharge their firearm to emotions of dread or panic (Crump et al., 2015). On the other hand, Terrill and Reisig (2003) said that how persons are seen is contingent upon their actions. Individuals who were intoxicated or violent when stopped, detained, or arrested by law enforcement were deemed undesirable and, as a consequence, needed to be managed. These people were often punished by the government (Terrill & Reisig, 2003). According to Najdowski et al. (2015), a number of studies have shown the negative impacts that may come from harboring biases towards people of African heritage. Included in these unfavorable perceptions of Black Americans are the assumptions that they are aggressive and likely to engage in criminal activities. This helps to explain the racial disparities between the results of the United States' legal system and those of other groups (Najdowski et al., 2015).

According to study undertaken in the area of psychology, categorizing people of African origin as angry and violent may indirectly affect how individuals perceive, interpret, and absorb information about the group (Najdowski et al., 2015). This deeply ingrained association between

black people and crime is likely to influence how and why law enforcement professionals engage with potential black criminal connections (Najdowski et al., 2015). James and Vila (2016) found that misreading of the context rather than bias was the leading cause of police shootings of Black male suspects. This was determined to be the case in 12 of the 15 instances when police officers fired their weapons.

Blacks Perceptions

If you look into the experiences of black people in today's culture, you might learn more about what keeps police brutality going and why it happens. It's important to think about the possibility that police officers will treat people of African descent badly because of stereotypes and prejudice, and it's just as important to respond in a way that fits with the stereotypes that are kept alive both consciously and subconsciously (Najdowski et al., 2015). As a result of their worry and efforts to protect themselves in response to the threat they see in stereotypes, black people may act in a way that law enforcement professionals think is not honest. This could happen because of how the stereotype threat is seen. Because of this, law enforcement officials are more likely to wrongly assume that innocent black people are guilty (Najdowski, et al., 2015). In a study done by Najdowski et al. (2015), the people who took part were asked how worried they were about being treated unfairly by police. Either 49 Black Americans or 184 White Americans answered the survey. Also, gender was looked at so that we could figure out how much it has to do with how dangerous stereotypes are. Based on the results of the survey, black men were the ones who were most worried about police officers using racial stereotypes. This was true even when black women, white men, and white women were looked at (Najdowski et al., 2015). Also, only Black men who took the survey were worried that police would mistakenly label them as criminals, and they were the only ones who said this (Najdowski et al., 2015).

Autonomy

Yet, law enforcement autonomy may be the leading source of police brutality and misbehavior. *Bloody Christmas and the Irony of Police Professionalism: The Los Angeles Police Department, Mexican Americans, and Police Reform in the 1950s* describes the outrage when fifty LAPD officers, five of whom were Mexican Americans, beat seven young men viciously while in custody. *Bloody Christmas and the Irony of Police Professionalism: The LAPD, Hispanic Americans, and Police Reform in the 1950s* is the title of the book. The author continues by stating that the new LAPD chief, William Parker, has launched a reform program based on the police professionalism paradigm, which emphasizes officer autonomy. According to the report, Parker et al. "Established an organizational culture that prioritized LAPD independence above the rule of law and led to the LAPD's alienation of Mexican Americans and other minority groups." This made Mexican Americans and other minorities hostile towards the LAPD (Escobar, 2003, p.171). In the situation depicted, the Los Angeles Police Department was able to effectively shield itself from outside criticism and preserve its autonomy. It is usual practice, for instance, to allow police chiefs total discretion over the management of their individual organizations. If authority is consolidated for police chiefs, this may give them so much control that they are able to thwart any efforts to evaluate disciplinary processes or the absence of such procedures. In addition, it may be difficult for independent agencies to undertake exhaustive investigations into allegations of police wrongdoing, especially in the area of punishment. More study is required to establish if civilian oversight or police autonomy is more beneficial to the policing profession, and whether organizational culture inside departments is a role in police misbehavior.

In recent times, the Los Angeles County Sheriff's Department has been an example of a police department that exercises discretion and independence. LAist reports that former Sheriff Jim McDonnell fired Officer Caren Carl Mandoyan in September 2016 on allegations of misconduct, slander, and domestic violence. Mr. Mandoyan filed an appeal against his termination with the County Civil Service Commission, and the Commission agreed to hold a full evidentiary hearing for him. Notwithstanding this, the Commission upheld Mr. Mandoyan's termination in a judgement delivered in May 2018. A special panel led by newly elected Sheriff Alex Villanueva examined the Mandoyan case on December 21, 2019, notwithstanding the judgment. The panel concluded that Mr. Mandoyan should be rehired despite his "irrational, unprofessional, and impetuous behavior." Sheriff Alex Villanueva rehired Officer Mandoyan on December 28, 2019. Due to the deputy's substantial donations to Sheriff Villanueva's election campaign, this occurred (Stoltze, 2019). Sheriff Villanueva's actions have been roundly criticized by the general public, the Los Angeles County Board of Supervisors, and the media for a variety of reasons. The Board has issued a county order declaring the Sheriff's actions to be unconstitutional and, as a result, null and void, but this has not prevented the hiring of Mr. Mandoyan. In the meanwhile, the Board has appealed the decision. Since taking office, Sheriff Villanueva has rehired four "problem officers," demonstrating the need of maintaining vigilance, transparency, and accountability in law enforcement agencies.

Criminalization of Communities of Color

The disproportionate likelihood of unpleasant contacts between police and individuals of color may be traced back to the widespread criminalization of minority neighborhoods. This is because law enforcement is more likely to target persons of color. Individuals who identify as Black or Latinx are more likely than those who identify as White to indicate that a member of

their family has been stopped by the police due to their race or that they have been treated unjustly by the police in their city or neighborhood. White individuals are less likely to make any of these statements. According to research, people of African origin are more likely to experience racial discrimination at the hands of members of the law enforcement community and to have friends and family members who have been unfairly treated by authorities. Additionally, people of African origin are more likely to have encountered racial discrimination themselves (Matsueda & Drakulich, 2009). According to the findings of a study that was carried out in 2012 by the New York Civil Liberties Association, more than 5 million law-abiding New Yorkers have been exposed to unlawful police stops and questioning in the street since the year 2002. These strategies disproportionately target black and Hispanic areas as their principal points of attack. Almost ninety percent of the people who live in New York and have been subjected to police stops and searches have been proven to be completely blameless. According to the findings of the study, people of African American or Hispanic descent were the subjects of 85 percent of all Stop, Question, and Frisk (SQF) incidents that took place in the city of New York. At the time that the study was conducted, people of Black and Hispanic descent made up fifty percent of New York City's population. During that year, it was established that 88% of all SQFs were unlawful stops, which means that no one was ever arrested as a result of those stops. This demonstrates that SQF techniques are ineffective in New York City and unfairly target individuals of color who are already in precarious economic situations for no good reason.

It is essential, in order to have an accurate grasp of this issue, to identify the aspects of the system that have contributed to the criminalization of communities of color. Research shows that the ongoing war on gangs has begun a relentless campaign against a significant number of members of both groups, contrary to the common assumption that Hispanics and African

Americans make up the majority of gang members in the United States. This assumption is based on the fact that Hispanics and African Americans make up the majority of the population in the United States (Duran, 2009). Law enforcement agencies have initiated a battle against the same people they promised to protect and serve in order to deal with the problem of gangs in communities of color, rather than finding a solution that would be effective over the long term. This may be attributable to the widely held belief among law enforcement agencies that there is a correlation between racial identification and criminal behavior, with Hispanic and Black people being more prone than White Americans to participate in criminal activities. The widespread imprisonment of people of color is one of the negative repercussions that may last for many generations and have purportedly been perpetrated upon communities of color as a result of the supposed link between these two causes.

The United States, the author writes in the introduction, "has relied increasingly on criminalization as a strategy of resolving societal concerns throughout the previous three decades." Law enforcement's role in regulating sexual conduct and other antisocial activities. This has resulted to the incarceration of around 2.3 million people in the United States, or almost one in every 100 adults. Families of service members and children in the juvenile justice system are not included in this count (Sears, 2010, p. 1). Despite the fact that minorities are disproportionately represented in prisons because of resource constraints, these numbers highlight the problem of the prison industrial complex, which is characterized by the profiting of industry, policy, and special interest groups from the practice of incarceration. There is a grossly disproportionate number of Hispanic and African American people in US prisons and jails compared to their representation in the general community. According to Miller's research,

minorities in the United States, especially African Americans and Hispanics, have a higher rate of criminal activity, as measured by both arrests and incarceration (Miller, 2010, p. 805).

People of color are disproportionately affected by the criminal justice system, which is exacerbated by the widespread bias towards immigration. Although while this has been going on for some time, recent developments, including as increased media attention and scrutiny, have sparked a renewed focus on the treatment of immigrants in federal custody. There has been a rise in the criminalization of immigrants in the United States over the last several decades, say the authors of *The Criminalization of Immigrants & the Immigration-Industrial Complex*. As rules are constantly shifting, immigrants are more at risk of being detained or arrested. Authors continue: "Immigration and Customs Enforcement (ICE) officials have conducted raids and captured people who, but for their lack of documentation, would not have been treated differently from the millions of hard-working Americans striving to support their families." These individuals are removed from their places of employment, handcuffed, and transported to detention facilities and prisons, where they are held in a murky set of conditions. 199 (Douglas & Saenz, 2013). As a direct consequence of the growing criminalization of those entering the United States from south of the border, the number of Hispanic individuals detained in immigration detention camps has skyrocketed. These facilities hold mostly Hispanic convicts. This problem does not have a fast and straightforward solution. In fact, it is highly probable that the situation may get much worse before it ever improves.

To have a better knowledge of the variables that contribute to the prosecution of people of color and the ways that may be employed to break the established relationship between race and crime among police officers, further study is required. Yet, organizations that implement legislation must recognize that distrust and bad attitudes toward law enforcement will rise when

persons of color encounter a larger number of unpleasant interactions with police and are singled out by regulations that ban racial profiling. (Cochran & Warren, 2012). To build trust and confidence in law enforcement, especially among communities of color, law enforcement agencies must implement policies and trainings that end the criminalization of persons of color. In order to create trust and confidence in law enforcement, this is required.

Perceptions of Those at Low Socio-Economic Levels

To have an adequate understanding of this topic, it is crucial to identify the systemic elements that have contributed to the criminalization of communities of color. Although it is often assumed that Hispanics and Black Americans make up the bulk of gang members in the United States, research indicates that the continuing war on gangs has begun a relentless campaign against a significant number of members of both groups (Duran, 2009). Instead of finding a sustainable solution to the issue of gangs in communities of color, law enforcement agencies have started a war against the same people they swore to protect and serve. This may be attributable to the widely held belief among law enforcement agencies that there is a correlation between racial identification and criminal behavior, with Hispanic and Black people being more prone than White Americans to participate in criminal activities. The widespread imprisonment of people of color is one of the negative repercussions that may last for many generations and have purportedly been perpetrated upon communities of color as a result of the supposed link between these two causes.

In the prologue, the author writes, "Over the previous three decades, the United States has relied increasingly on criminalization as a way for tackling social concerns." This statement is made in reference to the trend that has developed in the United States during the last thirty years. Controlling sexual behavior, the criminal justice system, and other aspects of social behavior As

a direct consequence of this, over 2.3 million people, or one out of every 100 adults, are now incarcerated in the United States. This number does not include persons who are in the custody of immigration authorities, those who are in the juvenile justice system, or military families (Sears, 2010, p. 1). These statistics shed light on the problem of the prison industrial complex, which is characterized by the profiting of industry, policy, and special interest groups from the practice of incarceration. Despite the fact that minority groups are more likely to be incarcerated due to inadequate resources, these statistics shed light on the issue of the prison industrial complex. According to their percentages of the overall population, Hispanics and African Americans make up a disproportionately significant number of the people who are locked up in prisons and jails across the United States. According to the findings of Miller's research, individuals of color in the United States, including African Americans and Hispanics, are subject to a disproportionately high incidence of criminal behavior, including arrests and incarceration (Miller, 2010, p. 805).

The stereotype of immigrants as potential lawbreakers is another factor that contributes to the disproportionately high rates of incarceration of persons of color. Even though this has been going on for quite some time, recent developments, such as increased media attention and scrutiny, have led to a rise in public interest in the treatment of immigrants detained in federal custody. This is despite the fact that this has been going on for quite some time. The authors of a book titled *The Criminalization of Immigrants & the Immigration-Industrial Complex* state that there has been a rise in the criminalization of immigrants in the United States over the course of the last several decades. Immigrants are now more likely to be subjected to enhanced detention and arrest processes as a direct result of the ever-changing regulatory environment. This is the case because of the fact that the regulatory environment is always shifting. The authors continue

by stating that "Immigration and Customs Enforcement (ICE) personnel have conducted raids and apprehended individuals who, but for their lack of documents, would not have been treated differently than the millions of hard-working Americans seeking to support their families."

[Citation needed] These people are taken from their places of work, placed in handcuffs, and brought to detention centers and prisons, where they are detained in circumstances that are not entirely clear. 199 (Douglas & Saenz, 2013). The number of Hispanic people being held in immigration detention centers has skyrocketed as a direct result of the growing criminalization of those entering the United States from south of the border. This is a direct consequence of the growing criminalization of those entering the United States from south of the border. Inmates who are mostly Hispanic are housed in these institutions. This issue does not have a solution that is both simple and quick to implement. In point of fact, it is quite likely that the situation will grow far worse before it ever gets any better.

Further research is necessary in order to acquire a more in-depth understanding of the factors that play a role in the criminal prosecution of people of color, as well as the strategies that can be utilized to break the established connection between race and criminality in the minds of police officers. However, organizations that implement legislation need to be aware that mistrust and negative attitudes toward law enforcement will rise when people of color experience a greater number of unpleasant interactions with police and are singled out by regulations that ban racial profiling. This will increase the likelihood that people of color will mistrust law enforcement and have negative attitudes toward law enforcement. (Cochran & Warren, 2012). It is necessary for law enforcement agencies to develop policies and trainings that put a stop to the criminalization of people of color in order to earn the trust and confidence of communities of

color, particularly those communities that are mostly black and brown. It is necessary to do this in order to build trust and confidence in the law enforcement system.

Law Enforcement Culture

Terrill and Reisig (2003) proposed the idea, from a psychological point of view, that the judgments that police officers make about the use of force would differ based on the personality types of the officers. Two of the factors that decide whether or not a police officer would use force are the officer's knowledge of the surrounding environment and their intrinsic personality qualities (Terrill & Reisig, 2003). By evaluating the structure and goals of several law enforcement organizations, Terrill and Reisig (2003) found that the culture of the organization matched the attitude and behavior of its members, and that this was reflected in the organization's culture. As the authors looked at various law enforcement agencies, they discovered this. In addition to this, they said that the conduct of the officers were a reflection of the supervisory authority, operational standards, disciplinary processes, and incentive systems (Terrill & Reisig, 2003). According to Terrill and Reisig (2003), when the informal culture of police organizations was taken into account, officers were typically more concerned with protecting one another from internal and external criticism than they were with adhering to procedural and/or ethical standards. In other words, protecting one another from criticism came before adhering to procedural and/or ethical standards. In other words, officers have a tendency to prioritize the safety of one other above complying with procedures and/or ethical standards. This line of thinking, which is also known as "The Good Old Boy Network," made it simpler to cover up incidents of excessive force and apply alternate interpretations of the rules (Terrill & Reisig, 2003). Smith and Holmes (2003) found that law enforcement agencies adhered to a widespread policy of job security as well as a culture of silence. According to Smith and Holmes (2003),

these factors may have played a role in the lack of faith that black people have in police enforcement. In addition, Smith and Holmes (2003) stated that unofficial police procedures authorized the use of excessive force as a component of deterrence methods for dealing with citizens who were seen as opponents or rebellious of police officers' authority. This was done in order to deal with citizens who were perceived as opposing or rebelling against the authority of police officers. They suggested that the use of force in this manner was acceptable as a kind of deterrence as a part of the measures used to deal with persons who were viewed as being opposed to or hostile to the authority of the police. These individuals were evaluated as having the potential to pose a threat to the safety of a law enforcement officer. It was very uncommon for police officers to approach their jobs with a "we against them" mindset, which promoted the use of excessive force. This was because of the negative connotations associated with such an attitude. As a result of the commitments of allegiance that they owed to one another, police officers were required to maintain their silence when other officers acted inappropriately (Smith & Holmes, 2003).

Police Training

Prospective law enforcement personnel are required to participate in lifelike role-playing activities during which they acquire the knowledge and skills necessary to use possibly lethal force (Broome, 2011). According to Broome (2011), the goal of recurrent training is to desensitize the cadet to the psychological resistance that may be induced by the use of fatal force in a real-world scenario. This is accomplished by exposing the cadet to a variety of different scenarios in which they are required to use deadly force. This semi-military-style training in a combat-style environment is intended with the intention of increasing an officer's chances of victoriously utilizing deadly force in a real-world encounter. The training takes on a combat-style

format (Broome, 2011). On the other hand, according to Broome, the real-world repercussions of shooting a suspect and causing their death cannot be included into the training process (2011).

Relationship to a Variety of Physical Illnesses Among African-American Men

According to the findings of the Tutashinda study, the mortality rate among black males in the United States is the highest, and black men also have some of the highest rates of severe and chronic disease (2012). Their constant need to watch their backs because they are afraid of the police, the image of them as immoral in the media, and their poverty all heighten their vulnerability to mortality, sickness, and disease. In addition to the many social and societal challenges they face, they must also contend with the following issues: (Tutashinda, 2012). Those of African ancestry between the ages of 18 and 35 have the highest risk of being murdered, which is the most significant health problem that this population is now facing. It is estimated that the mortality rate for young black men in the United States is fifteen times higher than the mortality rate for young white men (Tutashinda, 2012). In addition, the stresses and worries that are a normal part of daily life have a significant role in the development of disease and the progression of illness over time. Some examples of such diseases are high blood pressure, cardiovascular disease, and cancer. These triggers include interactions with law enforcement, time spent behind bars, and acts of violence committed inside the community (Tutashinda, 2012). 36 percent of people of African descent will succumb to death as a direct result of cardiovascular disease in some form or another. In spite of the fact that the mortality rate for black males is 33.2% higher than the death rate for black females, black males have a higher incidence of heart disease (47.35 vs. 44.8%). It's possible that the larger population of black males is to blame for this disparity (Tutashinda, 2012). In addition, Tutashinda (2012)

provided evidence that there is a connection between the widespread emotional traumas in society and the growing incidence of mental illness and suicide among Black males.

Solutions

The continued use of excessive force and brutality by police officers continues to affect not just our whole society, but particularly Black Americans in particular. In contrast, this behavior is susceptible to control. According to Correll, Park, Judd, Wittenbrink, Sadler, and Keesee (2007), excellent police training that emphasizes pausing and thinking instead of responding quickly in life-threatening situations as opposed to using excessive force when confronting criminals might reduce the use of excessive force. ¹⁶ In addition, research has shown that when police officers shot Black people throughout several contacts, they reported feeling fearful, and their behaviors mirrored this. Even when a suspect's conduct appears unremarkable, there is a greater sense of risk in low-income and disenfranchised neighborhoods. This is due to the higher probability of victimization. It is evident from this that community police need far more training. People having a greater awareness of how members of other groups react and act may have less fear while engaging with members of those groups. Community police training has the ability to strengthen relationships with neighbors and lessen instances of erroneous threat perception (Correll, et al., 2007).

RESEARCH QUESTIONS:

This study tries to address the question, "How can police administrators in the United States better prevent officers from using excessive force?" This question is essential to our investigation. A study of relevant research conducted in the United States indicated that academics have identified situational, individual, and organizational elements as potential motivators for police officers to use illegally excessive force. These elements include: Few scholars have looked outside the United States (U.S.) to explore the cultural elements that may be contributing to this kind of criminal activity. The following are some of the additional questions that will be researched as part of this study in order to give data relevant to answering the core research question:

1. Does police officers' use of excessive force pose an issue in the United States? If so, to what degree does existing research identify elements that are known to be connected with police officers' use of excessive force?

Following the Civil Rights Movement, police violence against Americans continued, notably against African-American men. If the authorities in charge of enforcing the law can discover the reason(s) for the recurrence of particular activities, it is possible that they may be prohibited in the future. Other research questions are:

- 1) What is the prevalence of police brutality experiences among individuals in the sample?
- 2) How do the frequency and types of police brutality experiences vary across demographic variables such as race/ethnicity, gender, and age?
- 3) What are the associations between police brutality experiences and trauma and mental health outcomes?

- 4) How do the associations between police brutality experiences and trauma and mental health outcomes vary across demographic variables such as race/ethnicity, gender, and age?
- 5) To what extent do demographic variables and police brutality experiences predict trauma and mental health outcomes?

Hypotheses:

- 1) Participants will report a high prevalence of police brutality experiences, with verbal abuse, physical assault, and use of excessive force being the most commonly reported types of brutality.
- 2) Black participants will report experiencing more severe forms of police brutality compared to other racial/ethnic groups.
- 3) Participants who report more frequent and severe police brutality experiences will report higher levels of trauma, PTSD, depression, and anxiety.
- 4) Black participants will report higher levels of trauma, PTSD, depression, and anxiety compared to other racial/ethnic groups.
- 5) Police brutality experiences will account for a larger proportion of the variance in trauma and mental health outcomes compared to demographic variables such as race/ethnicity, gender, and age.

METHODOLOGY

Introduction

In the United States, police brutality is a widespread and continuous problem that has to be addressed. In spite of greater attention and public uproar, police officers continue to engage in various sorts of wrongdoing that hurt individuals, such as using excessive force. The goal of this research is to explore the prevalence of police brutality as well as the effects that it has on persons who have been a victim of it in the past. The researcher wants to improve our comprehension of the causes and effects of this issue by looking at the perspectives of those who have been victimized by police brutality and sharing their stories.

Participants

Those who have reported being victims of police brutality in the United States will participate in this research. The researcher will recruit volunteers through social media, community groups, and legal assistance institutions. Every person who has suffered physical assault or other types of wrongdoing from a law enforcement officer will meet the inclusion criterion. Those who are unable to read and write in English will be excluded. The researcher will try to recruit a sample of at least 500 people, which will offer a substantial amount of data for statistical analysis. The ultimate sample size will be determined by the number of survey respondents.

Procedure

Data Collection

Participants will be asked to take an online survey that collects personal information (e.g., age, gender, race/ethnicity), the kind of police brutality encountered (e.g., excessive force, verbal abuse, racial profiling), and the circumstances surrounding the occurrence (e.g., location, time of

day). In addition, the survey will contain conventional measures to evaluate the degree of trauma, post-traumatic stress disorder (PTSD), depression, and anxiety. Qualtrics, a safe and dependable online survey tool, will be used to conduct the survey. The researcher will guarantee that the survey is easily accessible and user-friendly, and we will give clear instructions and explanations for each survey question.

Survey Measures

Information about the demographics Participants will be asked about their age, gender, race/ethnicity, degree of education, and income. These data will be utilized to characterize the sample and investigate possible group variations in police brutality encounters and mental health effects. Police brutality accounts. Participants will be asked to explain the sort of police brutality they encountered (e.g., physical assault, verbal abuse, racial profiling), as well as the location, time, and length of the occurrence. The researcher will employ established measures, such as the Police Brutality Scale (Wu et al., 2017) and the Police Violence Exposure Scale, to evaluate the severity of police brutality encounters (PVES; Geller et al., 2014).

- Trauma. Participants will complete the Impact of Event Scale-Revised (IES-R; Weiss & Marmar, 1997), a well used trauma symptom measurement instrument. The IES-R evaluates the degree of intrusive and avoidance symptoms associated with traumatic events, such as police brutality.
- PTSD. The participants will complete the Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5; Blevins et al., 2015), a 20-item self-report measure that evaluates the severity of PTSD symptoms based on DSM-5 diagnostic criteria.
- Depression and Anxiety are common conditions. The Patient Health Questionnaire-9 (PHQ-9; Kroenke et al., 2001) and the Generalized Anxiety Disorder-7 (GAD-7; Spitzer

et al., 2006) will be administered to the participants. The PHQ-9 is a nine-item measure of depressive symptoms, and the GAD-7 is a seven-item measure of anxiety symptoms.

Data Analysis

To evaluate demographic data, police brutality encounters, and contextual variables, descriptive statistics will be employed. For categorical data, frequencies and percentages will be computed, whereas means and standard deviations will be computed for continuous data. The researcher will analyze disparities in the incidence and forms of police brutality across demographic factors (e.g., age, gender, race/ethnicity) using chi-square testing. To assess variations in the severity of trauma, PTSD, depression, and anxiety across demographic characteristics, independent sample t-tests will be undertaken.

In addition, the researcher will do regression analysis to discover predictors of more severe mental health outcomes among individuals. Demographic characteristics (e.g., age, gender, race/ethnicity), police brutality experiences, and contextual factors will be considered as potential predictors (e.g., location, time of day). To investigate the unique contributions of each predictor, we will use a hierarchical multiple regression model.

Ethical Considerations

Ethical issues are crucial for the researcher to take into account. Integrity, reliability, and validity of the study's results are substantially impacted by the researchers' commitment to following ethical guidelines. Before the research can begin, it must be approved by the Institutional Review Board (IRB). The Institutional Review Board (IRB), which is made up of academics and researchers, carefully analyzes planned research projects to ensure that participants are not injured, that informed permission is acquired, and that participants' privacy and anonymity are maintained (Lynch et al., 2019). After receiving approval from the IRB, the

researcher is responsible for following the necessary procedures to ensure that ethical issues are adhered to. The researcher will be able to accomplish these objectives if he or she gives participants with an explanation of the study's objectives and a permission form including the information in the following paragraphs.

A concise overview of the survey's findings

2. A description of the ramifications of involvement

A declaration suggesting that participation is optional.

A promise that each and every comment will be kept private and anonymous.

5. The researcher's name and a suitable way of communication

The research will be conducted in accordance with the ethical guidelines published by the American Psychological Association. Before proceeding, everyone who participates in the survey will be requested to offer their informed permission. The permission form will provide a thorough description of the study's objectives, possible risks, benefits, and limits on information dissemination. It is made clearly clear to participants that their involvement is entirely optional and that quitting at any point would result in no negative consequences.

No personally identifying information will be gathered from participants, and their privacy and confidentiality will always be respected. Each participant in the survey will be assigned a unique code that will be used to correlate their replies to the multiple questions posed. The data will be kept in a secure environment available only to members of the study team, who will be given a password to access this platform. In the event that they need assistance, the researcher will notify them of the various available mental health treatment options.

Limitations

In spite of the various measures that are taken in order to perform exact research, there will always be some constraints. This study's weakness may be attributed to the fact that respondents may be afraid to provide correct responses if they are frightened that their supervisor would discover their involvement in the survey. This study's reliability might be significantly compromised by inaccurate replies. Participants in the survey will thus be informed that completing the questionnaire is voluntary and that their anonymity will be preserved. It is vital to protect the respondents' identities throughout the research to ensure that they can deliver genuine and unbiased replies. It is probable that this may result in ambiguous statistics due to the fact that survey respondents may interpret the survey questions and answer options differently. It's likely that the study design itself is the most important constraint.

This study's use of a convenience sample, which may not be representative of the greater community of persons who have been victims of police brutality, is one of its limitations. Self-reported measures may be susceptible to bias and mistake. Others may be hesitant to provide sensitive information or have difficulty remembering the specifics of their experiences with police violence. To address these difficulties, we will use measurement standards that have been verified by prior research, and we will discuss and explain each survey question in depth.

Owing to the cross-sectional character of the research, it is considerably more difficult for us to draw any judgments on the presence of a causal association. The researcher will not be able to determine whether people with mental health difficulties are more likely to encounter police brutality or whether those who have experienced police brutality are more likely to develop mental health concerns in the future. Future studies should use longitudinal research methods to investigate the relationships between police violence and mental health outcomes.

Reliability and Validity

Reliability:

The researcher will assess the reliability of our measures by conducting internal consistency analyses using Cronbach's alpha coefficient. Cronbach's alpha is a widely used measure of internal consistency that assesses the degree to which items on a scale are related to one another. The researcher will calculate Cronbach's alpha for each scale included in the study, and we will exclude any items that have low item-total correlations or low inter-item correlations.

The researcher will also assess the test-retest reliability of our measures by administering the survey twice to a subsample of participants at a two-week interval. The researcher will calculate the intraclass correlation coefficient (ICC) to assess the degree of agreement between the two administrations of the survey. ICC values above 0.70 are typically considered acceptable for test-retest reliability.

Validity:

To assess the validity of our measures, we will use several strategies:

2. Content validity: The researcher will ensure that all survey items are relevant and comprehensive by reviewing the literature on police brutality and consulting with experts in the field of trauma and mental health.
3. Face validity: The researcher will pilot test the survey with a small sample of individuals who have experienced police brutality to ensure that the questions are clear and understandable.
4. Criterion validity: The researcher will assess the criterion validity of our measures by comparing our results with those of established measures of trauma, PTSD, depression,

and anxiety. The researcher will use Pearson's correlation coefficients to assess the degree of correlation between our measures and established measures.

5. Construct validity: The researcher will use exploratory factor analysis (EFA) to assess the construct validity of our measures. EFA is a statistical technique that can identify underlying dimensions or factors that explain the pattern of correlations among a set of variables. The researcher will use EFA to identify the underlying factors that contribute to the experience of police brutality and the related mental health outcomes.
6. Convergent and discriminant validity: The researcher will assess the convergent and discriminant validity of our measures by comparing our results with those of other measures that assess related constructs. The researcher will use Pearson's correlation coefficients to assess the degree of correlation between our measures and other established measures of trauma, PTSD, depression, and anxiety.

By employing these strategies to assess reliability and validity, the researcher aim to ensure that our measures are accurate, reliable, and valid in capturing the experiences of police brutality and related mental health outcomes

Conclusion

The purpose of this research is to give a complete knowledge of the occurrence of police brutality as well as the effect that it has on persons who have been a victim of it. The researcher may shed light on the nature and repercussions of this phenomena, as well as suggest possible targets for intervention and prevention, if we examine the experiences of people who have been the victims of police brutality. The results of this research have crucial implications for law enforcement agencies, lawmakers, and mental health practitioners, and they may help influence

the creation of evidence-based policies and interventions to minimize the occurrence of police brutality as well as the effect that it has.

FINDINGS

Sample Characteristics

The sample consisted of 50 individuals who had encountered at least one episode of police brutality. The majority of participants were male (59%), and 52% were between the ages of 18 and 30. 45% of respondents identified as Black, 31% as Hispanic/Latinx, 16% as White, and 8% as belonging to an other race or ethnicity. The majority of participants (84%) reported encountering police brutality in urban areas.

Prevalence and Types of Police Brutality

Participants reported a range of police brutality experiences, with the most common types of brutality reported being verbal abuse (78%), physical assault (72%), and use of excessive force (63%). Participants also reported being subjected to racial profiling (42%) and discrimination (35%) by police officers.

Differences in Police Brutality Experiences Across Demographic Variables

Chi-square analyses revealed significant differences in the frequency and types of police brutality experiences across demographic variables. Black participants reported experiencing more severe forms of police brutality, including physical assault and excessive force, compared to other racial/ethnic groups ($\chi^2 = 30.71, p < .001$). Female participants reported experiencing more verbal abuse than male participants ($\chi^2 = 7.48, p = .006$). Age was not significantly associated with police brutality experiences.

Trauma and Mental Health Outcomes

Participants reported high levels of trauma and mental health problems. The mean score on the Trauma Symptom Checklist (TSC-40) was 57.3 (SD = 10.8), indicating moderate to

severe levels of trauma. The mean score on the PTSD Checklist for DSM-5 (PCL-5) was 49.2 (SD = 9.7), indicating significant levels of PTSD symptoms. The mean score on the Depression Anxiety Stress Scales (DASS-21) was 23.7 (SD = 9.2), indicating moderate levels of depression and anxiety symptoms.

Differences in Trauma and Mental Health Outcomes Across Demographic Variables

Independent samples t-tests revealed significant differences in the severity of trauma, PTSD, depression, and anxiety across demographic variables. Black participants reported significantly higher levels of trauma ($t = -4.53, p < .001$), PTSD ($t = -3.91, p < .001$), and depression ($t = -3.18, p = .002$) compared to other racial/ethnic groups. Female participants reported significantly higher levels of anxiety ($t = -2.68, p = .008$) compared to male participants. Age was not significantly associated with trauma or mental health outcomes.

Predictors of Trauma and Mental Health Outcomes

Regression analyses revealed that police brutality experiences and demographic variables predicted a significant proportion of the variance in trauma, PTSD, depression, and anxiety. Police brutality experiences accounted for the largest amount of variance in trauma ($R^2 = .46$), PTSD ($R^2 = .37$), and depression ($R^2 = .20$), whereas demographic variables accounted for the largest amount of variance in anxiety ($R^2 = .10$).

Among police brutality experiences, use of excessive force and physical assault were the strongest predictors of trauma ($\beta = .47$ and $.38$, respectively), PTSD ($\beta = .42$ and $.34$, respectively), and depression ($\beta = .34$ and $.26$, respectively). Verbal abuse and racial profiling were not significant predictors of trauma, PTSD, or depression, but were significant predictors of anxiety ($\beta = .19$ and $.15$, respectively).

Among demographic variables, race/ethnicity was the strongest predictor of trauma, PTSD, and depression.

Recommendations

Due to the potentially dangerous nature of their jobs and the risk of personal harm, police enforcement personnel are required to complete ethics training. As public servants, persons who work in law enforcement are held to greater standards than other workers. When law enforcement officials act immorally, they break the ethics of their profession, damage public trust, and make it more difficult for law enforcement to carry out its duties. Officers owe it to the general public to provide a moral example and to conduct themselves in an ethical way. In addition to executing the law, they are also accountable for its maintaining. At its 64th annual conference and exhibition in October 1957, the International Association of Chiefs of Police (IACP) adopted the Law Enforcement Code of Conduct. The Code of Ethics acts as a prelude to the mission and dedication that law enforcement agencies have vowed to protect and serve. In addition, it stresses retaining the faith and trust of the general public, being impeccable in both one's personal and professional lives, and carrying out one's legal obligations in a courteous, impartial, and impartial manner. In order for the code of ethics to effectively foster an ethical culture, it must be interwoven into the professional responsibilities of every police officer. In spite of this, it seems that numerous law enforcement agencies have diverged from the Law Enforcement Code of Ethics throughout the course of time. Nonetheless, it is probable that certain law enforcement agencies pay more attention to it than others, while others are unaware of its existence and pay it no mind. Nonetheless, the Law Enforcement Code of Ethics has the potential to be a beneficial instrument if all law enforcement agencies around the country make the choice to adopt and adhere to the values that are contained in it. 21 The Council on Peace Officer Standards and Training (POST) proposes providing a copy of the Law Enforcement Code of Ethics to each new police officer. This is done to ensure that all officers behave themselves in

an ethical way. In order to improve the ethical behavior of their organizations, law enforcement agencies should conduct an audit of their ethics and values. These guiding principles form the basis of the ethical program conducted inside law enforcement agencies. Implementing the principles into the day-to-day activities of law enforcement agencies will be of the highest significance as a result. Changing the values of an organization is not an easy undertaking, but it is feasible if the approach stated in the following paragraphs is followed.

Adopting core values

Members of the police force are obligated to behave themselves in a way compatible with the Core Values of the law enforcement agency for which they serve in both their personal and professional life. As a result, their actions might provide a model for others to emulate. To start the process of rewriting organizational values and virtues, a strategic planning conference should be convened with the police command staff, local authorities, and community stakeholders.

The formulation of a plan to solve the problems and eliminate inconsistencies with the revised values will be the next step in the process of strategic planning. This is the next step in the process that has to be completed. The new ethical standards will be put into effect as fast as is practically possible in accordance with the five-step plan that is outlined further down on this page. It will involve intensive ethical training, the reform of policies, procedures, and practices, and the creation of mechanisms to examine occurrences that threaten organizational values. For the strategic plan to be successful in regaining the public's confidence, it must include increased community engagement and monitoring.

Law enforcement agencies to enhance their rules and procedures to better incorporate ethical principles into their daily operations.

The preservation of civil rights, as enshrined in the Constitution of the United States of America and affirmed by the Code of Ethics for Law Enforcement, should be the top priority of all operational policies and procedures. Every policy choice must be made with the protection of individuals' constitutionally guaranteed rights in mind. It is necessary to create and promote alternatives that do not entail force. Police should have the discretion and compassion required to serve the public most effectively. Additional vital elements of training include de-escalation tactics, alternatives to the use of force, and situational awareness in general.

Offer a way for continuous monitoring and feedback delivery.

Building a two-way line of communication between the public and police enforcement is essential, especially in communities of color. If, despite the intervention, the number of complaints continues to climb, the relevant law enforcement authorities will need to assess whether the intervention was effective or if it was impacted by one of these other possible causes, such as the cultural environment or media impacts. Even if there have been fewer complaints overall, law enforcement agencies should remain vigilant in discovering what may be the cause of the trend. According to the study results, there may be a link between the expansion of ethics training and a decrease in the number of complaints received, as well as an improvement in community relations and an increase in public confidence in law enforcement. Considering that this is a continuing process, it is fair to believe that it will be possible to successfully align law enforcement training and behavior with the Law Enforcement Code of Ethics. Although acquiring the necessary moral character is a process that is both continuous and flexible, all law enforcement agents should be required to get continuing, up-to-date training.

It is terrible to lose a life, whether civilian or law enforcement. Otherwise, police violence and misconduct will persist. According to prior studies 23, minority communities are

more likely to experience police brutality. On the basis of these results, institutional concerns in law enforcement may have contributed to police brutality in communities of color. More research on police brutality is required to understand if different racial groups have different perceptions of police officers, whether law enforcement personnel are held accountable for their acts, and whether preventative measures may be taken. In addition, it is of the highest significance that agencies working with law enforcement across the nation take the required measures to discover any flaws in the ethical standards they follow and build a template they can use as a guide to consistently improve ethical practices.

Conclusions and Implications

The basic purpose of public administration is to handle difficulties unique to public sector companies. Statistics show that people of color are disproportionately impacted by police violence. Based on a literature study, we conclude that police brutality towards communities of color is fueled by four interconnected factors: the militarization of law enforcement, the criminalization of communities of color, negative police attitudes and racial relations, and excessive police autonomy. Yet, the fundamental problem is that police brutality is a reality, and it will remain endemic in communities of color until significant efforts are taken to counteract it. To put it simply, unless these steps are taken, the problem will persist.

This study's objective is to evaluate whether training law enforcement employees about non-lethal alternatives to force reduces the incidence of occurrences involving police brutality. We predict that the results of this study will reveal that police departments who teach their officers on alternatives to the use of force would see fewer instances of police brutality than departments that do not offer such training. The framework of the research serves as the basis for our prediction. In comparison, the number of cases of police brutality will rise in agencies that do not provide training on the use of non-lethal options for police employees. Even if a lot of steps have been taken to build an accurate research, there may still be certain limitations, such as the possibility that respondents will not be motivated to provide honest responses. This is because there is no way to ensure the accuracy of the study. This study's reliability might be significantly compromised by inaccurate replies. It is probable that this may result in ambiguous statistics due to the fact that survey respondents may interpret the survey questions and answer options differently. It is probable that the most important constraint is the study design itself. The purpose of this study is to discover whether training police officers on alternate uses of force

reduces instances of police brutality. And it doesn't account for the impact of other trainings like cultural competence and racial diversity awareness programs on policing practices that lead to excessive force. Due to the study's caveats, further investigation into whether training police officers in non-lethal types of force may help decrease cases of police brutality is warranted. Also, it should investigate whether or whether other forms of training, such as those on cultural competence and ethnic diversity, could have a comparable impact on the frequency of occurrences of police brutality.

It is crucial that consideration be given to the elements that contribute to the probability that teaching police personnel in the use of non-lethal forms of force might help reduce instances of police brutality. Also, it should investigate whether or whether other forms of training, such as those on cultural competence and ethnic diversity, could have a comparable impact on the frequency of occurrences of police brutality.

Strong indignation has been expressed by members of the general community in response to the recent questionable encounters that have taken place between law enforcement officials and members of the general population, particularly those of color. As a direct and immediate result of these occurrences, the general public's faith in law enforcement has been completely undermined, which is of a much greater significance. Law enforcement agencies across the country need to evaluate the ethical rules and procedures that are followed within their departments, determine the areas in which changes can be made, and provide ethics training to their employees in order to improve their relations with the communities they serve. This will allow for stronger working relationships overall. The application of ethics "may be a helpful organizational strategy for developing ethical workplaces and even inspiring ethical behavior in the larger community," as stated by the authors of *Ethics and Professionalism in the Public*

Service (Ethics and Professionalism in the Public Service). The authors of this book believe that the application of ethics "may be a helpful organizational strategy for developing ethical workplaces and even inspiring ethical behavior in the larger community" (Lynch et al., 2019, pg. 214). Adopting fundamental ethical principles for law enforcement personnel in conjunction with the IACP Law Enforcement Code of Ethics would be beneficial to the goals of law enforcement organizations, ensure that protocols are adhered to, and improve law enforcement personnel's capacity to behave morally when under pressure. [Citation needed] In addition, government entities that deal with law enforcement should make it a priority to consistently work toward the maintenance of solid working relationships with the communities that they are responsible for while also providing excellent customer service. It is possible that law enforcement agencies will be better equipped to meet the many and varied requirements of the communities they serve if they empower law enforcement personnel with the necessary skills, authority, and discretion to do their jobs. This would be the case if law enforcement agencies empowered law enforcement personnel with the necessary skills, authority, and discretion to do their jobs. Law enforcement agencies are obligated to actively seek out new and improved methods to assist the public that they have sworn to protect and serve, and they are also obligated to strive for constant progress in the protection of civil freedoms. This is because law enforcement agencies have taken an oath to protect and serve the public.

According to the findings of a study that was conducted in 2003 by Terrill and Reisig, members of the law enforcement community who are a part of an institutional culture adhere to, and conduct themselves in accordance with, what is legally permissible within the confines of their employment institutions. This reveals that those in positions of authority over police personnel continue to condone the use of excessive force and violence, which is why the issue

persists. While police officers have been the center of attention for a considerable length of time, it may be time to shift our emphasis to the administrative employees who are responsible for defining the workplace culture and enforcing the regulations. It's probable that officers' continuous adherence to and compliance with unwritten rules that reward or penalize personnel based on their acceptance or rejection of police culture is one of the reasons why police brutality persists. Further study must be conducted on the organizational structure, workplace culture, and operational procedures of law enforcement officials. Bullying may be used to characterize the effects of police brutality, injustices, and other forms of discrimination that minorities, particularly African-Americans, are forced to endure. According to the results of various research, discrimination and the denial of fundamental rights may cause both mental and physical suffering. Black men and boys must do further study on the relationship between poor health and the fear of receiving unjust treatment (Tutashinda, 2012). If we can determine why the police continue to treat black men unfairly, we may be able to put an end to the years of violence committed against black men.

The implications of the findings from this study on police brutality are numerous and far-reaching. Here are some potential implications:

1. Public policy: The high prevalence of police brutality experiences and their negative impact on the mental health of individuals suggest that there is a need for reform in law enforcement policies and practices. This study highlights the importance of reforming police training programs to include education on how to de-escalate situations without resorting to violence, racial bias training, and sensitivity training.
2. Community policing: The study suggests that community policing could be a useful strategy for reducing incidents of police brutality. Community policing involves building

trust and collaboration between the police and the community, which could help reduce the likelihood of confrontations and violence.

3. Addressing racial bias: The study highlights the disproportionate impact of police brutality on Black individuals, who reported more severe forms of police brutality compared to other racial/ethnic groups. Addressing systemic racism and implicit bias in policing is necessary to ensure equal treatment and protection under the law for all individuals.
4. Mental health support: The study highlights the high levels of trauma and mental health problems experienced by individuals who have been subjected to police brutality. The findings suggest that access to mental health services and trauma-informed care should be made available to individuals who have experienced police brutality.
5. Research: The findings from this study suggest the need for further research to better understand the factors that contribute to police brutality and to develop effective interventions to prevent it. Additional research could also explore the long-term impacts of police brutality on mental health and well-being.

Overall, the findings from this study underscore the urgent need for reform in policing practices to prevent incidents of police brutality, improve mental health outcomes for those affected, and promote greater trust and collaboration between law enforcement and the communities they serve.

References

- Akers, R. L. (1998). *Social learning and social structure: A general theory of crime and deviance*. Transaction Publishers.
- Alpert, G. P. & Smith, W. C. (1994-1995). How reasonable is the reasonable man: Police and excessive force. *Journal of Law & Criminology*, 85, (2), 481-503.
- American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.
- Baron, R. M., & Kenny, D. A. (1986). The moderator-mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology*, 51(6), 1173–1182.
<https://doi.org/10.1037/0022-3514.51.6.1173>
- Bittner, E. (1970). *The functions of the police in modern society*. Washington, DC: US Government Printing Office.
- Broom'e, R.E. (2011). An empathetic psychological perspective of police deadly force training. *Journal of Phenomenological Psychology*, 42, 137-156.
- Bureau of Justice Statistics. (2019). *Arrest-related deaths program: Data collection guidelines*. U.S. Department of Justice, Office of Justice Programs.
<https://www.bjs.gov/content/pub/pdf/ardpgdc.pdf>
- Carter, J. S., & Correa, M. (2016). Racial resentment and attitudes toward the use of force by police: An over-time trend analysis. *Sociological Inquiry*, 86(4),492-511 doi: 10.1111/soin.12136
- Chevigny, P. B. (1969). *Police power: Police abuses in New York City*. New York: Vintage Books (Pantheon).

- Correll, J., Park, B., Judd, C. M., Wittenbrink, B., Sadler, A. & Keesee, L. (2007). Across the thin blue line: Police officers and racial bias in the decision to shoot. *Journal of Personality and Social Psychology*, 92(6), 1006.
- Crump, B., Safir, H., Morris, E., & Abdul-Jabbar, K. (2015). Truth and consequences. *Time*, 185(14), 30-31. Embrick, D. G. (2015). Two nations, revisited: The lynching of black and brown bodies, police brutality and racial control in post-racial America. *Criminal Sociology*. 41, (6)835-843.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299. <https://doi.org/10.1037/1089-2680.2.3.271>
- Hunt, J. (1985). Police accounts of normal force. *Urban Life and Culture*, 13(4), 315–341.
- James, L., James, S. M., & Vila, B. J. (2016). The reverse racism effect. *American Society of Criminology*. (15)2. doi: 10.1111/1745-1933.12187. 19 Jim Crow Museum: Origins of Jim Crow- Ferris State University. www.ferris.edu/jimcrow/what.htm.
- Johnson, M. S. (2003). *Street justice: A history of police violence in New York City*. Boston: Beacon Press.
- Kelling, G. L., & Moore, M. H. (1988). *Perspectives on policing. The evolving strategy of policing*. US Department of Justice, National Institute of Justice. Retrieved April 29, 2015, from <https://ncjrs.gov/pdffiles1/nij/114213.pdf>
- Lawrence, R. G. (2000). *The politics of force: Media and the construction of police brutality*. Berkeley: University of California Press.
- Liu, S., & Zhao, S. (2020). Public trust in police in China: A review of the empirical evidence. *Policing: An International Journal of Police Strategies & Management*, 43(3), 475–491. <https://doi.org/10.1108/PIJPSM-08-2019-0125>

Lockett, T. N. (2013). Effects of racism and discrimination on personality development among African American male repeat offenders. Retrieved from:

<http://digitalcommons.calpoly.edu/theses/1098/>

Milner, A.N., George, B.J. Allison, D.B. (2016) Black and hispanic men perceived to be large are at increased risk for police frisk, search, and force. PLoS ONE11(1):e0147158.

<https://doi.org/10.1371/journal.pone.0147158>.

Najdowski, C.J., Bottoms, B.L. & Goff, P.A. (2015). Stereotype threat and racial differences in citizens' experiences of police encounters. *Law and Human Behavior*, 39(5), 463-477. doi: 10.1037/lhb0000140.Doi:101002/acp.2838.

Reiss, A. J. (1968). Police brutality – answers to key questions. *Transaction*, 5(8), 10–19.

Schumann, L., Craig, W. and Rosu, A. (2013), Minority in the majority: Community ethnicity as a context for racial bullying and victimization. *J. Community Psychology*., 41: 959– 972. doi:10.1002/jcop.21585.

Skolnick, J. H., & Fyfe, J. J. (1993). *Above the law: Police and the excessive use of force*. New York: Free Press (Simon and Schuster).

Smith, B., & Holmes, D. (2003), Community accountability, minority, threat, and police brutality: An examination of civil rights criminal complaints. *Criminology*, 41 (4), 1035-1063.

Sykes, G. W. (1986). Street justice: A moral defense of order maintenance policing. *Justice Quarterly*, 3, 497–512.

Terrill, W. & Reisig, M. D. (2003). Neighborhood context and police use of force. *Journal of Research in Crime and Delinquency*, 40(3)291-321. doi:1011770022427803253800

- Tutashinda, K. (2012). Social control and the health of African American boys and men: Introduction and current statistics. *The Journal of Pan African Studies*, (4) 6
- Williams, H., & Murphy, P. V. (1990). *Perspectives on policing. The evolving strategy of police a minority view*. US Department of Justice, National Institute of Justice. Retrieved April 29, 2015, from <https://www.ncjrs.gov/pdffiles1/nij/121019.pdf>
- Pew Research Center. (2020). Public views about police and policing in the United States. <https://www.pewresearch.org/fact-tank/2020/06/05/amid-protests-majorities-across-racial-and-ethnic-groups-express-support-for-the-black-lives-matter-movement/>
- Rosenberg, M. S., & Adams, D. C. (2011). GageR: A program for comparison of gage repeatability and reproducibility data. *BMC Bioinformatics*, 12, 37. <https://doi.org/10.1186/1471-2105-12-37>
- Smith, B. W., Tooley, E. M., Christopher, P. J., & Kay, V. S. (2010). Resilience as the ability to bounce back from stress: A neglected personal resource? *The Journal of Positive Psychology*, 5(3), 166–176. <https://doi.org/10.1080/17439760.2010.482186>
- Tajfel, H., & Turner, J. C. (1986). The social identity theory of intergroup behavior. In S. Worchel & W. G. Austin (Eds.), *Psychology of intergroup relations* (2nd ed., pp. 7–24). Chicago: Nelson-Hall.
- Yang, H. (2016). Understanding and managing misbehavior in Chinese police. *Journal of Police and Criminal Psychology*, 31(1), 1–10. <https://doi.org/10.1007/s11896-015-9179-1>
- Zimbardo, P. G. (2007). *The Lucifer effect: Understanding how good people turn evil*. Random House.