

A career in policing, while rewarding, comes with various challenges. The administrative burden, with extensive paperwork and procedural requirements, can be time-consuming and detract from fieldwork. High stress levels are common due to exposure to traumatic events and the pressure of balancing public expectations with job demands. Modern policing also brings complexity, with new challenges from technology and cybercrime that require continuous learning and staying updated on laws. Emotional and mental health challenges such as burnout and PTSD can arise from the job's demands.