

Resilience to Stress Management in Military Personnel in India

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Abstract: *The research conducted aimed to study the significant relationship between resilience and stress management of military personnel in India. The research was conducted on fifty officers in the Indian Army holding the rank of officer ranging from age group forty - five to fifty - five. A short version of resilience scale and perceived stress scale were used to assess the two components of research. It was found that there is a significant relationship between resilience and stress management.*

Keywords: resilience, stress management, military personnel, India

1. Introduction

Resilience as per American Psychological Association is the process of successfully adjusting to tough or demanding life situations, particularly through mental, emotional, and behavioral flexibility and adjusting to internal and external expectations. How successfully people adjust to adversity depends on a number of variables, the most important of which are (a) how people interpret and interact with the world, (b) the quantity and quality of social resources, and (c) certain coping mechanisms. The resources and abilities linked to more positive adaptation (i. e., more resilience) can be developed and practiced, according to psychological studies is often referred to as psychological resilience. Military personnel are trained thoroughly to build on their resilience physically as well as psychologically. Studies have depicted individuals with experience of military life tend to demonstrate a higher form of resilience.

Stress in a broader sense can be said to be the body or mind's reaction to stimuli, internal or external. Stress entails alterations in almost all bodily systems, which has an impact on how people feel and act. Stress management the application of particular methods, to appropriately deal with stressful events and the feelings of stress. Army personnel experience distinct situations which exert stress on their being. However, with effective stress management techniques and resilience they are better able to cope and return to normal functionality.

2. Literature Review

Military soldiers frequently carry out complex cognitive tasks under unusually demanding stressful circumstances. The term "tactical athlete" has come to be used to describe these performers due to their need to accomplish a variety of physical and mental tasks under pressure, frequently with significant stakes. The success of military operations and the wellbeing of military service members may be seriously affected by impaired cognitive performance brought on by this stress, particularly in combat situations. Understanding the type of stress that military people face and how resilient their cognitive performance is to that stress is crucial. (Flood & Keegan, 2022)

Resilience corresponds to good mental and physical responses to stress and is a key component in reducing the negative consequences of stress. Research from the past has shown how resilience - fostering training programmes might improve psychobiological stress response and recovery. However, very few studies have looked at the effects of training in actual, high - stress scenarios. As a result of this quick resilience training, the cadets may have been able to view their stressful circumstances in a more positive manner, feel more upbeat emotions, and recover from stress more quickly. Resilience - building programmes should be integrated into basic or leadership training to help future military leaders cope under pressure. (Zueger et al., 2022)

3. Methodology

The aim of this research was to study the relationship between the resilience and stress management of military personnel in India. The hypothesis assumed that higher the resilience of individual, lower the level of perceived stress and thus, better stress management. A correlational research design was adopted to find the significant relationship between two variables of resilience and stress management. The research sample consisted of individuals serving in the Indian Army posted in the designation of officer to gain the outlook from individuals in leadership roles. The sample comprised of only male participants due to the age group being narrowed to forty - five to fifty - five years of age. The age as so selected as it is the age range being closer to retirement and the individuals are more experienced about the work - life stress and have established an effective shopping style to manage it by having spent adequate time working under the organization. Therefore a purposive sampling technique was used.

Psychometric tools were employed for assessing the two variables. The major prevention of stress at work has been resilience. Resilience Assessment Questionnaire created by psychologist Derek Mowbray, in its short form (RAQ8) a short version of RAQ 40 was used. It consisted of eight areas; items to assess the resilience of the participant. Its scoring was a likert scale based on a 5 - point system ranging from 1 (never) to 5 (always). For measuring stress management, the variable of perceived stress was selected. A number of tools that have been created to assist evaluate individual stress levels to get a more accurate measure of

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personal stress. The Perceived Stress Scale is the first of these. The Perceived Stress Scale (PSS) is a well-known tool for measuring stress. The Perceived Stress Scale (PSS) developed under the Employee Assistance Program (EAP) working tool for the State of New Hampshire was used to assess the level of stress of participants and measure their level of stress management. This consisted of ten items with a likert scale with a 5-point score system ranging from 0 (never) to 4 (very often). The data collection was done with the help of a questionnaire containing the combination of RAQ - 8 and PSS. It was a self-report questionnaire format consisting of twenty three items in total; four items for socio-demographic details, eight items of RAQ - 8 and ten items of PSS. As the sample was parametric in nature Pearson's correlation analysis was the method used for data analysis.

4. Results and Discussion

Descriptive Statistics

	Mean	Standard Deviation	N
Resilience Total (X)	32.08	3.428	50
Stress Management (Y)	14.64	6.757	50

Table 1 Showing mean and standard deviation of the two variables of resilience and stress management

The difference between the mean of resilience and stress management has a significant gap which signifies that higher the resilience lower the perceived stress thus, better stress management. The standard deviation is not more than 3 between the two variables.

Correlation

		Resilience Total (X)	Stress Management (Y)
Resilience Total (X)	Pearson Correlation	1	-0.465**
	Sig (2-tailed)		.001
	N	50	50
Stress Management (Y)	Pearson Correlation	-0.465**	1
	Sig (2-tailed)	.001	
	N	50	50

**Correlation is significant at the 0.01 level (2-tailed)

Table: Showing the correlation of Resilience and Stress management at the significant value of 0.01 for two tailed test. The correlation coefficient depicts the value of 1 - 0.456 that is lesser than the significance value at 0.01 of 0.999. As the obtained value of coefficient of correlation lesser than the critical value the hypothesis stands accepted. There is a significant relationship between resilience and stress management.

This implies that individuals with higher resilience tend to show better stress management. This brings the relevance of the importance of inclusion of resilience training in military organizations as a basic program for better stress management which will aid the individuals to better cope with their stressful work situations and balance other aspects of life better. This study as a platform for future studies to be conducted on the significant areas This may advocate retaining workforce within the military organization of the country and enhance their efficiency in dangerous and stressful situations.

5. Limitations

The sample was restricted to a particular gender due to early retirement of female offices in the organization. The permanent commission was bright forth in recent years which were not achievable for inclusion in the scope of study due to the purposeful sampling. The size of the sample was also small which may have limited the broader understanding of the study and limited it to a minimal population for generalization. There are also differing cultural factors to be considered for the findings of the study.

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