

## Work Stress and Coping Strategies in Army Personnel

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### Abstract

As we know the Army personnel job is one of the toughest among various professions. Work stress refers to harmful bodily and emotional responses that arise when the job requirements don't match the needs, ability and expedient of the individual. They have to face various adverse situations around their surrounding as well as various emotional turmoil. There is a lot of pressure for army personnel to match the expectation of their job requirement and intermittently it happens that they cannot even participate in their family's happiness and sorrowful times. The outcome of long-term chronic work stress can be manifest as physical and psychological symptoms such as headache, body pain, fatigue, lethargy, diminished sleep and appetite. So, to deal with the chronic stress the army personnel have to adapt some coping strategies that help in facing the situation. Coping strategies meant that behaviour or thought processes are used in reacting to a disturbing situation. It is simply taking a direct and conscious approach towards an issue instead of using protective mechanisms. The way the Army personnel cope with the situation completely depends on the personality trait of the individual and whether they use active or passive coping methods. This article will reflect on the concept of work stress and explore the various coping strategies that can be used by the Army personnel.

**Keywords:** Work stress, coping strategies, army personnel

Armed Forces services carry out tasks and training in a range of difficult situations. The basic purpose of the Armed Forces is to provide national security. Military personnel are required to accomplish their jobs to the fullest extent possible, which is why military personnel training and preparation are so important. Stress can manifest itself in a variety of ways, including psychological, emotional, physical, social, occupational, or job-related stress. Work stress is a condition caused by job-related factors or a combination of factors that obstruct the worker's physical and psychological health while also causing various organizational consequences such as sick leave, high employee turnover, high stress-related health-care costs, loss of productivity, and so on. As a result, stressful workplace situations cause occupational stress, which has negative and harmful consequences for both employers and employees. This is precisely the situation in the army these days, where occupational stress is propelling its soldiers toward deadly actions while also tarnishing the Indian army's image. One of the commander's primary responsibilities is to assess the soldier's stress levels and conditions. Therefore, all military personnel must have a basic understanding of stress and coping mechanisms in order to manage stress in army operations and in their daily lives. Stress isn't always a terrible thing. It can inspire you to change your behaviour and learn new coping abilities, especially if you're in the military. Constant and severe stress, on the other hand, can lead to health problems and poor performance.

Occupational stress has become a significant space of concern within the field of Human Resource Management in today's competitive era. Apart from the stressors outside the organization, such as family-related stressors and individual stressors, there are various stressors affecting an employee, which are

associated with the organization itself (Luthans, 2002). Occupational stressors are various job-related stressors which negatively influence the performance and well-being of the employees (Kang, 2005), since they exist in every organization, though their degree may vary from occupation to occupation and individual to individual (Gignac & Appelbaum, 1997). There is some research on the US military (Bartone et al, 1998, Boehmer et al, 2003, Britt et al, 2004, Florkowski, 2001, Litz et al, 1997, Stetz et al, 2007) in the context of the armed forces. Isolation, and threat were among the military stresses evaluated by Bartone et al. (1998) during peacekeeping missions. In a study conducted by Boehmer et al., active duty military soldiers were shown to have poor mental and physical health when compared to veterans and reserve personnel (2003). Leadership behaviours, according to Britt et al. (2004), can alleviate or enhance the stressors that soldiers face. India has not engaged in any war action in the last decade, despite the Army's accomplishment of multiple counter-insurgency operations. However, stress levels have continued to rise. Pflanz and Ogle (2006) discovered that while military people have been able to adjust to the acute challenges of conflict and humanitarian operations, the persistent pressures they endure at home are found to be beyond their tolerance level. Furthermore, occupational stress resulting from normal military work environments has been demonstrated to have a significant negative impact on military personnel's mental health.

As a result, according to figures submitted to the Lok Sabha by Defence Minister A K Antony on March 6, 2013, a total of 368 defence personnel committed suicide between 2010 and 2012, with 310 soldiers belonging to the Indian army alone; 115 incidents were reported in 2010, 102 in 2011, and 93 in 2012. In addition, the Indian army is said to be short 26,433

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men below the level of officer (Indian Military News, 2013). Stress can manifest itself in a variety of ways, including psychological, emotional, physical, social, occupational, or job-related stress. Occupational stress is a condition caused by job-related factors or a combination of factors that obstruct the worker's physical and psychological health while also causing various organizational consequences such as sick leave, high employee turnover, high stress-related health-care costs, loss of productivity, and so on. As a

1. Death or harm is expected
2. Comrade's deaths (break the morale)
3. Young people are more affected than veterans
4. Battle fatigue
5. Impaired duty performance
6. Separation from one's family causes stress

**Stress rise in the midst of the war**

- i. Injury and physical incapacity
- ii. Sleep deprivation and a lack of skill

Feelings	Thoughts	Behavioural	Physical
<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Irritability</li> <li>• Fear</li> <li>• Moodiness</li> <li>• Embarrassment</li> <li>• Sexual problem</li> </ul>	<ul style="list-style-type: none"> <li>• Self-criticism</li> <li>• Harsh treatment of others</li> <li>• Difficulty concentrating or making decisions</li> <li>• Forgetfulness or mental disorganization</li> <li>• Preoccupation with the future</li> <li>• Repetitive thoughts</li> <li>• Fear of failure</li> </ul>	<ul style="list-style-type: none"> <li>• Stuttering or other speech difficulties</li> <li>• Crying</li> <li>• Acting impulsively</li> <li>• Nervous laughter</li> <li>• Snapping at friends</li> <li>• Teeth grinding or jaw clenching</li> <li>• Increased smoking, alcohol or alternative drug use</li> <li>• Being prone to more accidents</li> <li>• Increase or decrease in appetite</li> <li>• Isolation</li> <li>• Compulsive shopping</li> </ul>	<ul style="list-style-type: none"> <li>• Tight muscles</li> <li>• Cold or sweaty hands</li> <li>• Back or neck problems</li> <li>• Sleep disturbances</li> <li>• Gastrointestinal problems</li> <li>• More colds and</li> <li>• Infections</li> <li>• Headache</li> <li>• Fatigue</li> <li>• Rapid breathing or Palpitation</li> <li>• High blood pressure or hypertension</li> <li>• Sweating/Trembling</li> </ul>

result, stressful workplace situations cause occupational stress, which has negative and harmful consequences for both employers and employees. This is precisely the situation in the army these days, where occupational stress is propelling its soldiers toward deadly actions while also tarnishing the Indian army's image.

- iii. Environment that is robust Rumors about the defeat
- iv. Nuclear weapons and the fear of offensive operations
- v. Lack of weapons and a long-term conflict
- vi. Desertion of a portion of one's own troops
- vii. War that is unjustified

Psychological or Internal Factors	Environmental or External Factors	Other Factors
<ul style="list-style-type: none"> <li>• Personality trait</li> <li>• Perception</li> <li>• Past experiences</li> <li>• Affect</li> <li>• Low self-esteem</li> <li>• External locus of control</li> <li>• Feeling powerless</li> <li>• Lack of Assertiveness</li> <li>• Low self efficacy</li> <li>• Type A behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Institutional climate</li> <li>• Supervisory practice</li> <li>• Job policies</li> <li>• A faulty communication system</li> <li>• Human Resource Development</li> </ul>	<ul style="list-style-type: none"> <li>• Organizational structure</li> <li>• Career Advancement</li> <li>• Relationship at work</li> </ul>

**Manifestation of Stress in Military Personnel**

Combat stress refers to an immediate reaction to battle stress that includes a variety of behaviours that reduce the combatant's fighting efficiency. Moreover, it means battle weariness is a frequent reaction to the mental and emotional strain that perilous and distressing encounters can cause. It's a natural reaction to the body's and mind's wear and tear following long and strenuous surgeries. Acute stress reaction, adjustment disorder, and post-traumatic stress disorder (PTSD) are all symptoms of combat stress.

**Reaction to Stress in the Battlefield**

- i. Selfishness food, blanket, and equipment
- ii. Develop a guarded and irritated demeanor
- iii. Hopeless Situation
- iv. Memory & Loss of Enthusiasm
- v. Develop a combative mindset
- vi. Develop a Psychosomatic Condition
- vii. Moral and self-respect are being eroded.
- viii. Alcohol Dependence



meditation, or breathing exercises. Look for the humour in life and have fun with it.

**Accept change as a natural aspect of life:** Nothing ever remains the same. Create a support system of friends and family members with whom you can communicate when needed. Have faith in yourself and your abilities. Keep in mind that many people from low-income families have gone on to achieve great success in life.

**Use constructive methods to express your rage:** There is a distinction to be made between being furious and expressing anger. You can't always predict when you'll be furious, but you can choose how you react to it. Many people who are angry don't know how to deal with it in a productive and suitable manner. Check out our advice on how to vent anger in a healthy way.

**Keep an optimistic attitude:** Consider each setback as a learning opportunity; for example, you may have performed poorly on your midterm exam, but this has inspired you to study harder and ace your final exam.

**Choose wisely. to not overreact to stimuli and to deal with each one separately:** Take a few deep breaths and keep going.

**Examine your stressor with a critical eye:** Is it really that bad to cook a meal for 12 people.

**Communicate:** Don't ruminate or bottle up your feelings, as this will lead to an emotional outburst later.

**Accept yourself (and others):** No one is perfect, and there is always the possibility of making a mistake.

**Make social connections:** It is key to reduce stress by having social support!

**Deal with mistakes effectively:** Learn from them and use what you've learned to future decision-making.

**Dealing with accomplishments is also important:** This will bolster your abilities.

**Develop self-control and self-discipline:** For example, by training yourself to study harder in preparation for your final exam, or by training yourself to work out once a week to shed the pounds you've gained since last Thanksgiving feast.

**Maintenance:** For a long life of robust living, practice daily of whatever skills you have.

**Be active on a regular basis:** Being active also makes it easier for your body to cope with stress because it is in better shape.

**Consume a well-balanced diet:** Maintaining healthy eating habits is an excellent strategy to cope with stress.

**Rest and sleep are essential:** Because your body requires time to recuperate from stressful experiences, sleep is an essential aspect of self-care.

**Find your stresses and effective coping mechanisms;** Remember that stress is a result of how you respond to stressful events.

**Be graceful to yourself:** Don't doubt your abilities, and don't be harsh on yourself. You're giving it your

all! Self-appreciation will enable you to be more compassionate toward yourself.

a) Strive for excellence! Pursue excellence rather than perfection.

b) Instead of focusing on what you couldn't do today, focus on what you could.

c) Acknowledge and accept your limitations.

**Introduce a 'team coping kit':** Build a team with other soldiers, keep an eye on each other's routines for appropriate breaks/nutrition/workload sharing, and monitor each other's workload, try to share it among yourselves, support each other by giving verbal encouragement, and keep an eye on each other's routines for appropriate breaks/nutrition/workload sharing. Exchange positive/good news. Create a chart board to display good news. Techniques for a 'team coping kit':

**Encourage your team members verbally to show your support:** "You gave it your all/I'm here for you." Actively listen to their feelings and make an effort to empathize with them.

**Schedule short breaks for one another:** Take someone else's shift to give them a break, and vice versa.

**Talk to each other about your experiences and difficult thoughts:** It aids in normalizing and acclimating you to them.

**The importance of relaxation cannot be overstated:** Consider going for a stroll, playing a video game, or taking a bath (but keep in mind how much time you can afford to spend on each of these activities).

**Maintain your physical well-being:** Aerobic exercise reduces anxiety by 50% and good nutrition improves your ability to deal with stress

**Sleep is essential for productivity:** 8 to 9 hours is recommended, but a consistent sleep routine is required.

**Mental Health:** Prioritize and identify your goals and you will be able to fulfil your chores with the help of time management and scheduling.

**Progressive muscular relaxation:** It is a technique that involves tensing and relaxing each major muscle group.

**Autogenic training:** It involves imagining oneself in a serene environment with pleasurable body feelings. The person concentrates on the body, attempting to make various portions of it feel heavy, warm, or cool. The heart rate is regulated and breathing is centered.

**Concentrate on one activity at a time:** Don't ignore stress; address it.

Gather to bring news of victory and achievement in war to the notice of your team. It will give you a sense of hope and encouragement, which will enhance your morale.

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Schedule vacations, breaks in your routine, hobbies, and fun activities into your schedule.

Schedule undisturbed time to complete things that require your whole attention.

Make some time for yourself to accomplish things that you enjoy.

Try not to schedule too many work in a row. Allow yourself to take stops to catch your breath. When you feel stressed, take a couple of slow, deep breaths. Breathe deeply from your abdomen and silently say to yourself, "I feel tranquil."

Learn to manage your time. Read time management books, watch time management videos, and attend time management workshops. You'll have more time to recharge once you cut down on time wasters.

Setting limitations can help to reduce stress. Rather of allowing other people's priorities or requirements to define how you spend your time, focus on your key tasks and priorities.

Exercise on a regular basis to relieve muscle stress and boost your mood.

Enlist the assistance of your friends and family.. When dealing with stressful occurrences, family, friends, and social groups can assist.

#### **Methods of mindfulness**

Refocus your attention on the present moment, non judgmentally and acceptingly, and with a high level of awareness. It can be practiced quickly using the following techniques:

- i. **Hand washing is the first step:** Stand motionless while washing your hands, halt for a moment, and pay attention to the present moment. Observe how you reach for the soap, how you make lather on your hands, how the soap feels in your palm, the temperature and texture of the soap, and how it smells. In this task, use all of your senses. Recognize the distracting things that come to mind, but return your attention to the task of handwashing.
- ii. **Make your way to a quiet chair or location:** Sit in the chair and notice how your body feels on it, as well as how your feet feel on the ground. Try to be present in the moment. Take a deep breath. Do this for a minute before returning to your task.

- **Cognitive Behaviour Therapy**

Andrew Cohn (2008) in a sample of Australian Army troops through a 45-day recruit training programme, the efficiency of a brief cognitive-behavioral programme in improving causal attribution, anticipation of control, coping techniques, and psychological adjustment was assessed. The participants were divided into two groups: treatment (N=174) and control (N=73). At the conclusion of the training, individuals who received the intervention reported more transient and specific attributions, less reliance on self-blame coping, higher positive moods, and reduced psychological discomfort.

- **Try not to judge your negative ideas (about performance, health, or situations):** Try to see them as concepts rather than facts. Understand

that negative thoughts aren't always true. They are our own assumptions and ideas. Last but not least, attempt to put some distance between yourself and your ideas. Keep in mind that they are only fleeting ideas.

- **Believe in your extremity:** Endurance is the ability to persevere in the face of adversity. Recognize that you have been through a lot in your life. Examine the events of the past and take comfort from them. Make a list of the three most challenging situations you or others have faced.
- **Live your life by the hour:** Concentrate your attention on this specific hour. Set goals for yourself and motivate yourself to stay concentrated for an hour. This will assist you in avoiding excessive anxiety, improving your concentration, and generating innovative thoughts. Trying to fit an entire day/multiple hours into one hour.
- **Operate on encouraging, inspirational, and caring self-talk:** There are some examples like:
  1. In the present situation, I am doing my best.
  2. I will give it my all, but I am aware of my limitations.
- **Value your Vision in relation to the task you're doing:** What drew you to this line of work? Today, you are an inspiration to everyone. As much as possible, try to stay linked to your vision.
- **Use your time to seek professional help at least three times per month:** Make time for it if at all possible. Do not place your mental state on the rear burner.
- **Take a break**

"A break is as good as a rest," says an old adage. A break is actually a rest when it comes to stress. Taking a break to do anything that takes your mind off of stress, such as reading, having coffee with a friend, or going for a stroll, allows your stress response system to recharge. This can help you break a tendency of "stressing about your stress" by physically and emotionally refreshing you.

- **Breathing exercises for relaxation**

Breathing has been utilized by those who practice yoga and Buddhism for ages to relax and think more clearly. They were absolutely correct. Slow, deep breathing, especially exhaling slowly, has been shown to drop heart rate and blood pressure, as well as have other impacts that help people feel calmer and more focused, according to research. Relaxation breathing is a simple technique that can be practiced practically anywhere.

- **Reaching out to others**

One of the most significant ways we have of coping with stress is to seek help from others. Humans are hardwired to both receive and give social assistance. Social support can have an immediate physiological effect, making us feel better.

- **Physical activity is important**

It has been demonstrated to improve people's physiological responses to stress, making it one of the best things you can do for your health. It triggers the release of feel-good brain chemicals, so it can aid in the recovery of your sense of well-being following a stressful encounter.

- **Learning to think about a stressor in a new way when we can't change it**

When we're under pressure, the way we think can either help or hurt us. Negative thought patterns can exacerbate our stress by making a stressful circumstance appear much more so. As a result, shifting our perspective on a stressor can make it simpler to cope. You can't change the way you think about a stressor unless you learn to accept and adjust to it, to notice and "switch off" negative or catastrophic thinking that might exacerbate stress; to think about stressors in a less negative and flexible manner.

- **Yoga**

It is a form of exercise that incorporates physical movement, deep breathing, relaxation, and meditation. As a result, it's an one-stop shop for stress relief. Raju Adhikari (2008) examined effect of yoga practices on occupational stress among Indian army personnel, the programme lasted 30 days and consisted of two sessions every day, each lasting 1.30 hours. An integrative yoga practices was included Asanas, Pranayamas, Prayer (Omkar and Gayatri mantra chanting) and yoganindra. Sixty participants completed Occupational Stress Index test before and after the course. Participants reported a statistically significant reduction in job stress as a result of the study's findings.

- **A stress-free way of life**

Everyone understands that if you don't take care of yourself, you will get depleted and more susceptible to illness. It's the same thing with stress. Taking care of yourself – getting enough sleep, eating well, exercising regularly, scheduling time for activities you enjoy, and avoiding excessive use of alcohol and/or "recreational" substances – will increase your ability to manage stress and recover from it.

- **Meditation**

It has been used to assist people empty their minds of worries, cares, and bad thoughts so they may focus on what is going on right now throughout history. Meditation has been proven in modern research to assist people manage stress.

- **Doing something you enjoy is a great way to start the day**

Leisure activities are about more than just having a good time. They've also been found to improve people's feelings of well-being and aid in stress recovery. Leisure diverts your attention away from your stressors while also causing your brain to create stress-relieving hormones. Singing, for

example, is a fantastic stress reliever because it generates the same feel-good neurotransmitters as exercise and sex.

- **Increase your "green time"**

According to several studies, merely being outside in a natural setting such as a forest can reduce stress and boost one's sense of well-being. It's not always easy for city folks to venture out into the genuine woods. A weekly walk in a woodland park or other natural setting, on the other hand, can have similar effects.

**Enhance positive thinking :**

- a) Forget about helplessness, despair, and failure.
- b) Concentrate on your assets.
- c) Take advantage of the tension you're experiencing by looking for chances.

- **Avoid being a perfectionist:** People who set themselves performance expectations based on perfection, such as paying excessive attention to detail, will certainly experience stress when these standards are not met. On a variety of situations, it may be important to lower your expectations.

- **Defeat procrastination:** The 'Swiss cheese' method is one technique to attempt. When you're avoiding something, break it down into smaller activities or set a timer for 15 minutes and focus on the larger duties. You will eventually reach a point where you want to complete if you do a bit at a time.

- **Assertiveness skills:** Get in the habit of saying "no." While interacting with others about challenging subjects, it can help you comprehend, acknowledge, and effectively communicate your sentiments:

- a) Establish good eye contact
- b) Don't fidget while standing or sitting
- c) Use body language
- d) Communicate succinctly and directly

- **Problem solving skill:** It aids in the speedy and effective resolution of problems. Define your problem in detail. Gather as much information as can regarding the issue. Examine your previous experience with the issue at hand. Develop and analyze a set of potential courses of action, then choose one and follow through. There are some problem solving skill which army personnel should learn such as decision making skill, effective communication skill, active listening and team building.

- **Time Management:** It's a method for getting things done as quickly and efficiently as feasible. As you take on additional leadership roles in the Army, your time will become increasingly more important, and managing it will become more difficult. Learn to manage your time. Read time management books, watch time management videos, and attend time management workshops. You'll have more time to recharge once you cut down on time wasters. You'll have to manage not

only your own time but also the time of people you're in charge of. There are some tips:

- a) Prioritize the most vital tasks
  - b) Make use of a to-do list (what must be done, what should be done and what would you like to do)
  - c) Plan ahead of time for your drill weekened
  - d) Keep your expectations in check
  - e) Before drill weekened, go to the unit to get organized
- **Celebrate your success and reward yourself:** It's critical to set goals that are measurable and attainable. When these objectives have been met, take advantage of the promised prize.
  - **Ventilation:** "A problem that is shared is a problem that is halved". Develop a support network of friends or coworkers with whom you may talk. It's not usually the events themselves that are unpleasant, but how we interpret them that is sometimes unpleasant.

### Combat Stress Management

- Training to soldiers
- Sufficient resources availability
- Keeping troops active during war
- Commander's tactical soundness
- Divide soldiers into groups to take the load of one's head
- Determine the actions taken by leader to reduce stress
- Preventative strategies to avoid performance decline (every service member, team, and unit must understand how to maintain high levels of performance in long-term operations)

### Stress Exposure Training

It is the practice of critical existing abilities in a difficult and distracting environment in order to improve one's capacity to perform them consistently regardless of the conditions. The first phase, 'display of necessary knowledge,' tries to improve understanding of common stress reactions. The second phase 'skill practice with feedback' phase aims to improve self-regulation and metacognitive skills while also expanding the coping repertoire. The third phase, 'skill practice with stresses,' tries to transfer taught skills to real-world situations.

### The Army Morale, Welfare and Recreation Program

It is a community, army personnel, and family support programme that directly supports readiness by providing a variety of community, army personnel, and family support activities and services. For army personnel and their families, most installations offer a variety of activities. Sporting activities and outdoor leisure are common military programmes, as are music and theatre, arts and crafts shops, tour and travel offices, and libraries.

### Techniques for Physical Signs of Stress

**Maintain decent sleeping habits:** Having a constant sleep and get up time, avoiding caffeinated and alcoholic beverages close to night, practicing getting into a peaceful state before bed, and turning off technological devices.

**Give yourself regular breaks:** Take a walk, take a break from work, and relax with a wonderful meal or a conversation with a friend. Allow your thoughts to relax and rearrange. Taking breaks allows you to be more efficient, energetic, and capable of tackling the obstacles you face.

**Self-soothing strategies:** Take into account your five senses to search out however you'll give yourself with comfort. What has proven to be effective for you? The extensive list of possible techniques to self-soothe includes listening to music, taking a bath, watching a movie, getting a massage, relaxing, and yoga.

**Exercise on a regular basis:** It is one of the first things to fall by the wayside, despite the fact that it is one of the most significant coping mechanisms for lowering tension and generating vitality! Remember that a quick 20-minute stroll will likely assist, no matter how anxious and agitated you are.

**Maintain a healthy diet:** once your mind is choked with worries and pressures, many of us realize that they slip into "mindless eating" (eating no matter is instantly available... "the slot machine phenomena"). Maintaining a diet of foods that give a additional constant supply of energy (instead of that sugar spike) may be a good initial line of defense against the adverse effects of stress. Even more importantly it will help you maintain a connection to your long term goals.

**Limit your consumption of alcohol and different mood fixing substances (including sleeping aids):** Whereas one or two of glasses of wine in the dead of night will take the stress out of your shoulders for the instance, it will give rise to sleep disturbances and an upsurge in sad mood, which, in succession, keeps your stress levels elevated and will rise your stress for succeeding day.

### Techniques for Behavioural Signs of Stress

**Make a list of everything:** Set aside 10 minutes approximately an hour before you go to bed to jot down all the things you're scared you haven't done or will forget to do if ideas are rushing through your head as you try to fall asleep.

**Stick to a Routine:** This is the most effective technique to deal with the disorganization and impulsivity that occur with a high degree of stress. Every morning, set aside 10 minutes to plan out your day, allowing time for the things that cause stress (Gib

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### Techniques for Mental and Emotional Signs of Stress

**Keep your attitude and approach to life in mind:** The way we see ourselves in the world has a

significant impact on how we cope with stress. Feeling the urge to be perfect, for example, can make you a meticulous and precise person who can be relied on to execute a good job. Great! But, because no one is perfect and no one can function at 100% in all areas of their lives, that kind of thinking can also produce a lot of internal stress. Changing your mindset from "I have to work on this project until it's perfect" to "I'll do the best I can in the time I have" will help you reduce your stress levels to a far more tolerable level.

### **Problem-Solving Approach**

This strategy is based on employing active methods to immediately address the condition that produced the need to focus on the issue. Some instances are as follows:

**Analyze the circumstances:** For example, pay attention and don't take on more than you can handle.

**Work harder:** For example, for preparation of a war, you must stay up all night.

**Apply what you've learnt so far to your daily life:** For instance, suppose you lose your job for the second time; you now know how to apply for a new employment.

**Talk to someone who has a direct impact on the situation:** Such as your commander, to request a one-week extension on a project that is due in one week.

### **Emotion Focused Approach**

Rather than dealing with the problem circumstance, emotional-focused coping mechanisms are employed to deal with feelings of pain.

**Imagine/Magic thinking:** It is the notion that unconnected events are causally connected despite the lack of any plausible causal link between them, especially when supernatural effects are present. For instance, the notion that personal ideas can impact the external world without acting on them, or that objects must be causally connected if they resemble each other or have previously come into contact.

**Avoid/Deny:** e.g. You either ignore everything linked to this scenario or you use drugs and/or alcohol in response to it.

**Blame:** e.g. You may blame yourself or others for your predicament.

**Social Support:** such as friends and family. You share your worries with your best friend.

### **Keys to Preventing Suicidal ideation in Army Personnel**

The indicators of a potential suicide risk in army personnel are first recognized by junior or sub unit leaders. The following preventative keys will be available to those who are at risk:

- "Are you thinking of injuring yourself?" you might inquire.
- Make an immediate intervention
- Find assistance (a doctor, a nursing assistant, a friend, a family member, or a support line)
- Please notify your chain of command
- Find someone to accompany the individual. Don't abandon the individual

- Get aid as soon as possible
- Those at risk of suicide should have less access to lethal
- Encourage community engagement through activities that promote connectivity

**Conclusion** It must be recognized that every soldier and officer must be treated with decency and respect as human beings. Before expecting society and the civil government to show concern for service personnel, the services must first examine themselves. Armed forces personnel shouldn't be created to unacknowledged or unsolicited after leaving specific positions. Stress can have far-reaching implications that go beyond immediate pressure. There will be a significant reduction in stress and suicide rates if this component is seriously addressed by the services themselves. You can't prevent stress, but you can learn to manage it and acquire abilities to deal with stressful events or situations. You will be better prepared to aid not only yourself, but also friends and fellow soldiers, if you learn to cope with stress.

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