

# MILITARY PSYCHOLOGY

## CONCEPT OF MILITARY PSYCHOLOGY-

### What is Military Psychology:-

Military psychology is the application of psychological principles and concepts for the military purposes. It can be defined neither by a common set of techniques nor by the common set of problems but rather by area or context of application i.e. the military. Military psychology is the microcosm of all psychological disciplines and consequently offers opportunities to the psychologists of all persuasion, including but not limited to those who wish to spend their career or a portion of it in Military Uniform.

Military psychology is thus an amalgam of many branches of psychology and is perhaps more interdisciplinary than any other branches of psychology. In its simplest term military psychology is the application of psychology in helping meet the challenges that military faces. The work of military psychologist include areas like -

- 1) Selection.
- 2) Recruitment.
- 3) Training.
- 4) Design of equipment.
- 5) Promotion of mental health of military personnel.
- 6) Rehabilitation.
- 7) Evaluation of performance.
- 8) In carrying out psychological warfare.

According to Bray (1948) military psychology is the application of psychology to the development of military aptitude tests, classification procedures, training of

men, the design of military equipment for human use, simplification of military operation procedures, solving the problems of abnormal soldiers and for carrying out psychological warfare and for building up the morale of the military personnel and citizens both.

Thus military psychology consists of all those applications of psychology that help in meeting the problems of military and in fulfilling its objectives. Because the problems of military change with time, therefore military psychology is a dynamic field of study that changes with the changing demands of military.

Distinctive features of Military Psychology: -

Distinctive feature of military psychology is that it is a branch of psychology which is largely dependent upon the government for its growth and development. Thus it is inevitably government-sponsored and oriented branch of psychology in spite of the fact that its general goal happens to be the same as any other branch of psychology, i.e. to advance the scientific orientation in the discipline & to promote public welfare through research.

Contributions of other disciplines to military psychology:

Military psychology is the application of experimental psychology to the problems of intelligence work, observation and camouflage.

It involves the application of social psychology to the problems of military morale of the soldiers & civilian population and also for carrying out psychological warfare.

study of leadership and interpersonal relationship among different ethnic groups, Social psychological concepts are used for the study of National character.

Military psychology also involves the application of clinical and counselling psychology for rehabilitation of the injured personnel and for helping the new recruits adjust to the military life.

Military psychology also borrows from Personnel psychology for the purpose of selection, placement & promotion of the personnel.

Military psychology makes use of the knowledge and concepts of political psychology to provide international peace.

Military psychology borrows from organisational psychology to improve organisational structure and efficiency.

### History and Growth of Military Psychology:-

Military psychology was born in world war I in meeting the challenge of the soldiers who were likely to quit the front under stress. It was considered that since the soldiers could be only identified for their personality characteristics through the means of psychological tests, therefore the services of the psychologists in identifying vulnerable and non-vulnerable must be taken so that the vulnerable people are withdrawn as morale of army would be affected if they were to quit in the battlefield.

Therefore the initial application of military psychology was in screening the applicants so that

effective selection could be made. Thereafter psychologists also started providing training to the military personnel especially for the purpose of increasing their combat effectiveness. The formal beginning of military psychology was in Germany in 1917 but then after the major development took place in U.S. when it finally declared a state of war with Germany. Yet then president of A.P.A. urged the psychologists to help the government by solving the psychological problems of the military personnel. A number of psychologists came up with significant contributions.

Dodge perfected an apparatus for use in selection and training of naval gun pointers.

Thorndike analysed the characteristics of successful aviators and developed assembling tests to predict the candidate's proficiency for flying.

Woodworth developed test to predict courage & self-mastery under the conditions of stress & terror.

Yearkes & Otis developed group intelligence test named as army A and army B. which were found to be very effective in selection.

After the war was over, psychologists addressed many other issues such as assessment of troop morale, assessment of emotional instability, measurement of flight aptitude and study of combat leadership measurement. In this way the scope of military psychology expanded.

Among the prominent early contributors to this discipline

pline are James McKeen Cattell, Thorndike, Strong, Boring, Terman, Scott, Yerkes & Otis and Watson.

There was some stagnation in the research & practice of military psychology in 1920's & 30's. But the research picked up as the world approached the world war II and by the time w.w II started u.s. started a psychological research program in which 2000 psychologists, civilian & military co-ordinated and began work in diverse areas. Thus military psychology was born in w.w I and it matured in w.w II

In w.w II many new areas of enquiry were taken up such as

- 1) Intense study on psychological warfare.
- 2) Effect of environment factors on human performance.
- 3) Military Intelligence.
- 4) Selection of people for special duties (pilots, marines etc).
- 5) Military leadership.
- 6) Workgroup and its influence.

World war II gave a real impetus to military psychology and this has been retained even after the termination of the war. Though in contemporary times hardly any wars are being fought, but military psychology continues to retain its appeal as no country is in position to undermine the interests of its defence. Some new areas of research and application taken up by military psychologists in post world war II period are -

- (i) Rehabilitation of war widows.
- (ii) Study of how personal life influences professional life.
- (iii) Harassment & discrimination in defence services.

- i) The possibility of employing females in combat & war settings originally designed for males.
- ii) Integrating racial and ethnic groups.
- iii) Treatment of personal life problems of the soldiers.
- iv) Utilizing the capability of low capability recruits.
- v) Treatment of people for the problems of alcohol and drug addiction.

## Areas of Application /

### 1) Selection /

Psychologists by the means of psychological tests try to identify ~~the~~ & measure the traits in applicants so that appropriate choice can be made. They also carry out job analysis & try to find out what will be the critical abilities required for the specific job. Thus they try to bring about Person-Job fit. Selections assume all the more importance for special skill jobs such as pilots, air traffic controllers etc. Recommendations of psychologists are also sought for <sup>the</sup> promotion of military personnel.

### 2) Training /

Psychologists provide military personnel the training in basic & technical skills. Through

their expertise they want to ensure that

1) Training becomes an enjoyable experience for most if not all trainees

2) Conditions can be created so that the transfer of training can be brought about.

3) Training program is designed in a manner that each allows each learner to progress at his own pace

4) A proper ~~inter~~ evaluation procedure is developed so that one can objectively measure the gain & the growth experienced by the subjects or the trainees.

3) Clinical & Counselling services.

Psychologists conduct psychological testing to find out the soldier's general fitness for duty including his mental fitness. They also ~~provid~~ provide clinical & counselling services to rehabilitate the disabled soldiers, war widows, as well as those military personnel who face the problems of substance abuse, & various adjustment problems with in their personal & professional lives.

## Identification of Environmental Stressor.

Since the military personnel often work under operational conditions such as sustained operations with sleep, environmental extremes such as extreme heat etc. constant exposure to noise produced by vehicles that induce high acceleration and hazardous atmospheric conditions such as toxic fumes or biological chemical warfare. Therefore psychologists have taken up applied research to help the military personnel encounter successfully these stressors. For that they are taught various coping strategies so that their stress resistance can be increased.

## Human factor Engineering.

The goal of this area is to design the human machine interface to improve the functioning of military systems. Psychologists with their sound understanding of human behavior can help engineers design equipments in a manner that enhance human performance. Now as the systems have become more complex, the emphasis has shifted towards improving human performance by reducing the operator workload and also reducing the impact of acute stress.

## Leadership and Team Effectiveness:-

This area addresses to the behavior of the leaders. The study of military leadership is very important. Because one of the important variables influencing the success at war is the leadership. Psychologists help in training military personnel for efficient operation of military leadership during the war as well as peacetime. Psychologists are involved in the selection of the personnel who are regarded as leadership material and they also design the training programs for these personnels to hone their leadership skills. They also evaluate the performance of the trainees.

- a) They are involved in the study of world leaders and their behavior.
- b) They study the superior-subordinate relationship with the intention to improve it.
- c) They study tactical decision making + provide training to improve it.
- d) Assessment + improvement of communication among team members.
- e) Study of behaviour of small group and the functioning of small groups.

## Survey Research:-

In this area psychologists collect data through applied research and studies as well as analyse existing data bases in order to provide support to decision makers with in the individual military services. Some examples of research include -

- a) Conducting surveys to determine the propensity to

enlist in military.

b) Managing the retention of military personnel.

### Individual and Group Behavior:-

Since group behavior has a tremendous influence on the individual behavior especially his decision making, therefore the study of group behavior assumes importance in military psychology. From the knowledge acquired by the study of group esp. small groups, effective programs for team training can be designed. Psychologists who study individual and group behavior also try to find out that reasons for the group conflicts (intergroup and intragroup) and the factors that promote maladjustive behavior, how group cohesiveness works, factors that influence group morale etc.

## Adjustment of the Personnel to military life :-

Role of counselling :- Adjustment is the process of modification of attitude and behavior to meet the personal + professional demands of life effectively. In fact one of the major life tasks is making adjustments by learning to adapt to new conditions which can not be changed easily. While some adjustments are easy to make, some require adequate contemplation and effort and one such adjustment is adapting to military life.

In Military there are two successive problems of adjustment. The first set is the adjustment of recruit to the training he will receive in the institution that he is likely to join. And the second adjustment is the adjustment to the rigours of life at the front and to the dangers of combat.

A shift from the civilian life to military life is not easy. When a recruit goes for training, he has numbers of apprehensions. His these apprehensions increase when he undergoes the training that require enormous mental and physical endurance. The first problem that he faces relate to the threat faced by his ego needs. He faces a state of confusion. The discipline of the army requires him to follow certain behavioral norms and perform certain activities in accordance these norms. He often does not understand as to why he must follow such rigorous behavioral norms. Often it seems to him that nobody is interested in him as a per

He is made to dress, act like everyone else. He therefore fears that he will lose his identity. It appears to him that there is no expectation that he should be anything but one more among the others. Much of the misplaced notion is however removed when he progresses in training and realizes that individual initiative is welcome. Simultaneously he discovers that he has much less freedom of choice. His life is largely ordered for him and over and above that there is loss of privacy. He realizes that he has suddenly become public. It's not easy for all persons to adjust to this privacy loss.

The things that he is made to do during training seems make little sense to him and it's difficult for any person to carry out behaviors without understanding the significance of these behaviors. The problem gets worse because he is already demotivated and perplexed because of various other adjustments that he is required to make. Finally the recruit comes to painfully realize that there are friends around. He feels homesick and in the absence of freedom, this homesickness often intensifies. In fact this homesickness may interfere with the recruit's success so much that it may make him preoccupied with thoughts about his home, display foolish behaviors, make him inefficient and might also lower his obedience orientation. When it takes this form, it is called as 'cryptic nostalgia'.

The dissatisfaction of sexual needs might

be a potent source of frustration for the recruit. Because military life requires the individual to make significant adjustments, it might also cause personality breakdown in weak people.

### Combat Adjustment :-

In combat situations the first and foremost requirement is to control the fear of death. Also most persons have to adjust to the unaccustomed sight and smell of death, + blood. Another thing to which the soldier must adjust to in the combat is shortened time perspective which war necessitates which implies that the soldier does not plan ahead. He has no certain future beyond today, also the fact that he has no control over the duration of combat engagements causes stress to which he has to adjust. During the war, the period of active exchanges is interspered with lull period i.e. period of no activity and sometimes it stretches fairly long. This makes the person restless primarily because he has no activity to perform + that he has to continue living in highly constrained and restrained conditions. Many of the personal needs are also not satisfactorily met during war engagements and this is also frustrating. Therefore my life calls for making adjustments.

One has to learn a new set of behavior + habits in order to adapt satisfactorily to requirements of the military life. The coping strategies that the person has developed help him in this process of adjustment and

During training he is also made to learn the effective methods of countering the stressors.

### Role of Counselling in Adjustment:-

Though the military training program itself is designed in such a manner that most of the soldiers are able to master the techniques that allow them to adjust to military life, yet some of the recruits or even the soldiers at the front require counselling to overcome the problems, confronted by them. A counsellor by making the soldiers understand and accept themselves as they are, can help them to work towards the realization of their potential.

An essential aspect of all counselling relations is to help the counsellee focus on his/her personal future, explore desirabilities and possibilities and feasibility that would lead to desirable resolutions of problem situations. In order to help the counsellee reach his goal, the counsellor has to inspire feeling of trust, confidence & credibility and this can be done by communicating to the counsellee his caring attitude and by accepting him unconditionally.

The major objective of counselling is to help the individual to become more self-sufficient, self-dependent & self-directed to adjust themselves efficiently to the demands of a better meaningful life. It is connected with bringing about a voluntary change.

in the client, eg. if the recruit resents a compulsion that is put upon him in the training camp, the counsellor can suggest him to use humour + talking it out mechanisms to overcome the stress caused. Humour can help the recruit restore his wounded self esteem and talking it out can enable him to make the new behavior or the activity that he has to perform, a part of his self structure.

Counsellor also helps the soldier resolve his conflicting positions between his duty and conflict especially the guilt over killing the enemy. By helping the soldier interpret his super ego position properly, the counsellor can show him the righteousness in his action. Conflicts can arise also because of the differences in perception and understanding of the trainer and the trainee. Counsellor can help to resolve these differences by correcting the biased perception or faulty thinking of the trainee.

Conflicts can also arise because of the differences between trainees, and counsellor can help to resolve these conflicts & create a healthy environment congenial for growth.

The fear of death confronts every soldier and to a large extent can be conquered by reminding the recruit that nobody lives forever & that dying for the nation perhaps the most glorious form of death one can have. With the help of statistical records they can be shown that

their chances of coming through unharmed are 1  
Counselling can make the soldiers realize the  
of economic security their family is guaranteed  
case of injury or death and this can also  
reduce anxiety of fear or death

Many times the recruit because of the  
demands of the training program often feels  
he will not be able to continue. The thought  
of quitting harbour him & the net result is  
inability to stay focussed and give his best.

The counsellor by reminding him of the  
of honour and the prestige that the soldier  
because of his induction in the Military & also  
telling the recruits that the kind of role  
that they serve to countless millions can inc  
their enthusiasm to continue training with  
attention & vigour. Occasional frustration  
that might have occur due to routinized  
regimental lifestyle can be overcome by  
reminding the diverse stimulations one can  
receive in the military life.

## MILITARY PSYCHOLOGY

### SELECTION AND RECRUITMENT

The success of any organisation including military organisation depends upon how effectively human resources are managed and utilised. Therefore building and maintaining an effective human organisation is one of the foremost objective of military management. To realise this objective almost all military establishments try repeatedly to refine their recruitment & selection procedures so that right person can be placed on a right job.

Recruitment is the discovery of potential applicants for actual or anticipated organizational vacancies. The objective of recruitment process is to provide a sufficiently large group of qualified candidates so that suitable employees can be selected out of them. The need for recruitment arises due to vacancies created by transfer, promotion, retirement, disability or death, and due to expansion, diversification & growth of the military organisation.

Recruitment begins with a clear specification of human resources required with a clear indication when or by when they are needed. The recruiting methods fall into 3 categories.

(1) Direct, (2) Indirect, (3) Third party.

Indian defense organisations essentially use indirect method of Advertisizing for generating

applications by informing people about vacancies. Military organizations usually advertise in magazines, news papers + also on T.V., radio and Bill board. They also use third party method which involves the use of state or Public employment agencies.

Selection is the process by which an organization chooses from the screened applicants the person or persons who best meet selection criteria for the position available. The basic objective of selection is to acquire such personnel who are most likely to meet military's standards of performance. Since the three wings of Indian military i.e. Army, Airforce and Navy have some differences in nature of their requirements, there are minor differences in the nature of selection procedure they adopt.

Further selection procedure of officers and non officers also somewhat differs.

### Air Force Selection

In Indian Air force the selections of in officer category for the position of pilots + those of the job of ground duty officers.

Since flying is a mercurial (key) task and since W.W.I attempts were made to develop pilots.

aptitude tests but it was not until c.w. II that satisfactory pilot aptitude tests came to be used for selecting air crew. Indian Air force used 3 tests namely

- (1) Sensory-Motor Apparatus test
- (2) Control velocity test
- (3) Instrument Comprehension test

The purpose of sensory motor test is to measure coordination between eye & hand and find out how well a person can make corrective adjustment similar to those needed by the pilot in aircraft cockpit. The control velocity test measures steadiness in tracking. The test is a measure of a person's anticipatory power in a situation involving rapid change. The Instrument Comprehension test contains problems relating to flying situation & the candidate is required to think out the solution of the problems. His score is determined by the number of correct solutions given by him. The problems are essentially those faced by the pilot in the cockpit in obtaining information from displays.

The scores on the three tests are pooled & the candidates are graded on the basis of their scores on a 7 pt scale. Once they qualify PAT candidates are subjected to administration of a battery of (1) intelligence & personality tests (2) administration

of group situational tests. (3) interview by the President, V.P. & the psychologist-member of the Selection of airmen & apprentices is conducted at Air force recruiting officers. Matriculates between 17-20 yrs of age who have studied Mathematics & Science are eligible. All applicants have to qualify at the test of English comprehension as the medium of instruction is English. There are 32 trades, subsumed under 5 groups in which airmen are selected. The airmen are also screened for G.M.A (general mental ability) by the means of performance of paper-pencil tests. The selection of Air force apprentices is conducted on the lines similar to airmen.

### Selection of Indian Army:-

Officers are selected after a rigorous testing procedure spanning over full 3 days. In the first day there is elaborate psychological testing involving number of personality & intelligence tests. Tests used include -

- (1) Paper and Pencil test (20 mins)
- (2) Raven's Progressive Matrices (45 mins)
- (3) A general questionnaire (untimed)
- (4) Mechanical Knowledge test (15 mins)

1) Free association test (12½ min)

2) TAT (28 min)

3) Self-Description Test (8 min)

Through the means of projective tests the attempt is to find out and evaluate the concealed part of one's self and one's personality & also judge the sincerity with which one has answered. Self-description test evaluates the understanding one has of himself where as R.P.M. measure general intelligence & mechanical aptitude which is a must for military personnel is assessed by Mechanical knowledge test.

On the second & third day the candidates are subjected to various group situational tests. On the second day candidates are put under the charge of G.T.Os (Group testing officers) who lead them through 4 tests -

(1) group discussion (45 min)

(2) group planning (10-20 min)

(3) progressive group task (50 min)

(4) inter group obstacles race (30 min)

The third day is also spent by the candidates with G.T.O who lead them through another 4 tests -

(1) full group task (45 min)

(2) individual obstacles (3 min)

(3) Command task

(4) G.T.O's period (45 mins)

The G.T.O watch the activities of individual candidates to size them up for initiative, leadership, cooperation, team-spirit, endurance, presence of mind aggressiveness. They take short notes about performance of each candidate on various tests and use them to write out "pointers" to each candidate's social personality. The performance of candidates on situational tests given by G.T.O is also used by other members of Service Selection Board (SSB) to arrive at their assessment of the candidate. The program of testing on II<sup>nd</sup> & III<sup>rd</sup> days is so arranged that each candidate can be interviewed by the President, V.P & the psychiatrist member of the S.S.B. The President tries to judge the candidates suitability from the military point of view by looking into candidates career & G.T.O's observation of the candidate's performance in the group tasks. The V.P. is charged with determining whether the candidate is good type of Indian. The psychiatrist's special task is to screen out unstable and antisocial personalities.

The interviewer's sum their impression about individual candidates in a note indicating the main trends + traits in the candidate + this is technically called as writing out pointers. The interviews assign to each candidate a grade ranging from 1 to 7. The decision about final selection of the candidate is taken formally at a conference of the President, V.P. + the psychiatrist. For the selection of the soldiers the major emphasis is on the physical tests but for selection in some special trades like driving other relevant tests are also administered. Those selected are recommended for medical examination.

### NAVY:-

Selection of Artificer apprentices in Indian Navy is being done with the help of psychological tests. Males within age range of 15 to 17½ yrs. are eligible for selection and they have to qualify at a written examination in English, Mathemtic and science conducted by Naval H.Q. Candidates obtaining 50% or more marks are required to undergo psychological testing + interview. Vacancies are filled from an order of merit list prepared by assigning

equal weight to interview assessment + aptitude plus intelligence test results.

### Problems in Selection Process:-

- i) Since English is used in selection process a candidate with a poor foundation in English is handicapped in tests calling for verbal ability & even in group test situations.
- ii) Some candidates go in for coaching in the tests conducted by S.S.B. Such pretesting exposure of various psychological tests can give these candidates an edge of 25-35 points over those who have not had such exposure. While all psychological tests especially projective tests can't be easily faked but scores on ability tests can be influenced.
- iii) Another selection technique is that available predictors are far from perfect. They do not always reveal a characteristic that is important in determining job behavior.
- iv) Human error during testing especially in interpretation of projective test responses and interview assessment may also introduce ambiguity in test

# MILITARY PSYCHOLOGY

## HUMAN ENGINEERING IN DEFENSE

Human engineering is that endeavour which seeks to match human beings with modern machines so that their combined output will be more comfortable, safe & efficient. To

To bring about a successful match between of human beings & modern machines requires a cooperative effort of both engineers & psychologists with the engineers perfecting a design of <sup>the</sup> machine or equipment only after its human friendliness has been judged by the psychologist.

That in designing of machines & equipment, human abilities & limitations of human capacities should not be overlooked was brought out well during WW-II where sophistication in military equipment actually created problem for military personnel because it meant observation of more complicated displays & manipulation of more complex levers & knobs.

These display & control problems faced by military personnel focussed attention on <sup>the</sup> importance of

research on taxonomies of human performance & changing equipment design to enhance human performance. This development has no doubt advanced our understanding our various perceptual motor skills which in turn has aided the improvement in military equipment but as the systems have become more complex, emphasis has shifted toward improving human performance by reducing operator workload, reducing the impact of acute stress (as in battle field conditions), & greater use of job aids. A major focus is on enhancing human decision making.

through the use of artificial intelligence & expert systems.

Display Human engineering developments have brought resulted in more & more smoother coordination between man-machine systems which in turn has contributed greatly to enhancement in military effort. Let us take the case of Display which refers to an device that gives information about an event or situation, where this information cannot be obtained by sensing the event directly. This information is given to the operator through various cues such as visual cues, auditory cues etc. & is essential to run the machine effectively. Further this information should be provided to the operator as quickly as possible.

Human engineering researchers have brought into light the effectiveness of certain types of display as against certain other kinds of display. For instance Blum & Naylor pointed out that a fixed dial with a moving pointer is superior than a moving dial with a fixed pointer. Finer markings are more helpful for speed in dial or counter reading. Researches have also shown that displays should be at eye height wherever or whenever possible & spacing between dials should be consistent & distance should be about half an inch. Further since most displays depend upon reflected light to be visible, the size of display detail should be suited to the lowest expected level of illumination.

These researches have vastly improved the quality of Displays which in turn have minimised the accidents. One classic example is offered by vast improvement in Altimeter design that resulted following human engineering researches which has greatly reduced Aircraft accidents. The improvement in aircraft position display has meant that pilots will have exert less effort in knowing the position & movement of aircraft. Likewise knowing human strengths & limitations relating to sustained attention have <sup>helped to</sup> improve radar & other ground based displays.

Like Display ~~to~~ human engineering researches on Controls have vastly helped to improve overall Military efficiency. A Control is a device for utilising human effort in activating or directing a machine. By the study of human <sup>anatomy</sup> & physiology the human engineering researches have been able to arrive at effective principles of control design. Today various levers, gears or other control equipment in aircrafts, tanks, submarines etc are designed & distributed in such a manner that none of the operators hands & feet are overburdened. The operator should be provided with a support (eg back rest for pushing & foot rest for pulling) when a seated operator must apply force of more than 5 lbs (pounds) to a control. The design of <sup>seats influences</sup>

The performance of the operator. The design should vary according to the purpose for which seat is used & the physical characteristics of the user. Everyday experience & actual tests show that people perform more efficiently for longer duration in soft & low seats (1-2 inch of compression being sufficient).

• Armrest should be provided when they do not interfere with necessary body movement & the operator should always be provided with foot rest. The backrest when provided should be high enough to provide back support upto the shoulder area & seats should be adjustable whenever the operator has to have eyes at a critical height to see a specific display.

Thus we find that human engineering in defense has gone a long way in ~~per~~ improving human-machine interface & the most recent work in this area is involving computer ~~to~~ simulation of human cognitive processes & decision making. Computer programs have been designed to mimic human thought processes & knowledge obtained thereby ~~used~~ been used in designing <sup>defensive</sup> equipments that aid or facilitate thinking & decision making. Some expert systems have also been designed which ~~are~~ can be defined as computer programs capable of achieving performance in its sphere that are qualitatively equal if not

superior to those of human experts in that field. The expert systems can be used to detect air space violations, detect leakages in pipes supply lines, identify landmines & in various other defense related activities.

Thus we find that attempt to relate human beings & machines is throwing up new & new vistas & the future is likely to see human engineering emerge as more powerful discipline.

## WAR DISORDERS

War is a behavioural pattern reflecting a state of mind. Whatever be the reasons for its outbreak, the fact remains that it is an unmitigated disaster for the majority of its people.

Experts today recognize that the enormous destruction that occurs in war has not only got an economical aspect but also a psychosocial aspect. This acceptance of psychosocial aspect can be seen in growing acceptance among psychologists about dehumanising effects of war. In final analysis of war the development of this understanding has also meant that psychologists have taken up the research for finding the psychosocial causes of war, the various behavioural disorders that are caused because of war and various treatment procedures that are caused because of war.

As early as US. Civil war psychologists were aware about the psychological consequences of war.

During world war I traumatic reactions to combat were called as "Shell-Shock". Though such reactions were regarded as organic conditions produced by minor haemorrhages of brain. During world war II traumatic reactions to combat passed through a number of classifications such as 'Operational fatigue', 'War neurosis', before being termed as 'Combat exhaustion'. It has been estimated that during Korean & Vietnam War nearly 10% of men developed this disorder which was characterized by dejection, weariness, sleep disturbances, startle reaction, anxiety phobias & depression.

Since world war II a new term called as Post Traumatic Stress Disorder has been coined & this is the most commonly

acquired disorder produced by war stress.

The other common disorders are:-

1) Generalized Anxiety.

2) Panic Attack

3) Phobias

4) Obsessive Compulsive.

5) Depressive Psychosis.

6) Personality disorders.

7) Substance Abuse disorder

8) Mood disorders.

Post Traumatic Stress Disorder :-

P.T.S.D is a characteristic syndrome that follows the experiencing of an especial threatening stress particularly danger of life. Many factors contribute to traumatic in combat.

1) Constitutional predisposition.

2) Personal immaturity.

3) Diminished confidence in one's officer.

4) Actual stress experienced.

5) Victim's perception of the world & the support available.

6) Identification with combat unit & acceptability of war.

DTSD is difficult to treat & its not uncommon for symptoms to persist for 20 years or more. The best approach is cognitive behavioural approaches.

Psychosomatic disorder:-

Psychosomatic illnesses refer to physical disorders

primarily by psychological factors. Weinman (1987) showed the relationship between psychological stress & the organic diseases like asthma, hypertension, peptic ulcer etc. War stress is likely to cause rise in morbidity & mortality. Symptoms like dyspepsia, tension, headaches, backaches & heart palpitations are common due to war stress.

### Substance Related Disorders:-

These disorders are associated with the abuse of drugs such as alcohol, heroin, morphine, & variety of other substances that people take to alter the way they think, feel & behave. Most of the drugs that people take is the reaction to the stress that they face. Horowitz found that alcohol & various psychotropic drugs are used in an attempt to reduce emotional distress caused by traumatic event.

Drugs are believed to work by causing emotional anaesthesia or benumbing. Though they may temporarily help to counter stress but their continued use can lead to the risk of developing dependence & addiction.

Walker & Coneur (1982) found that Vietnam war veterans had higher rate of alcoholism in comparison to general population.

Jager et al studied Australian world war II veterans & found that those who had participated in war atrocities showed greater use of heroin & cannabis.

Nasser (1983) found that there was increase in drug addiction & alcoholism in general population following civil war in Lebanon.

## Personality Disorder :-

The development of abnormal personality both in civil population + military personnel has been reported by no. of studies in the war sites. Sierless et al (1983) found that the development of antisocial personality was found to be common among Vietnam war veterans.

Yager (1984) found that their conviction rates particularly in those who had used abusive violence or participated in war atrocities was much higher.

A number of other studies have reported the development of affectionless psychopathy particularly in soldiers + military personnel who have witnessed horrors of war for an unduly long time. Increased irritability, poor impulse control + aggressive behaviour have been described frequently in war veterans. In fact - an addiction to violent behavior as a way of maintaining high level of arousal, excitement + thrill has been found among war veterans + has been called as Malignant PTSD. This finding has been by Rosenberg

Lewis (1942) noted increase in juvenile delinquency among the children under war conditions.

Paranoid Personality disorder which is characterized by suspicion, distrust + hostility have been reported by no. of studies in war participants. Especially the warrior leaders who usually develop deep suspicion + intolerance for the rival groups.

Hysterical Personality disorder + also Histrionic personality are also common during war especially histrionic personality

in female soldiers. It enables soldiers to escape from the unfavourable situation in an honourable way. Some soldiers also show Histrionic personality disorder as it fulfills their attention need, by being seductive + displaying dramatic behavior. They are able to catch the attention of fellow soldiers.

### Obsessive Compulsive Disorder:-

Obsessive tendencies to the rigidity in behavior patterns can be observed in the people who are under war stress. According to Wilson (1988) the need for safety under threatening situations can lead to behavior designed to defend against the anxiety by constructing highly predictable, structured + ordered activities.

OEDs might help to alleviate anxiety but make the behavior inflexible + this reduces the combat effectiveness of the soldier.

### 6) Grief Reaction:-

Grief Reactions are very common particularly in the view of the unnecessary + unnatural death of loved ones. To grieve after death is not unnatural because grieving is the normal way of handling or confronting the loss. However if it lasts beyond normal time + acquires the shape of pathological grief reaction it becomes dangerous as it may push the individual towards depression.

### 7) Reactive Depression:-

Reactive Depression is brought about by any type of loss. This loss includes not only the loss of dignity + self

esteem + depressive symptoms might lead to various kinds of physical illnesses.

Manoharan + Ganakumar (1988) found in their study in Gaffna that nearly 50% of soldiers had lost their limbs to traumatic amputation following war related injuries. Of these fifty percent - 40% were severely depressed 30% moderately depressed + only 5% said that they are happy they escaped with their lives.

Reactive Depression results in behaviors like loss of initiative, loss of initiative, reduced common low self concept, of trust on one self + one's abilities, feelings of fear, feelings of helplessness, hopelessness + worthlessness, These feelings make rehab of persons very difficult.

### \*) Conversion Reactions :-

These are common in soldiers as well as civilians. development of physical illnesses protects a person from unfavourable life situations. These reactions were commonly reported in world war I + world war II.

i) Phobias + Generalized anxiety Disorders also common.

### Treatment

#### 1) Relaxation Training :-

One of the ways is through breathing exercises. yoga : we have 'Pranayam', smooth inhalation + exhalation lead to stress alleviation.

2) Progressive Relaxation Technique : Jacobsen equivalent to 'Shavasana' of yoga.

3) Repetition of words - equivalent to 'jap'

## Meditation:-

Studies have shown that Vipassana Meditation is particularly useful.

Benson's Relaxation Technique

Biofeedback.

## Counselling:-

It is basically aimed at giving support through empathetic + trusting relationship. Counselling to be effective should be client-oriented + client should be allowed to work-out his own + come to his own decisions.

The therapist merely reflects what is being thought + said.

The aim of counselling is to create a conducive environment which allows victims to talk through their experiences + regain a sense of control. It is important to reinforce individual's adaptive policies + supportive interactions with family + community and sharing perceptions of traumatic events.

## Psychotherapy:-

The aim is to allow the patient release his feelings + emotions + come to terms with what has happened i.e. to help him integrate into his self structure the unfavourable episode.

Cognitive Behaviour Therapy of the psychotherapies has given us best results. Though other techniques such as \_\_\_\_\_, Sociodrama or Psychodrama have also been effective.

Spiritual beliefs & strengths have been found to make people resilient. Therefore many psychologists advocate use in the treatment. In fact Frankl has devised a technique Logotherapy which aims at precisely this technique using spiritual beliefs in helping people to get meaning in life & recover quickly from what has happened.

### Interpersonal Therapy:-

Since social support has been proved to be vital in fighting the stressor, therefore certain psychotherapists like Sullivan have advocated the use of a therapeutic process which makes the person develop meaningful relations with the environment & use the social support if available to fight the stress. Sullivan et al have described this as objective of their Interpersonal Therapy.

### 6 - Chemotherapy or Drug therapy:-

- Anti anxiety drugs & tranquilizers can help to control nightmares and ensure that night sleep is interrupted. To counter depressed mood antidepressants are effective & Lithium therapy can be used for patients who have violent outbursts of anger & destructive behaviour.