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STRESS IN MILITARY FIELD

Diana Ilisoi*, Ana Maria Furtuna**

* Faculty of Aeronautical Management, "Henri Coandă" Air Force Academy, Brasov, Romania,
**Department of Psychology, "Spiru Haret" University, Brasov, Romania

Abstract: *Hypothesis: Stress in military field has a significant impact on employees. Objectives: To explain what stress is, how it works, how to extract the maximum benefits from it and how to reduce to a minimum its inconveniences, what is occupational health and occupational stress, individual and situational factors delimitation.*

Keywords: *Stress, military, factors, impact, health, benefits, reduce, inconvenience.*

1. INTRODUCTION

We start off by assuming that stress in the military has a significant impact on employees. Mental stress is a psychophysiological response of the individual who is forced to face situations for which he has not been prepared, who anticipates failure and gives great significance to the consequences resulting from his inability to resolve the situation.[1]

We can say that stress is a normal and necessary part of life, which man cannot escape. Stress may cause temporary discomfort, but can also induce long-term consequences. We note that if in excess, stress can alter the health of the individual and his welfare, however, for an amount of stress is needed.

2. OCCUPATIONAL HEALTH

We are talking about a modern integrative concept of organizational psychology, which focuses on the quality of the relationship

employee - working environment having as aim to value the individual, improve the quality of life and promote the wellbeing at the place of work, the optimal adaptation to the demands and professional stress, work safety, to prevent accidents, optimizing the relationship between work and personal life.

3. CLASSIFICATION OF STRESS

Taking into account the nature of stress agents, stress can be classified as follows:

- Mental stress: here we will find the combined action of multiple stressors agents.
- Occupational stress: this is determined by the joint or not action of physical or chemical stressors.
- Preoperative and postoperative stress: it is based on the characters of psychological stress, to which is added, as multiplication agent, the anticipation of pre-operative and post-operative stress.
- Underload stress: this is determined by the changing nature of business, such as the obligation to perform certain repetitive,

monotonous tasks, for which the subject finds no justification; a source of stress may be even one's inactivity.[3]

4. STRESS IN THE MILITARY

One can define the army as a social group of people organized per subunits, units and large military units whose activity is carried out based on the provisions of the constitution and defense laws, military regulations, orders and dispositions of commanders, equipped, trained and maintained by the state in view of leading wars of defense or offense and maintaining and restoring the rule of law.

As opposed to other social activities, through a variety of conditions and specific features, military activity contains important potential sources of stress, being among the most stressful professions.

We have noted that military conflicts that use an extremely wide range of means of combat with particularly destructive consequences, use a variety of forms and methods of combat, including ideological influencing and subtle psychological persuasion, which capitalize the great advantages of massive and rapid dissemination of messages that contemporary mass – media has and with which it skillfully exploits all human weaknesses, to challenge the intellectual and physical abilities of warriors.

Prompt recognition of the presence of stress in military personnel is of utmost importance, being the first step in controlling and stopping this phenomenon, ensuring fulfillment of tasks without loss of efficiency. Both individual and collective methods and techniques can be used to decrease the intensity or limit the negative effects of this phenomenon, together with the identification of stress.[4]

By increasing the pace of demands and changes in the environment, stress in the army, especially on the battlefield, can affect the moral of troops, mitigate and combat capability of the military units, jeopardize military life and influence certain parts of the body and health.

R. Williams and B. Smith, vol. II of the book "American Soldier", states the 12 features of the struggle that generates stress:

- Danger to life, to some parts of the body and health;
- Fever; insufficient food, water and clothing;
- Long term work, insufficient sleep;
- Lack of sexual relations;
- Lack of trust and sympathy (kindness);
- Loss of comrades and looking at the wounded and the dead;
- Limited opportunities for travel;
- Failure and limited opportunities for targeting;
- Inner conflict between sense of duty and personal integrity, acceptance standards of living in the community and the requirements of the fight;
- The feeling that man is nothing (he is way / tool);
- Lack of private life and permanent constraint of collective life (group), etc. [1, 2].

And mental fatigue due to noise from the battlefield, may even affect massively the ability to react of a fighter, to handle weapon, transmission and complex research systems. The factors that help install a state of discomfort are the rapid deployment in areas with special climatic conditions, where they are more dangerous than the enemy's guns. It is well known that prolonged exposure to extreme weather conditions alter endocrine rhythms and progressive training is required to adapt.

Any external or internal stimulus that exceeds or falls below a certain threshold may be a source of stress and can affect behavior and mental activity of a person.

Methods that can help us defend ourselves from stress:

The immunological system, receives stress messages and gradually deteriorates, if the individual does not externalize emotions. It is recommended that people express emotions, not suppress them, this being the best method of preventing physical and mental illness.

Some of the "weapons" efficient in neutralizing aggression stress, as per a "guide" put together by specialists in psychosomatics from the University of Boston are:



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- After you have suffered a psycho-affective shock caused for instance by the loss of a loved one, try to exteriorize your feelings;
- When something in your family life makes you unhappy, speak your mind;
- Do not impose yourself lifestyle changes that are overwhelming, try to know your capacity to adjust;
- The regular deep breathing technique provides a better oxygenation of the brain and calms the palpitations cause by anxiety, learn to relax;
- Cultivate your friendships: loneliness is particularly harmful to health, therefore, do not lead an isolated life;
- Movement is health;
- Keep your health intact. It is possible to overcome the attacks of stress. that stress can be foiled attacks.

5. CONCLUSIONS

Activity in the military field contains important potential sources of stress, being from this point of view, one of the most stressful professions.

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