

Psychological Well Being of Military Wives and Civilian Wives

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ABSTRACT

Military organization is that organization of every country because of which its people feel free and safe. In this there is unknown support behind the curtain that support is given by military wives to military men. In the same civil area civilian wives are supporting their family by playing various roles. In this study psychological well being of military wives and civilian wives is studied.

Keywords: *Psychological well being, military, civilian etc*

I may not be able to fill their shoes but I will always support our troops.

Every woman's life is full of sacrifices, duties, responsibilities and dealing with their own self but when it comes to military wives they sacrificed more than a civilian wife. Being strong is the only choice they are left with. Emotional and psychological adjustments, sacrifices going through. They are celebrating anniversary, birthdays, festivals all alone with a strong smile and great zeal. They cannot show their emotions to their husband who is in far flung areas or to the Children who are with them.

Sometimes a military wives have to go out on the postings after three years and then connected to the new place, settling down. After settling three years than again a new transfer came. Starting new life all together with all shifting leaving friends who are more than family.

Temporary duties, field posting, postings, hard climatic conditions all give them extra load but they bear it with a great smile on their face.

Psychological well being

Psychological well-being is very important feature of mental health. It is including happiness, meaning, fulfillment as well as coping, regulation of emotions, healthy problem solving. There are many similar terms related to the psychological well being like happiness, positive mental state. It is affected by various factors like pressure and stress of work, poor social support, self-isolation, poor coping mechanism, risk and various stereotypes.

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Renger (2000) defined well being is consisted of physical, emotional, social, intellectual, spiritual dimensions and added environmental wellness.

Well-being derives from your emotions, actions, and experiences, over which we often have influence. When we fill our mind with positive thoughts, emotions, energy, we tend to have greater social well-being when people find the meaning and a purpose in their life. And we seem to have to purpose, not interested in what we are doing than we have lower well being.

In a study by Martin and Ickovics (1987) explores the relations between marital and military- specific stress and the general psychological well-being of military wives. A longitudinal study was conducted Participants in the study (N =277) were assessed 12 to 15 months apart at two separate periods. It was expected that, even though past levels of stress and well-being were taken into account, existing marital stress and military life stress would have major negative relationships with well- being. To data analysis a path model is used. In addition, the relationship between marriage and well-being tends to take on added significance the longer one remains in the military system.

Objective

The purpose of the study is to study psychological well-being of military wives and civilian wives.

Hypothesis

There will be no significant difference between the psychological well-being of military wives and civilian wives.

METHODOLOGY

Sample

The sample consists of 30 Military wives (age group 35-50) from various states of India whose husbands are posted away and 30 civilian wives was taken.

Measures

The following standardized test was used:

Ryff's Psychological Well Being Scale: It is a 18 item questionnaire developed by Ryff & Keyes in 1995 for adults with reading level 6th to 8th grade and the Answer Format is: 1 = strongly agree; 2 =somewhat agree; 3 = a little agree; 4 = either agree or disagree; 5 = a little disagree; 6= somewhat disagree; 7 = strongly disagree.

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled through Google forms and face to face also. The participants were assured of the confidentiality of the information to elicit honest responses without any fear or inhibitions. Standardized psychological test was administered to participants.

RESULTS

Table 1: Showing mean and standard deviation of psychological well being of military wives and civilian wives with T value.

Group	N	Mean	SD	T	Level of Sig.
Military Wives	30	49.07	9.05	0.74	NS
Civilian Wives	30	50.83	9.33		

Table value

0.05 level df - 60 = 2.00

0.01 level df - 60 = 2.66

DISCUSSION

When the t test is applied to find the difference between the psychological well being of military wives and civilian wives. In this the findings shows mean of military wives 49.07, Civilian wives 50.83. Standard deviation is 9.05 of military wives, civilian wives 9.33. The calculated value is 0.74 and the table value is 2.00. Hence the $CV < TV$. It is non-significant and H_0 is accepted and H_1 rejected.

There is a mean difference between the psychological well being of military wives and civilian wives. Civilian wives have better psychological well being than the military wives. There are various reasons because military wives live in a military campus where they don't have any opportunity to talk any civil contexts or listen any content from morning to evening, they live, listen the defence stories, commands.

There are various time limits and boundations for the various security reasons so they have to live in those timely restrictions which again little bit give a toll on the psychological well being on the military wives.

Civilian wives don't have restrictions, time limits they live in an environment where they connect to the people of different mindset in an all together a different environment.

Military wives live in a environment where frequent posting, temporary duties of spouse, exercise it again affect the emotional health, they feel lonely, sometimes it give extra load while civilian wives have better psychological well being because they live with their spouse, family because of this support they can share thick and thin, joy and sorrow with the family and friends.

CONCLUSION

The research aimed at analyzing psychological well-being of military wives and civilian wives. The result concluded that mean of civilian wives have better psychological well being than the military wives. The research done on 60 sample. It can give us a way to research on large sample.

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Conflict of Interest

The author declared no conflict of interest.

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