

**Comparative Study**

## **Comparative Study of Attachment Style, Coping Strategies and Psychological Resilience among Children of Armed Force and Civilians**

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### **ABSTRACT**

This dissertation investigates the comparative study of attachment style, coping strategies, and psychological resilience among children of armed forces personnel and civilian families. Drawing upon attachment theory and resilience research, the study examines how familial contexts influence children's socio-emotional development and adaptive responses to stressors. Through a comprehensive review of literature and empirical analysis, the study aims to elucidate the nuanced interplay between attachment dynamics, coping mechanisms, and resilience outcomes in these two populations. Key findings highlight differences in attachment style variation, coping strategies, and protective factors that contribute to resilience across familial contexts. The study underscores the importance of tailored interventions and support services to promote positive outcomes for children in diverse socio-cultural settings.

**Keywords:** Attachment Style, Coping Strategies, Psychological Resilience, Children, Armed Forces, Civilians

Numerous environmental elements, such as family dynamics, social setting, and exposure to possible stressors, significantly impact children's psychological well-being. How children deal with hardship has been a popular topic of study in recent years, and this interest has been more targeted on studying children from different sociocultural backgrounds. The differences and similarities in upbringing between children of military families and civilian households is one such topic of study. This research aims to delve into the intricate relationship between these two groups of children's attachment style, coping techniques, and psychological resilience. Through the analysis of these factors, this research seeks to enhance our comprehension of the distinct difficulties and advantages encountered by children in various family settings.

Disruptions in attachment ties may occur in children of military families as a result of the extended periods of separation from parents that occur during deployments and frequent moves. Children in civilian families, on the other hand, are more likely to grow up in stable situations, which may lead to more secure attachment types. The coping strategies and

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psychological resilience of these two groups may be better understood by comparing and contrasting their attachment types.

Adaptive mechanisms that people use to deal with stress and difficult circumstances are called coping strategies (Folkman and Lazarus, 1988). Displacement, conflict, and trauma are some of the special challenges that children of military families face. Academic expectations and peer disputes are examples of the kinds of stresses that military children may encounter, whereas civilian children may encounter more typical stresses. Since these are different types of stress, it's important to look at how the kids in both groups deal with them. This research seeks to provide insight on the efficacy of different techniques in improving psychological well-being across diverse family circumstances by comparing coping mechanisms.

The capacity to recover quickly from setbacks and keep one's spirits up in the face of overwhelming hardship is what we mean when we talk about psychological resilience (Masten, 2001). Some kids could be strong and keep going even when things become tough, while others can have a hard time with stress and end up with psychological issues. According to Luthar, Cicchetti, and Becker (2000), children's ability to bounce back from stressful situations is heavily influenced by factors including their attachment type and coping mechanisms. Finding protective variables that lead to good outcomes for children in military and civilian households is the goal of this research, which examines the link among attachment style, coping mechanisms, and psychological resilience.

Different parental environments influence children's attachment patterns, coping mechanisms, and psychological resilience; comparing children of military personnel and civilians offers a unique chance to examine this. Interventions designed to improve children's well-being in varied socio-cultural environments may be informed by this study's identification of similarities and differences among these two groups. In sum, the goals of this dissertation are to enlighten policy and practice that promotes healthy outcomes for children in a variety of family circumstances and to add to the expanding corpus of information on child development.

### REVIEW OF LITERATURE

A large amount of research from different wars and regions of the world has consistently shown that former prisoners of war are more likely to suffer from a variety of mental and physical health issues, such as post-traumatic stress disorder (PTSD) (such as Neria and colleagues, 1998, Sutker or Allain, 1996) or physical ailments (such as Beebe, 1975, Ohry and al., 1994). Some former prisoners of war suffered from many mental illnesses while others were untouched by their time in captivity (e.g. Sutker and Allain, 1991). This diversity raises the concerns of how and why people react differently to the stresses of confinement, and what characteristics make some people more susceptible to these stresses than others. Some character traits may reduce the harmful impacts of stress brought on by becoming a soldier. (Titchner 2016)

The US Navy and the Department about Defense have taken a preventative, family-based approach to promoting mental health in order to deal with the effects of deployment on families. This approach recognizes the importance of service members' primary support networks and the quality of their relationships with them in maintaining a ready and resilient force (Wesphal along with Woodward 2010). A combination of factors, including an

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expanding body of information about resilience outside of the military and a pressing and practical need to protect the mental health as well as combat readiness of service members during multiple deployment cycles and the well-being of military families and children in the here and now, has prompted this shift. (Chandra 2010)

The article explains why the FOCUS Program was created and what it teaches by discussing its theoretical and empirical foundations. We begin by outlining the historical development of resilience theories, paying special attention to how they shifted from an early emphasis on personal attributes to models that saw resilience as largely a product of interpersonal dynamics both within and outside the home, and finally to the present day's endeavors to go beyond just cataloguing a myriad of risk and resilience indicators in order to illuminate the underlying causal mechanisms and mechanisms (Luthar 2006). Brief treatments that target important family processes and are clearly associated to individual & family resilience may be most effectively guided by this degree of specific knowledge, as pointed out by (Rutter 1999).

Then, we provide five potential risk factors by reviewing the research on how parental distress and military deployment affect family functioning and children's adjustment. These processes may help us understand the unique challenges faced by military families and provide a framework for analyzing the risk factors that impact families' ability to cope with a variety of stressful and traumatic events. We continue by outlining the five pillars of the FOCUS Program's intervention strategy, which are based on theories that aim to increase family resilience. After that, we'll go into how the program came to be, provide a case study, and then evaluate the results using the methodology we suggested. Finally, we go over several potential avenues for further research, development, and application. (Gonial 2011)

Children who experience the effects of war are more likely to suffer from depression, post-traumatic stress disorder (PTSD), and other forms of psychological discomfort, according to studies. In both pre- and post- conflict settings, a meta-analysis of research found that 47% of people suffer from PTSD (Post-Traumatic Stress Disorder) and 43% from depression (Attanayake et al., 2009). Following the 2008–2009 War on Gaza, research found that 31% of children had depressive symptoms and over half exhibited clinically severe PTSD symptoms (Qouta et al., 2012; Thabet & al., 2009; Thabet et al., 2009).

### METHODOLOGY

#### *Aim of the Study*

The purpose of the study was to examine the impact of attachment style on coping strategies and psychological resilience among children of armed forces and civilians.

#### *Objectives*

- To explore the impact of attachment style on coping strategies and psychological resilience among children of armed forces.
- To explore the impact of attachment style on coping strategies and psychological resilience among children of civilians.

#### *Hypothesis*

- There will be no significant impact of attachment styles on coping mechanisms among children of armed forces.

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- There will be no significant impact of attachment styles on resilience among children of armed forces.
- There will be no significant influence of attachment styles on coping mechanisms among children of civilians.
- There will be no significant effect of attachment styles on resilience among children of civilians.

### Variables

- **Dependent Variable:** Coping Strategies, and Psychological Resilience
- **Independent Variable:** Attachment Style

### Tools

Attachment Style Questionnaire (ASQ), Brief Resilience Scale (BRS) and Brief Resilience Scale (BRS).

### Participants of the Study

There were 106 participants in the research. The methods for the samples were random and purposeful sampling. Participants included both civilian and military child participants.

## RESULT

*Table 1: Descriptive statistics of all variables among children of armed forces*

	Attachment styles	Coping mechanisms	Resilience
Mean	80.64151	36.84906	18.50943
Standard Deviation	13.51935	8.060817	3.190265
N	53	53	53

*Table 2: Descriptive statistics of all variables among children of civilians.*

	Attachment styles	Coping mechanisms	Resilience
Mean	84.96226	35.92453	18.96226
Standard Deviation	11.98872	7.841823	3.668799
N	53	53	53

*Table 3: Regression analysis of impact of attachment styles on coping mechanisms among children of armed forces.*

Regression Statistics	
Multiple R	0.167137
R Square	0.027935
Adjusted R Square	0.008875
Standard Error	8.024969
Observations	53

ANOVA					
	df	SS	MS	F	Significance F
Regression	1	94.38566	94.38566	1.465613	0.23162
Residual	51	3284.407	64.40013		
Total	52	3378.792			

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**Table 4: Regression analysis of impact of attachment styles on resilience among children of armed forces.**

<b>Regression Statistics</b>	
<b>Multiple R</b>	0.258465
<b>R Square</b>	0.066804
<b>Adjusted R Square</b>	0.048506
<b>Standard Error</b>	3.11193
<b>Observations</b>	53

<b>ANOVA</b>					
	<b>df</b>	<b>SS</b>	<b>MS</b>	<b>F</b>	<b>Significance F</b>
<b>Regression</b>	1	35.35578	35.35578	3.650908	0.061668
<b>Residual</b>	51	493.8895	9.684108		
<b>Total</b>	52	529.2453			

**Table 5: Regression analysis of impact of attachment styles on coping mechanisms among children of civilians.**

<b>Regression Statistics</b>	
<b>Multiple R</b>	0.642676
<b>R Square</b>	0.413033
<b>Adjusted R Square</b>	0.401524
<b>Standard Error</b>	6.066533
<b>Observations</b>	53

<b>ANOVA</b>					
	<b>df</b>	<b>SS</b>	<b>MS</b>	<b>F</b>	<b>Significance F</b>
<b>Regression</b>	1	1320.754	1320.754	35.8873	0.00002
<b>Residual</b>	51	1876.944	36.80283		
<b>Total</b>	52	3197.698			

## **DISCUSSION**

The results of this comparison study provide insight into the complex psychological dynamics that youngsters who identify as military members encounter differently from their civilian peers. By examining attachment types, coping strategies, & psychological resilience, we may better understand the particular difficulties and advantages that these two groups face.

In the beginning, with a mean score of 80.64 & a low standard deviation of 13.52, it is clear that children of members of the armed services exhibit relatively stable attachment types. This points to a pattern of attachment behaviors that this group exhibits consistently, which may be related to the regimented and controlled atmosphere that is frequently connected to military life. Children of civilians, on the other hand, have mean attachment style ratings that are little higher (84.96) but still very stable. This suggests that both groups form stable attachment styles, however slightly differently depending on their family history.

In addition, in terms of coping processes, both groups use a reasonable amount of coping strategies; however, children of civilian parents use a significantly smaller variety of coping approaches than children of military personnel. This shows that because of the special

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difficulties of military life, children of members of the armed services may be exposed to a wider range of stressors, requiring a more varied toolset for overcoming adversity. Furthermore, both groups show moderate degrees of resilience; however, children of civilians show a significantly larger range of resilience levels. This suggests that although kids from military families could experience different stresses like deployments and frequent moves, they nevertheless grow resilient in a similar way to kids from civilian households.

Overall, this study emphasizes how critical it is to comprehend the unique psychological dynamics and experiences that distinguish youngsters with military ties from civilians. Through acknowledging the distinct obstacles encountered by children associated with the military and pinpointing areas of assistance and engagement, we may more effectively foster favourable consequences and adaptability in these cohorts. Furthermore, this study highlights the importance of attachment bonds in determining children's psychological health and highlights the need for more investigation and focused treatments to promote healthy attachment development in both civilian and military settings.

### **CONCLUSION**

Children of military people and civilians overcome obstacles differently and similarly, as revealed by comparative research looking at psychological resilience, coping strategies, and attachment patterns. Initially the study shows that children from homes with military ties have usually stable attachment patterns, a moderate amount of resilience, and moderate coping skills. Conversely, children of civilians exhibit strong levels of attachment as well as comparable coping mechanisms, albeit with a little bit more variation in resilience.

In addition, the results of the regression analysis are informative. There is a hint that attachment patterns may affect resilience, even though they have little effect on coping strategies in children of military personnel. On the other hand, attachment patterns have a significant impact on resilience and coping strategies among children of civilians. These results highlight how crucial it is to comprehend the unique experiences and difficulties that children with military ties endure. Although both groups demonstrate resilience and employ coping methods, the research indicates that children of civilian parents are more likely than those of military people to have attachment patterns that influence their resilience and coping skills. This study's conclusion emphasizes the need of customized intervention and support plans for kids with military ties, taking into account the complex influences of their families' psychiatric histories. We can better support good outcomes and the wellbeing of children raised in military-affiliated homes by recognizing and addressing these inequalities.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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