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Psychological Well-Being among Commissioned Officers and Junior Commissioned Officers

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Abstract

Army personnels on the one hand is proud for his respective family and nation but on the other hand face some specific stresses. They are ready to render their incessant services to their motherland by forgetting their family, friends, and other magnified allostatic load ,that seriously heighten the psychological vulnerabilities. So, in the present study a pioneer attempt was made to assess the psychological wellbeing among the defence personnel. The purpose of the study was to assess the psychological well-being among commissioned officers and junior commissioned officers .The entire study was done with the help of Diener's Life Satisfaction Scale, Bradburn's Positive and Negative Affect Scale and Rosenberg's Self Esteem Scale.100 commissioned officers and junior commissioned officers constituted the sample for the present study. Subjects were selected from the Jaipur cantonment area of Jaipur district. Mean scores were obtained on each variable and t - ratio was calculated for comparing commissioned officers and junior commissioned officers . The findings of the investigation indicate that commissioned officers were found better on life satisfaction, affect scale and also scored high on self esteem than junior commissioned officers.

Keywords:-Commissioned officers, Junior commissioned officers, Psychological well-being

The Armed forces of the country are unique organizations ,quite different from other government organizations and the private entities. Its primary mission is to ensure the national security and defence of the Republic of India from external aggression and threats, and maintaining peace and security within its borders.. **Commissioned officers** generally receive training for leadership and management, in addition to training relating to their specific defence occupational specialty or function in the defence .An officer is a member of an armed force or uniformed service who holds a position of authority. Commissioned officers derive authority directly from a sovereign power and, as such, hold a commission charging them with the duties and responsibilities of a specific office or position. **Junior commissioned officer (JCO)** is a term describing a group of defence ranks found in the Indian Army. Those soldiers holding JCO rank receive a commission from the President with commanding power. Senior non-commissioned officers are promoted to JCO rank on the basis of merit and seniority, restricted by the number of vacancies. Well-Being is one of the cherished goals of humanity. It refers to the state of optimal psychological functioning

and experience and defines the idea of good life. Well –being is a complex construct that concerns optimal experience and functioning(Ryan &Deci,2001). Samantha K. Brooks and Neil Greenberg (2017) studied that to protect the wellbeing of personnel and improve performance, military organisations should prioritise strengthening relationships between employees and their supervisors/colleagues. Cliodhna ,Cormac andMahony(2017) reviewed the physiological and psychological health and wellbeing of naval service personnel and the modalities used for monitoring shows that navy personnel are having low psychological well-being. Armour, C., & Ross, J. (2017) studied that the rates of mental health diagnoses, including PTSD, were low, but levels of psychological distress were higher in drone and intelligence operators than in comparison groups. Fatigue emerged as a significant concern. Tripathi (2015) in his Comparative Study Of Stress and Subjective Well-Being Amongst The Retired Military Officers studied that there were marginal difference in the well –being scores amongst the retired officers of armed forces. Casey (2011) studied that U.S. military has been actively engaged in promoting research aimed at assessing and improving the emotional well-being of service members.

Hypothesis

To find out the differences between the psychological well-being among commissioned officers and junior commissioned officers .

Method

Sample

Purposive sampling technique was used and the size of sample 100 Armed forces personnel were selected as respondents. The sample consisted of 50 Commissioned Officers and 50 Junior Commissioned Officers and aged between 23-48years.They were selected from different army cantonments .

Tools

- 1 Rosernberg,s Self-Esteem Scale(1965)
- 2 Diener,s The Satisfaction With Life Scale(1985)
- 3 Bradburn,s Positive Affect And Negative Affect Scale(1969)

Procedure

After deciding the scales to be used for the research purpose, help from the cantonment was sought. First, the rapport was established with the subjects and they were assured that the results would be kept confidential, but the general purpose of the study was not disclosed. The subjects were asked to fill the required biographical information in the booklet. All the 3 scales were randomly administrated.

Results and Discussion

CATEGORY

1-Commissioned Officers

2-Junior Commissioned Officers

	CATEGORY	N	MEAN	S.D	SEm	t	SIG
LIFE SATISFACTION SCALE	1	50	15.57	7.17	1.024	-7.82	0.01
	2	50	24.71	3.93	0.56		
BRADBURN AFFECT SCALE	1	50	4.30	3.15	0.44	-11.3	0.01
	2	50	10.86	2.58	0.36		
ROSERNBERG SELF ESTEEM SCALE	1	50	14.10	5.76	0.82	-6.44	0.01
	2	50	21.46	5.66	0.80		

Discussion

Results are presented in table which shows mean ,standard deviations and t score of different variables among commissioned officers and junior commissioned officers.

The findings of the investigation indicate that commissioned officers were found better on life satisfaction, affect scale and have high self esteem than junior commissioned officers. This is supporting to the study done by Cliodhna, Cormac and Mahony on (2017) indicated that physiological and psychological health and wellbeing of personnel are low compared to officers. Brooks and Greenberg (2017) suggested that to protect the wellbeing of personnel and improve performance, military organizations should priorities strengthening relationships between employees and their supervisors/colleagues.

Conclusion

From the result of the present study, it can be concluded that there will be significant differences in psychological well-being among commissioned officers and junior commissioned officers.

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