

RESILIENCE OF THE MILITARY FAMILY AND PERFORMANCE OF MILITARY PERSONNEL

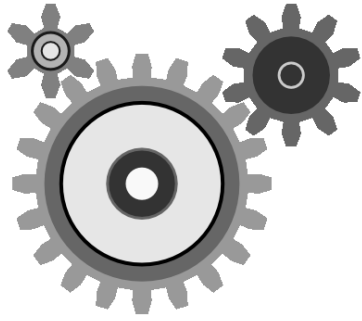


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AGENDA

- **STUDY MOTIVATION;**
- **THE MAIN CHARACTERISTICS OF THE FAMILY LIFE OF ROMANIAN ARMED FORCES PERSONNEL;**
- **RESEARCH PURPOSE;**
- **RESEARCH DESIGN;**
- **FINDINGS;**
- **CONCLUSIONS;**
- **AIMS FOR FUTURE RESEARCH.**



STUDY MOTIVATION

- **More than 40.000 Romanian military personnel have served in various theater of operations abroad, since 1990;**
- **We realized that many of the Romanian military deployed in the theaters of operations continued to have a strong connection with their families;**
- **The interruption of the military relationships with their family, for some reason, affected the military personnel in various ways;**
- **Military families continued to be very preoccupied with the situation of their spouses deployed in missions;**
- **The problems experienced by families at home psychologically affected the soldiers in the mission;**
- **Many observations related to the link between military personnel and military families were empirical;**
- **This topic has not been studied too much in the Romanian Armed Forces.**

THE MAIN CHARACTERISTICS OF THE FAMILY LIFE OF ROMANIAN ARMED FORCES PERSONNEL



- **Most of the Romanian military personnel have their military units in their home cities or very close;**
- **Most of the Romanian military personnel live in blocks of flats, together with civilian citizens (ordinary people from the city);**
- **Most of the spouses work in various jobs in the city;**
- **Children from military families are following kindergartens or schools, together with other children from the city;**
- **Most of the military families are fully integrated in the city life;**
- **Some of the military families have relatives in the city where they live;**
- **Periodically, military personnel could be deployed abroad in TO mission;**



RESEARCH PURPOSE

The main purpose of this pilot research was to study the relations between resilience of the military family and the performance of military personnel and to deepen this kind of research in the close future;

The secondary purpose of this research was to find how important is the family resilience in improving the military performance, among other factors (field or academic training, sport, soldiers' morale, professional relation between military personnel, military culture etc.).



RESEARCH DESIGN

The subject of the research: were both military personnel and their families (N 197).

The main study hypothesis: is a direct link between “the resilience of a family” and ”work performance of the military personnel”, so, the more resilient the family is, the more the performance of the soldiers is greater;

The methodology of the study included a questionnaire specially designated to collect opinions of the respondents related to the factors attached to the ”resilience of a family”, on one hand and the factors attached to the ”work performance”, on the other hand.



RESEARCH DESIGN

In the questionnaire construction we have taken into consideration the specifics of the military life:

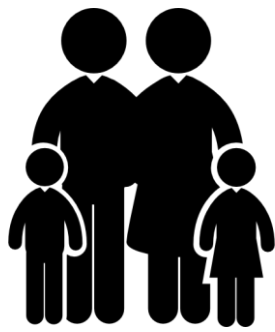
- the limitation of some citizens' rights,
- the imposition of special rules of conduct,
- the existence of special professional, psychological and moral performance standards adapted to the areas of crisis and wars,
- the frequent movement from one place to another,
- the deployment for long periods of time in military theaters of operations,
- the high risk of being killed or dramatically injured in combat,
- and many others.



RESEARCH DESIGN

On one hand, we sought to find the most relevant factors able to describe the performance of the military:

- Level of attention/vigilance;
- Sense of duty;
- Level of determination to fulfill the mission;
- Capacity to judge and estimate military situation;
- Capacity to take decisions in critical situations;
- Emotional stability;
- Self esteem;
- Level of relationship with comrades and family;
- Level of recovery after effort;
- Daily behaviors;
- Level of satisfaction;
- Mental illness;
- Etc.



RESEARCH DESIGN

On the other hand, we sought to find the most relevant factors able to describe the resilience of the military family:

- **The ability to manage uncertainty;**
- **Stress coping;**
- **Relationship in the family;**
- **The capacity to manage the daily routine without a spouse;**
- **Level of communication with military spouse;**
- **Level of optimism and hope;**
- **Level of general information about mission of military spouse;**
- **Child emotions;**
- **Child behavior;**
- **Emotional stability;**
- **Mental illness;**
- **Etc.**

FINDINGS

HYPOTHESIS



**the more resilient the family
is, the more the performance
of the soldiers is greater;**



FINDINGS

The research tried to find the answer to questions such as:

- To what extent does the military's family influence military personnel performance ?
- Which would be the effects of the family on the performance of the soldier ?
- Is the "resilience of the military family" a good topic for further research ?
- What are the factors that may influence the resilience of the military personnel's family ?
- What should the military organization do to increase the resilience of the military family ?
- How can the military personnel's children influence performance of the military personnel?
- What are the priority measures for increasing the resilience of the military family? and so on.

FINDINGS (examples)



INVENTORY OF THE MAIN PROBLEMS DEVELOPED BY CHILDREN DURING THE DEPLOYMENT OF ONE PARENT

- **Concerns about their deployed parent getting hurt or dying in mission;**
- **Getting more responsibilities in the family;**
- **Disciplinary problems;**
- **Poorer school performance;**
- **More family conflicts;**
- **Adaptation problems;**
- **Denial of parental authority;**
- **Emotional problems (sadness, impulsivity etc.);**

FINDINGS (examples)



INVENTORY OF MAIN PROBLEMS DEVELOPED BY THE FAMILY DURING THE DEPLOYMENT OF ONE PARENT

- **Concerns about the life of the deployed spouse;**
- **Changing the roles and responsibilities in the family;**
- **Difficulties in managing children;**
- **Difficulties in managing daily routine;**
- **Sometimes, family conflicts;**
- **Adaptation problems;**
- **Emotional problems (sadness, impulsivity, jealousy etc.);**
- **Reintegration of spouse problems;**
- **Etc.**

FINDINGS (examples)



THE IMPACT OF SEPARATION BETWEEN MILITARY PERSONNEL AND THEIR CHILDREN

- For those children whose parents served in missions abroad, family disruptions may have a significant impact in their lives;
- Separation from family is not an easy thing, both for the family and military personnel;
- The effects of parental deployments on children have become a challenge, both for families and for official organizations;

FINDINGS

(examples)

STEPS DONE

IN ROMANIAN ARMED FORCES TO IMPROVE THE MILITARY FAMILIES RESILIENCE

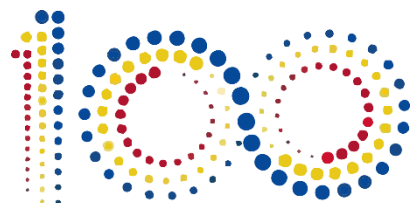


- **Psychologists from military units train the soldiers who have to be deployed abroad in TO missions;**
- **Commanders of various military units organize local family support committees;**
- **Psychological protection of soldier's families became a topic in various military regulation;**
- **MoD supports the military's families in case of soldier's death in TO mission;**
- **Pre-deployment psychological briefing;**
- **Post-deployment psychological debriefing;**
- **Technical and administrative facilities for a better communication between deployed soldiers and their families;**
- **Creating a NGO "The Comrades" which has some objectives in supporting families who lose a parent in mission or to help recovery of soldiers in case of bad injures;**
- **"Open Doors Day" – designated for children to see what their parents are doing in the military unit;**
- **National and local Military Circle (Military Clubs) organize cultural and sport activities for military families;**
- **Promoting "Invictus" program for injured military personnel;**
- **Etc.**



AIMS FOR FUTURE RESEARCH

- **Capture the views of military' spouses regarding: children well-being, employment, deployment itself, housing, education, social support, social adaptation, special needs, relations with immediate family, relation with support committee from military unit, financial issues etc.**
- **Capture the views of military' children regarding: school problems, emotional problems, social adaptation, behavioral problems, stressors associated with the demands of military life of parents etc.**
- **Capture the views of military personnel regarding problems encountered in family life - before, during and after deployment;**
- **Learn from the experience of other military organizations about the same topic;**
- **Share Romanian experience related to this topic;**
- **Develop a national study in Romanian Armed Forces related to this research;**
- **Promote a couple of conclusions and suggestions to the highest hierarchical levels of MoD.**



ROMÂNIA

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