



e-ISSN: 2319-8753 | p-ISSN: 2347-6710

IJRSET

International Journal of Innovative Research in
SCIENCE | ENGINEERING | TECHNOLOGY



INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

Volume 12, Issue 5, May 2023

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 8.423

 9940 572 462

 6381 907 438

 ijirset@gmail.com

 www.ijirset.com

Study on Marital Adjustment, Relationship Satisfaction and Mental Wellbeing (Depression and PTSD) of Female Partners of Armed Forces Personnel over Two decades - Challenges in Relationship due to Separation from Spouses

Soma Chatterjee

MA Clinical Psychology, AIBAS, Amity University, India

ABSTRACT: The present study aimed to know the marital adjustment, relationship satisfaction and mental wellbeing (Depression and PTSD) among female partners of Armed Forces personnel over 2 decades. **Method:** To check the level of The Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018) was used. To check the Relationship Satisfaction a generic measure of relationship satisfaction was used. which is devised by Hendrick, S. S. (1988). To check the level of Depression Beck's Depression Inventory Devised By: Beck, Ward, Mendelson, Mock, and Erbaugh was used. To check the level of PTSD, PTSD Checklist for DSM-5 (PCL-5) was used. The sample constituted total 62 married females. The data was collected only from serving officers female partners. The data was scored, analysed as per the manual. Mean and standard deviation was calculated. **Results:** The result showed that (1) The female partners are showing above average level of Marital Adjustment and Relationship Satisfaction with their spouse during separation period as well. (2) There is no sign of mental health issues (Depression and PTSD) in the female partners of armed forces. (3) The mean scores of all four areas are showing healthy marital relationship of female partners with their counterparts.

KEYWORDS: Marital adjustment, Relationship Satisfaction, Depression, PTSD, Armed Forces Female Partners, Mental Health

I. INTRODUCTION

What it takes to be an Army Wife -

The subject of this dissertation is the wives of Army serving personnel who are stationed in combat zones.

The women of the armed forces face unique issues in their daily lives because of the occupational nature of the jobs of their spouses. It can be exceedingly frustrating to pack and unpack household items during transfers, which typically occurs once every two years. They don't 'dwell in the box' and life for such women gets extremely stressful with the constant moving around from one place to another.

Sometimes the family has to improvise by living in temporary make-shift shelters when the spouse is posted to a 'modified' field area (in a mountainous/ forest area), looking after the needs of the children in remote places where even the basic necessities of life are not available, moving immediately post-partum as travelling alone later would be difficult, caring for the new-born without any assistance from the husband (who is in the combat zone), cleaning up the "quarter" that is teeming with insects and other creepy crawlies.

Uncertainty and stressful and unfamiliar conditions associated with living the Army life often becomes the reason for the onset of psychological problems including depression at some point in life. And the surprising thing is that most of these spouses suffer from major psychological issues, without ever being aware of them.

Most of the times, the spouses are not even able to tell their husbands about the problems that they are facing. In the face of challenges and risk in the combat zone, the husband needs peace of mind to perform his tasks effectively.

The wife is aware that he prioritises being a soldier over being a husband. Additionally, she is always plagued by the worry about her husband's safety. The inevitable, protracted wait for his safe return strains her patience and could lead to a number of health problems, like PTSD.

Prolonged separation also causes problems in adjustment between the couple leading to more severe adjustment issues at a later stage in the marriage. Communication problems (or lack of frequent communication) also affect the satisfaction levels in the marriage, which is an important indicator of a balanced marriage and consequently, a stable mental state.

Research has looked at the mental health issues that veterans and Army Personnel (deployed in Active Field Areas) face as a result of their demanding lifestyles and experiences abroad during the previous ten years. Veterans are now four times more likely to seek help for mental health issues, according to a UK study.

Despite the fact that more than half of help-seeking Veterans were in spousal relationships, less focus has been placed on the needs of intimate partners of Veterans. Numerous military partners may have mental health issues such as depression, anxiety, sleep disturbances, and acute stress reactions, according to research by the US Veterans Affairs. The degree of PTSD symptoms in a partner who is a Veteran has been linked to poorer mental health outcomes in couples. Veterans and those with a PTSD diagnosis have been found to have higher rates of this connection than non-Veterans and those with other types of mental health diagnoses.

The influence of the interpersonal difficulties of avoidance and emotional numbing frequently present in PTSD, which may have a negative impact on relationship quality, is one explanation put up for this pattern for instance, qualitative study has described these symptoms as causing a dynamic that intensifies conflict and hinders communication between the couple.

Research has also revealed that the partner may gradually become entangled in the veteran's pathology, which may cause the partner to experience secondary traumatic stress, or symptoms that are comparable to the veteran.

II. LITERATURE SURVEY

1. The Mental Health of Partners of Australian Vietnam Veterans Three Decades After the War and Its Relation to Veteran Military Service, Combat, and PTSD ~ *O'Toole, Brian I. PhD, MPH**; *Outram, Sue PhD**; *Catts, Stanley V. FRANZCP, MD**; *Pierse, Katherine R. MA**
2. Relationship Distress in Partners of Combat Veterans: The Role of Partners' Perceptions of Posttraumatic Stress Symptoms
3. Combat Veterans' Symptoms of PTSD and Partners' Distress: The Role of Partners' Perceptions of Veterans' Deployment Experiences
4. Evaluation of Mental Health First Aid Training for Family Members of Military Veterans with a Mental Health Condition
5. Marriage and The Military: Evidence That Those Who Serve Marry Earlier and Divorce Earlier
6. Living Alongside Military PTSD: A Qualitative Study of Female Partners' Experiences with UK Veterans.

III. PROPOSED METHODOLOGY

Hypothesis

1. Female partners of armed forces personnel deployed in active Field Areas experience significant challenges in marital adjustment due to separation from their spouses.
2. Female partners of armed forces personnel deployed in active Field Areas experience low satisfaction levels in marital relationship.
3. Female partners of armed forces personnel deployed in active Field Areas experience significant mental health issues –level of Depression & PTSD).
4. Female partners of armed forces personnel deployed in active Field Areas experience significant mental health issues –level of PTSD.



Sample. The sample of the present study constituted total **62 female partners** of armed forces personnel deployed in active Field Areas.

Inclusion Standards. The following aspects were included -

1. Years of marriage
2. Number of children
3. Educational qualification
4. Working or home maker
5. Female partners of Serving Indian Armed Personnel

Exclusion Standards. The following aspects were excluded -

1. Age
2. Ethnicity
3. Joint or nuclear family

Research Design

This study is descriptive and correlation in character, and it employs quantitative research techniques.

Descriptive research simply seeks to provide a broad picture of the studied variables.

The variables (IV-Females Married to Army Personals) and have a positive link (DV- 1. Satisfaction Levels in Marital Relationship, 2.Mental Health, 3. Marital Adjustment)

In correlation research, statistics are employed to formally test hypotheses or predictions.

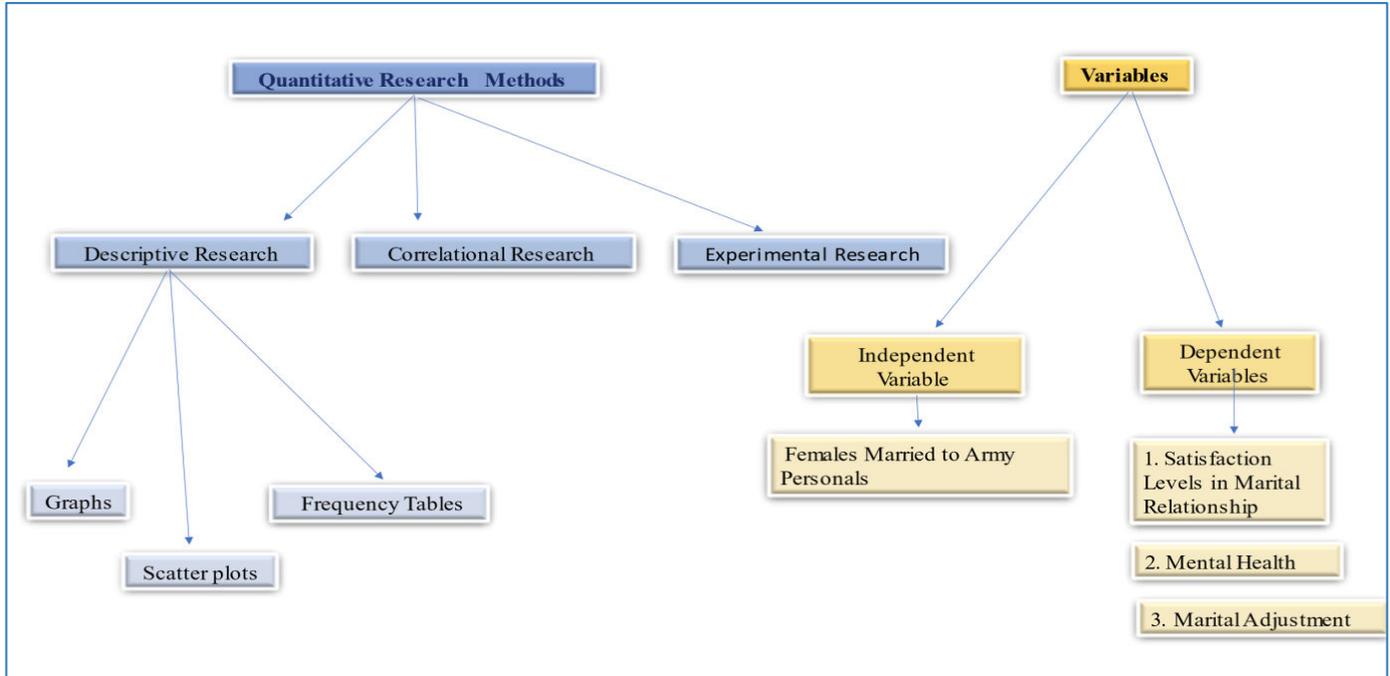
The sample technique was used, and several instruments and questionnaires were used. Using operational definitions to translate abstract concepts (such depression, PTSD) into observable and quantifiable measurements while gathering quantitative data, the findings may be generalised to broader populations (e.g., self-ratings of feelings and energy levels).

Analysis of Quantitative Data

The data was processed after it was acquired, but before it was evaluated, the test and poll findings were translated into numbers from English. After that, statistical analysis was used to provide answers to the research questions.

The data were summarised using descriptive statistics, which combine averages and measures of variability. The data has been visualised using graphs, scatter plots, and frequency tables in order to look for trends or outliers.

Inferential statistics have been used to derive conclusions or generalisations from the data. An exploratory survey with the help of standardized questionnaires has been carried out to estimate the population parameter using the sample data.



FLOW CHART OF RESEARCH DESIGN

Procedure

Several Army spouses gave their consent for the acquisition of personal information from those who have experienced marital separation from their spouse after establishing rapport.

Regarding the instruments used in the questionnaire, all the information was disclosed. They were asked to sign a consent form before the test was conducted, and it was made clear that their identity would be kept private.

In this survey investigation, four methods were employed to examine the Army officer's wives' mental health. which are trustworthy, supported by the American Psychological Association, and frequently utilised to comprehend the mental health of individuals as well as the contentment of relationships between couples.

Tools Employed

Tool 1 - Marital Adjustment Questionnaire (MAQ), created by Drs. Kanchana Rohatgi and Pramod Kumar (Retd). The test consists of 25 questions covering the three areas of sexuality, social interaction, and emotional well-being.

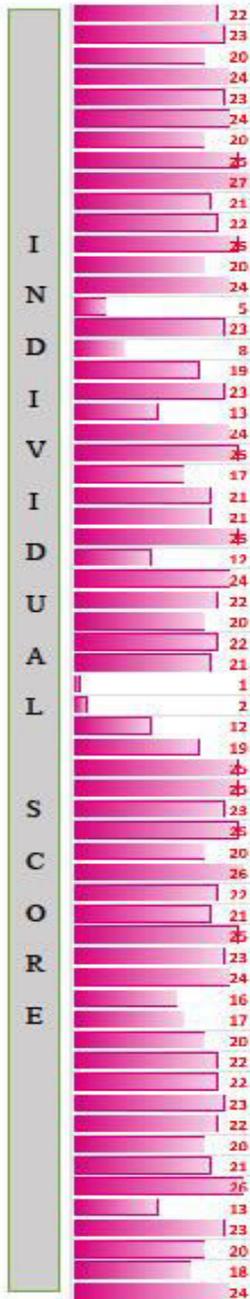
Tool 2 - Relationship Assessment Scale devised by Hendrick, S. S. (1988). A generic measure of relationship satisfaction. Journal of Marriage and the Family, 50, 93–98.

Tool 3 - Beck Depression Inventory. Devised by Beck, Ward, Mendelson, Mock, and Erbaugh introduced the first iteration of the BDI in 1961.

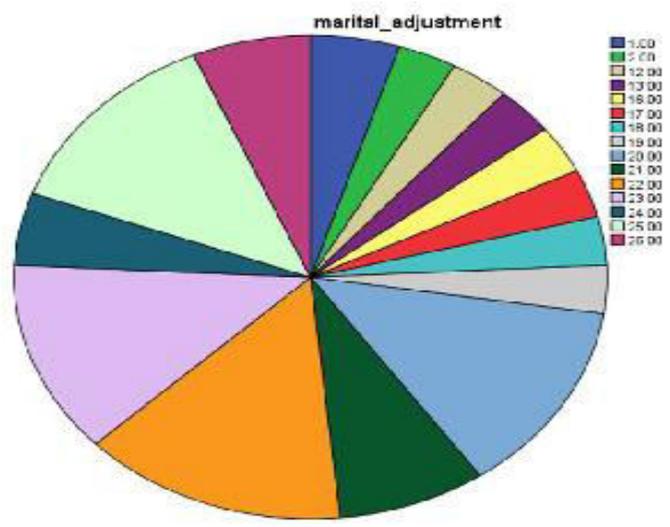
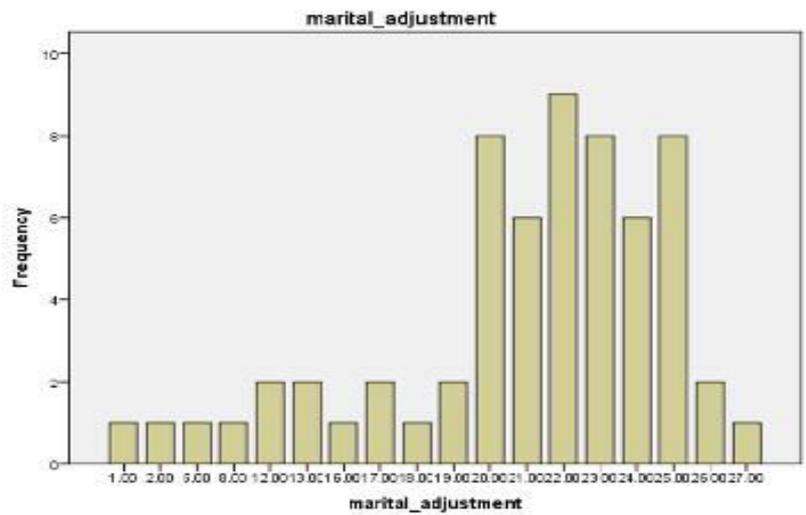
Tool 4 - PTSD Checklist for DSM-5 (PCL-5). PCL-5 is a 20-item self-report questionnaire that evaluates the 20 PTSD symptoms listed in the DSM-5. The PCL-5 can be used for a number of things, such as: tracking symptom changes before, during, and after therapy; screening people for PTSD; and making a preliminary diagnosis of PTSD.

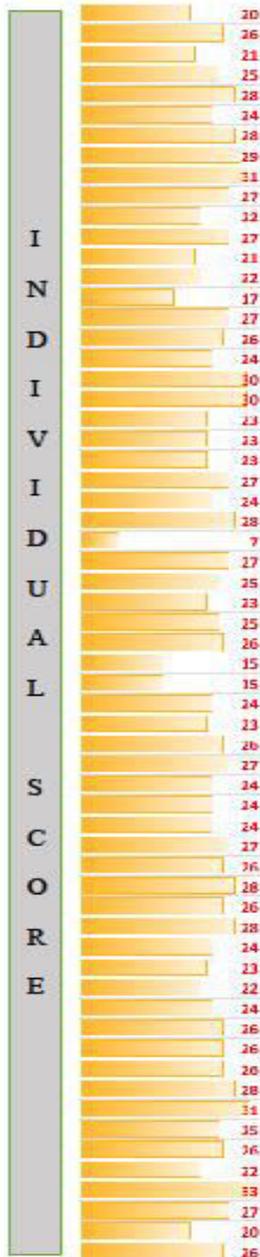


STATISTICAL ANALYSIS & EXPERIMENTAL RESULTS

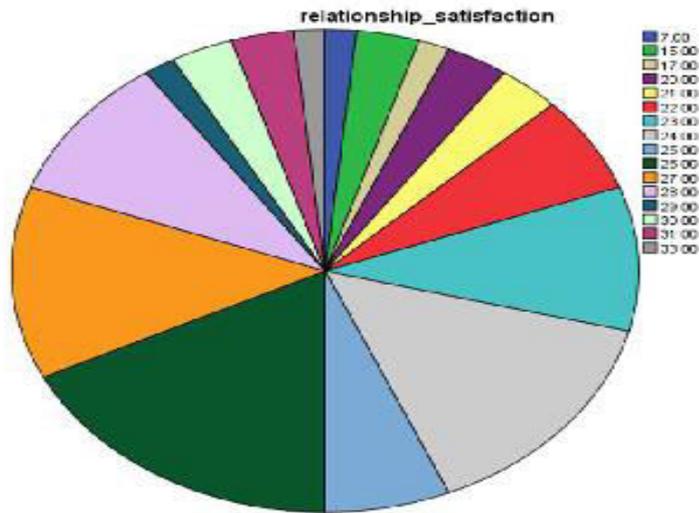
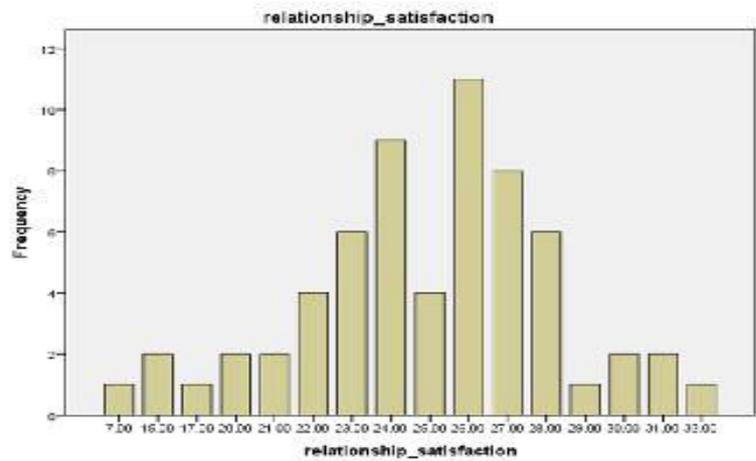


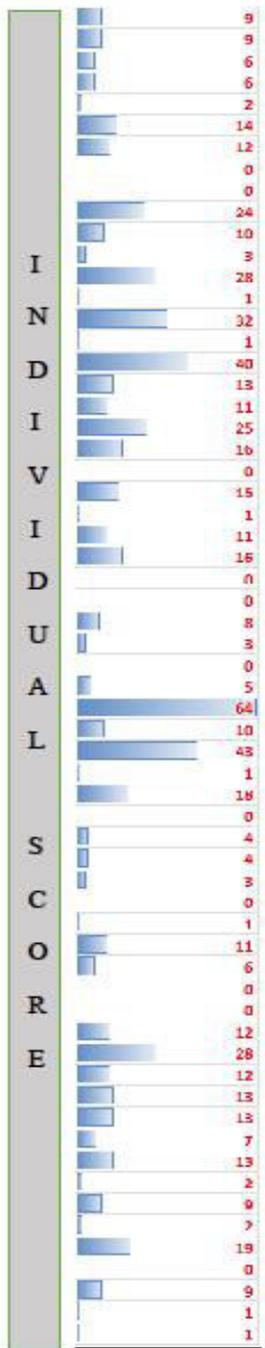
Tool 1: Marital Adjustment Questionnaire (MAQ)



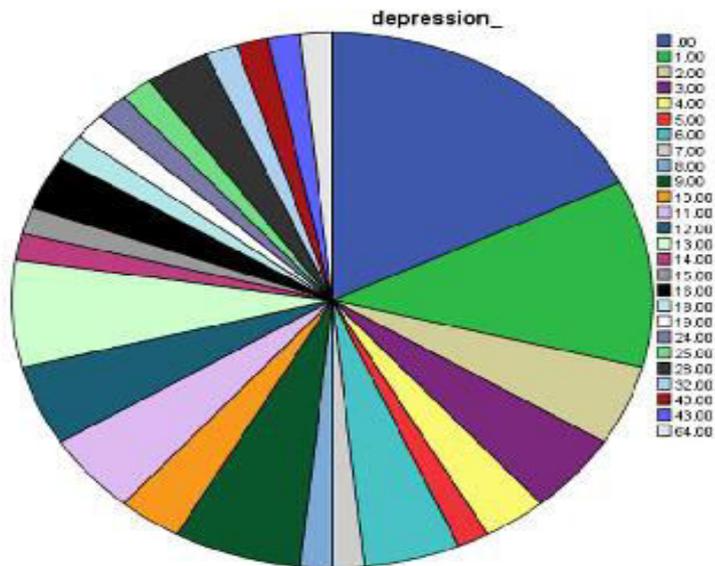
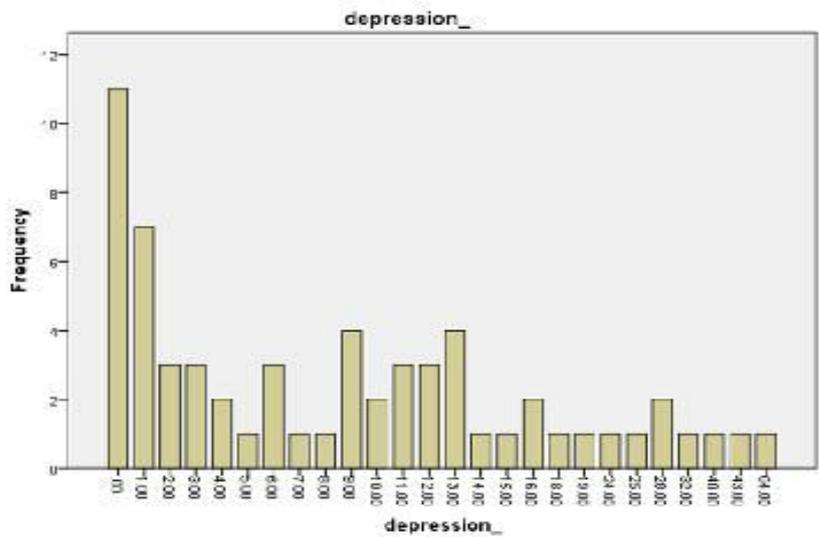


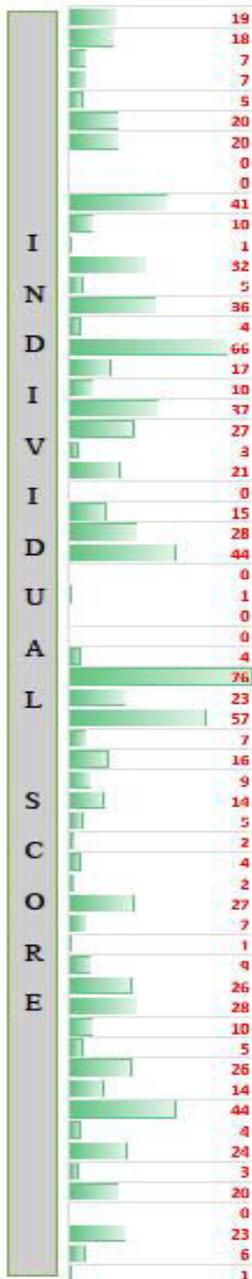
Tool 2: Relationship Assessment Scale



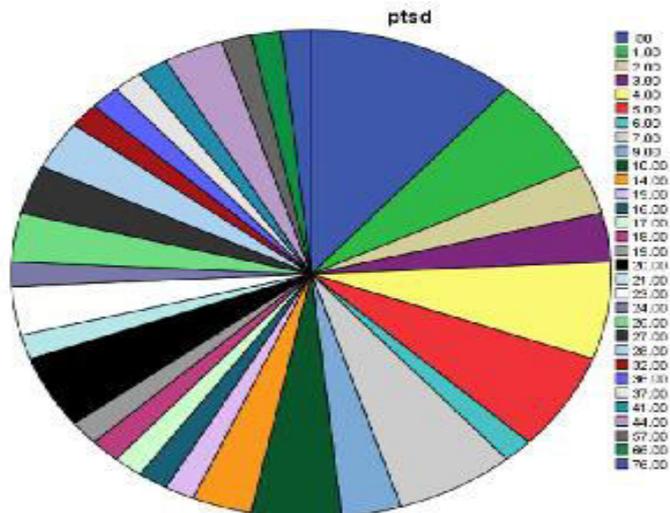
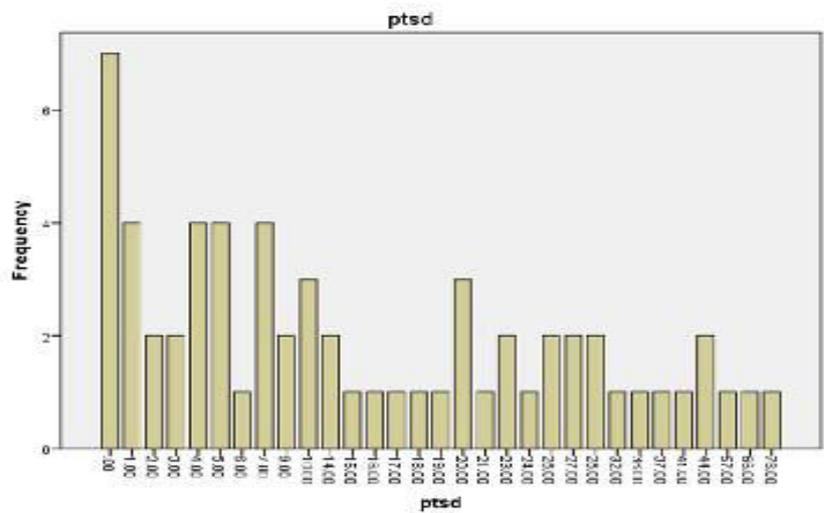


Tool 3: Beck Depression Inventory





Tool 4: PTSD Checklist for DSM-5 (PCL-5)





DESCRIPTIVE STATISTICS

	N	MINIMUM	MAXIMUM	MEAN	STD. DEVIATION
MARITAL_ADJUSTMENT	62	1.00	27.00	20.3710	5.49585
RELATIONSHIP_SATISFACTI ON	62	7.00	33.00	24.7097	4.11470
DEPRESSION_ PTSD	62	.00	64.00	10.1129	12.10217
VALID N (LISTWISE)	62	.00	76.00	15.9839	16.77771

TABLE 1.1

Years of Marriage	1-5	6-10	11-15	16-20	20-above	Total
Total	10	10	19	7	15	62
Working	7	6	15	4	6	38
Homemaker	3	4	4	3	9	22
Children	1 or none	2 or more than 2	2 or more than 2	2	2	-

TABLE 1.2

IV. DISCUSSION

In this study, one independent variable (army wives of military personnel) and four dependent variables were examined (marital adjustment, relationship satisfaction, depression and PTSD).

The information was gathered from 62 female spouses of Indian Army officers in active duty. During data collecting and statistical analysis, it was discovered that the lives of the female partners are mostly unaffected by any of the four factors (marital adjustment, relationship satisfaction, depression, and PTSD).

The minimum and maximum values for the (variables) marital adjustment, relationship satisfaction, depression, and PTSD, however, showed a significant difference.

The researcher has provided some specific justifications for rejecting all four theories, including:

1. Army wives' conditions have improved over the past 20 years. Table 1.2 demonstrates that there are 38 working members and 22 homemakers out of 62 females, indicating that working women tend to have higher mental health. The female partners who scored the highest in PTSD and depression, i.e., 44 and 66, are homemakers according to their individual scores.

2. Post the Kargil War (1999), there have been fewer counterintelligence operations and terrorist infiltration attempts, which has decreased the risk of fatalities and the negative effects of PTSD on military personnel and their loved ones.

3. The financial situation has improved since the adoption of the sixth pay commission, which is a very significant improvement for the army spouses as a result of which they no longer feel as though they are struggling to make ends meet.

4. The government has made MAP accommodations in good places, allowing the female partners to spend as much time as possible with their husbands, improving the living circumstances in the field and peace stations. The stress of travelling from one state to another state has decreased as a result of the connection of field locations improving during the past 20 years. Online work options and work from home have made it possible for people to work from the interior of their country, keeping their partners busy and providing a source of income.

5. In India, the army spouse of an officer maintains a certain role in society alongside the army personnel, which aids the female partners in getting through difficult times.

V. CONCLUSION

The current sample of 62 female partners used in the research is too small to draw any firm conclusions, but the trend in the data indicates that, in comparison to other armed forces around the world, the female partners of the Indian armed forces are better adjusted in their relationships with their spouses. The strong, supportive family structure found in Indian culture may be the cause. Long-term, the assistance of family and community aids the female partners in getting through challenging periods.

The happiness of today's army wives is not just dependent on their husbands. According to the research, more than 50% of army women are employed professionals who lead routine, goal-oriented lives that help to maintain their mental and physical health. Thus, based on this research, we can say that there haven't been any indications of depression or PTSD in the spouses of active-duty members of the Indian armed services over the past two decades.

REFERENCES

1. What it takes to be an Army wife. (2014) - The Hindu. [online] Available at: <https://www.thehindu.com/opinion/open-page/what-it-takes-to-be-an-army-wife/article6044729.ece> [Accessed 10 Mar 2023].
2. Indian Army Officer - Career, Role, Education, Jobs & Salary - Careers360. (n.d.) [online] Available at: <https://www.careers360.com/careers/indian-army-officer> [Accessed 10 Mar. 2023].
3. Public health: local et global perspectives - Pranee Liamputtong (2019). Cambridge Cambridge University Press.
4. How Military Marriage Screws Up Your Career - Eckhart, J. (2021) [online] Military.com. Available at: <https://www.military.com/spouse/career-advancement/how-military-marriage-screws-up-your-career.html> [Accessed 31 Jan. 2023].
5. Combat Veterans' Symptoms of PTSD and Partners' Distress: The Role of Partners' Perceptions of Veterans' Deployment Experiences - Renshaw, K.D. and Campbell, S.B. (2011). *Journal of Family Psychology*, 25(6), pp.953–962. doi:10.1037/a0025871.
6. Relationship Distress in Partners of Combat Veterans: The Role of Partners' Perceptions of Posttraumatic Stress Symptoms - Renshaw, K.D. and Caska, C.M. (2012). *Behaviour Therapy*, 43(2), pp.416–426. doi:10.1016/j.beth.2011.09.002.
7. Evaluation of mental health first aid training for family members of military veterans - Evans, J., Romaniuk, M. and Theal, R. (2021). [Online]
8. Mental Health Condition - *BMC Psychiatry*, 21(1). doi:10.1186/s12888-021-03139-9.
9. Marriage and the Military: Evidence That Those Who Serve Marry Earlier and Divorce Earlier - Hogan, P.F. and Furst Seifert, R. (2009). *Armed Forces & Society*, 36(3), pp.420–438. doi:10.1177/0095327x09351228.
10. Living alongside military PTSD: a qualitative study of female partners' experiences with UK Veterans - Murphy, D., Palmer, E., Hill, K., Ashwick, R. and Busuttill, W. (2017). *Journal of Military, Veteran and Family Health*, 3(1), pp.52–61. doi:10.3138/jmvfh.4011.
11. <https://www.simplypsychology.org/qualitative-quantitative.htm>
12. Apa.org. (2021). [online] Available at: www.apa.org/education-career/guide/subfields/quantitative.
13. Expressing Your Results – Research Methods in Psychology. Opentextbc.ca. (2015). [online] Available at: <https://opentextbc.ca/researchmethods/chapter/expressing-your-results/>.



|| Volume 12, Issue 5, May 2023 ||

| DOI:10.15680/IJIRSET.2023.1205050 |

14. Statistics How To. (n.d.). Frequency Distribution Table: Examples, How to Make One. [online] Available at: <https://www.statisticshowto.com/probability-and-statistics/descriptive-statistics/frequency-distribution-table/#:~:text=A%20frequency%20distribution%20table%20is%20one%20way%20you> [Accessed 1 Feb. 2023].
15. Different Types of Variables Used in Studying Psychology Hypotheses - Cherry, K. (2019) [online] Verywell Mind. Available at: <https://www.verywellmind.com/what-is-a-variable-2795789>.
16. Scribd. (n.d.). Bdi II Manual | PDF | Major Depressive Disorder | Validity (Statistics). [online] Available at: <https://pt.scribd.com/document/330040275/Bdi-II-Manual#> [Accessed 31 Jan. 2023].

APPENDICES

1. *The International Journal of Indian Psychology* (research paper by Marital Adjustment among Couples Khushbu A. Saheba)
2. *Marital Adjustment Questionnaire* (MAQ) and manual prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rohatgi (2018).
3. *Relationship Assessment Scale* and manual, devised by Hendrick, S. S. (1988).
4. *PTSD Checklist for DSM-5 (PCL-5)*
5. *The Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM- 5)
6. *ICD-11 - International Classification of Diseases* (11th Revision)



Impact Factor: 8.423



INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

 9940 572 462  6381 907 438  ijirset@gmail.com



www.ijirset.com

Scan to save the contact details