

Project No : 3776/2008

Study of psychiatric morbidity in temporarily separated wives of serving soldiers

Principal worker

Lt Col Jyoti Prakash

Unit

AFMC

Objectives

This research is a pioneer endeavor to assess the nature of psychopathology in temporarily separated wives of serving soldiers. It also attempts to bring out various protective factors for these psychopathology and suggest suitable strategies.

Method

One hundred wives of serving personnel living separated temporarily were taken as part of the study. Written informed consent was taken. Biopsychosocial profile was documented in a separate Performa. Role of these factors was evaluated in occurrence of psychopathology, anxiety, depression & perceived stress assessed with standardized scale. Data collected was analyzed and tested with SPSS.

Results

Shorter period of separation; flexibility of gender role; more number of years in military; higher percentage of married life spent together; longer duration of visit of husband; older children in family; satisfaction with the life; better perception & coping of the stress and absence of physical & mental illness in family were found to be psychoprotective.

Recommendations

Good leave planning for the soldiers, organizational acceptance of wives and children as a part of extended military family, empowerment of military wives in activities which develop better gender flexibility and adaptability to military way of life, good education facility, co-curricular and extracurricular activities for children, 24 hours emergency medical & transport facilities, security of the accommodation area, recreation measures like local fair/picnics and early detection & timely referral of family members with psychological and psychiatric problems is recommended.