

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:2315
ANSWERED ON:07.12.2006
STUDY CONDUCTED BY DIPR
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Will the Minister of DEFENCE be pleased to state:

- (a) whether the Defence Institute of Psychological Research (DIPR) has conducted any study into stress related causes among soldiers;
- (b) if so, the details thereof and the outcome thereof; and
- (c) the steps taken by the Government to deal with the problem?

Answer

MINISTER OF STATE IN THE MINISTRY OF DEFENCE (SHRI A.K. ANTONY)

(a) & (b): Yes, Sir. DIPR has conducted a study on "Psycho-Social Aspects of Optimizing Operational Efficiency of Security Forces to Combat Insurgency" during September 2000 to May 2005 in the North Eastern region. Major outcome of the study are:-

(i) Three main operational stressors, like fear of torture, uncertain environment and domestic stresses are responsible for most of psychological problems in various groups of Armed Forces.

(ii) Middle rank Officers as compared to Jawans and Junior Commissioned Officers

(JCOs) were found to be more vulnerable and stressed out.

(iii) Mental disorders in the form of Post Traumatic Stress Disorder (PTSD) have been observed in traumatized as well as non-traumatized troops, which forms the basis for various somatic symptoms

(iv) About six to nine months after the detention of captured militants is most appropriate period to change in the attitudes of youth and influence their minds towards national identification.

(v) A strong need to inoculate and orient officers by undertaking Combat Stress Management training programmes.

(vi) Need for immediate therapeutic intervention during post-traumatic stress disorders jointly by unit leaders and professional psychologists.

(vii) There is a strong need to carry out an appropriate need analysis with respect to demographic variables of a particular region.

(c) DRDO has just submitted its recommendations to the Armed Forces for further action to deal with the problem.