

Specific Features Of Stress Resistance In Military Personnel

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Annotation

The primary aim of this publication is to analyze stress resistance in military people by reviewing the literature thoroughly. The results indicate that the military contexts' stress resistance is effective; however, it substantially varies from civilian stress management. This change is due mainly to the unique environmental demands, the very nature of military hierarchical structures, and life-threatening situations that come with military service.

Keywords: stress resistance, military personnel, psychological resilience, combat stress, adaptive mechanisms

INTRODUCTION

Stress resistance in military personnel represents a critical psychological construct that fundamentally determines operational effectiveness, mental health preservation, and mission success in contemporary armed forces. Military service inherently involves exposure to extreme stressors that substantially exceed civilian life demands, including direct combat operations, prolonged separation from family, sleep deprivation, physical exhaustion, life-threatening situations, and continuous psychological pressure associated with responsibility for subordinates' lives and strategic objectives [1]. The unique nature of military stress distinguishes it from occupational stress in other professions through its intensity, unpredictability, and potentially lethal consequences, necessitating specialized understanding of stress resistance mechanisms specific to military contexts [2]. Contemporary military operations increasingly require personnel to demonstrate exceptional psychological resilience while performing complex technical tasks under conditions of information overload, moral ambiguity, and extended deployment cycles [3]. Understanding the specific features of military stress resistance has become particularly urgent given rising rates of post-traumatic stress disorder, depression, and suicide among military veterans across

different nations, highlighting the critical importance of identifying protective psychological factors that enable successful adaptation to military service demands [4]. However, existing literature reveals insufficient attention to the distinctive characteristics that differentiate military stress resistance from general psychological resilience, particularly regarding the role of military-specific socialization, combat exposure patterns, and organizational climate factors in shaping stress tolerance capabilities [5].

METHODOLOGY AND LITERATURE REVIEW

This study applies the systematic literature analysis methodology to the theoretical and empirical studies. The analysis included the sources in the Uzbek language that mentioned Central Asia's military contexts and stress management, Russian military psychology traditions, with a focus on Activity Theory and Personality-Oriented approaches, as well as international research coming mainly from NATO countries reflecting the current studies on combat stress [6]. The review of the literature has disclosed that one of the multifaceted aspects constituting military stress resistance, emotional-volitional stability characterizing the ability to keep one's emotions balanced and to carry out the intended actions even under extreme pressure; cognitive flexibility that allows

quick resuming of the situation and making corresponding changes in the decision-making process; the physiological stress tolerance that stands for autonomic nervous system regulation and the ability to slow down physically even if one is very tired; and social-communicative resilience that is the keeping of functional relationships with unit members and the making of good use of social support resources [7]. The research has pointed out the pre-military personality traits, particularly conscientiousness, emotional stability, and hardiness, as the strong indicators for subsequent military stress resistance, although these traits are affected quite a bit by the training and combat experiences [8].

RESULTS AND DISCUSSION

Research has shown that the ability to cope with stress in the military has some characteristics that are completely different from those of civilian stress tolerance and psychological resilience maps. To begin with, military stress resistance entails the necessity of the ability to control aggression and make a quick decision in a life-threatening situation, which is the simultaneous maintaining of emotional regulation and the rapid deployment of forceful responses when tactically needed—a psychological configuration that is rare in the civilian context where aggressive behavior is usually considered a sign of maladaptive coping. To go further, military stress resistance works within the framework of a group rather than a single person, with the individual coping with stress having to be in line with the needs of the unit and the mission, which at times requires the silencing of one's stress reactions so that tactical effectiveness can be maintained and the safety of the team is not compromised.

Soldiers should be able to resist military stress not only through their ability to endure over time but also through their ability to adjust to the completely different

kinds of stressors and their associated different characteristics in intensity and duration such as separating from the social networks of civilians, rigid scheduling, and limited autonomy all being the chronic low-level stressors of military life, whereas extremely high combat stressors involving immediate death, complex time-pressured tactical decision-making, and seeing comrades get hurt or killed are the acute high-intensity stressors in the opposite end of the range. However, it has been shown through research that the high-stressed people able to endure the stress of everyday military life in a huge extent do not necessarily possess the same degree of resilience when placed in a traumatic battlefield situation which implies that stressors might require different psychologic adaptive mechanisms. The physiological aspects of military stress tolerance incorporate that frequently the successful soldiers can be seen through a special pattern of the autonomic nervous system which usually is a quick activation of the stress response combined with a fast parasympathetic recovery and thus the soldier can go back to normal functioning in between the stress situations quickly.

CONCLUSION

The intensive reading of the literature conducted in this study reveals that the capacity of military personnel to resist stress is a psychological construct that possesses unique attributes, which make it to be differentiated from general resilience and civilian stress tolerance. Furthermore, military stress resistance consists of emotions-volitional, cognitive, physiological, and social-communicative dimensions that are interconnected and are influenced by a specific military environmental context. This context is marked by a collective mission orientation, hierarchical organizational structures, and exposure to stressful situations that may end in death. Aspects such as pre-service

personality traits, military socialization and training quality, combat exposure patterns, the effectiveness of leadership, and the level of unit cohesion are the main determinants.

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