

CURRENT STATUS AND IMPORTANCE OF MILITARY PSYCHOLOGY IN INDIA

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Abstract

The topic 'Current status and Importance of Military Psychology in India' is taken by the researcher to study and analyse the present condition of Military Psychology and What is the requirement, to study. Researcher has studied thoroughly and analysed the importance of Military Psychology. Here Researcher puts light on the areas of military culture and challenges military personal go through day to day life.



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INTRODUCTION

Military psychology is one of the branches in psychology this helps us to study and understand the psychology of Military personnel. Most of the Military personnel go through this stress and may have severity of post traumatic stress disorder (PTSD). Such state of mind should not remain unnoticed and untreated. Hence military psychology is required in Counselling and Treatment of stress and fatigue of Military personal and their families as well. As they go through psychological trauma due to military operations.

Significance Of Study

Military psychology makes us aware of the problems and difficulties they go through day by day. Our country our India requires to be protected from the enemies. As now a days, war like situation may arise anytime. Anytime emergency operations maybe required and hence to know what is the current scenario and its status is necessary to study. This will help us to take the required steps or action to make our military personnel very strong physically and mentally. Also economically it needs to be made strong that is in all respect, we require our Armed forces to be strong.

REVIEW OF LITERATURE

Mansi Sharma (2021) this article explains that Military Psychology plays a vital role in making the military men how to become mentally tough and always be ready to face any difficulties with full zest. The main goal of this research is to understand why military psychology is required

and what are its scope and challenges that our military men face. This psychology can help the armed forces personnel to be mentally strong in all circumstances. Due to the progression of second world war researchers found traces of military psychology and hence gave rise to do research in India.

The armed forces personnel hence to go through tremendous mental as well as physical pressure whatever experiences or say the challenges they face good or worst in all the situation they have to maintain though privacy/ secrecy of the military personnel and other credentials. A special dedicated team of mental health professionals is there to solve the psychological issues also leadership skills related to operations and human resources and organization is the main part apart from leadership.

3) 'Importance of Military Psychology in Current scenario'

Vijay Khare (2015) 'Importance of Military Psychology in Current scenario'. Military psychology not only deals with armed forces personnel but also with their families. In this knowledge is gained from different branches of psychology. This research helps us to do development in military psychology and pays more attention to make us aware of uniqueness of military psychology. It puts light on its prospects and problems and difficulties in this modernized warfare. It is very vast and complex field. It includes clinical, social, organizational, experimental and personality as well. Discipline is the core in this. The militants have to go through war and always have to keep themselves alert.

4) Military Trends and the future of warfare.

Morgan and Raphael S Cohen (2022) (In this article all the strategy regarding future warfare is discussed. Like where next war will occur? and who will fight in it? why and how it will be fought? All the responses to these queries will be given. The conflict between now and next 10 years is to be examined related to economic, legal, environmental, geography and political and military trends. Here research is conducted on four programs: Force modernisation and employment, Manpower personnel and training, Resource management and strategy Doctrine. The straightforward way to measure states military power is to consider the size of its conventional forces or say the traditional way of operating the forces.

DISCUSSION

Sharma M. (2021). Military Psychology- Need, Scope and Challenges. From this article it is clear that military psychology is very ancient and it must be practiced in earlier era also. There is now need to find out and do the research accordingly. As mentioned during the progression of Second World War researchers found the saplings of military psychology and thus we need to go in its deep study. But during this also our psychologists too faced numerous challenges.

Here not only stress related challenges but also challenges related to ethics evolve from the

reluctance of the armed forces personal and some due to the inability of the psychologists to break the resistance due to good mental training if we scrutinise the things in military or say the armed forces to work in proper order time to time to mental health issues must be taken care of in all units and battalions.

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The militants have very crucial time period in their journey. They have to go through various challenges in which sometimes they feel it difficult to cope with. In fact some studies revealed that maximum militants are affected by some type of mental or emotional disorder. Not only the armed forces personnel but along with them their family members also suffer. It may cause mental irritation in them. So military psychology deals with soldiers and their families as well. Hence, military psychologists need to be trained properly and uniquely so that they can practice well in such type of population.

4) Military Trends and the future of warfare.

F E Morgan and Raphael S Cohen (2022) Future warfare needs should be studied and analysed properly. It will be difficult to reverse the traditional trend in next 10 to 15 years. but do has understood this trend and plans to reverse it. For them great power competition is now the primary focus. If the request of funding for procurement will increase 13% allowing the services to purchase additional units of big weapon systems. In addition Dod wants to increase in funding for research, development, testing and evaluation (RDT & E)

CONCLUSION

- 1) As we know military psychology is required and has lot of importance as it plays vital role in making the strong mind-set of military personnel in armed forces. And without strong mind-set it's not possible to sustain in armed forces, as it requires tremendous mental as well as physical strength.
- 2) As we know, the military men deal with lots of challenges and not only with physical or mental but ethical as well. In such circumstances, it is important to take care of mental health time to time to keep them mentally fit and strong. It is the responsibility of military psychologist and psychiatrist to work as a team so that our armed forces personnel can perform smoothly their duties and responsibilities with full zest and stay motivated.
- 3) As we learnt that in current scenario it is really our first and foremost duty to build a strong

military personnel. So that they can cope up with all kinds of day-to-day challenges. Because for them it is necessary to have strong mental and physical power. And to maintain this and keep them internally motivated. Military psychologist must be unique and their trainings need to be perfectly planned and designed. There should be no place for single error in this.

- 4) The future warfare needs to be well examined. It maybe difficult to restore the traditional war fighting capabilities. Even if the required budget get approved, the majority of defence budget is devoted to supporting military personnel. Also it is important to modernize and re-arm the military forces. New generation fighter planes are required , new ships and submarines and improvement in digital communication is also should be the primary priority in the list.

SUGGESTIONS

- 1) The research is done by the data that is already available.
- 2) So minutely the things need to be studied again and again to avoid the mistakes and to make the data more reliable.
- 3) There is need to understand problems in all ways of military personnel.
- 4) This will help the military personnel to cope up with all challenges they go through.
- 5) Challenges may be physical sometimes. Most of the time, they quit due to tremendous hard physical work they go through as a result their mental strength and confidence loses.
- 6) So military psychologist should take care of such things.
- 7) They should work on making them emotionally strong. They should find out the strategies or say the techniques to make them emotionally and internally strong.
- 8) Once they become mentally and psychologically fit and strong they can develop their physical strength and thus in turn help our Armed forces to become more strong which in turn can make the current status of military one of the most strongest military forces of our Country.

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