

МЕДИЈА ЦЕНТАР
ОДБРАНА

Published by
Strategic Research Institute,
University of Defence,
Republic of Serbia

&

Faculty of Military Science,
Stellenbosch University,
South Africa

For Publisher
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ISBN 978-86-81121-18-4
(STRATEGIC RESEARCH INSTITUTE)

Co-Publisher
MEDIA CENTER „ODBRANA“

Library „Vojna knjiga“
Book no. 2234

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Design and Layout
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Printed in
300 copies

Print
Vojna štamparija, Beograd

ISBN 978-86-335-0612-2
(MEDIA CENTER “ODBRANA”)

STRESS IN MILITARY PROFESSION

THEMATIC COLLECTION OF ARTICLES

Belgrade 2018

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PREFACE

The thematic collection „Stress in the Military Profession“ is one of the results of work on the Ministry of Defence project, which had as its goal to determine various psychological factors which contribute to adjustment of employees to specific conditions of work in the military profession.

The military profession is considered a very specific and an exceptionally stressful profession. The reasons for this lie primarily in characteristics of the working environment and tasks implemented daily by the members of the military, relating to the three missions of the military: defence of the Republic of Serbia from external armed threats, participation in building and preserving peace in the region and the world, support to civil authorities in combating security threats (Constitution of the Republic of Serbia, 98/2006).

At the time of development of the project concept, at the phase of analysis of theoretic and empirical data about stress in the military profession, the importance of connecting and collaborating with military psychologists of foreign armies became obvious. The result of that collaboration is this thematic collection.

Here, I would like to extend my gratitude to professor **Gideon A.J. Van Dyk, PhD (South Africa)** who helped me establish a connection with a psychologist from Canada **Jacques J. Gouws, PhD (Canada)**, who, in turn, introduced me to a professor from India **Col Samir Rawat, PhD**. Thanking to them and our collaboration this thematic collection saw the light of day.

This publication contains Chapters by psychologists from South Africa, Canada, India, Slovenia, Croatia Serbia, Moldavia, Estonia and Great Britain.

The Chapter by professor Marié de Beer and Adelai van Heerden, MA presents the results of psychological testing for the purpose of selection through time, which represents a significant contribution to the military psychology. The authors point out the importance of adequate psychological selection as a predictor of adjustment, education/training and efficiency in the military profession. It also stresses the selection as a factor in prevention of stress and mental disorders in the military.

Merle Parmak indicates the importance of positive motivation for expressing unquestionable capabilities for military service and defines the factors of internal and external motivation for devoted performance of military duties.

The Chapter by **Col professor Samir Rawat, Abhijit P. Deshpande, Gunjan Singh** points to a large number of psychological factors which help adjustment to professional and operational stress, supported by the results of an empirical research.

Gunjan Singh, Samir Rawat, Abhijit P. Deshpande have cadets as their target group and they cover the locus of control as a regulator of the subjective experience of stress. Additionally, the Chapter points to the importance of adequate professional psychological selection and choice of important psychological indicators for potential prospects in the military profession. Locus of control is one of the good indicators of adjustment to professional and operational stress.

The Chapter by the **assistant professor Jelena Minić** promotes the Salutogenic Model of health and indicates the sources of human health in the modern society. The Salutogenic Model is a good theoretical model for a series of prevention and intervention programs. The author elaborates the importance of family as a factor in health resources. The Chapter examines empirically the hypothesis on the effects of the primary family coherence on the development of individual coherence and the development of resources for psycho-physical resistance of an individual. The findings from the Chapter should be considered and applied as an innovation in the selection process in the part of the primary family effects assessment, especially when entering the military profession during selection for military schools and academies.

The Chapter by the **assistant professor Anita Pešić** covers an interesting research topic which has not been investigated in the military environment until now. The quality of emotional partnership and adjustment to the specific characteristics of the military profession are psychological factors that can create a phenomenon of overlapping (of work and private life) or separation (work and privacy separation). During an extended period spent in a military organization, and it is assumed that professional military personnel are working at the military their whole careers, the overlap is inevitable. This circumstance makes this research topic continually relevant and interesting for research.

Chanchal Agarwal, Abhijit P. Deshpande, Samir Rawat provide a theoretical and empirical explanation of the value of altruism and how important it is for people whose professional choices include the military. The results indicate that the respondents with higher level of demonstrated altruism from war experiences obtain more life experience and a better chance for further growth and development.

In their Chapter the **assistant professor Patricie Blatnik and professor Matej Tušaka** give a detailed explanation of therapeutic techniques for controlling stress and fear which are characteristic for combat situations. The Chapter points out the necessity to better tie together the general knowledge in theory and practice in order to realize the importance of psychological preparation of soldiers for introduction into their first combat situation.

Professors Boris Kordić and Lepa Babić explain the mechanism of trauma in their Chapter. They stress the importance of organizational tasks such as: the quality of professional psychological selection, continuous training of employees about stress and creation of a working environment which helps to overcome stress. Also, the importance of psychological selection that looks at the existence of an attachment figure for candidates - "stability figure" and the assessment of the primary family as a factor in the formation of a stable psychological structure in countering stress. The importance of education as continuous learning how to recognize mental states, harmonizing knowledge about changeability of trauma, and the important organizational task of creating a stable working environment that enables understanding, support, and mental processing of stress.

The Chapter by **Dragana Alargić, PhD and Ksenija Đurić-Atanasievski, PhD** promotes communication skills as a means of overcoming conflict situations and psychological stressors. It is interesting to monitor empirically the application of communication skills and indicators of change in organizational culture within a military organization.

In another joint Chapter Matej Tušak and Patricia Blatnik indicate sports activities as an important factor in overcoming professional and operational stress and prevention of psycho-physical illnesses. It should be pointed out that sports activities represent the basis of physical military training and other military trainings (close order drill, tactical, shooting training...). High level of fitness of soldiers is a precondition for successful completion of military training, good health, mental stability, and in case of injuries and wounds, speedy return into active service.

Assistant professor Boris Glavač, PhD and assistant professor Jasmina Nedeljković, PhD promote psychological and physical preparation in their Chapter, as well as learning about mechanisms to overcome stress. They point to education processes which must have their continuity: from a student at the military high school to soldiers at professional tasks. An excellent context for connecting knowledge in psychology and physical education.

The psychologist from the Slovenian Armed Forces **Nika Kavšek, MA and professor Darja Kobal-Grum** list and explain the different types of stress (physical, biological, psychological, sociological...) as well as various factors which represent resources or risks for adjustment and overcoming of stress. An empirical research done on respondents from the Slovenian military and the results unequivocally show that there is a demarcation line between professional stress and stress in life in general.

The Chapter by **Lidija Prisac, PhD** is interesting for a number of reasons. The first one is that the topic of psychological experiences of conflict participants is dealt with by other areas of science and not only psychology, for example, military history. The second one is that the Chapter describes psychological experiences of people who are members of the official army, but are not soldiers, psychological experience of war by civilians employed in the military, in this case war reporters and photographers. Similar professional experiences also belong to military psychologists, doctors and other non-military staff in armies all over the world. The Chapter used methodology characteristic for historical sciences through dominant use of the content analysis method. The knowledge provided in this Chapter is important for understanding the psychological consequences on people who are professionally engaged in defence which predominantly has the character of a civil war.

Professor Robert Masten discusses in his Chapter on some of the experiences armed forces have during peacekeeping operations in terms of stress, as well as with regard to their motivation for participating in such operations. Experience suggests that the high levels of stress experienced leading up to and after the mission itself merit special attention. While experience during the actual mission may differ in terms of the level of intensity individual soldiers experience based on their assignment, there are some stressors which are experienced equally, such as separation from family, monotony, etc.

In his Chapter, **professor Jacques Gouws** demonstrates exceptional knowledge of the specific nature of the military profession and it is a Chapter which gives contribution to the development of theoretic and empirical topics for the subject matter and tasks of military psychology. Examining the factors inseparable from the military profession indicated that military psychology has great importance as the knowledge and experience necessary for all army employees, especially the officers.

Profesor Gideon A. J. Van Dyk gives us a very meaningful and innovative Chapter. He argues that the change in military operations leads to two questions. The question in the first place is, are psychologists in the military aware of challenges in the changing nature of operations? There is a practice in the military that psychologists operate, treat and manage stress and Post Traumatic Stress Disorder (PTSD) with a compartment approach like behaviour or cognitive, with the possibility that part of a patient's psychopathology has never been treated? The second question then is what will be the effect of such practice on the mental health and combat readiness levels of our soldiers? This research advocates for a more holistic approach in the management and treatment of stress and PTSD in the military.

The Chapter written by **Ion Xenofontov, PhD** is another text demonstrating the significance of psychological experiences of people who were participants in war conflicts and the need for other disciplines to join in on examining this phenomenon, such as military history. The Chapter describes psychological experiences of former fighters who were not employed in the army but were drafted. The Chapter used methodology characteristic for historical sciences through dominant use of the content analysis method. As the author points out the Chapter contributes to development of war studies, understanding the phenomenon of war and its consequences and motivation for finding peaceful solutions in crisis state situations. The author relates the experiences of combat participants and symptoms which characterize the Afghanistan Syndrome/PTSD but also various other kinds of psychosomatic disorders and affective changes as consequences of participation in war operations. The experiences in this Chapter are important for understanding the wider social and political environment of war operations and relations towards fighters during and after a conflict.

The Chapter written by **Andreja Bubanja, MA** vividly describes the specific character of the working alliance of psychotherapists and army members. It stresses the realistic obstructions of this alliance which are in part the

consequence of military upbringing, and in part due to relation towards their combat tasks.

In owe my gratitude for professional advice which contributed to the quality of this thematic collection to the reviewers: Gideon A.J. Van Dyk, PhD (South Africa), Jacques J. Gouws, PhD (Canada), Milanko Čabarkapa, PhD (Serbia).

My special gratitude goes to the authors who have, with their original scientific papers, contributed to understanding of stress in the military profession from multiple points of view and who have added to possibilities for creation of personal and organizational responses to stressors in the military environment.

Editor
Anita Pešić, Assistant Professor
Belgrade, 2018

Authorities

Dragana Alargić is a psychologist in the Military Intelligence Agency in the Ministry of Defence of the Republic of Serbia. She has a PhD in psychology at the Faculty of Philosophy at the University of Belgrade. She is an active member of the Serbian Psychological Society. She has been working as a psychologist in the commands and units of Armed Forces and in the Human Resources Department where she has had position of the chief of Psychological Section. Professional interests are focused on the selection, monitoring of psychosocial conditions and training.

Lepa Babić (PhD) is an associate professor at Singidunum University in the field of management and psychology. She is currently serving as ambassador. She is a member of the Serbian Psychological Society. Professional interests are focused on the field of education in organization, career management, motivation of employees, assessment of key competences of the workforce for the 21st century, the effects of trauma on organizational climate and culture, and others.

Marié de Beer (PhD) is a registered Research Psychologist with a focus on psychological test development and validation research. She started her career as a high school mathematics teacher, after which she worked for a time as programmer and then as researcher at the Human Sciences Research Council. She worked as academic and research professor in the Department of Industrial and Organisational Psychology at the University of South Africa (Unisa) for 21 years where she was involved in teaching (psychological assessment and research methodology), community engagement and research. She regularly presents papers at both local and international conferences and has published articles in accredited local and international journals and chapters in academic textbooks. For her Doctorate research she developed and standardised the Learning Potential Computerised Adaptive Test (LPCAT) which is used in South Africa and a number of other countries. Current research includes development and validation of an online career preference measure and development of a new cognitive measure based on African (indigenous) art.

Patricia Blatnik (PhD) received a master's degree from the Faculty of Economics at the University of Ljubljana. She continued her doctoral studies

at the University of Primorska Faculty of Management, where she received her doctorate in the field of health economics. She is employed at the University of Primorska as an assistant professor and researcher, where she teaches courses in economics. Her research areas are in particular the health economics and economics of the public sector. She participates in various international and national projects in the fields of health, psychology, agriculture, mathematics and computer science. She is the author and co-author of articles in the fields of economics, psychology, health and agriculture. She also participates in numerous scientific conferences, both at home and abroad. As an independent consultant she advises Slovenian companies in the field of economics and management. She carries out workshops and seminars for students and employees in the health sector. She seeks to connect the academic sphere with the economy focusing on the creation of added value of the company in the field of research, which in the long term improves the competitiveness of the company.

Andreja Bubanj (Marjanovic), M.A., C.Psych.Assoc is a Psychological Associate registered with the College of Psychologists of Ontario, Canada with declared scope of practice in Counseling and Clinical Psychology and working with adults and adolescents. She obtained her BA in Psychology from the University of Zagreb in Croatia (1986) and worked as a school psychologist in Karlovac, Croatia prior to moving to Canada in 1989. She is a graduate of the Adler University Chicago with Master’s degree in Counseling Psychology (2004). She is currently a doctoral candidate with University of Rijeka in Croatia. In Canada Ms.Bubanj (Marjanovic) has an extensive work history in clinical psychology settings including both private clinics as well as in a hospital providing in-patient based programs in the areas of trauma, mood and anxiety disorders and addictions treatment. Ms. Bubanj (Marjanovic) has presented papers on her work at several conferences, with a focus on the assessment and treatment of psychological trauma and concurrent addiction with its relationship to past trauma. In addition, her experience includes program management responsibilities.

Agarwal Chanchal (PhD) is a research associate at Military MIND Academy, Pune in India .She is a Counseling Psychologist skilled in Psychotherapy, Psychometrics, Behavioral Assessments, Rehabilitation and Art based Therapy. She has 20 years of experience as an educationist, psychologist and has been handling variety of cases on issues of academic achievement, stress, career counseling and relationship issues. She has a Masters in Psychology, a Post graduate diploma in Guidance and Counseling and Diploma in Art based Therapy, besides a Masters in commerce. She has also worked as an

educational consultant with a leading book publishing house. She facilitates in fostering creativity among people seeking personal growth. She has been regularly conducting parent- teacher sessions in school settings, workshops based on the interventions of Art therapy for Psychology students and professionals. Her areas of research include emotional intelligence and leadership development and Art therapy for veterans suffering from PTSD. She has conducted workshop in WARMCAMP International Military Psychology Conference in India. She has also contributed book chapters in military psychology books in India and abroad. She is an accomplished artist who has contributed her art work for many exhibitions across the country in various mediums, such as, Oils, water, Pen and ink, Soft pastels etc.

Dr Abhijit P. Deshpande is presently the Director ,Board of Development at the prestigious Symbiosis International University in Pune, India as well as an Associate Professor in Management at the Symbiosis Institute of Sports Science. With over twenty years of experience in academic and industry in India and abroad, Dr Deshpande brings with him extensive experience in corporate training as well as facilitating research scholars in the academic world of research. He has published many research papers in high impact journals in India and abroad and has also authored a book on communication skills which has been well received. Dr Deshpande is an avid reader and also a keen sportsman and enthusiastic fitness and health enthusiast; he has played first class cricket in the celebrated Ranji trophy in India as well as captained the under -19 Maharashtra State cricket team.

Gideon A.J. van Dyk (PhD) is a professor in Military Psychology at Stellenbosch University, South Africa. He is a National research Fund-rated researcher who has been developing expertise as well as in-depth theory and knowledge in military psychology from 1996. He is also a registered Clinical Psychologist at the Health Professions Council of South Africa and in part time private practice. In this regard, previously in the South African National Defence Force and currently in part time private practice to treated soldiers, their families ABD (war) veterans with conditions such as PTSD, depression, anxiety, trauma related disorders and family therapy, and personality disorders. He undertook several research projects with universities in Africa, such as Makerere University in Uganda and Yaoundé in Cameroon. He is busy to settle military psychology as a subject at the University of Namibia and Makerere in Africa. Results from his research in Africa included more than 35 papers at national and international conferences, he is the editor of Military Psychology for Africa, the first of its kind, plus published seven books and several chapters in academic books, and more than thirty articles in accredited

journals. His research focus on military psychology, including themes such as trauma, stress and PTSD, personality disorders, military leadership, hardiness and resilience, military families (specifically single parents in the military), factors involved in the willingness to fight, and combat readiness, with a future project on gender and combat readiness in Africa.

Ksenija Djuric-Atanasievski is an associate professor at the National Defence School at the University of Defence in Belgrade. She has a doctorate in communication studies, but she has also graduated from psychology. She is teaching subjects from the field of communication and public relations in multiple academic levels and career specialization in the University of Defence. Her professional experience included work in federal and republic ministries of information on activities of foreign and domestic relationships, development of public relation and information strategies. Actual professional interests are focused on the field of communication skills in military organisations, especially assertive communication, and communication strategies and narratives in defense sector.

Boris Glavač (PhD) in Physical education works as professor of Physical Education (PE) at the Military Academy, University of Defence in Belgrade, Serbia. At the Department of PE, he founded the laboratory for morphological and functional research. Within a wider area of interest, he wrote six books in different fields, the latest one being “Newton in the gym”.

Jacques Gouws (PhD) is a registered psychologist in independent clinical psychological practice in Ontario, Canada. He is also the President and CEO of Human and System Interface Consulting Inc., providing multi-disciplinary integrated mental and physical health status assessment services. Dr. Gouws first registered as a psychologist in South Africa in 1985. He completed post-graduate training and internship programs in Industrial Psychology (1985), Counselling Psychology (1992) and Clinical Psychology (1996). He is registered with the College of Psychologists of Ontario, providing independent Clinical Psychology services since February 1997. Dr. Gouws’ military service commenced in 1973, when he was selected as trainee pilot in the then South African Air Force. After his withdrawal from pilot’s training, he completed compulsory national military service at the then Rooikop Air Force Station, Walvis Bay, in what is today Namibia. After working with the then South African Railways and Harbours (SAR & H), during which time he completed the degree Baccalaureus Artium through extra-mural studies at the University of Pretoria, he was recruited back to the SA Air Force in 1979, continuing his military career in 1980. He completed the degrees Baccalaureus Artium

Honores in Psychology (1983), Magister Artium in Psychology (1984), and Doctor Philosophae (Psychology) (1986) at the University of Pretoria, all through extra-mural studies. From June 1985 until August 1988, Dr. Gouws served as the Assistant Military, Air and Naval Attaché in Lisbon, Portugal, holding the military rank of major. The Portuguese Defence Force awarded him the much coveted Military Merit Decoration, Class 2 (Senior Officers) for meritorious service. This was the first time in the decades' long history of military ties between the two countries that a South African Assistant Military Attaché was thus honoured for his period of diplomatic representation. Dr. Gouws is also a recipient of the South African Military Merit Medal (with post-nominal title MMM), the Good Service Medal, Bronze, the General Service Medal, and the Unitas Medal. On January 1, 1990, Dr. Gouws was appointed Head, Department of Industrial Psychology, Faculty of Military Science, University of Stellenbosch. Aside from holding an academic appointment as “functional associate professor” he also held the military rank of Lieutenant-Colonel at the Military Academy, the domicilium citandi of the Faculty of Military Science. During his tenure at the Faculty of Military Science, Dr. Gouws developed the Department of Industrial Psychology into one of the leading and most professional academic training institutions in South Africa. This included the development of an undergraduate and post-graduate academic training module in Military Psychology, a first in Africa at the time. Dr. Gouws left South Africa in July 1995, when he emigrated to Canada. In Canada Dr. Gouws has extensive experience working with injured civilians, as well as members of the police, military, veterans, and disaster response professions. He is a frequent speaker at conventions and workshops and is quoted in the national media in Canada on particular PTSD and how it manifests in soldiers. He has published several book chapters and papers on Military Psychology. Since 2012, he also presented some of his work at IMTA and IAMPS Conferences.

Darja Kobal Grum (PhD) is a full professor in the field of General Psychology at Department of Psychology at the Faculty of Arts, University of Ljubljana. She teaches several subjects at undergraduated and postgraduated studies, among others also Diferencial Psychology and Motivation and Emotions. Between years 2011 and 2015 she was Head of Department of Psychology. The main area of her scientific and research work is Diferencial Psychology with emphasis on the individual differences of self-concept and motivation. As author and co-author she published more than 200 units, over 100 of them were scientific articles, which were cited in 137 cases under the standards of Web of Science. She worked as visiting professor at University of Tsukuba in Japan, Eötvös Loránd University in Hungary and at the University

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Singh Gunjan possesses a Masters in Applied Psychology with specialization in clinical psychology from University of Delhi and uses a rational way to generalize psychological principles to deal with her clients seeking counseling and behavior modification. Currently working as Assistant Professor and University Psychologist, she has also experienced working and interning with India's' eminent educational and mental health institutes. She also has a diploma in Neuro-Linguistic Programming with certification in Behavioral Sciences, French and English Communication. In consonance with her aspiration to become a military psychologist, Ms Gunjan is a research associate at the Military MIND Academy, Pune in India and has contributed her research work in military psychology books in India and abroad. She has also conducted workshop in WARMCAMP International Military Psychology Conference in India. Apart from being a keen observer, she likes to explore, read and travel

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Nika Kavšek, MA a psychologist in the Slovenian Armed Forces (SAF), Master of Arts with the degree in Clinical Psychology
Ms. Kavšek started her professional career as a High school teacher of Psychology and a school counsellor. She made a career change and started working at the SAF, where she has worked for 17 years. During this period Ms. Kavšek has worked at the Military Health Unit in the field of psychological assessment of clients, such as recruits, soldiers, voluntary

soldiers, civilians, candidates for scholarships, candidates for military work camps, etc. where she would evaluate their ability to work in the context of their general medical ability. She is experienced in psychological testing, interviewing and writing reports. In her practice Ms. Kavšek is focused on clinical psychology. This is also supplemented by experiences in the field of selection and as a unit psychologist in the deployment of KFOR peace support operation. Since 2015 she has been the Head of Psychology Department in the Health Center of Military Health Unit. She is also a Slovenian representative at the Military Mental Health Panel in NATO NSO. Ms. Kavšek is currently being trained for a Cognitive Behavioral Therapist.

Boris Kordić is a full-time professor at the Faculty of Security studies at the University of Belgrade. He teaches Psychology, Social Psychology and Organizational Behavior in Security. He is an active member of the Serbian Psychological Society and the International Psychoanalytical Association. Professional interests are focused on the field of competence assessment and improvement of the professionalism of psychoanalysts, research of the process of supervision and mentoring, career development, healing aspects of personality, dark traits of personality, trauma response and recovery, and others.

Robert Masten is associate professor for clinical psychology employed at Department of Psychology at University of Ljubljana, Head of the Chair of Clinical Psychology and Psychotherapy. As specialist of psychological counselling and psychotherapist (integrative therapy, certificate gained at Europäische Akademie EAG/FPI gGmbH Germany) he has experiences in assessment of individuals, pairs and groups with different kinds of psychological problems. He is actively included in different professional associations and activities in Slovenia. He was a member of former SC on Crisis & Disaster at EFPA. He was employed at different positions in Slovenian Army and has private psychotherapeutic practice.

PhD Jelena Lj. Minić was born in 1979, in Kosovska Mitrovica. She graduated in 2002, from the Department of Psychology, Faculty of Philosophy in Niš. In 2009, she received Master's Degree from the Department of Psychology, Faculty of Philosophy in Banja Luka and she obtained her PhD in 2014, from the Department of Psychology, Faculty of Philosophy in Niš. She has been participating in various domestic and international, scientific and professional conferences. She has authored and co-authored research papers and scientific reports which were published in domestic and international journals and collections of papers as well as a handbook: *I Want to Know What*

Does a Psychologist Do (published by: Center for Applied Psychology, Belgrade and Faculty of Philosophy, Kosovska Mitrovica).

She is also a member of the Psychotherapy Association of Serbia, University Professors Association for Educational Psychology, Association for Affective Connection and Secure base association. She is a president of Kosovo and Metohija psychology branch and founder of Equilibrium Center in Kosovska Mitrovica (in which she works as psychotherapist and counselor). The fields of her expertise are Developmental Psychology and Educational Psychology as well as Mental Health Psychology.

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Col (R) Dr Samir Rawat is a Cognitive-Behavioral psychologist who uses an eclectic approach in teaching soft skills related to leadership and personality development, behaviour modification and counselling, besides conducting training of trainers (TOT) and faculty development for academic, military & corporate institutions in India and abroad. His research interests vary from Soldier performance in combat and other dangerous life threatening military environment to motivation and optimal leadership, stress management and building highly cohesive teams under equally challenging conditions. He is a combat veteran with proven leadership skills in Siachen Glacier, which, at 21000 ft is the highest battlefield in the world where he commanded

an Infantry rifle company as a volunteer Officer. He was conferred a President's gallantry award for recapturing enemy held positions in Batalik sector during Kargil operations in 1999. An injury sustained during the war created a lateral shift as he channelized his energies from soldiering and new windows opened up for scholarly pursuits. With a PhD. in Psychology, Masters in Management and a M.Phil in Defence & Strategic Studies, Samir brings with him over three decades of experience in training and human resource optimization in the Armed forces. He has been a visiting faculty /guest speaker to many academic, corporate & military training institutions and is a regular consultant to senior Army leadership on matters pertaining to stress optimization, Soldier and Leader performance and psychological fitness. His efforts revolve around improving psychological fitness and well being of individuals working in diverse settings. Based on principles of Positive Psychology, he focuses on building and enriching of human strengths, their assessment, and evidence-based methods of enhancing emotional, social, family, and spiritual fitness of individuals. Samir was the first psychologist to be posted to the National Defence Academy, Khadakwasla, the cradle of military leadership in India. He was also Psychologist to the Army shooting team that won more than 10 gold medals in the 2010 Commonwealth games. He is a guest speaker at well known international think tanks and academic and military institutions; he has been a guest faculty for 6 years for every single course at Senior Command Course at the Army War College to speak on matters of personal and organizational resilience building in context of challenges to military leadership. Besides, Dr Samir Rawat has written, published as well as presented psychology and military papers in National as well as International conferences in India and abroad. He has contributed extensively to military and academic journals of repute as well as been cited in leading national newspapers; he has edited five books on military psychology in India and has contributed book chapters in over ten military psychology books published across three continents. He has taught a diverse group of population ranging from military recruits, cadets, Young Officers, Commanding officers of the Armed forces, Para Military Forces and friendly foreign countries. In his spare time, Col (Dr) Samir Rawat enjoys motorcycling and is a member of the Harley owners group (HOG). He is presently pursuing his doctoral research in management with an emphasis on self regulation at the Symbiosis International University in Pune, India

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CIP – Каталогизација у публикацији
Народна библиотека Србије

159.944.4-057.36(082)
613.86:355.08(082)

STRESS in Military Profession : thematic collection of articles / [Editor-in-Chief Anita Pešić, Dragana Marković]. – Beograd : University of Defence, Strategic Research Institute : Media Center „Obrana” ; South Africa : Stellenbosch University, Faculty of Military Science, 2018 (Beograd : Vojna štamparija). – 416 str. : graf. prikazi, tabelle ; 24 cm. – (Library Vojna knjiga ; book no.2234)

Tiraž 300. – Str. 9-14. : Preface / Anita Pešić. – Authors: str. 405-416. – Napomene i bibliografske reference uz tekst. – Bibliografija uz svaki rad.

ISBN 978-86-335-0621-2 (MCO)
ISBN 978-86-81121-18-4 (SRI)

- a) Стрес – Војна лица – Зборници
- b) Ментално здравље – Војна лица – Зборници

COBISS.SR-ID 268928524