

## PSYCHOLOGICAL SIGNIFICANCE OF STRESS IN MILITARY FAMILIES

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**Annotation:** This article is aimed at analyzing the psychological significance of stress in military families. It discusses how the family relationships of military personnel, particularly the impact on their wives and children, are influenced by stress, its psychological negative consequences, and the type of socio-psychological support needed for these families. The study examines the internal relationships within military families, the family support system, society's attitudes, and the formation of coping strategies used to manage stress. Qualitative and quantitative approaches were employed as the research methodology, with the goal of developing effective psychological assistance and stress management strategies for military families. The results of the study show that strengthening the social and psychological support systems is crucial for managing stress and maintaining family stability in military families.

**Keywords:** military families, stress, psychological significance, coping strategies, family support, social assistance, stress management.

### Introduction

Military families face numerous psychological, social, and material challenges. The departure of military personnel for service or participation in wars can lead to increased stress within the family. Family members, especially wives and children, experience psychological stress resulting from long-term separations, dangers, and living in alternative environments. In such situations, the importance of how the family manages stress and the significance of mutual support systems increase. The main objective of the research is to examine the psychological significance of stress in military families and propose effective methods to help these families manage stress.

Military families face numerous problems when raising their children and addressing their own emotional and psychological needs. In these families, the military service of men or their deployment significantly intensifies family stress. Wives devote considerable time and resources to maintaining their psychological well-being, raising children, and organizing their lives in a balanced manner. Therefore, the importance of stress management for military families increases, and the necessity of developing social and psychological support systems to help these families overcome stress is explored.

### Literature Review

Several scientific studies focus on stress and its psychological impact on military families. These studies show that stress in military personnel and their families is constant and intense, and they

highlight the importance of social support systems in shaping the psychological state of family members and their stress management strategies.

**Stress and Psychological Impact:** Military personnel face numerous psychological problems due to long-term service, frequent separations, and exposure to dangers. Military personnel and their families encounter many stress situations, negatively affecting the family environment and the psychological state of family members (Lester & Flake, 2013).

**Coping Strategies:** Research indicates that military families use various coping strategies to manage stress. Some families rely on communication and mutual support, while others turn to physical activities or social support (Hoge et al., 2007).

**Social Support:** Military families often rely on social support systems. The psychological and material assistance provided by family members plays a significant role in helping them overcome stress (Miller et al., 2015).

### **Research Methodology**

Qualitative and quantitative methods were applied in the study. In the qualitative approach, interviews were conducted with 50 participants from military families, analyzing the formation of stress, family support, and coping strategies. The quantitative approach involved a survey of 150 military families, examining their methods of stress management, the psychological state of family members, and their attitudes toward social support systems. Using questionnaires, effective methods of stress management and the factors influencing the psychological state of families were identified.

### **Analysis and Results**

The research results analyzed the psychological significance of stress in military families and their stress management methods as follows:

**Formation of Stress:** Military personnel and their families encounter numerous stress situations, including constant separations, dangers, and social isolation. These factors have a negative impact on their psychological state.

**Formation of Coping Strategies:** Military families often rely on communication, mutual support, social networks, and physical activity to manage stress. Most family members consider mutual help and support to be the most effective strategy for managing stress.

**Social Support:** Social support systems, including psychological help at the workplace for military personnel, as well as support from family and friends, are crucial for military families. The majority of families involved in the study emphasized that relying on social support and assistance helped them find effective ways to manage stress.

**Psychological State:** Military families often experience a decline in psychological health, such as depression, anxiety, and emotional isolation. However, they possess numerous psychological resources, which play a vital role in managing stress and maintaining family stability.

### **Conclusion and Recommendations**

It is necessary to develop effective stress management strategies for military families and provide them with psychological support. Based on the study, the following recommendations can be made:

**Enhancing Psychological Support:** It is essential to provide military families with psychological support systems. Special psychological counseling and training courses should be organized for military personnel.

**Developing Family Support Systems:** Special family training programs and support systems should be developed to enhance mutual support among family members.

**Strengthening Social Support:** Social networks and psychological assistance should be more integrated to develop support systems for military personnel and their families.

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