Appendix A

Informed Consent (English)

Dear _____,

Greetings. I am a PhD student at Department of Human Development and Family Studies, Faculty of Family and Community Sciences, The M.S. University of Baroda, Vadodara, Gujarat. I am conducting a research on "Relationship between Stress, Coping and Health in Army Spouses During Field Posting". The purpose of this study is to explore and understand the coping strategies used by army spouses depending on the stressors faced and its effect on their physical and psychological health.

This study is done to find out the coping strategies used by army spouse at different times during the army life and its impact on their health. This study will help the participants and the future army spouse to learn the coping strategies which are effective and to reduce negative impact on their health.

Your participation in this study will not only help the future generations of Army Spouses lead a healthy life, but will also help the current Army Spouses lead a better life. All the surveys are anonymous and your answers will be confidential and used for research purposes only.

Your participation in this study is voluntary and refusal to involve in this study will have no penalty or loss. If you feel uncomfortable, you are free to discontinue your participation at any time. The questionnaire may take around half an hour to forty-five minutes of your time to answer all the questions.

I deeply appreciate your participation and your assistance. If you have any other questions you can reach me at +919909154027.

Yours sincerely,

Kiran Lakhani

Appendix B

Research Questionnaire (English)

Instructions:

The questionnaire has around 113 questions divided in four sections (A, B, C, D, E and F). Separate instructions for each section are given. It will take about 30-45 minutes for you to finish the questionnaire. Most of the questions are objective type and for some questions you will have to give descriptive responses. The questionnaire starts with some demographic details about you, and then there are questions about your daily life.

Please respond to the questions considering events that have occurred in the past month.

The following questions will make the researcher understand, what you feel or what you do when you face a stressful or challenging situation in life. It is possible that your reaction to situation may change depending upon the type of issue, so respond according to what you generally feel or do most of the time.

Please respond to every item and report what is true or mostly true for you, not what you believe other people would do in a similar situation facing the same issue.

SECTION A		
1	Date:	
2	Name:	
3	Age:	
4	Qualification:	
5	Marital status:	
6	Years of marriage:	
7	Number of children:	
8	Rank of the Husband:	
9	Are you Employed (Yes/No):	
10	Your Occupation:	

11	Your Father's qualification:	
12	Your Mother's qualification:	
13	Your Father's occupation:	
14	Your Mother's occupation:	
15	Before getting married were you from defence background? If yes, how?:	
16	Number of field postings you have faced:	
17	Duration of separation (write individual posting duration in years):	
18	Frequency of communication with spouse:	
19	How do you communicate with your spouse during deployment?:	
20	Contact Number:	
SECTION B		

Instructions:

The purpose of this questionnaire is to find out the kinds of situations that trouble people in their day-to-day lives and how people deal with them. Take a few moments and think about an event or situation that has been very stressful for you during the last month. By stressful we mean a situation that was troubling you, either because it made you feel bad or because it took effort to deal with it. It might have been with your family, with school, with your job, or with your friends. In the space below, please describe this stressful event.

Please describe what happened and include details such as the place, who was involved, what made it important to you, and what you did. The situation could be one that is going on right now or one that has already happened. Don't worry about making it into an essay. Just put down the things that come to you... Continue writing on the back if necessary. Put a tick mark on what applies to you.

Q. No.	Question	Not at All Stressful	Somewhat Stressful	Moderately Stressful	Stressful	Very Stressful
21	Rate your current level of stress					
22	Please enumerate the stressful situation you are talking about in the above question in detail. (No need to mention the place of deployment or other sensitive information)					
SECTION C						

Instructions:

The following questions are about the variations (if at all) in the level of stress experienced. These are to be responded in no, sometimes negatively, sometimes positively, yes negatively, yes positively: Put a tick mark on what applies to you.

Q. No.	Question	No	Sometimes, Negatively	Sometimes, Positively	Yes, Negatively	Yes, Positively
23	Would you say that your level of stress varies from in the day and on different days?					
24	Would you say that your level of stress differs from the days when your spouse is having field posting to peace posting?					
25	Would you say that your level of stress differs when your spouse is with you than when he is not with you?					
26	Would you say your level of stress changed from the first time you faced field posting to the next times?					

27	Would you say your level of stress differs when you have good social support (have family and friends or acquaintances to help you) in the form of family and friends around you and when you are alone?					

SECTION D

Instructions:

The following questions are about the frequency of stress experienced. These are to be responded in Never, Sometimes, Don't Know, Often and Always: Put a tick mark on what applies to you.

Q. No.	Question	Never	Sometimes	Don't Know	Often	Always
28	In the last month, how often have you been upset because of something that happened unexpectedly?					
29	In the last month, how often have you felt that you were unable to control the important things in your life?					
30	In the last month, how often have you found that you could not cope with all the things that you had to do?					
31	In the last month, how often have you been angered because of things that were outside of your control?					
32	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					
33	In the last month, how often have you felt that you can deal with the stress in your life?					

34	What are the situations in which you have recently felt most stressed? List at least 3. For example, change of career or line of work, trouble with in-laws, health of significant others…	
SECTION E		

Instructions:

The following questions are about the way you deal with the stress that is experienced. These are to be responded in Never, Sometimes, Don't Know, Often and Always: Put a tick mark on what applies to you.

Q. No.	Question	Never	Sometimes	Don't Know	Often	Always
35	I say to myself "this isn't real."					
36	I take one step at a time to solve the problem.					
37	I use alcohol or drugs to help me get through it.					
38	I wish that things would turn out OK if I waited long enough.					
39	I behave as if nothing is happening.					
40	I spend more time with people that I like.					
41	I was angry and I reacted.					
42	I do things that help me feel better.					
43	I know what is to be done and increase my efforts and try harder to make things work.					
44	I make light of the situation and refuse to get too serious about it.					
45	I prevent myself from doing anything too quickly.					

46	I keep myself from getting diverted by other thoughts or activities.					
47	I decide, that in reality this is someone else's problem and not mine.					
48	I drink alcohol or take drugs, in order to think about it less.					
49	I sought professional help.					
50	I learn something from the experience.					
51	It is my mistake and I need to suffer the consequences.					
52	I pray more than usual.					
53	I make jokes about it.					
54	I try hard to prevent other things from interfering with my efforts to dealing with this.					
55	I seek God's help.					
56	I sleep more than usual.					
57	I hope a miracle happens.					
58	I make sure not to make matters worse by acting too soon.					
59	I come up with multiple solutions.					
60	I admit that this has happened and that it can't be changed.					
61	I just stop trying to reach my goal.					
62	I try to think it from different viewpoints.					
63	I talk to someone who could practically do something about the problem.					
64	I wish this situation would have never happened.					
65	I am angry at myself for letting this happen.					

66	I think about incredible and fantastic things to make me feel better.					
67	I pretend that it hasn't really happened.					
68	I try to find comfort in my religion.					
69	I seem to express my feelings about the stress.					
70	I tell myself that if I wasn't so careless, things like this wouldn't happen.					
71	I daydream about things other than this.					
72	I keep my thoughts and feelings to myself.					
73	I talk to someone about how I am feeling.					
74	I stop the attempt to get what I want.					
75	I tell myself things that help me feel better.					
76	I am open to my friends and family helping me out.					
77	I directly deal with the problem.					
78	I found ways to reduce the anger.					
79	I don't let my family and friends know what is going on.					
80	I start focussing more on work or other things to take my mind off things.					
81	I ask myself what is really important, and realize that things aren't so bad after all.					
82	I spend more time alone.					
83	I just focus on what to do to solve the problem.					
84	I reduce the amount of effort I'm putting to solving the problem.					
85	I start accepting the sympathy and understanding of others.					

86	I learn to live with it.					
87	I think about how things might end.					
88	I almost always avoid the person who is causing the trouble.					
89	I reject the notion that this has happened.					
90	I work towards solving the problem.					
91	I accept the reality of the fact that it happened.					
92	I try to look on the brighter side of things.					
93	I acknowledge that I can't deal with it, and stop trying.					
94	I put aside other activities in order to concentrate on this.					
95	I wish I could change what happened.					
96	I laugh about the situation.					
97	I talk to someone who had been in same situation.					
98	I somehow let my feelings out.					
99	I drink alcohol or take drugs to make myself feel better.					
100	I avoid being with people.					
101	I blame myself.					
102	I step back from the situation to put things into perspective.					
103	I try to forget the whole thing.					

SECTION F

Instructions:

The following questions are asking detailed description of your physical and psychological health. Please answer in as much detail and with as much accuracy that you can remember. Try to think of the past one month and answer the questions. Answer the following questions in detail:

104	In the last one month how has your physical health been?
105	Do you think there is any difference in your health conditions in the past month?
Note: Attempt questions below only if you responded yes to questions above:	
106	What do you do if you feel sick?
107	Have you consulted any professional for your condition? Give reasons.
108	Do you think there is difference in your health condition when your spouse is around and when he is not? How?
109	Do you think there is difference in your health condition when your spouse is on peace posting and when he is on field posting? How?

110	Do you think there is difference in your health condition with the level of stress you experience? How?
111	Do you think there is difference in your health condition when you have social/family support? How?
112	Do you think there is a difference in your health condition when you faced first deployment and now? How?
113	Do you think there is a difference in your health condition when you feel you cannot control the situation? How?

Appendix C

Informed Consent (Hindi)

सूचित सहमति

प्रिय .....,

नमस्कार । मैं पीएचडी की छात्रा हूँ । मैं पीएचडी Department of Human Development and Family Studies, Faculty of Family and Community Sciences, The M.S. University of Baroda, Vadodara, Gujarat *से कर रही हूँ । यह अनुसंधान, "फिल्ड पोस्टिंग के दौरान सैन्य पत्नियों में तनाव, तनाव से निपटने की पद्धतियाँ, और स्वास्थ्य का संमबंध जानना हा।" इस अनुसंधान का उद्देश्य, तनाव का सेना के अधिकारियों की पत्नियों के शारीरिक एवं मानसिक स्वास्थ्य पर क्या प्रभाव पडता है, यह जानना है ।*

इस अनुसंधान के द्वारा यह पता लगाने की कोशिश की जा रही है कि कौनसी पद्धतियाँ तनाव से झुझने के लिए ज्यादा प्रभावशील हैं और वह उन महिलाओं को सिखाई जाँए जो सैन्य जीवन शैली में समायोजित नहीं हो पाती हैं ।

अगर आप इस अनुसंधान में भाग लेते हैं तो यह आगे आनेवाली सैनिकों की पत्नियों के लिए मदद पूर्वक रहेगा । आप इस अनुसंधान में जो भी उत्तर देंगी वह गुप्त रख्रे जाएँगे और उनका सिर्फ अनुसंधान के लिए ही उपयोग किया जाएगा ।

आपका इस अनुसधान में भाग लेना स्वैच्छिक है । अगर आप इस अनुसंधान में शामिल होने से मना करती हैं तो इससे आपको कोई हानी या नुकसान नहीं होगा अगर एक बार भाग लेने के बाद आप बीच में इस अनुसंधान को छाडना चाहें तो उससे भी आपको कोई नुकसान नही होगा ।

यह प्रश्नावली पूरा करने में आपको तीस से पैंतालीस मिनट लग सकते हैं ।

मैं आपकी खुब आभारी हूँ कि आपने इस अनुसंधान में जुड़ने का निर्णय लिया । यह प्रश्नावली का उत्तर देते वक्त आपको किसी भी प्रकार की सहायता की जरुरत पड़े तो आप मुझे बेझिझक कॉल कर सकते है ।

आपकी आभारी

किरण लखानी
मो.+९१ ९९०९१५४०२७

Appendix D

Research Questionnaire (Hindi)

निर्देश:

इस प्रश्नावली में कुल ११३ प्रश्न हैं। ये प्रश्न छह विभागों में विभाजित हैं (ए, बी, सी, डी, ई और एफ) इस प्रश्नावली को पूरा करने में तीस से पैंतालिस मिनट लग सकते हैं। अधिकांश प्रश्नों के विकल्प दिए गए हैं, जिस में से आपको एक चुनकर (✓) टिक मार्क लगाना है। कुछ सवाल ऐसे है जिस पर आपको विस्तार से उत्तर लिखना है। इस प्रश्नावली में कुछ जनसांख्यिकीय विवरण के सवाल हैं, और उसके बाद आपके दैनिक जीवन के बारे में सवाल हैं। ***कृपया पिछले एक महिने में हुई घटनाओं के बारे में विचार करके इस प्रश्नावली का उत्तर दें।***

निम्न लिखित सवालों के जवाब, शोधकर्ता (मुझ) को आपके जीवन में आप तनावपूर्ण या चुनौतीपूर्ण स्थिति का सामना कैसे करते है यह बताएगा। ऐसा हो सकता है कि हालात के हिसाब से आपकी प्रतिक्रिया बदल जाए, तो कृपया ऐसे जवाब लिखें जो आप ज्यादातर करते हों या ज्यादातर महसुस करते हों।

कृपया हर सवाल का उत्तर दें। आपके लिए जो ज्यादातर सही हो, सच हो, वही लिखें, ना कि वो जो इस तरह के हालात में लोग सही समझते हैं।

विभाग-"ए"		
१	*तारीख:*	
२	*नाम:*	
३	*आयु:*	
४	*शैक्षणिक योग्यता:*	
५	*वैवाहित (हाँ /नहीं):*	
६	*शादी के साल:*	
७	*बच्चों की संख्या:*	
८	*पति का रैंक:*	
९	*रोज़गार (हाँ /नहीं):*	
१०	*व्यवसाय:*	
११	*आपके पिता की शैक्षणिक योग्यता:*	
१२	*आपके माता की शैक्षणिक योग्यता:*	
१३	*आपके पिता का व्यवसाय:*	
१४	*आपके माता का व्यवसाय:*	
१५	*क्या आप सैन्य परिवार से है? हाँ, तो कैसे?:*	
१६	*आपके पति कितनी बार फिल्ड तैनाती पर गए है?:*	
१७	*पति से जुदाई कि अवधि (साल):*	
१८	*पति के साथ संचार की आवृत्ति:*	
१९	*आप तैनाती के दौरान अपने पति के साथ कैसे संवाद करती हैं?:*	
२०	*आपको सम्पर्क करने की जानकारी:*	

विभाग-"बी"

निर्देश:

इस प्रश्नावली का उद्देश्य यह जानना है कि आपके जीवन में ऐसे कौनसे हालात है जो आपको तनावग्रस्त करते हैं और आप उन से कैसे झुझते हैं। कुछ पल लिजिए और पिछले एक महिने में हुई घटनाओं का स्मरण कीजिए, जो आपके लिए बहुत तनाव दायक रहा है। तनाव दायक का मतलब कोई ऐसी बात या हालात जिससे आपको बूरा लगा हो या उससे निपटने के लिए आपको बहुत मेहनत करनी पडी हो। यह हालात आपके व्यवसाय से जुडे हो सकते हैं, या आपके दोस्तों से, या स्कूल से, या आपके परिवार से जुडे हो सकते है। नीचे दी गई जगह में इस तनावपूर्ण घटना का विवरण दें।

कृपया पूरी स्थिती को विस्तार से लिखें, जैसे कहाँ हुआ, कौन-कौन शामिल था, आपके लिए यह स्थिति किस वजह से इतनी महत्त्वपूर्ण है, और आपने उससे निपटने के लिए क्या किया। यह स्थिति ऐसी हो सकती है जो पिछले एक महिने में हो चुकी हो या अभी-भी चल रही हो। अगर लिखते समय आपको ऐसा लगे की बहुत लंबा हो रहा है तो घबराईये नही पन्ने के पिछे भी लिख सकते है। जहाँ जरुरत हो वहाँ (✓) टीक मार्क लगाए।

प्रश्न संख्या	*प्रश्न*	*बिल्कुल तनावपूर्ण नही*	*कुछ तनावपूर्ण*	*मामुली तनावपूर्ण*	*तनावपूर्ण*	*बहुत तनावपूर्ण*
२१	*तनाव के अपने वर्तमान स्तर का मुल्यांकन करें।*					
२२	*उपर वाले प्रश्न में आपने जिस तनावपूर्ण स्थिति का मूल्यांकन किया है उसे यहाँ विस्तार में लिखें। (यहाँ अपने पति के तैनाती की जगह बताने की या फिर और कोई संवेदनशील जानकारी देने की जरुरत नही है।)*					

विभाग-"सी"

निर्देश:

निम्नलिखित सवाल आपके द्वारा तनाव के स्तर में विविधताओं (अगर है तो) के बारे में है। इन सवालों के उत्तर देने के लिए आपको निम्नलिखित विकल्पों में से किसी एक को चुनना है (नहीं, कभी-कबार नकारात्मक, कभी-कबार सकारात्मक, हाँ नकारात्मक, हाँ सकारात्मक)। जो आप पर लागु होता है उस पर (✓) टिक मार्क लगाएँ।

प्रश्न संख्या	*प्रश्न*	*नहीं*	*कभी-कबार नकारात्मक*	*कभी-कबार सकारात्मक*	*हाँ नकारात्मक*	*हाँ सकारात्म*
२३	*क्या आप ये कहेंगे कि आपके तनाव का स्तर एकदिन में और अलग-अलग दिनों मे बदलता रहता है?*					
प्रश्न संख्या	*प्रश्न*	*नहीं*	*कभी-कबार नकारात्मक*	*कभी-कबार सकारात्मक*	*हाँ नकारात्मक*	*हाँ सकारात्म*
२४	*क्या आप ये कहेंगे कि आपके तनाव का स्तर जब आपके पति की तैनाती फिल्ड पे होती है और जब पिस में होती है तो अलग हौता है?*					
२५	*क्या आप ये कहेंगे कि आपके तनाव का स्तर जब आपके पति आपके साथ होते है और जब वह आपके साथ नहीं होते तो अलग होता है?*					
२६	*क्या आप ये कहेंगे कि आपके तनाव का स्तर आपने जब पहली बार फिल्ड तैनाती देखी से अब में अंतर है?*					
२७	*क्या आप ये कहेंगे कि आपके तनाव का स्तर जब आपके पास अच्छा सामाजिक समर्थन (आपके परिवार और दोस्तों का समर्थन) होता हे और जब आप अकेले होते हैं तो उसमें अंतर होता है ?*					

विभाग-"डी"

निर्देश: *:*

निम्नलिखित सवाल आप कितनी बार तनावग्रस्त महसुस करती है इसके बारे में हैं । इन सवालों के उत्तर देने के लिए आपको निम्नलिखित विकल्पों में से किसी एक को चुनना है (कभी नही, कभी-कबार, पता नहीं, अक्सर और सदैव) । जो आप के लिए सही है उस पर (✓) टिक मार्क लगाएँ :

प्रश्न संख्या	*प्रश्न*	*कभी नही*	*कभीकबार*	*पता नही*	*अक्सर*	*सदैव*
२८	*पिछले एक महिने में आप कितनी बार अप्रत्याशित रुप से परेशान रही हैं?*					
२९	*पिछले एक महिने में कितनी बार आपको यह महसूस हुआ है कि आप अपने जीवन के महत्वपूर्ण चीजों का नियंत्रण करने में असमर्थ रही हैं?*					
३०	*पिछले एक महिने में आपको कितनी बार यह लगा है कि आप अपने जीवन में हर चीज़ का सामना नही कर पा रही?*					
३१	*पिछले एक महिने में आप कितनी बार क्रोधित हुई है क्योकि चीजें आपके नियंत्रण के बाहर है?*					
३२	*पिछले एक महिने मे कितनी बार आपको ऐसा लगा कि कठिनाइयाँ इतनी बढ़ती जा रहीं है कि आप उन पर काबु नहीं पा सकती है?*					
३३	*पिछले एक महिने में कितनी बार आपको ऐसा लगा कि आप अपने तनाव से झूझ सकती है?*					
३४	*ऐसी कौनसी परिस्थितियाँ हैं जिनमें आप सबसे ज्यादा तनावग्रस्त महसूस करती है? कम-से-कम तीन लिखें । उदाहरण के लिए, कैरियर या काम की लाईन बदलने के लिए, सास-ससुर, प्रियजनों के स्वास्थ्य को लेकर तनाव ।*					

विभाग-"इ"

निर्देश :

निम्नलिखित सवाल, आप तनाव से किस प्रकार झुझाति हैं उस बारे में है । इन सवालों के उत्तर देने के लिए आपको निम्नलिखित विकल्पों में से किसी एक को चुनना है (कभी नहीं, कभी-कबार, पता नहीं, अक्सर और सदैव) । जो आप के लिए सही हो उस पर (✓) टिक मार्क लगाएँ।

प्रश्न संख्या	*प्रश्न*	*कभी नहीं*	*कभी कबार*	*पता नहीं*	*अक्सर*	*सदैव*
३५	*मैं अपने आप से कहती हुँ "यह सच नही है" ।*					
३६	*मैं इस समस्या का हल निकालने के लिए एक समय में एक कदम ही लेती हुँ ।*					
३७	*इस मुश्किल स्थिति से निपटने के लिए मैं शराब या नशीले पदार्थो का उपयोग करती हुँ ।*					
३८	*काश ! चीज़े ठीक हो जाँए अगर मैं थोड़ा इन्तजार कर लुँ ।*					
३९	*मैं ऐसे व्यवहार करती हुँ जैसे कुछ हुआ ही ना हो ।*					
४०	*मैं ज्यादा समय उन लोगों के साथ बिताती हुँ जो मुझे पसंद है।*					
४१	*मैं क्रोधित थी और मैंने प्रतिक्रिया व्यक्त की ।*					
४२	*मैं ऐसी चीज़े करती हुँ जिससे मुझे अच्छा महसूस होता है ।*					

प्रश्न संख्या	प्रश्न	कभी नहीं	कभी कबार	पता नहीं	अक्सर	सदैव
४३	मुझे पता है कि क्या करना है तो मैं अपने प्रयास बढा देती हुँ और कोशिश करती हुँ की सब ठीक हो जाए ।					
४४	मैं स्थिति को ज्यादा महत्वपूर्णता नहीं देती और उसे ज्यादा गंभीरता से नही सोचती ।					
४५	मैं खुदको इस समस्या के बारे में कुछ भी जल्दी करने से रोकती हुँ ।					
४६	मैं अपना ध्यान अन्य विचार या गतिविधिों के कारण बटने से रोकती हुँ ।					
४७	मैं यह तय कर लेती हुँ की, असल में यह समस्या मेरी नही किसी और की है ।					
४८	इस समस्या के बारे में कम सोचने के लिए मैं शराब या अन्य नशीले पदार्थों का इस्तेमाल करती हुँ ।					
४९	मैंने इस समस्या से झुझने के लिए प्रोफेशनल (पेशेवर विशेषज्ञ) की मदद ली ।					
५०	मैं अपने अनुभव से सिखती हुँ ।					
५१	यह मेरी गलती है और मुझे इसके परिणाम भुगतने होंगे ।					
५२	मैं सामान्य से अधिक प्रार्थना करने लगती हुँ ।					
५३	मैं इस परिस्थिति के बारे मे चुटकुले बनाती हुँ ।					
५४	मैं कोशिश करती हुँ की दूसरी चीज़े मेरी इस परिस्थिति को निपटने के प्रयासों में दखल ना दें ।					
५५	मैं भगवान की मदद लेती हुँ ।					
५६	मैं सामान्य से अधिक सोती हुँ ।					
५७	मैं एक चमत्कार होने की उम्मीद रखती हुँ ।					
५८	मैं कोशिश करती हुँ की चीज़े बद-से-बद्तर ना हो ज़ाएँ मेरे जल्दबाज़ी करने में ।					
५९	मैं एक से अधिक समाधान ढूंढती हुँ ।					
६०	मैं यह मानती हुँ की यह हुआ है और मैं इसे बदल नही सकती।					
६१	मैं अपने लक्ष्य तक पहुँचने की कोशिश बंद कर देती हुँ ।					
६२	मैं अलग अलग दृष्टिकोण से सोचने की कोशिश करती हुँ ।					
६३	मैं ऐसे व्यक्ति से बात करती हुँ जो इस समस्या के बारे में वास्तव में कुछ कर सकता है ।					
६४	काश यह परिस्थिति कभी नहीं आती ।					
६५	मैं खुद से गुस्सा हुँ कि मैंने ऐसी परिस्थिति पैदा होने दी ।					
६६	मैं खुदको बेहतर महुसूस कराने के लिए अविश्वसनीय और शानदार चीज़ो के बारे में सोचती हुँ ।					
६७	मैं ऐसा ढोंग करती हुँ कि यह सच में हुआ ही नहीं है ।					
६८	मैं अपने धर्म में सांत्वना ढुंढती हुँ ।					
६९	ऐसा प्रतित होता हैं की मैं अपने तनाव को लेके भावनाएँ व्यक्त करती हुँ ।					
७०	मैं खुदको कहती हुँ कि अगर मैं इतनी लापरवाह नहीं होती तो यह परिस्थिती आती ही नहीं ।					
७१	मैं इस के अलावा अन्य चीज़ो के बारे में दिवास्वप्न देखती हुँ।					
७२	मैं अपने विचार और भावनाएँ अपने-तक ही रखती हुँ ।					

प्रश्न संख्या	प्रश्न	कभी नहीं	कभी कबार	पता नहीं	अक्सर	सदैव
७३	मैं जो महुसूस कर रही हुँ उसके बारे में मैं किसी से बात करती हुँ ।					
७४	मुझे जो चाहिए उसको पाने की कोशिशें बंद कर देती हुँ ।					
७५	मैं खुदको ऐसी चीज़े बोलती हुँ जिससे मुझे बेहतर महुसूस हो।					
७६	मैं मेरे परिवार और दोस्तों की मदद करने की कोशिशों के लिए तैयार हुँ ।					
७७	मैं सीधे समस्या से निपटती हुँ ।					
७८	मैंने गुस्से को कम करने के तरीके ढुँढे हैं ।					
७९	मैं मेरी परिस्थिति के बारे मे अपने परिवार और दोस्तों को पता नहीं चलने देती ।					
८०	मैं अपना ज्यादा से ज्यादा ध्यान अपने काम और दूसरी चीज़ो पे लगा देती हुँ ताकी मेरा ध्यान समस्या से दूर हो जाए ।					
८१	मैं खुद से पूछती हुँ की सबसे महत्वपूर्ण क्या है, और एहसास होता है कि चीज़े इतनी भी बुरी नहीं है ।					
८२	मैं ज्यादा वक्त अकेले बिताती हुँ ।					
८३	मैं समस्या को हल करने मैं अपना पूरा ध्यान लगा देती हुँ ।					
८४	मैं समस्या को सुलझाने की मेरी कोशिशों को कम कर देती हुँ ।					
८५	मैं दूसरों की सहानुभूति और समझ को स्वीकार करना शुरु कर देती हुँ ।					
८६	मैं इस परिस्थिति में जीना सिख गई हुँ ।					
८७	मैं चीज़े कैसे खत्म होंगी उसके बारे में सोचती हुँ ।					
८८	मैं लगभग हमेशा मुसीबत पैदा करने वाले व्यक्ति से दूर रहती हुँ ।					
८९	मैं यह हुआ है इस धारणा को अस्वीकार करती हुँ ।					
९०	मैं समस्या का समाधान करने की कोशिश करती हुँ ।					
९१	मैं यह हुआ है इस तथ्य की वास्तविकता को स्वीकार करती हुँ।					
९२	मैं चीजों के उज्जवल पक्ष को देखने की कोशिश करती हुँ ।					
९३	मैं यह कबुल करती हुँ के मैं इस समस्या से निपट नही सकती और अपनी कोशिशें बंद कर देती हुँ ।					
९४	मैं दुसरे काम छोड देती हुँ ताकि में इस परिस्थिति पर अपना पूरा ध्यान लगाऊँ।					
९५	काश मैं जो कुछ हुआ उसे बदल सकती ।					
९६	मैं इस परिस्थिति के बारे में हंस लेती हुँ ।					
९७	मैं ऐसे किसी व्यक्ति से बात करती हुँ जो ऐसी समान परिस्थिति से गुज़र चुका है ।					
९८	मैं किसी तरह अपनी भावनाओं को व्यक्त करती हुँ ।					
९९	मैं बेहतर महसुस करने के लिए शराब या अन्य नशीले पदार्थ का सेवन करती हुँ ।					
१००	मैं लोगों से दूर रहती हुँ ।					
१०१	मैं अपने आप को दोष देती हुँ ।					
१०२	मैं परिस्थिति से एक कदम पीछे लेती हुँ ताकि परिप्रेक्ष्य अलग मीले ।					
१०३	मैं पूरी बात भूलने की कोशिश करती हुँ ।					

विभाग-"एफ"

निर्देश :

निम्नलिखित सवाल आपके शारीरिक एवं मानसिक स्वास्थ्य के बारे में हैं । कृपया इन प्रश्नो का उत्तर विस्तार से दें । पिछले एक महिने के बारे में सोचकर जितना हो सके उतना विस्तार में अपने स्वास्थ्य के बारे में लिखे ।

१०४	*पिछले एक महिने में आपका स्वास्थ्य कैसा रहा है?*
१०५	*क्या आपको लगता है कि पिछले एक महीने में आपके स्वास्थ्य में कोई अंतर आया है?*
ध्यान दें : अगर उपर दिए गए प्रश्नों का उत्तर "हाँ" है तो निचे दिए गए प्रश्नों को करें ।	
१०६	*आप जब बीमार होती है तो क्या करती है?*
१०७	*क्या आपने अपनी स्थिति के बारे में किसी डॉक्टर से बात की है? कारण बताएँ?*
१०८	*क्या आपको लगता है कि आपके स्वास्थ्य में अंतर होता है जब आपके पति आपके साथ होते है और जब वह आपके साथ नही होते? कैसे?*
१०९	*क्या आपको लगता है कि आपके स्वास्थ्य में अंतर होता है जब आपके पति फिल्ड में तैनात होते है और जब वह पीस में तैनात होते है? कैसे?*

११०	*क्या आपको लगता है कि आपके स्वास्थ्य में आप कितना तनाव महसूस करती है उस बात से अंतर आता है? कैसे?*
१११	*क्या आपको लगता है कि आपके स्वास्थ्य में अंतर होता है जब आपके पास सामाक्षिक / पारिवारिक समर्थन होता है और जब नहीं होता? कैसे?*
११२	*क्या आपको लगता है कि आपको स्वास्थ्य में अंतर है जब आपने पहली बार फिल्ड तैनाती देखी थी और अब? कैसे?*
११३	*क्या आपको लगता है कि आपके स्वास्थ्य में अंतर होता है जब आप परिस्थिति का नियंत्रण कर सकते है और जब नही कर सकते? कैसे?*

Appendix E

Semi-Structured Interview

Points to Be Covered to Start the Interview

- My introduction
- Introduction to PhD
- Confidentiality
- Recording permission
- Explaining the importance of detailed interview

The questionnaire covered your perception of the stress level that you are facing and how do you deal with them. It also touched upon information about your health. As there is no good or bad coping strategy, we might use one strategy for a problem at one time and may use a different coping strategy for similar problem at another time depending on the circumstances and resources available to us. The detailed experiences that you share here will help in getting as much data as possible which is authentic and your personal experience.

PROMPTER 1: MOST STRESSFUL EVENT
Will you be comfortable to share a most stressful event of your married life? It can be related to anything under the sun but happened after marriage.

PROMPTER 2: SEXUAL NEEDS
Most of the times you live away from your husband, how do you manage your sexual needs during that time? Don't you feel the need? What is it that goes on in your mind when you are alone?

PROMPTER 3: FINANCES
With the growing economy and inflation, everything is costly. Do you think you ever felt financial constraint? How do you manage the finances? Has there ever been a time where you felt that you are not able to manage finances of your household?

PROMPTER 4: CAREER
So I see you have done ____ MBA, Do you ever feel that you have missed out on a lot as far as your career is concerned? How do you feel about the whole scenario?

PROMPTER 5: WHO MAKES DECISIONS?
So in a normal day, who do you think makes the decisions? Is it you or your husband?
Decisions in small things like what to eat for dinner, to bigger ones which school the child should study or which refrigerator to buy?

PROMPTER 6: YOUR OWN IDENTITY

In army, generally it is a trend to address everyone by last name, and you will be addressed by Mrs. ____? Do you have any thoughts on it? How do you feel about it?

PROMPTER 7: RESILIENCE

In a crisis situation, what are your first thoughts? Think of a recently occurred crisis situation, what was going through your mind? How do you feel? What did you do in that situation? What happens when unexpected things happen? What goes on in your mind at that time? How do you feel? What did you do in that situation?

PHYSICAL HEALTH CHECK (I will be filling out depending on their responses)

Sr. No.	Items	Less than one per month	Once or twice per month	Once or twice per week	Once or twice per day	Several times per day
1	A upset stomach or nausea					
2	A backache					
3	Trouble sleeping					
4	Headache					
5	Acid indigestion or heartburn					
6	Eye strain					
7	Diarrhoea					
8	Stomach cramps (not menstrual)					
9	Constipation					
10	Ringing in the ears					
11	Fatigue					
12	Dizziness					
13	Shortness of breath					
14	Tiredness or fatigue					
15	Menstrual Cycle Normal?					
16	Menstrual Cramps					
17	Pain					
18	Pain in sexual intercourse					
19	Eating too much or too little					
20	Thyroid					
21	Diabetes					
22	BP					
23	Arthritis					

24	Miscarriage					
25	Cholesterol					
26	Heart Condition					
27	Irritability					
28	Anxiety/worry/phobia					
29	Tense muscle, sore neck or back					
30	Bouts of anger/hostility					
31	Boredom, depression					
32	Restlessness					
33	Itching					
34	Tics					
35	Hallucinations/Delusions					

APPENDIX F

Analysis Descriptives Tables

Table 15

Analysis of Variance - Type of Commissioning and Stress (Descriptives)

Stress		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Current Rating of Stress Experienced	Officer	113	2.35	1.00	0.09	2.16	2.53	0	4
	JCO	89	2.48	0.89	0.09	2.29	2.67	0	4
	NCO	169	2.47	0.93	0.07	2.33	2.61	0	5
	Total	371	2.43	0.94	0.05	2.34	2.53	0	5
Awareness of Variation in Level of Stress	Officer	113	19.72	3.84	0.36	19.00	20.43	9.00	25.00
	JCO	89	19.42	3.62	0.38	18.65	20.18	8.00	25.00
	NCO	169	18.99	3.86	0.30	18.41	19.58	2.00	25.00
	Total	371	19.32	3.80	0.20	18.93	19.70	2.00	25.00
Perception of Stress	Officer	113	12.29	4.05	0.38	11.54	13.05	6.00	26.00
	JCO	89	13.01	3.09	0.33	12.36	13.66	7.00	23.00
	NCO	169	13.63	3.28	0.25	13.13	14.13	4.00	22.00
	Total	371	13.07	3.53	0.18	12.71	13.43	4.00	26.00

Table 16

Analysis of Variance - Type of Commissioning and Coping Strategies (Descriptives)

Coping Strategies		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Denial of the situation	Officer	113	5.61	2.46	0.23	5.15	6.07	3.00	13.00
	JCO	89	6.39	2.44	0.26	5.88	6.91	2.00	14.00
	NCO	169	6.05	2.22	0.17	5.72	6.39	0.00	13.00
	Total	371	6.00	2.36	0.12	5.76	6.24	0.00	14.00
Problem Solving	Officer	113	22.71	4.71	0.44	21.83	23.59	12.00	30.00
	JCO	89	22.38	3.99	0.42	21.54	23.22	12.00	29.00
	NCO	169	21.67	4.81	0.37	20.94	22.40	4.00	30.00
	Total	371	22.16	4.61	0.24	21.69	22.63	4.00	30.00
Cognitive Restructuring	Officer	113	25.63	4.51	0.42	24.79	26.47	14.00	35.00
	JCO	89	24.64	4.73	0.50	23.64	25.64	11.00	34.00
	NCO	169	23.89	5.37	0.41	23.08	24.71	4.00	35.00
	Total	371	24.60	5.01	0.26	24.09	25.11	4.00	35.00
Expressing Emotions	Officer	113	15.15	3.56	0.33	14.49	15.81	8.00	23.00
	JCO	89	14.25	3.31	0.35	13.55	14.94	8.00	22.00
	NCO	169	13.73	3.68	0.28	13.17	14.29	4.00	25.00
	Total	371	14.29	3.60	0.19	13.92	14.65	4.00	25.00
Seeking Societal Support	Officer	113	16.92	4.48	0.42	16.09	17.75	6.00	30.00
	JCO	89	18.62	3.87	0.41	17.80	19.43	8.00	28.00
	NCO	169	17.50	4.03	0.31	16.89	18.12	6.00	27.00
	Total	371	17.59	4.17	0.22	17.17	18.02	6.00	30.00
Avoiding the problem	Officer	113	17.19	4.09	0.38	16.42	17.95	7.00	27.00
	JCO	89	20.48	4.12	0.44	19.61	21.35	8.00	31.00
	NCO	169	19.04	4.32	0.33	18.38	19.70	3.00	32.00
	Total	371	18.82	4.37	0.23	18.38	19.27	3.00	32.00
Wishful Thinking	Officer	113	16.47	4.18	0.39	15.69	17.25	8.00	25.00
	JCO	89	17.57	4.75	0.50	16.57	18.57	7.00	29.00
	NCO	169	17.05	4.90	0.38	16.31	17.80	3.00	29.00
	Total	371	17.00	4.66	0.24	16.52	17.48	3.00	29.00
Self Criticism	Officer	113	7.91	3.16	0.30	7.32	8.50	4.00	20.00
	JCO	89	9.47	2.85	0.30	8.87	10.07	4.00	16.00
	NCO	169	9.12	3.12	0.24	8.65	9.60	0.00	20.00
	Total	371	8.84	3.13	0.16	8.52	9.16	0.00	20.00
Social Withdrawal	Officer	113	8.45	3.04	0.29	7.88	9.02	4.00	19.00
	JCO	89	9.80	3.14	0.33	9.14	10.46	4.00	20.00
	NCO	169	9.25	3.11	0.24	8.78	9.72	3.00	20.00

	Total	371	9.14	3.13	0.16	8.82	9.46	3.00	20.00
Praying	Officer	113	8.41	3.68	0.35	7.72	9.09	3.00	15.00
	JCO	89	11.33	2.71	0.29	10.75	11.90	5.00	15.00
	NCO	169	10.30	3.17	0.24	9.82	10.78	1.00	15.00
	Total	371	9.97	3.41	0.18	9.62	10.32	1.00	15.00
Humour	Officer	113	7.23	2.88	0.27	6.69	7.77	3.00	15.00
	JCO	89	6.40	2.42	0.26	5.90	6.91	2.00	15.00
	NCO	169	6.12	2.34	0.18	5.76	6.47	1.00	14.00
	Total	371	6.53	2.57	0.13	6.26	6.79	1.00	15.00
Substance use	Officer	113	3.11	0.49	0.05	3.02	3.20	2.00	6.00
	JCO	89	3.06	0.38	0.04	2.98	3.14	2.00	5.00
	NCO	169	3.07	0.81	0.06	2.95	3.19	1.00	12.00
	Total	371	3.08	0.64	0.03	3.01	3.14	1.00	12.00
Acceptance	Officer	113	10.19	2.76	0.26	9.67	10.70	4.00	15.00
	JCO	89	9.74	2.50	0.27	9.21	10.27	4.00	15.00
	NCO	169	9.43	2.76	0.21	9.01	9.85	0.00	15.00
	Total	371	9.74	2.71	0.14	9.46	10.01	0.00	15.00
Suppression of competing activities	Officer	113	8.24	2.48	0.23	7.78	8.70	3.00	15.00
	JCO	89	9.44	2.37	0.25	8.94	9.94	4.00	15.00
	NCO	169	8.38	2.94	0.23	7.94	8.83	0.00	15.00
	Total	371	8.59	2.71	0.14	8.32	8.87	0.00	15.00
Behavioural disconnection	Officer	113	6.42	2.38	0.22	5.98	6.87	4.00	14.00
	JCO	89	7.33	3.46	0.37	6.60	8.05	4.00	18.00
	NCO	169	6.72	2.63	0.20	6.32	7.12	1.00	18.00
	Total	371	6.77	2.80	0.15	6.49	7.06	1.00	18.00
Self-control	Officer	113	6.49	2.00	0.19	6.11	6.86	2.00	10.00
	JCO	89	6.89	2.10	0.22	6.44	7.33	2.00	10.00
	NCO	169	6.37	2.18	0.17	6.04	6.70	0.00	10.00
	Total	371	6.53	2.11	0.11	6.32	6.75	0.00	10.00

Table 17

Chi-Square Test - Type of Commissioning and Perceived Health (Descriptives)

Variables			Health			Total
			Healthy	Not Healthy	Mildly Sick	
Type of Commissioning	Officer	Count	47	55	11	113
		Expected Count	48.1	53.0	11.9	113.0
		% within Rankcode	41.6%	48.7%	9.7%	100.0%
		% within Hcode	29.7%	31.6%	28.2%	30.5%
		% of Total	12.7%	14.8%	3.0%	30.5%
		Std. Residual	-.2	.3	-.3	
	JCO	Count	35	48	6	89
		Expected Count	37.9	41.7	9.4	89.0
		% within Rankcode	39.3%	53.9%	6.7%	100.0%
		% within Hcode	22.2%	27.6%	15.4%	24.0%
		% of Total	9.4%	12.9%	1.6%	24.0%
		Std. Residual	-.5	1.0	-1.1	
	NCO	Count	76	71	22	169
		Expected Count	72.0	79.3	17.8	169.0
		% within Rankcode	45.0%	42.0%	13.0%	100.0%
		% within Hcode	48.1%	40.8%	56.4%	45.6%
		% of Total	20.5%	19.1%	5.9%	45.6%
		Std. Residual	.5	-.9	1.0	
Total		Count	158	174	39	371
		Expected Count	158.0	174.0	39.0	371.0
		% within Rankcode	42.6%	46.9%	10.5%	100.0%
		% within Hcode	100.0%	100.0%	100.0%	100.0%
		% of Total	42.6%	46.9%	10.5%	100.0%

Table 18

Analysis of Variance - Number of Deployments faced and Stress (Descriptives)

Stress		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Current Rating of Stress Experienced	1	88	2.55	.801	.085	2.38	2.72	0	4
	2	283	2.40	.982	.058	2.28	2.51	0	5
	Total	371	2.43	.943	.049	2.34	2.53	0	5
Awareness of Variation in Level of Stress	1	88	18.74	3.69	0.39	17.96	19.52	9.00	25.00
	2	283	19.49	3.83	0.23	19.05	19.94	2.00	25.00
	Total	371	19.32	3.80	0.20	18.93	19.70	2.00	25.00
Perception of Stress	1	88	13.41	3.36	0.36	12.70	14.12	6.00	24.00
	2	283	12.97	3.58	0.21	12.55	13.39	4.00	26.00
	Total	371	13.07	3.53	0.18	12.71	13.43	4.00	26.00

Table 19

Analysis of Variance - Number of Deployments faced and Coping Strategies (Descriptives)

Coping Strategies		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Denial of the situation	1	88	5.84	2.23	0.24	5.37	6.31	1.00	12.00
	2	283	6.05	2.40	0.14	5.77	6.33	0.00	14.00
	Total	371	6.00	2.36	0.12	5.76	6.24	0.00	14.00
Problem Solving	1	88	21.97	4.46	0.47	21.02	22.91	12.00	30.00
	2	283	22.22	4.66	0.28	21.67	22.76	4.00	30.00
	Total	371	22.16	4.61	0.24	21.69	22.63	4.00	30.00
Cognitive Restructuring	1	88	23.85	4.89	0.52	22.82	24.89	11.00	34.00
	2	283	24.83	5.04	0.30	24.24	25.42	4.00	35.00
	Total	371	24.60	5.01	0.26	24.09	25.11	4.00	35.00
Expressing Emotions	1	88	13.57	3.66	0.39	12.79	14.34	6.00	22.00
	2	283	14.51	3.56	0.21	14.09	14.93	4.00	25.00
	Total	371	14.29	3.60	0.19	13.92	14.65	4.00	25.00
	1	88	17.60	4.23	0.45	16.71	18.50	6.00	25.00

Seeking Societal Support	2	283	17.59	4.16	0.25	17.10	18.08	6.00	30.00
	Total	371	17.59	4.17	0.22	17.17	18.02	6.00	30.00
Avoiding the problem	1	88	18.63	3.95	0.42	17.79	19.46	11.00	28.00
	2	283	18.88	4.50	0.27	18.36	19.41	3.00	32.00
	Total	371	18.82	4.37	0.23	18.38	19.27	3.00	32.00
Wishful Thinking	1	88	16.41	4.45	0.47	15.47	17.35	6.00	28.00
	2	283	17.18	4.72	0.28	16.63	17.74	3.00	29.00
	Total	371	17.00	4.66	0.24	16.52	17.48	3.00	29.00
Self Criticism	1	88	8.55	2.85	0.30	7.94	9.15	4.00	16.00
	2	283	8.93	3.20	0.19	8.55	9.30	0.00	20.00
	Total	371	8.84	3.13	0.16	8.52	9.16	0.00	20.00
Social Withdrawal	1	88	8.94	2.98	0.32	8.31	9.57	3.00	19.00
	2	283	9.20	3.18	0.19	8.83	9.57	4.00	20.00
	Total	371	9.14	3.13	0.16	8.82	9.46	3.00	20.00
Praying	1	88	9.88	3.66	0.39	9.10	10.65	3.00	15.00
	2	283	10.00	3.34	0.20	9.61	10.39	1.00	15.00
	Total	371	9.97	3.41	0.18	9.62	10.32	1.00	15.00
Humour	1	88	5.76	2.43	0.26	5.25	6.28	3.00	15.00
	2	283	6.76	2.58	0.15	6.46	7.06	1.00	15.00
	Total	371	6.53	2.57	0.13	6.26	6.79	1.00	15.00
Substance use	1	88	3.18	1.05	0.11	2.96	3.40	3.00	12.00
	2	283	3.05	0.44	0.03	2.99	3.10	1.00	7.00
	Total	371	3.08	0.64	0.03	3.01	3.14	1.00	12.00
Acceptance	1	88	9.52	2.85	0.30	8.92	10.13	4.00	15.00
	2	283	9.80	2.67	0.16	9.49	10.11	0.00	15.00
	Total	371	9.74	2.71	0.14	9.46	10.01	0.00	15.00
Suppression of competing activities	1	88	8.82	2.66	0.28	8.25	9.38	3.00	15.00
	2	283	8.52	2.73	0.16	8.20	8.84	0.00	15.00
	Total	371	8.59	2.71	0.14	8.32	8.87	0.00	15.00
Behavioural disconnection	1	88	6.70	2.31	0.25	6.22	7.19	4.00	14.00
	2	283	6.80	2.94	0.17	6.45	7.14	1.00	18.00
	Total	371	6.77	2.80	0.15	6.49	7.06	1.00	18.00
Self-control	1	88	6.52	2.29	0.24	6.04	7.01	1.00	10.00
	2	283	6.53	2.06	0.12	6.29	6.77	0.00	10.00
	Total	371	6.53	2.11	0.11	6.32	6.75	0.00	10.00

Table 20

Chi-Square Tests between Number of Deployments faced and Perceived Health (Descriptives)

Variables			Health			Total
			Healthy	Not Healthy	Mildly Sick	
Number of Deployments	1	Count	48	33	7	88
		Expected Count	37.5	41.3	9.3	88.0
		% within depcode	54.5%	37.5%	8.0%	100.0%
		% within Hcode	30.4%	19.0%	17.9%	23.7%
		% of Total	12.9%	8.9%	1.9%	23.7%
		Std. Residual	1.7	-1.3	-.7	
	2	Count	110	141	32	283
		Expected Count	120.5	132.7	29.7	283.0
		% within depcode	38.9%	49.8%	11.3%	100.0%
		% within Hcode	69.6%	81.0%	82.1%	76.3%
		% of Total	29.6%	38.0%	8.6%	76.3%
		Std. Residual	-1.0	.7	.4	
Total		Count	158	174	39	371
		Expected Count	158.0	174.0	39.0	371.0
		% within depcode	42.6%	46.9%	10.5%	100.0%
		% within Hcode	100.0%	100.0%	100.0%	100.0%
		% of Total	42.6%	46.9%	10.5%	100.0%

Table 21

Correlation between Intervening Variables (Descriptives)

Variables	Age	Education	Years of Marriage	Number of Children	Background
Current Rating of Stress Experienced	0.06	-0.05	-0.07	-0.02	-0.07
Awareness of Variation in Level of Stress	0.10	.12*	0.06	-0.01	0.06
Perception of Stress	-0.07	-.11*	-0.02	0.03	-0.07
Denial of the situation	0.03	-0.06	.13*	.10*	-0.03
Problem Solving	0.11*	.17**	0.06	-0.05	-0.05
Cognitive Restructuring	.14**	.17**	.12*	-.12*	-0.03
Expressing Emotions	.18**	.14**	.15**	-0.04	-0.01
Seeking Societal Support	0.00	-0.08	0.07	0.03	0.00
Avoiding the problem	-0.03	-.21**	.10*	0.08	0.01
Wishful Thinking	0.01	-0.06	0.09	0.07	-0.01
Self Criticism	0.02	-.17**	.11*	0.06	-0.09

Social Withdrawal	0.06	-.12*	.12*	.13*	-.10*
Praying	0.07	-0.28**	.24**	.12*	0.02
Humour	.16**	0.07	.18**	0.03	-0.04
Substance use	-0.09	-0.03	-0.09	-0.07	-0.02
Acceptance	.11*	.13*	0.09	-0.04	-0.03
Suppression of competing activities	.11*	-0.04	.12*	0.04	0.09
Behavioural disconnection	0.03	-0.13*	.11*	0.07	0.00
Self-control	0.10	0.08	0.08	-0.08	-0.09
Health	0.06	0.01	0.09	0.01	-0.04

Note. p value significant at *p<0.05; **p<0.01 level.

Table 22

List of Various Physical and Psychological Health Issues (Descriptives)

Respiratory, Gastro, Bones, Heart, Kidney, Blood, ...	**33.51%**	**Aches/Pains**	**63.30%**
Breathing Problems	1.50%	Body ache	4.01%
Asthma	1.60%	Headache	26.07%
Cough and Cold	5.32%	Backache	8.77%
Fever	8.51%	Pain in Legs	3.46%
Allergies	2.26%	Gastric/Stomach Ache	9.02%
Gas/Acidity	3.51%	Pain in Hands/Arms	1.60%
Vomit	0.80%	Knee Pain	1.33%
Tennis Elbow	0.53%	Pain in Eye	0.80%
Arthritis	0.75%	Migraines	5.32%
Cervical Lymphadenitis	0.53%	Pain in Neck	0.53%
Carpel Tunnel Syndrome	0.27%	Pain in Chest	0.80%
Bones Are Weak	0.27%	Ankles Pain	0.53%
Knot in Leg	0.27%	Heel Pain	0.27%
Back Operation	0.27%	Shoulder Pain	0.53%
Slip Disc	0.27%	Burnt Pain	0.27%
Rib Pressed - Fell from Window Slab	0.27%	**Gynaecological**	**10.89%**
Multiple Sclerosis	0.27%	Miscarriage	2.26%
Reduced Haemoglobin	0.27%	Complicated Pregnancy	1.06%
Blood Infection	0.27%	Caesarean	0.27%
Liver	0.27%	Still Birth	0.27%
Hepatitis B & C	0.27%	Delivered A Baby Last Month	0.53%
Kidney Failure	0.53%	Menopause	0.80%
Pneumonia in Water in Belly	0.27%	Menses Irregular	1.86%
Suffered Breast Abscess	0.27%	Menses Pain	2.26%
Palpitations	2.93%	Hormonal Imbalance	0.27%
Cardiologist	0.75%	UTI	0.27%

Heart Operation	0.53%	Uterus	0.27%
Diabetes, Bp, Thyroid	**12.78%**	Gynaec Issues Had to Be Operated	0.53%
Bp	6.77%	Womb Cyst	0.27%
Diabetes	2.76%	**Miscellaneous (Hernia, Miscarriage, Vertigo, Menopause, …)**	**42.51%**
Thyroid	3.26%	Cholesterol	4.35%
Emotional (Loneliness, Irritability, ….)	**117.21%**	Tics	8.70%
Stressed/Tensed	38.56%	Nail Allergy	0.27%
Get Angry	13.03%	Hair Loss	0.80%
Irritable	12.78%	Pain in Sexual Intercourse	8.70%
Loneliness	12.23%	Skin	0.80%
Tired	9.02%	Black Spots on Nose	0.27%
Sleeplessness	18.55%	Dark Circles	0.27%
Annoyed	0.27%	Appetite Decreased	3.26%
Disappointed	0.27%	Weight Issue	3.99%
Laziness	1.33%	Gall Bladder	0.53%
Guilty	0.53%	Hernia	0.27%
Empty	0.53%	Stone	0.80%
Cried A Lot	3.99%	Tooth Extraction	0.53%
Numbness	0.27%	Tooth Ache	0.27%
Memory	0.27%	Spectacles	2.51%
Confusion	0.53%	Ear	0.27%
Upset	3.19%	Blurred Vision	0.27%
Unhappy	1.33%	Vertigo	0.27%
Insecure	0.27%	Dizzy	2.51%
Feel Defected	0.27%	Weakness	2.93%
Psychological (Panic Attacks, Mood Swings, Anxiety, ….) - 21.15%			
Depressed	3.76%	Post-Partum	0.27%
Mood Swings	1.33%	Panic Attack	0.27%
Helpless	2.66%	Psychiatric Problem	0.27%
Missing in Action (MIA)	0.27%	Health Not Good	0.80%
Restless	4.26%	Schizophrenia	0.50%
Anxiety	6.52%	Difficult to Conceive - Thought Suicidal	0.27%

Table 23

List of Various Activities Done to be Healthy (Descriptives)

Activity	Percentage
Physical exercise (walk, cycling, yoga, zumba,…)	53.19%
Meditation	3.46%
Mindful eating	14.36%
Keeping busy by learning new skill or reading or doing voluntary work	6.12%
Acceptance	0.80%
Talking reduces stress	1.33%
Alternative therapies (Sujog, reiki,…)	0.80%
Pray	6.12%

Appendix G

Definitions

Research Variables

- Type of commissioning: Levels of ranks or hierarchy. In the study these three levels are used: Officer, JCO, NCO spouses.

- Number of deployments faced: Army spouses who are facing deployment for the first time and those who have faced deployment more than once.
- Three types of stress categories: Current rating of stress experienced, awareness of variation in level of stress and perception of stress
- Coping strategies: Denial of the situation, problem solving, cognitive restructuring, expressing emotions, seeking societal support, avoiding the problem, wishful thinking, self-criticism, social withdrawal, praying, humour, substance use, acceptance, suppression of competing activities, behavioural disconnection, and self-control
- Health: The participants are categorized in to Healthy, mildly sick, not healthy according to their self-reported health status.

Common Terms in the Research

- Commissioning
    - NCOs: Non-commissioned officers (NCOs) are soldiers promoted to positions of responsibility, and are broadly similar to junior non-commissioned officers in Western armies.
    - JCOs: Junior commissioned officers are commissioned as officers from the ranks and are broadly equivalent to senior non-commissioned officers in Western armies. Senior non-commissioned officers are promoted to JCO rank on the basis of merit and seniority, restricted by the number of vacancies.

    - Commissioned officers: Commissioned officers are the leaders of the army and command everywhere from Platoon/Company to whole Army size.

- Avoiding the problem: avoiding thinking about the problem and reduced efforts to deal with the stressor (Gol & Cook, 2004). This subscale includes items referring to the denial of problems and the avoidance of thoughts or action about the stressful event (Tobin, 2001). In the current research, the participants responded that they focused on things which are in their control and would try and avoid the problem which is not under their control.

- Awareness of variation in level of stress: Awareness of the variation in the level of stress experienced by army spouses in different situation or in similar situation in the past.

- AWWA (Army Wives Welfare Association): The aim of the Army Wives Welfare Association is to support and enhance the official welfare efforts within the army, focusing especially on the welfare of families, children and widows of all ranks and retired personnel of the army.

- Behavioural disconnection: reducing one's effort to deal with the stressor, even giving up the attempt to attain goals with which the stressor is interfering (Carver, et.al., 1989).

- Cognitive restructuring: alter the meaning of the stressful transaction as it is less threatening, is examined for its positive aspects, is viewed from a new perspective, etc. (Tobin, 1995). This subscale includes cognitive strategies that alter the meaning of the stressful transaction as it is less threatening, is examined for its positive aspects, is viewed from a new perspective, etc. (Tobin, 2001).

- Coping Strategy: an action, a series of actions, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation. Coping strategies typically involve a conscious and direct approach to problems, in contrast to defense mechanisms. (APA Dictionary of Psychology).

- Current rating of stress: The participants have been asked to Rate current level of stress experienced by them from 1 to 5, where 1 is not at all stressful and 5 is very stressful.
- Denial of situation: defines as reports of refusal to believe that the stressor exists or of trying to act as though the stressor is not real. (Carver, et.al., 1989).

- Deployment: It means the distribution of forces in preparation for battle or work. Deployment is a word, often used by the military, for sending troops into duty.

- Expressing Emotions: the tendency to focus on whatever distress or upset one is experiencing and to ventilate those feelings (Carver, et.al., 1989). This subscale includes items referring to releasing and expressing emotions (Tobin, 2001). Participants shared that expressing how they feel to someone else helps them cope with the difficult situations better.

- Field posting: A posting where the soldier is in a war kind of zone. The situation is risky and hence family does not reside with the soldier. The field posting is about 2 years tenure.

- Healthy: perceived their health to be good.

- Humour: Sense of humour (as a way to relieve unpleasant emotions).

- Mildly Sick: perceived to be mildly sick, or having occasional headache, cough or cold.

- Not healthy: perceiving and having physical illness or disease which is diagnosed by the doctor and they are undergoing treatment.

- Peace posting: A posting where the soldier generally is with the family and the work is not risky.

- Perception of stress: The degree to which situations in one's life are appraised as stressful.

- Praying: the tendency to turn to religion in times of stress (Carver, et.al., 1989). Participants reported chanting or praying or leaving difficult situation on God to solved when they are faced with difficult situation.

- Problem solving: is thinking about how to cope with a stressor. It involves coming up with action strategies, thinking about what steps to take and how best to handle the problem; it also the process of taking active steps to try to remove or circumvent the stressor or to ameliorate its effects (Adapted from Carver, et.al., 1989). This subscale

includes items referring to both behavioural and cognitive strategies designed to eliminate the source of stress by changing the stressful situation (Tobin, 2001).

- Seeking Societal Support: Seeking social support for instrumental reasons is seeking advice, assistance, or information. This is problem-focused coping. Seeking social support for emotional reasons is getting moral support, sympathy, or understanding. This is an aspect of emotion-focused coping (Carver, et.al., 1989). This subscale

includes items that refer to seeking emotional support from people, one's family, and one's friends (Tobin, 2001).

- Self-control: is waiting until an appropriate opportunity to act presents itself, holding oneself back, and not acting prematurely (Carver, et.al., 1989).

- Self-criticism: a passive and intropunitive strategy directed inward the problem (Nakano, 1991).

- SFA (separated family accommodation): It's a separate building where all the families of soldiers who are on field posting live.

- Social withdrawal: to withdraw from human contact socially and not participate in any social event or gathering. This subscale includes items that reflect blaming oneself for the situation and criticizing oneself (Tobin, 2001).

- Substance use: means turning to the use of alcohol or other drugs as a way of disengaging from the stressor (Carver, 2007).

- Suppression of competing activities: means putting other projects aside, trying to avoid becoming distracted by other events, even letting other things slide, if necessary, in order to deal with the stressor (Carver, et.al., 1989).

- Wishful thinking: to think according with wishes rather than fact (Nakano, 1991). This subscale refers to cognitive strategies that reflect an inability or reluctance to reframe or symbolically alter the situation. The items involve hoping and wishing that things could be better (Tobin, 2001).