

## List of Figures

Figure 1 General paradigm of the stress process extended to include antecedents of stressful life events.....	Page 10
Figure 2: Transactional model of stress .....	Page 11
Figure 3: The bounce model.....	Page 14
Figure 4: Acceptance according to Carver et al. ....	Page 15
Figure 5: Theoretical framework of the research.....	Page 31
Figure 6: Conceptual framework of the research.....	Page 34
Figure 7: Qualitative Data Analysis Process .....	Page 47
Figure 8: Ailments experienced by army spouses .....	Page 86
Figure 9: Actions taken to be Healthy.....	Page 87