

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

STARRED QUESTION NO:282

ANSWERED ON:18.03.2013

STRESS LEVEL OF DEFENCE PERSONNEL

Bapurao Shri Khatgaonkar Patil Bhaskarrao;Paranjpe Shri Anand Prakash

Will the Minister of DEFENCE be pleased to state:

- (a) whether the Government proposes to conduct a study into the stress level encountered by the officers and jawans of Army;
- (b) if so, the details thereof and the reasons therefor;
- (c) the parameters set for the purpose including the name of the Institute entrusted with the work;
- (d) the time by which the study report is likely to be submitted to the Government; and
- (e) the details of the other steps being taken to reduce the stress level of defence personnel?

Answer

MINISTER OF DEFENCE (SHRI A.K. ANTONY)

(a) to (e): A Statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO PARTS (a) TO (e) OF LOK SABHA STARRED QUESTION NO. 282 FOR ANSWER ON 18.3.2013

Defence Institute of Psychological Research (DIPR) has carried out a number of studies on the stress level of Army personnel. The details of studies carried out by DIPR are as under:

Sl. No. Year Details of Studies

- | | |
|---------------------|---|
| (i) December 2006 | Suicide and fratricide in Counter Insurgency Areas. |
| (ii) March 2008 | Impact analysis of the study in Counter Insurgency Areas. |
| (iii) December 2009 | Suicide and fratricide in Peace Areas. |
| (iv) October 2010 | Impact analysis in Counter Insurgency and Peace Areas. |
| (v) January 2011 | Psychological Autopsy of suicide cases. |
| (vi) September 2012 | Suicide Risk Assessment Inventory. |

DIPR is presently conducting study to find out the factors causing distress among young officers. The study is likely to complete by the end of 2013. The main objectives of the ibid study are as under:-

- (a) To study the level of distress prevailing among the young officers;

(b) To study the causal factors that create distress among young officers and deplete their resources to cope with it; and

(c) To suggest remedial measures to manage stress among young officers.

The Government has also taken a number of steps to reduce the stress of defence personnel which includes conduct of yoga and meditation as part of unit routine, psychological counselling by psychological counsellors, liberalized leave policy, improvement in living and working conditions through provision of better infrastructure and facilities, improved accessibility of leaders and frequent interaction among leaders and the led, provision for sports and recreational facilities, various training on stress management, provision of married accommodation and establishing a grievance redressal mechanism in State and Union Territories.