

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:3143

ANSWERED ON:07.08.2015

Stress Level of Defence Personnel

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Will the Minister of DEFENCE be pleased to state:

- (a) whether the Defence Institute of Psychological Research (DIPR) has conducted a study into the stress level encountered by personnel of the Army;
- (b) if so, the details thereof;
- (c) whether the recommendations or the study report have been examined by the Government;
- (d) if so, the details thereof; and
- (e) the other steps being taken by the Government for minimizing stress level of defence personnel of the Army?

Answer

MINISTER OF DEFENCE (SHRI MANOHAR PARRIKAR)

(a) Yes, Madam.

(b) to (d): The government had ordered a study into stress levels encountered by young officers of the Army. Defence Institute of Psychological Research (DIPR), Defence Research and Development Organisation (DRDO) had undertaken a study on "Factors causing distress among Young Officers of Indian Army" with the objectives to:

â€¢ Study the level of distress prevailing among the young officers.

â€¢ Study the causal factor that create distress among young officers and deplete their resources to cope with it.

â€¢ Suggest remedial measures to manage stress among young officers.

The study was taken up in November 2012 and the final report along with executive summary of the study has been received by Government for implementation.

(e) The measures taken include introduction of Yoga, Meditation, Regular Interaction by Seniors, Buddy system, Liberalized Leave Policy and Wide spread Dissemination of reading materials on management of stress in appropriate languages.
