

Research Article

After effects of military service and training in a soldier's life

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ABSTRACT

This paper reviews the possible after-effects of military training given by the Sri Lankan Army to recruits and to existing army personnel who would like to be promoted to the next stage of the hierarchy. It is considered that training personnel is a major task in Sri Lankan Army as the military promotes from within and develops its leaders rather than selecting them from outside their ranks. Therefore, the process of training is expensive, yet it is one of the country's topmost priorities since army personnel ensures the necessary security schemes in Sri Lanka while maintaining an anti-terror stance. In order to gather the required data, a questionnaire with 15 questions was provided to six retired army personnel who had served below the lieutenant position in Sri Lanka Army. Additionally, those people were interviewed with another set of interview questions in order to find out the differences between the answers they have given in the questionnaire in comparison to the interview. This paper seeks to answer the question of whether there are any after-effects the army personnel experience due to the rigorous training provided by the Sri Lankan Army even after their service period is completed. It also examines whether these effects are positively or negatively related to their daily experiences. It is hoped this study will inform the general public and the ones who are currently serving in the military about the consequences of military training.

Keywords: army soldiers; life experiences; military training

1. INTRODUCTION

This study evaluated the possible changes in personality traits, feelings, attitudes, and at the same time, the core issues related to the mental health of retired army soldiers who served in the Sri Lankan Military for more than 20 years. It is considered that training is a major task in Sri Lanka Army as military needs people with strong physical and mental abilities. Therefore, the process of training is expensive and harsh, yet it is necessary since the country's topmost security levels depend on that training. It is considered military training and its' exposure is an important turning point in a person's life and it is associated with important life outcomes. This paper aims to answer the question that whether any after-effects affect the army personnel even after their service period and if so, are those effects are positively or negatively engaged with their lifestyles? The main intention of this paper is to inform the general public regarding the behavior patterns of the military personnel who served in the army for years and letting them know the fact that, they should understand that retired military personnel through army personnel's point of views rather than the individual's point of views since they have lived away from the general society for a long period.

The life of a soldier is different from a civilian as he/ she has to live by many rules and regulations that come along with the profession. He/ She is not completely free to choose the course of action for his/ her daily life. The strict discipline that a soldier is expected to follow is based on the training that is received over the years. Soldiers have to live away from their families for long stretches of time if required by the situations. Being a soldier also requires a high level of discipline and determination. The profession also requires one to be loyal, respectful as well as possessing high levels of courage and integrity. While there has been much research on military services and the training given by the army forces to the soldiers, few researchers have taken to consider the negative impact of this military training on these soldiers after their service period. Considering the Sri Lankan context, the newly recruited soldiers need to take the military training and when soldiers need to promote themselves, they need to re-take the military training. It is said that the military training serving the soldiers to check their motivational levels, levels of skills, and social support. As Jackson et al pointed out, "Military experience is often viewed as a major turning point in people's lives that induces long-lasting changes". (2011). Indeed, military training has a long-lasting sentiment which means even after their service period, this training has an impact on their lives. It also implies the fact that it can influence character development including personality traits, values, and attitudes too. But there is a lack of empirical evidence to show both positive and negative effects of military training on soldiers.

Although there is no research on the after-effects of military training on soldiers even after their service period, there is evidence of psychological adjustments during the training sessions and effects of the training during the service period. However, it seems that there is a link between military training and life events even when the soldiers are on their duties and even after their service period. According to French and Ernest, [...] there is some evidence that military experience affects political attitudes and values, though the effect is relatively small after controlling for attitudes before entering military service". It implies the fact that there are consequences through the training given by the military academy. But all these researchers do not detail whether the training renders a positive or a negative outcome even when they are serving in their due period. Therefore, this research is interested in examining how the military training or the root causes that affect the psychological constructs of the people and at the same time, how it affects them after their service period. It is said that changes in the soldiers typically arise from combat experiences and not just being in the military. As it implies, the combat experiences can have more effect rather than just being at general military training. It could be true since playing in the combat area is different rather than staying at general military training. Therefore, combat experiences might have to lead the soldiers to take high-risk decisions. As such it is possible that changes in soldiers that they gained during the military training can mediate between the military experience and life outcomes. These outcomes can affect each individual who served in the military in both a positive and a negative way.

As pointed out by Arkin & Dobrofsky in 1978, "For those individuals who decide to join the military, military training is explicitly set up to change their patterns of behavior". Therefore, the military training is designed to be a colossal success through changing both explicit and implicit factors including, behavior patterns, traits, and attitudes thus there will be an obvious change in each individual who had taken the military training. Apart from that, when the recruits have joined the army, they must take the training while staying away from civilian society and as a result of this "new identity of military recruit is forged". (Jackson et al, 2012). Over time, it eventually urged the recruits to be someone else. As the recruits are immersed with a pool of recruits and as they are under the commands of someone, it eventually leads to have changed attitudes, traits, and behavior patterns as a result of conformity and obedience. As depicted by Jeon, "Conformity possesses the general definition of harmonizing attitude, behavior, appearances, and any other forms of characteristics to match the norm within the environment. These norms are untold, implicit set of rules that are shared by a group of individuals". (2014). Thus, this can also be express as an indirect method or a strategy used by the military to change the attitudes, traits, and behavior patterns of military recruits. Since they are new to the environment, they will eventually get together and follow the group attitudes and behavior patterns.

Accordingly, Roberts, Wood, and Caspi "As such military training combines a number of socialization processes that provide an ideal environment in which personality trait changes can occur". (2008). This accentuates the fact the military training is designed to change the general behavior patterns of individuals. It eventually builds the question of whether is there a chance that these changes will still be present after their retirement period and if so, will it be a positive or a negative outcome. The research carried out by Jackson et al, tried to find out whether military training is associated with personality changes. It does account for the fact that military experiences including training can have a long-lasting influence on individuals. This research is one of the first to identify these changes. Yet it does not specify whether these long-lasting impacts are positive additions or negative additions on individuals. However, they used three traits out of the five traits in the five-factor model of personality to find whether there is a change in these selected traits before research participants entered to military and after entered. Using different types of research models, the researchers found out that there are changes in agreeableness, neuroticism, and conscientiousness before and after military recruitment. As pointed out by Goldberg et al, "From an empirical perspective, Agreeableness is a major dimension of personality, perhaps even the largest single dimension in terms of total variance explained". (584). The researches itself implied that agreeableness is one of the dominant personality traits among the others and it is mainly because "Agreeable individuals are described as pleasant, tolerant, helpful, trusting, forgiving, considerate, and they tend to be cooperative". (Farhadi et al, 03).

However, "[...] results showed that military recruits had lower levels of agreeableness [...]". Nonetheless, "Graziano and Eisenberg (1997) found that employees ranked high on agreeableness are more likely to display less hostility and aggression toward others during work time". (Farhadi et al, 03). It implicates the fact that less agreeableness means a negative outcome of military training. Therefore, it is necessary to find out whether these differences have a persistent effect or not in an individual. According to Jackson et al " [...] military recruits had significantly lower levels of agreeableness 4 years after completing military training than did young adults who participated in civilian community service". Thus, the slope for agreeableness over time is for military recruits and not the people who chose civilian society. It draws the attention that there's negativity in the traits of the recruits and the main reason could be the military training.

Moreover, Jackson et al stated the fact that "These changes were not temporary, as military recruits continued to display lower levels of agreeableness than people who chose civilian community service even after both groups entered college and the labor market". These findings are suggesting the fact that there can be long last effects and this implicates the fact that the changes of these personality traits will remain same though they are away from the military which in a way confirms the fact that there can be negative permanent effects on individuals who took the military training. It is found that "[...] lower levels of agreeableness are associated with greater levels of conflict [...], difficulties in getting along with friends, and aggression". (Ozar & Martinez, 2006). After the service period of the soldiers, there's a high chance that they are not accustomed to the "normal" lifestyle due to the above-mentioned reasons.

But one can argue that a lower level of agreeableness is necessary for the military because it can act as an added benefit for the soldiers. "For example, aggressive behavior has long been associated with the training of soldiers, as a number of aggression-related skills. (e.g. marksmanship) constitute specific training goals" (Jackson et al). It is said that aggression is associated with a lower level of agreeableness and that can lead a particular individual to have effective training and better performance notably in the battlegrounds since they are highly reactive for life- or- death situations. Due to this helpful factor in the military context, some individuals could have performed better than others and might get a chance to go for

upper ranks through their high-performance rates and achievements. This will eventually conform to others to change their traits most of the time because higher performance and more achievement mean higher ranks. Therefore, they will eventually catch up on the levels of agreeableness that are necessary in order to get along with what they are seeking.

As pointed out by Meirer et al, “given that lower levels of agreeableness are associated with greater levels of conflict in romantic relationships, difficulties in getting along with friends, and aggression” (275, 2006). That again proves the ability of the military training to change the mindsets of people yet they emphasized the fact that having a lower level of agreeableness is not entirely negative but it can lead to gain a positive and higher performance occupational attainment in which this makes the soldiers do their assigned jobs better. But at the same time, the study which was done by Jackson et al outlined the fact that “our finding suggests that military training may be potentially detrimental”. Thus, the research itself emphasized that there are negative consequences like long-lasting negative impacts on mental health that are associated with military training.

The research, “Psychological Adjustment during Army Basic Training” conducted by Martin et al, (2006) has evaluated the changes in depression, anxiety, and stress during army basic training. According to them, “when transitioning into a new life situation, individuals experience increased levels of stress and possibly brief reactive changes in mood. Army recruits entering basic training exposed to stress in the form of rigorous mental and physical training”. As a result of the stressors like entering a new environment, extreme mental stress and physical conditions and sleep deprivation can lead to have different levels of psychological distress in which there is an increased chance of having this distress even after the service periods of soldiers. Therefore as mentioned by Martin et al, the basic recruitment training can have a huge impact on soldiers both in negative and positive ways and they do emphasize the fact that “results of this study indicate that even recruits who demonstrated the highest level of distress usually adapted by the end of basic training” (206) yet they did not continue their study to find out how those research participants are doing while they are on their service period, therefore, arguments can bring out to say that the negative impacts of this training might pop up later under a low key at any moment when compared to other empirical researches.

As pointed above, Nakkas et al have disclosed the fact that the “basic military training itself has also been shown to be a biopsychosocial stressor, resulting in elevated cortisol levels and elevated self-reported psychological distress. Although most recruits adapt to basic training, the literature also includes reports of fluctuating levels of stress and negative mood over time” (2016). This clearly states with overtime, there can be a lot of changes within a soldier due to the stress and anxiety that are causing at the very beginning of the military training.

Objectives of the study

- 1) To inform the soldiers about the changes that they get from the training and service.
- 2) To identify the problems of soldiers who face because of military training.
- 3) To help soldiers to maintain their normal lives satisfaction after their service.
- 4) To recognize how soldiers understand their training and service.

2. RESEARCH METHOD

This study employs a qualitative research design. “Multiple Case Study Method” was used and considered to collect data. The research design provided answers to the specified research questions thereby achieving the set objectives of the research study, making data collected easier and useful for interpretation.

2.1. Sampling Frame

In this study, a sampling frame or list of all potential respondents was obtained from the soldiers who retired from the Sri Lankan army. This sampling frame facilitated the use of the qualitative sampling technique of convenience sampling in selecting the sample for this study. Data collected were in the form of semi-structured interviews and using questionnaires. Those data were descriptively analyzed and major summaries were reported with some direct translated quotations from the Sinhala language to English to provide more reliability.

2.2 Data Analysis

Thematic analysis was used for qualitative data analysis. The semi-structured interview questions were mainly focused on identifying the positive and negative additions to the military personnel after their service period or after their retirement through the military training and the military exposure that they have gained during their working period.

In this section, data is analyzed through the following main themes.

- 1) Reasons for joining the army
- 2) The changes in traits, emotions, and feelings
- 3) Mental health issues in relation to military training in terms of Post - Traumatic Stress Disorder, Depressive Disorder, Alcohol Abuse
- 4) The way of interacting with civilian society
- 5) The way of interacting with close relatives.

3. RESULTS AND DISCUSSION

3.1 Reasons for Joining the Army

When analyzing the data gathered, it was obvious that money was a salient factor for the participants to join the army. Because among the participants, most of them were from underprivileged families and hence the salary given by the Sri Lankan army was an intrinsic motivation for them. Apart from that, the other main reason was thinking about their motherland. According to them, it was a war period in Sri Lanka and they needed to secure their country. In addition to this, during that time, Sri Lanka was undergoing a huge political issue in terms of Black July in 1983- 1984 and JVP insurrection in 1987- 1989. Therefore, some of the respondents were joined the military service thinking that would be an added advantage to protect their loved ones from unfavorable circumstances. "Then we had economic burdens in our family. And as a remedy for a job and those days, we had a strong patriotic feeling regarding the country. At the same time, I did cadetting at school so that it also made me have a desire to join the military services". (Participant A). "The reason to join the army was the threat that my father had during the JVP resurrection period. Due to the father's political ideologies and the job, he got threats on his life too. Thus, I assumed it will be a protection for my father if I join the military". (Participant E). On the other hand, during that time, joining the army was considered to be a prestigious job so some participants wanted to join the army. At the same time, some needed to join it merely because of the army uniform, style, and personality. Other than that, some have joined the army because of family influence. "My father worked in the army. My brother too. Maybe because of that, I wanted to join the army too". (Participant B).

3.2 The Changes in Traits, Emotions, and Feelings

According to the data gathered, it was obvious that these people have undergone changes in their traits, emotions, and feelings. The above-mentioned factors of these respondents have a vast difference before entering the army and after their service period. So that it was obvious the training given to them was designed to change their traits, emotions, and feelings. Because if they are too emotional, it was really difficult to survive in the military and during the combats. On the other hand, if they did not have strong personality traits how could they be able to handle the combat experiences. Therefore, the designated training of the military was to change them to endure all the hardships during difficulties. "We went to the battlefield to destroy enemies. We took up a weapon and went to the battlefield with the mindset of destroying our enemies" (participant B). "Son, we were trained to do the stuff. Sometimes, like robots, we take orders and execute them because that's our job" (participant B). The above examples depict the bestial and inhuman feelings they had towards others. Though the term used here is "enemies", in a sense they too are humans. Thus, it illustrates how military training and its' exposure can change the feelings of a human to go even to the extent of a beast or a robot. No feelings at all but just executing all the orders. "We all get to do the same thing under the orders. We are trained in everything from waking up in the morning to do things on your own, efficiency, patience, and enduring the pain too". (participant F). Considering the examples provided above, they represent the levels of agreeableness, conscientiousness, and neuroticism. Therefore, one can conclude that military training is associated with the shaping of personality traits. Changes in personality traits eventually lead to have changes in feelings and emotions. Accordingly, it is clear that the changes in the personality trait can have a huge impact on other aspects as well in military personnel.

3.3 Mental Health Issues in Relation to the Military Training in Terms of PTSD, Depressive Disorder and Alcohol Abuse

"Only stayed Eighteen years at home. From 1826 I was in the army. So, when I retired it was a big issue. Then I had to go to a doctor too and had to continue frequent visits to the hospital and meet a consultant as well. The process of getting recovering and adjusting happened slowly". (participant A). "Some memories have caused us to be afraid even in our dreams. Some problems caused us to deprive of sleeping as well. Some things still come to mind when I'm alone". (participant B). It is said the combat exposure is reported to be the commonest predictor for PTSD in the military. It is true since combat experience is highly intensive and the soldiers have to sustain injuries in extremely unfavorable and hostile circumstances. Hence there is a tendency to have PTSD with the retired army soldiers. Depression, on the other hand, is again a common disorder that can impact from the initial level to the upper ranks. Get away from loved ones at once without any kind of contact and sudden geographical changes directly impact ones' lives.

The designated training including weapon training, jungle training, and beating can make them even more depressive especially at the very initial stages as they are surrounded by a group of strangers. "The boy that was in the bunker was innocent. Suddenly his speech was stopped and so looked at him. He was about 20 years old. His stomach was hit and damaged a lot. Could not save him. Died at the bunker. While holding the leaving sheet in hand, because he was going to get married So those kinds of disappointments remained with us and still, they are with us". (Participant C). The aforementioned example indicates how uncertain their lives were. At the same time, how these uncertainties made others depress themselves. Even after their retired life, that disappointment was there with them. So, there are possibilities that these can lead to having depression even later in their lives. The use of alcohol to get away from problems is one of the common problem eliminators with regards to Sri Lankan context. According to the responses we have gathered so far, even the military personnel got used to the same procedure as to remedy all their problems through consuming alcohol. "We had a huge pressure along with the stress from all the sides. Though they trained to endure the stress, they never trained us as to how to get away from it. So, we used to consume alcohol during my vacation period" (participant B).

3.4 The Way of Interaction with the Civilian Society

According to the respondents, it was really difficult for them to get used to the civilian society at first. The most important factor is to consider is that they could not go again to the army like in previous years. It is not like that they have come for their vacation. Thus, they have to engage with the civilian society which was intolerable and the impression of the society towards them too was unsupportable. "Adhering to normal society is a real challenge. Because military life is different from the general society. You have to give up a lot of things that gathered from the military life to live in this society". (participant B). "As I said, reintegration is hard at first. We just come and don't know what to do and what not to do". (participant F).

3.5 The Way of Interaction with Relatives

The first impression after the retirement of the respondents was to have a lovely and caring life with their close family members and loved ones. But according to the answers given, it was clear that the desired family life was merely a miracle for them. The main reason was that military personnel do not have the practice of living with their families for a long time. At the same time, the members of the family were not used to have their fathers/ husbands with them for a long time. Thus, it was a huge clash between the loved ones and the military personnel. "I was really happy when I retired. Because it allows me to be free from obligations and having fun with family and children" (Participation B). "Some of the things I learned from the military have been applied to the home. My son also joined the Army. Maybe it was my influence and inspiration" (Participation F). "I didn't see how my children grew up. One time, the kids were crawling on the next time they are walking. I could not stay close to the kids. Even today the children are a little off from me" (Participation D)

Discussion

The main objective of this research was to find out how the military training and the service period affect a soldier's living conditions, attitudes, traits, thoughts, and feelings after their service period. Through a deep investigation of facts and figures collected, it was clear that there are obvious changes in an army soldier. At the same time, past literature too demonstrated the fact that there are obvious changes in an army soldier after their service period. However, the study reported here is one among the very few studies to examine the after-effects of military training and the service in military personnel. Results of the previous researches indicated that the personality traits, attitudes, feelings, and even emotions were influenced, shaped, and reshaped by the military training during their service period.

At the onset of our study, we wanted to check how volunteered the candidates were for the military job. Because the answers can assist us to comprehend why the respondents decided to join for a military job and at the same time how those attitudes are shaped by the military training and during their service period. Among the respondents, the common answer was that this job is an opportunity to earn money because most of them were buried in economic problems. Thus, money was a salient motivator for most of them to get into the army. Another similarity was that they had nothing else to do and no better option other than joining the army. Basically, it accentuates that some of our respondents were not open to experience new things yet they had to join since they were out of options. Another answer was that they wanted to contribute to the national security of Sri Lanka. Among the respondents, they were retired army personnel who experienced traumatic incidents during the 1980s and those experiences made them join the armed forces. As their answers suggested, they needed to help the needy people in such situations. Apart from that, they were people who engaged in cadetting and scouting during their school time thus they felt that it was their responsibility to join and save the country. However, those reasons enlightened the researcher to find out the qualities of that army personnel before entering the army and how those qualities have changed after their service period specifically the ones who joined without any kind of motivation or a need.

In addition to the above, when investigating their responses, there is a vast difference between them before entering the military services and after their service period. Through a deep investigation of facts, it was clear that now even though they lack the physical abilities and skills, they are always ready to join the military and serve the country or even to face the battlefield. But considering the answers they were given at the beginning; it was plain that they had fair reasons and motivational factors to join the military except for a few of the respondents. Thus, it details the changes in their mentality before entering the military and after their service period. How their mentality is shaped by the exposure and the training that the Sri Lankan Army offered to them. The people who joined except the people who did not have another choice were lower in agreeableness, neuroticism, and openness to experience. As pointed out by Jackson et al "First, personality traits prospectively influenced who choose to join the military, as individuals lower in agreeableness, neuroticism, and openness to experience were more likely to enter military service". Basically, it points out the fact that intrinsic or extrinsic motivation was not the reason for those participants to join the military. But it is about their personality traits. However, there was a tendency that these military traits were reshaped by the military training and during the military service period.

"... the results of our study suggest that military recruits are not "late bloomers" who eventually catch up in levels of agreeableness but, instead, continue to be less agreeable after entering the civilian world". This is a clear depiction of the changes of military personnel after entering the civilian world after having military exposure for more than 15 years of service. At the same time, these changes resulted in those participants to have a greater maturity too which is a positive addition. But as these people are getting lower and lower in agreeableness, it empowers their antisocial behavior so that it is difficult to get along with the civilian society or to have a close tie. Through the gathered data, the predominant reason for it is the training they received during their serving period.

Although it is a negative addition to the military training and the service, the lower level of agreeableness is not completely negative at all. Because it offered these participants a chance to grab higher occupational attainment. All the participants who were interviewed entered the army just after their ordinary level exam or after the advanced level exam. So that they were recruited to the army as officer cadets which is the lowest rank in Sri Lanka Army. But they were able to get into the higher rank of the soldier category which is a positive addition. Because if they were higher in agreeableness and lower in neuroticism, they will not be able to get into ranks. Therefore, personality traits can have a huge impact on a person and it is obvious that military exposure affects army personnel.

When considering the training and the procedure given by the Sri Lankan Army to the newly recruited soldiers, it is more like a severe punishment more than training. Because the new recruiters have to transfer from their civilian lifestyle to the military lifestyle in which the individuals experience different kinds of psychological adjustments but the military will not allow them to go on vacation till they complete their 03 months training period. That can harm the recruiters mentally since they have to adjust their lifestyle with some strangers. Therefore, on the one hand, it is difficult for them to physically fit since they are mentally unstable. On the other hand, there can be anxiety, severe stress as well as depression. In general, depression is known to be a common disorder in the military. Mainly because of the separation from their loved ones, the initial military training exposure, obligated duties, loss of privacy, and punishments. Apart from that, combat exposure and weapon exposure can be led to prolonged depression disorders. Even though as there is little or no empirical evidence to prove these facts aiming at Sri Lankan Army but in general it can be true.

As explained above, anti-social behavior can cause severe damage to the retired army personnel. They can be associated with alcohol misuse, aggression as well as tend to have violence too. These exposures can be led to have partner violence damaging and disrupting marital life including the married partner and the children too. At the same time, severe depression causes poor occupational performance in which again leads to another set of problems. Therefore, military training could cause severe destruction to a person while he is in the military and even after their service period. But through the data gathered, it provides evidence to show that military training can adjust the soldiers to face high psychological stress situations but it is not often. But it does strengthen the physical abilities and skills through this training while it strengthens a person to face challenges while making them more self-disciplined. These qualities can take the form of positive additions through military training and exposure. In addition to this, considering the team spirit, they have a high concern regarding the team spirit. They do not betray each other no matter what. So again, it is a positive addition that they have gathered through this resilient training and the service.

When considering the benefits of this training and the exposure to civilian life, it is more a negative addition. Because when the retired people get into the civilian society, the respect that they try to give to one another is less not because of deficiency in the team spirit, but the order that the civilian people do it and the way the military personnel does it are too different. At the same time, rules and regulations like working on time, doing things correctly without any supervision are scarce within the civilian people. Therefore, they can be aggressive due to their anti-social behavior and because of their high reactivity training. The combat experiences can have a huge impact on the retired army personnel when they get into civilian life. The experiences they have gathered during their service period, especially the ones who faced combat fields. The trauma that they were undergoing through those war experiences including bombing experiences, sudden deaths, the way they treated the enemies, etc. can have long-lasting traumas within them. Thus, it can lead them to have disappointments in their lives and could lead to have depressed family lives too.

Even though the respondents were not shared their way of treating their family members in detail, they were accepted punishment is necessary. It is a general fact that the Sri Lankan Army is imposing training on recruits. In other words, the process of subjecting a recruit to harsh treatments in order to instill discipline. That implies the respondents are accepting the punishments as a method of fostering someone in a new environment. But none of them did not explain how to engage their children in the way he wanted to. But it is implying that the respondents can use the same kind of methodologies to insist on their children on what they should do. Because they were secretly admiring and accepting that punishment is a necessary factor. Another important factor would be that there are no ways of rehabilitating these retired soldiers to their social life after the service period. Adjusting these people to civilian society is something that must implement. Considering the contemporary news items on television and other media, if something related to a murder case or a robbery, most of all the instances there are army soldiers who are currently serving or who were retired or escaped from the military services. It is because of the lack of programs to make them enter comfortably to civilian life after their long service period in the army. So that they tend to engage in various kinds of activities to get away from their traumatic experiences or depressing situations.

According to Freud's defense mechanisms, displacement means "negative feelings are transferred from the original source of the emotion to a less threatening person or object. The negative emotions elicited toward the source of the feelings are instead redirected toward a more powerless substitute. This target may take the form of a person or even an object". (Cherry 2019). The method described above could also be the displacement as described by Freud. The negative feelings which include traumatic incidents, negative outcomes can be out – turn through those kinds of ways. Additionally, it is said that sexual impulses too can be a way of transferring those negativities from them. Accordingly, what this chapter tries to emphasize is there are positive additions as well as negative additions in the retired army personnel due to the severe training and the exposure that they were undergoing as a result of a long service period.

4. CONCLUSION

Sri Lanka is recovering from a protracted civil war and recent terrorist attacks. It is the duty of the armed forces to secure the security of the nation. Hence the soldiers in the armed forces are getting special training and the exposure to get themselves ready for such instances. This training and the exposure could be led to negative consequences like violent

behavior, changes in the traits, attitudes, and feelings, and at the same time health issues specifically related to mental health. This paper is a discussion on these changes before entering the army and after retiring from the service. However, it turns out to be that there are positive effects as well as negative effects through the exposure and the training given by the Sri Lankan Army. Yet there is very little evidence to prove those facts that are associated with Sri Lankan Army.

RECOMMENDATIONS

Considering the military training of Sri Lankan Army, it is a well-believed opinion that long-term military service which includes severe training can lead to have mental health problems as well as leads to resentment and dissatisfaction in social life. But after analyzing the data gathered, though the researchers mostly talk about negative addiction, it was clear that there are positive additions as well. But there is less empirical evidence to prove it. Therefore, it is suggested to carry out further investigation to find out positive additions with a large sample while employing advanced research methods. At the same time, it is suggested to make the general public aware of the conditions of this military personnel so that they could be an assistant to them. Thus, it will make them adjustable to civilian society rather than with the people who do not understand them at all.

AUTHOR'S CONTRIBUTIONS

All authors discussed the results and contributed to from the start to final manuscript.

CONFLICT OF INTEREST

The authors declare that they have no competing interests.

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