
THE STRESS AND STRAINS OF MODERN LIFE IN NEPALESE PEACEKEEPERS

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Abstracts

In Nepal, stress is the mental phenomenon: caused from the various environmental factors, such as chronic stress, depression, physical, psychological and behavioral problems. The main objectives of this research is to explore the association between the level of stress among peacekeepers and troops of Nepalese Army. The study was conducted among the 101 respondent's i.e. military officers, non-officers and even peacekeepers staffs and others who are interested in this sector comprising from Likard-Scale I to V level. The Cross-Sectional data were collected from non-probability convenience sampling. Structured as well as non-structured research questionnaires were used to measure the role-stress and mental health. The qualitative research found that by chi-square test i.e.0.0001 means that there is statistically highly significance between them. Furthermore, nature of frequency measured by Box -Whisker plot, whether the opinion of respondents is symmetrical or not. Plot shows that, the difference from median to lower and upper quartile is not normal. So-that, figure shows that Null Hypothesis rejected. In fact the level of stress among Nepalese peacekeepers have higher than other troops and respondents. Fact finding reveals that consistency with theory and Robustness of the conclusion.

Keywords: Convenience-Sampling, Peacekeepers, Qualitative-Research, Robustness, Stress.

Background

Nepal become a member of United Nations in 1955 and since then has been an active participant of most UN peace operations. The participation of the Nepal army in UN peace support operations spans a period of over a half century covering some 45 UN missions where 1,29,905 personnel has been participated. The army's long association with UN peace support operations begin with a modest deployment of five military observes in Lebanon in 1958. The first Nepal contingent purano Gorakh Battalion was deployed in Egypt in 1974. The Nepali army has contributed in senior appointment at UNDPKO and Force Headquarters and has also deployed military contingents, Military observers and staff officers. The army has also contributed significantly through the provision of niche capabilities such as engineers, medical teams and Special Forces contingents. Their devotion to duty and excellent performance has been widely acclaimed. The Nepali Army has always accepted challenges and participated in most difficult operations. This has had a heavy toll on its personnel, and to date, 65 personnel have made the ultimate sacrifice at the altar of world peace and another 66 have been disabled (Nepali Army, August 10-2019).

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In this regards, Grinker (1966) insisted that stress comes in many forms and affects people of all ages and every moment of life. Modern life is full of hassles, deadlines and demands. In the competitive world, for many people, stress and strains becomes common that it has been the way of life. That is why, stress is known as an inevitable evil in Modern life. Professionals, such as academicians, administrators, doctors and researchers etc have always been facing this problem as it directly affects the efficiency of the employee. Stress has become the most important factor influencing individual effort and satisfaction in modern occupational life. The experience of stress is highly individualized. However, it may affect the mental health.

There are no external indicators that can be applied to predict stress levels in individuals. The degree of stress in our life is highly dependent upon individual factors such as our physical health, the quality of our interpersonal relationships, attitude towards stress, the number of commitments and responsibilities we carry the degree of others dependence upon us, expectations, the amount of support, and the number of changes or traumatic events that have recently occurred in our lives.

Multiple studies sufficiently discuss on the stress which causes and ways to manage stress. Studies reveal that usually people adopt two ways of stress management the constructive and destructive one. Constructive way of stress management includes the techniques like meditation, listening music, physical exercises and the destructive way includes drinking alcohol, self harm and physical assault to others etc. The constructive way of stress management is always desirable. The existing literatures lack the systematic study to assess the prevalence of stress among Nepalese peacekeepers and determining the factors affecting it. The Peacekeepers are the ambassador of peace to UN representing their nation. Their physical, emotional and behavioral conduct can be affected by the level of stress which has significance bearing on personal and professional performances. Since the stress management is the part of professional military education (PME) in NA at each domain of self development, institutional and operational, the attempt of a systematic research on prevalence and factors affecting the stress of the Nepalese peacekeepers can open the avenue to understand and manage stress for personal as well as institutional wellbeing overcoming the organizational crisis.

Significance

Stress is the inherent phenomenon in every individual but the type and amount matters for the results. A positive stress called Eustress makes people aware and alert that helps to achieve better performance. The negative stress called distress or chronic stress alters the physical, emotional and behavioral conduct & it has significant bearing on personal as well as organizational performances. The chronic stress beyond coping capacity yields harmful results e.g. immune system damage, anxiety, depression, heart diseases, selfharm and suicide etc. (Cox et al., 1993).

In this connection, Serving for the cause of world peace is a unique and special opportunity for Nepalese peacekeeper under the flag of United Nations. As former Secretary General Dag Hammarskjold mentioned that "Peacekeeping is not a job of soldiers but only soldiers can do it", military component constitutes the inseparable part of today's multi-dimensional peace keeping mission along with police and civilian counterparts. Country ranking in 5th largest troop contributing countries (TCC), the devotion to duty and excellent performance of Nepalese peacekeepers have been widely acknowledged. The effort of stress management has great

significance in mission efficiency to accomplish the mandated tasks in effective and efficient way. This study will assess the prevalence of stress among Nepalese peacekeepers deployed in different missions around the globe using scientific self rating tool of perceived stress scale (PSS) and identify the factors affecting it. It is expected that the findings of this research will contribute to manage the stress of Nepalese peacekeepers in constructive way with appropriate training and welfare schemes. Ultimately it will help to enhance the mission efficiency and uplift the image of organization and the nation. In addition, this study will facilitate comparative study to between working environment and organizations considering the employee stress level and factors associated for organizational crisis management.

Research Questions

The grand tour question of this study is how to manage the level of stress of the Nepalese peacekeepers deployed in UN missions around the globe for mission efficiency. To achieve the purpose of the study this research intends to answer these specific research questions.

- How often have you felt nervous and stressed?
- How often have you felt confident about your ability to handle your personal problems?
- What is the prevalence of stress among Nepalese peacekeepers deployed in different missions around the globe?
- Do the peacekeepers have higher level of stress than normal?
- Why the stress prevalence of peacekeepers is higher than usual?
- What are the factors affecting the stress among Nepalese peacekeepers?
- What are the measures to manage the stress among Nepalese peacekeepers?

Objectives

General objective

The study has been conducted on the basis of cross-sectional qualitative case study adopted to fulfill the objectives using structured and semi-structured questionnaires. In this regards, to assess the prevalence of stress and factors affecting stress among Nepalese peacekeepers deployed in various UN missions.

Specific objectives

To assess the prevalence of stress among Nepalese peacekeepers. To compare the level of stress between peacekeepers and other troops of Nepali army, Whether they are statistically significance or not at five percent level of significance.

Testing of Hypothesis

We make a statement about population parameter on the basis of sample observation, whether the statement is significance or not at 5% level of significance. In other words, the conjunctural

relationship between two or more variables, whether the relation is insignificant or not. In general, formulation of hypothesis can be classified by two ways, they are below.

Null Hypothesis H₀: There is no significant difference between the level of stress among peacekeepers and other troops of Nepalese Army.

Alternative Hypothesis H₁: There is highly statistically significant the level of stress of peacekeepers rather than other troops of NA.

Methodology

The Cross-Sectional data was collected from the 101 respondents comprising Nepalese Military officer, junior officer, all the military peacekeeper respondents and even all the participants who are participated in this research of Nepal. A convenience non-probability random sampling was applied to select the respondents. Self-reported unstructured as well as structured questionnaires were administered to collect the data. project will adopt the quantitative dominant sequential mixed method for collecting both the qualitative and quantitative data to achieve the objectives of the study. A survey will be conducted among the Nepalese peacekeepers deployed in various parts of the world. Apart from this, a purposive in depth interviews will be done with selective participants

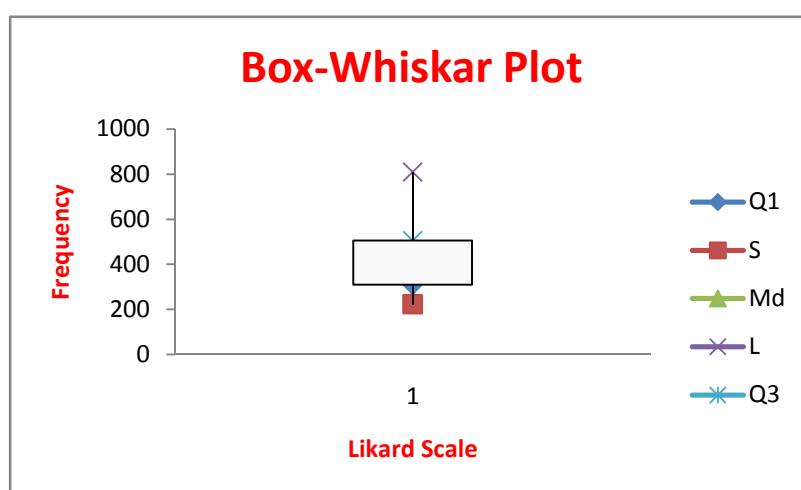
Model Specification

Model specification is a mathematical expression showing the association between the stress of peacekeepers and other respondents. Given the foregoing discussion, the following model is specified in order to determine the impact of stress on Nepalese peacekeepers. In this regards, cross-sectional data sources are classification and presentation by the Box-Whisker plot. In fact, A box-plot provides a graphical representation of the data based on the five-number summary. The vertical line drawn within the box represents the median. The vertical line at the left side of the box represents Q₁ and the vertical line at the right side of the box represents Q₃. The box is plotted from Q₁ to Q₃ and the whiskers are drawn to end points such as 25% left to smallest number and 25% right to largest number.

The frequency of Stress among Nepalese peacekeepers: The Box and Whisker Plot

Likard Scale	Frequency
Never	505
Almost Never	310
Sometimes	80
Fairly Often	375
Very Often	223
Total	2222

Position	Measures	Values
1	Q1	310
0	Smallest	223
2	Median	375
4	Largest	809
3	Q3	505



Above Box-Whisker plot reveals measure of central location (Md), two measures of dispersion (range and inter quartile range), the skewness and potential outliers. An outlier is an observation point that is distant from other observations. Outliers being the extreme observation, may include sample maximum or sample minimum, or both, depending on whether they are extremely high or low. However the sample maximum and minimum are not always outliers because they may not be unusually far from other observations. Let us take the above results.

The distance from smallest value to median $375 - 223 = 152$, similarly the distance from largest value to median $809 - 375 = 434$. In this connection, the distance from Q1 to median $375 - 310 = 65$ and then the distance from Q3 to median $505 - 375 = 130$ respectively. In this regards since $435 > 152$ and $130 > 65$, so the length of right Whisker is longer than the length of the left Whisker. So that, the given distribution is positively skewed. In the research language there is highly significance between level of stress among peacekeepers and other respondents.

Result and Discussion

It is expected that this research will measure the prevalence of stress among Nepalese peacekeepers and identify the factors affecting such level of stress. "Workplace stress" is the harmful physical and emotional responses that can happen when there is a conflict between peacekeepers and level of stress. This research was conducted to assess the impact of stress on job

satisfaction. There are 101 respondents from peacekeepers of Nepalese army and others. In this regards there is five number likard-scale denoted by Never, Almost Never, Sometimes, Fairly often, and very often respectively. Each and every scale have equal weight i.e. 1 to 5 in ascending or decending order. In social life stress will be positive and negative. Motivation was found to be important factor affecting job stress among peacekeepers. It was claimed that negative job stress among the people responsible for assisting the future generation's education will ultimately affect their intellectual and social abilities (Ahsan, Abdullah, Fie, and Aiam,2009).

In the cross-sectional data sources, usually researcher used the qualitative model such as, content analysis, Grouded theory, Chi-Squares test and many more, where cause and effect relation are not specified. So that in this research, researcher used the Chi- Square non-parametric test. In this regards X2 –test is a non-parametric test because it depends only on the set of observed and expected frequencies and degrees of freedom. Since Chi-Squares test does not make any assumption about population parameters, it is also called a distribution free test. X2-test is a test which describes the magnitude of difference between observed frequencies and expected frequencies under certain assumptions. In other words, it describes the magnitude of the discrepancy between theory and observation.

Q2 * Q5

Crosstab

Count

	Q5					Total
	Never	almost never	Sometimes	fairly often	very often	
Never	1	1	42	5	3	52
almost never	1	1	7	2	3	14
Sometimes	1	1	13	12	4	31
very often	1	1	0	0	2	4
Total	4	4	62	19	12	101

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	36.072 ^a	12	.000
Likelihood Ratio	31.409	12	.002
Linear-by-Linear Association	2.379	1	.123
N of Valid Cases	101		

a. 14 cells (70.0%) have expected count less than 5. The minimum expected count is .16.

Symmetric Measures

	Value	Approx. Sig.
Nominal by Nominal Contingency Coefficient	.513	.000
N of Valid Cases	101	

The findings of this research accepted the hypothesis that there was significant association between the job-stress of peacekeepers and mental health of Military officers of Nepal. Usually, negative effect in mental health of employees can be observed from their day to day work

Conclusion

The study found the association between role stresses and mental health of employees. Excess stress can manifest itself in a variety of emotional, behavioral, cognitive and even physical symptoms. Common physical symptoms often reported by those experiencing excess stress include sleep disturbances, muscle tension, headache, gastrointestinal disturbances, and fatigue. Psychological symptoms that can accompany excess stress include depression, anxiety, and loss of energy and mood disorders. The present research examined the association among peacekeepers perceived role stress and mental health of the employees. In this regards the respondents didn't report any serious effect of role stress on their mental health, but felt some effect in their daily life. Qualitative research found that the level of stress among Nepalese peacekeepers is higher than other respondents. In this connection, it was found that the common practices of coping mechanism; sharing with family and friends, taking leave, going in long journey, doing some physical exercise were practiced by peacekeepers to relax from the stress. Further study can do to identify the effective copying mechanism to reduce the stress comparing the peacekeepers and other respondents.

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ANNEX

SURVEY QUESTIONNAIRE

Namaste, this survey questionnaire is the data collection tool for the research entitled “The Stress and Strains of Modern Life in Nepalese Peacekeepers” for the Master's Degree thesis writing by Cross-Sectional data sources in the Tribhuvan University particularly management science in the Master degree semester system.

You are kindly requested to participate in this research by filling the answers in relevant questions. The questions are related to feelings, experience and stress during participation in UN peacekeeping mission. Your true information may help to manage peacekeepers environment more peaceful and healthier in coming days. The questionnaire will take 15-20 minutes to complete. The information provided will be kept strictly confidential and will only be used for the research purpose.

Participation in this survey is voluntary and you can choose not to answer any individual question or all of the questions. If you feel any discomfort during the process, you have right to stop anytime. However, we appreciate your participation to help the people involving in peacekeeping mission.

RESPONDANT AGREES TO FILL UP

Signature of respondents.....

Please go ahead

IDENTIFICATION

S.No.:215262

Date 13-02-2020 form filled:-

Name(optional):-Kamal Tamang

Rank:-Cpl

Name of the mission:-...UNIFIL

Departure date:-23-11-2019

Period completed in mission:3 months

Permanent Address in Nepal:-

Province: state 3 District Shindhupalchok Municipality/Rural Municipality:...Pachpokhari-5

Instruction to the Participants: Circle the appropriate answer from the given options (O) and fill in the blanks as required.

SECTION II: Stress-Related Information

Please tick on the options below based on your feelings and thoughts during the last month. You are advised to answer fairly and quickly with a reasonable estimate without counting the number of times .

S. N.	Condition	Never	Almost Never	Sometimes	Fairly Often	Very Often
1.	How often have you been upset because of something that happened unexpectedly?			√		
2.	How often have you felt that you were unable to control the important things in your life?	√				
3.	How often have you felt nervous and stressed?			√		
4.	How often have you dealt successfully with day to day problems and annoyances?	√				
5.	How often have you felt that you were effectively coping with important changes that were occurring in your life?			√		
6.	How often have you felt confident about your ability to handle your personal problems?	√				
7.	How often have you felt that things were going your way?			√		
8.	How often have you found that you could not cope with all the things that you had to do?	√				
9.	How often have you been able to control irritation in your life?			√		
10.	How often have you felt that you were on top of things?				√	
11.	How often have you been angered because of things that happened that been outside of your control?	√				
12.	How often have you found yourself thinking about things that you have to accomplish?					√
13.	How often have you been able to the way you spend your time?		√			
14.	How often have you felt difficulties were piling up so high that you could not overcome them?	√				

15. A certain level of stress is inherent part of the everyday life and is usual. Do you think that you are also stressed? Please rate the below options.

Don't know	No stress	Normal stress	Mild stress	High stress
	√			

16. If you accept that you are stressed what were the causes? You can tick more than one option.

Own habit	Person	Event	Relations	Problem at home	Mission environment
√					

17. How do you rate the mission environment where you are deployed considering the security situation? If one is the least and 5 is the most secure condition.

1	2	3	4	5
		√		

18. How do you rate the mission environment where you are deployed considering the comfort? If 1 is the least and 5 is the most comfortable condition.

1	2	3	4	5
		√		

19. Please mention the five factors affecting your level of stress in priority order.

- 1) career
- 2) home
- √ 3) profession
- 4)
- 5)

20. What do you normally do when you fell stressed? You can tick more than one option.

- 1) Stay alone and over thinking
- 2) Share and try to find the ways for solution
- √ 3) Listen music, walk and play
- 4) Get angry, self-harm or harm to others
- 5) Others (specify).....

21. Relating to your normal duty in Nepal, how do you rate your current performance in mission?

Highly effective than in Nepal	Fairly Effective	Same as it was before	Less effective	Ineffective
	√			

22. Please suggest at least 3 things to be considered to make peacekeeping mission more comfortable and less stressful.

- 1)
- √ 2)
- 3)

23. If you have any valuable remarks regarding this research, please mention here.

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Thank you Very much for valuable contribution!