



The Wellness and Personality of Ex-service men with Lifestyle Diseases

Akhil P. Sivan¹, Fr Lijo K. Joseph², Dr Mathew Kanamala³, Dr Justin Joseph⁴, Manu Kurian⁵

¹ Student, Department of Social Work, St. Joseph's College, Arakulam, Kerala, India

^{2,4,5} Assistant Professor, Department of Social Work, St. Joseph's College, Arakulam, Kerala, India

³ Head of the Department, Department of Social Work, St. Joseph's College, Arakulam, Kerala, India

Abstract

People from different parts of the nation join the armed forces; get involved in the activities of the force for a period of time. After the period of service, the person retires from the armed force and gets introduced into a different community. The present study is aimed at the wellness and personality of Ex-service men with lifestyle diseases. The major objective of the study is to evaluate the difference in the wellness and personality of the Ex-servicemen with lifestyle diseases. Convenient sampling was used for the selection of the samples. The study was conducted on 156 Ex-servicemen who have served in different sections of the armed force. Ex-servicemen who have Diabetics, Cardiac diseases and BP/Cholesterol variations are selected for the study. The researcher used questionnaire method and interview method for the collection of relevant demographic details from the respondents. The results revealed that there is a significant relationship between the age, wellness and personality of the Ex-service men with lifestyle disease. Further, the study showed that there is a significant relationship between the wellness and personality of the Ex-servicemen with lifestyle diseases.

Keywords: Wellness, Personality, Ex-servicemen, Lifestyle diseases

Introduction

People from all over the country join the defense services voluntarily, get happily amalgamated into a potent force by virtue of hard training and wholeheartedly identify themselves with the organization. In fact the services truly represent a unique embodiment of national integrity and unity in diversity. There is no distinction on the basis of caste, creed, religion or linguistic background. Performance remains the main goal and the credit goes to the impartial and effective system of training, ethics and ethos of the services. Sincerity, loyalty, dedication, camaraderie and true regimental spirit are some of the hallmarks that keep the "forces" ticking. Since the nature of the job is arduous and risk-prone, it is imperative to maintain a youthful profile of the organization.

Armed forces are heavily-armed, highly organized force primarily intended for warfare. It is typically officially authorized and maintained by a sovereign state, with its members identifiable by their distinct uniform. It may consist of one or more armed branches such as Army, Navy, Air Force and in certain countries, Marines and Coast Guard. The main task of the armed forces is usually defined as defense of the state and its interests against external armed threats. A nation's armed forces may function as a discrete social subculture, with dedicated infrastructure such as military housing, schools, utilities, logistics, hospitals, legal services, food production, finance, and banking services. Beyond warfare, the armed forces may be employed in additional sanctioned and non-

sanctioned functions within the state, including internal security threats, population control, the promotion of a political agenda, emergency services and reconstruction, protecting corporate economic interests, social ceremonies and national honor guards.

The Indian Armed Force is composed of the Army, Navy and the Air force and their sub category groups for different types of defense activities. Indian Armed Force is the third largest armed force in the world, in which about 20lakh individuals are employed. A person gets employed in the armed force commonly after receiving a training period of about 2 years in which, the first six months are the basic training and the rest of it is based on the trade in which the individual is going to serve.

An ex-serviceman is a person who used to be in a country's Armed Force. A person who services in the armed force goes through different circumstances which demands both physical and mental hard work. They follow a well disciplined and strict way of life which creates a healthy lifestyle to the service person. But things begins to change when a person retires from the armed force after the completion of service period (basically of 15 years), that their habit of doing exercise and concentration upon their duties based on their trade begins to change and also they are introduced into an entirely different society. After the retirement, the person is introduced into an extremely different life, in which entirely different people are around them. Hence the majority of the persons lose their interest to follow those habits. By this way, the retirement brings drastic changes in their life. As time passes, due to the changes in their lifestyle (decrease in the duration of exercise and difference in the quality and quantity of food and the periodic medical checkups which they underwent in the service period), majority of them get lifestyle diseases. Presence of any lifestyle diseases may bring changes in the wellness of the person. This brings changes in the thought, emotions, control, work and the positive humor of the person. This definitely puts an influence upon the person's way of viewing the world around him/her changes. Hence their attitude about the self and others begins to change which brings the changes in the personality of the person and affects the personality factors including: openness, conscientiousness, extraversion, agreeableness and neuroticism. This study is about the wellness and personality of the Ex-servicemen who have lifestyle diseases- diabetics, blood pressure, cholesterol and cardiac diseases.

Ex-servicemen and Lifestyle diseases

Lifestyle diseases are diseases linked with the way people live their life. These are non-communicable diseases. This is commonly caused by lack of physical activity, unhealthy eating, alcohol, drugs and smoking. Diseases that mostly have an effect on our lifestyle are heart disease, stroke, obesity and type II diabetes. According to a report published by ICMR (Indian Council of Medical Research) in 2017, 3 of the 5 leading individual causes of disease burden in India were non-communicable, with ischemic heart disease and chronic obstructive pulmonary disease as the top two causes and stroke as the fifth leading cause. The range of disease burden or DALY rate among the states in 2016 was 9-fold for ischemic heart disease, 4-fold for chronic obstructive pulmonary disease, and 6-fold for stroke, and 4-fold for diabetes across India. Of the total death from major disease groups, 62% of all deaths were caused by non-communicable diseases (which includes lifestyle diseases).

According to Dr William C, lifestyle disease can be defined as “A disease associated with the way a person or group of people lives. Lifestyle diseases include atherosclerosis, disease, and stroke; obesity and type 2 diabetes; and diseases associated with smoking and alcohol and drug abuse”. (Dr William C, Schiel J, 2016) So the lifestyle diseases can be considered as diseases linked with the way people live their life, which is commonly caused by lack of physical activity, unhealthy eating as well as

alcohol, drugs and smoking abuse. Diet and lifestyle are major factors thought to influence susceptibility to many diseases. Diseases that mostly have an effect on our lifestyle are heart disease, stroke, obesity and diabetes. The diseases that appear to increase in frequency as countries become more industrialized and people live longer. Drug abuse, tobacco smoking, and drinking alcohol, as well as a lack of or too much exercise may also increase the risk of developing certain diseases, especially later in life. The sudden changes in the lifestyle like quitting exercise and avoiding timely food may also contribute to this.

Presence of any lifestyle diseases brings changes in the normal functioning of a person. Human beings are social animals, each person plays different roles in different levels, as an individual to the member of a community and hence the presence of any of the disease or disorder affects not only affects the person himself, but those who are around him/her as the bearers of the effects. Presence of any lifestyle diseases brings changes/differences in the wellness of a person. This brings changes in the wellness factors including: creativity, physical, social, essential and coping of the person. This definitely puts an influence upon the person's way of viewing the world around him/her changes. Hence their attitude about the self and others begins to change which brings the changes in the personality of the person and this affects the personality factors including: openness, conscientiousness, extraversion, agreeableness and neuroticism. The effects of lifestyle disease may or may not be reversible. But the effects of the lifestyle diseases seriously affects the normal functioning of the person affected. Even though a person who has undergone several training programs and development of survival and adaptation skills from the Armed Forces, it is not clear about the situation when an ESM has a lifestyle disease and how he/she views his/her situation and how the majority of them handle the situation. Some of the effects of lifestyle diseases upon a person include; tiredness, low appetite, unable to tolerate life stress, adoption of health risk behaviors, inability to find a task enjoyable, sudden anger, reduced curiosity, decreased confidence levels, increased nervousness and so on.

Method

Descriptive research design was used in this study. Sample (N=156) selected from the different places in Kerala.

Tools

1. Demographic data sheet prepared by the researcher
2. Five Factor Wellness Inventory developed by Myers, Sweeney and Hattie (2004)
3. Big Five Inventory by John and Phills (1991)

Reliability and Validity

The alpha reliabilities of the BFI scales typically range from 0.75 to 0.91 with an average above 0.80 to 0.90, with a mean of 0.85 (John et al, 1991).

Validity evidence includes substantial convergent and divergent relations with other Big Five Instruments as well as with peer ratings. John and Srivastava (1999) made a comparison of the BFI with the two well-known measures of Goldberg's (1992) TDA and Costa and McCrea's (1992) Neo-FFI using a large data set of self-reports on all the three measures. They employed a multi trait, multimethod (MTMM) design where the methods were the three self report instruments.

Hattie, Myers and Sweeney (2004) reported alpha coefficients for the five second order factors as: Creative self- .93, Coping self- .92, Social self- .94, Essential self- .91, Physical self- .90 and .94 for total wellness. The sample in their study included 3043 persons who had completed the wellness evaluation of lifestyle, however, only the 73 items that comprise the 5F-Wel were examined in their reliability analysis.

The authors report that several studies provide evidence of construct validity of the Five Factor Wellness Inventory (e.g., self-esteem, Spurgeon, 2002; relationship self-efficacy, Shurts, 2004; and spirituality, Gill, 2004; as cited in Myers & Sweeney, 2004). Internal consistency was examined for the 5F-Wel using a sample of 2,093 persons, including 52% males and 48% females (Myers & Sweeney, 2004). The alpha coefficients are reported to be high for both the first- and second- order factors and ranged from .90 to .85 (Myers & Sweeney, 2005, p. 41). In the third-order scales, alpha coefficients ranged from .70 to .87, except for Self-Care (.66) and Realistic Beliefs (.68) (Myers & Sweeney, 2005).

Objectives

1. To study whether there is any significant relationship between the Age, Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases.
2. To study whether there is any significant relationship between the Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases.

Hypotheses

1. There will be significant relationship between the Age, Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases.
2. There will be significant relationship between the Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases.

Results and Discussion

The following session explains the relationship between the wellness and personality of Ex-servicemen with lifestyle diseases.

Table 1: Correlations between Age, Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases

Variables	Age
Coping self	-0.142
Physical self	-0.120
Creative self	-0.194*
Essential self	-0.215*
Social self	-0.115
Extroversion	-0.044
Agreeableness	-0.082
Conscientiousness	-0.017
Neuroticism	-0.021
Openness	-0.051

*Correlation is significant at the 0.05 level

As per the above table, the personality and wellness of the Ex-servicemen is negatively correlated with the age. This means that personality and wellness decreases with the increase in the age.

The present finding supports the findings of Yannick Stephan, Angelina R. Sutin and Antonio Terracciano in 2015.

Table 2: Correlations between the Five Factor Wellness factors and the Big Five personality traits of the ESM with lifestyle diseases

Personality factors	Coping
Extroversion	0.475**
Agreeableness	0.390**
Conscientiousness	0.212**
Neuroticism	0.262**
Openness	0.540**

As per the above table, the personality of the Ex-servicemen with lifestyle diseases is positively correlated with wellness. This means that the wellness increases with the personality. The present finding supports the findings of Britzman, M. J. and Henkin, A. L. in 1992.

Conclusion

The main aim of the study was to investigate about the wellness and personality of the Ex-service men with lifestyle diseases. The study has found that the age is negatively correlated to the wellness and personality of the Ex-servicemen with lifestyle disease and there exist a positive correlation between the wellness and personality. Hence we could say that there is a noticeable impact of the lifestyle disease upon the lives of the Ex-servicemen. The transformation of the life of people retired from the armed force has led them to lead a life that is entirely different, a life in another community with another lifestyle. Majority of the people who have retired from the armed force have lifestyle disease of one or another type. The people who once served the nation are now trying to deal with their issues in the day to day life. The restrictions put by the lifestyle diseases upon the retired people have brought changes in their personality also. They are unable to enjoy what they enjoyed in the past and are unable to do what they wish to do. As the time passes the things are changing in unexpected ways, the issue of lifestyle diseases gets added to the issues of age transitions.

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