

DEVELOPING LIFE COPING SKILLS AMONG AMPUTATED ELDERLY WAR VETERANS/DIFFERENTLY-ABLED WAR HEROES: A REVIEW OF LITERATURE

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Abstract- The theoretical aspects related to life coping skills among disabled or differently able war heroes will be discussed in this paper. Literature review on the other hand will guide the researcher to develop a sustained conceptual framework and based on that, the researcher will be able to conduct a reliable study. Coping skills are defined as the ways in which people learn to deal with certain stressful situation or circumstances. Every person copes with different stress levels and over the time, they learn to deal with the certain stressful scenario. On the other hand, people who are passing through the stressful situation are not only suffering by themselves, but people who are around them also suffer due to emotional attachment. Therefore, developing coping skills is essential under a stressful situation. Coping skill is defined as any behavior or characteristic that is relevant to a person's adaptation. It is further detailed that, coping skill includes religious belief system, solving problems, social skills, health and energy, and commitment towards social network. Coping skill is a technique/ method a particular person uses to manage a stressful situation. This particular skill will enable a person to face the problem, identify the problem, take necessary action and be flexible in terms of handling a stressful situation in a successful manner.

Keywords- Coping skills, Psychological Impairments, War-Related Trauma.

I. INTRODUCTION

Every conflict in the world has been taken thousands of lives, displaced thousands of families and severely damaged the economy and infrastructure. The exposure to war-related trauma has led to amputate large number of veterans (Miller & Rasmussen, 2010). Disability causes a variety of physical and psychosocial challenges which effect to the body image, lifestyle and self-concepts of individuals (Kooijman, et al, 2000). The alternations and prosthesis generally creates stresses which is associated with individual's inability to maintain emotional well-being. Sometimes it may lead to poor psychosocial adjustment (Williams, et al, 2011). Furthermore, the well-being of disable people should be considered as the main goal of rehabilitation rather than a biomechanical or physiological factor. We can consider quality of life as an umbrella, covering all aspect of medical services that offers to a disable people. The concept of quality of life extends beyond traditional symptoms and it includes subjective well-being, satisfaction, functioning and impairments. The impact of such pain increases the impact of secondary stresses such as family conflicts, negative events which lead to mental health problems (Wickrama & Wickrama, 2008, 2010). In this setting, the objective of this study is to understand the developing of life coping skills among amputated elderly war veterans/ differently-able war heroes. This review is investigated by searching key academic databases on the subject. The collected data has reviewed under two phases such as theoretical review and empirical review.

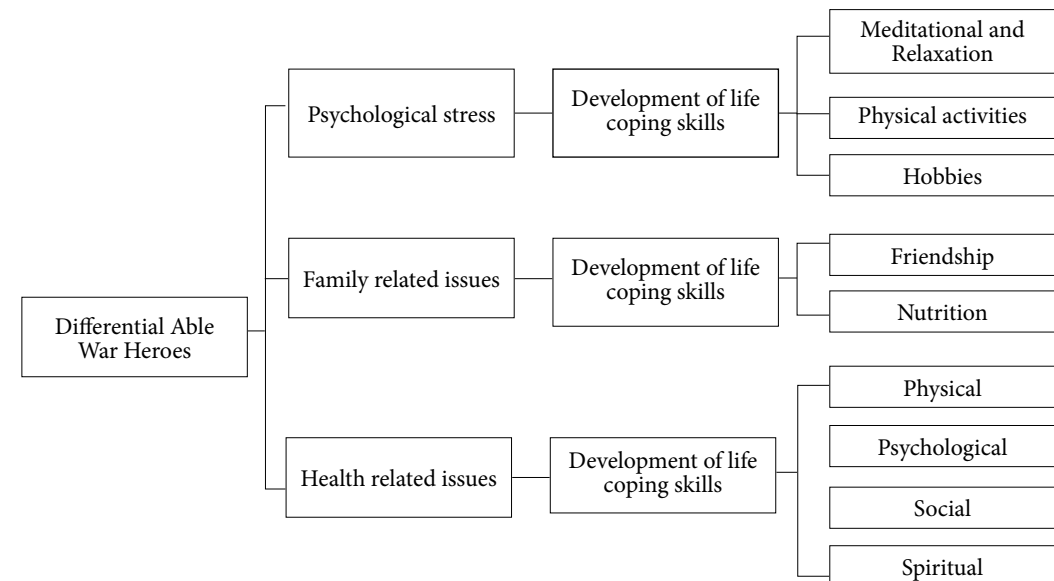


Figure 1. The Conceptual Framework
Source: Author

II. DISCUSSION

The discussion of the paper is entirely based on the effect of life coping skills among amputated war veterans as follows. The following conceptual framework clearly depicts the relationship between differently able war heroes and development of their life coping skills.

A. Development of Life Coping Skills Under Psychological Stress

According to American Psychological Association (2018), people can be victimised from psychological stress regardless their age, gender and maturity. It has further elaborated that the psychological stress can also lead to physical health issues. By agreeing to the same, Anon (2018) has stated that the stress mainly refers to two things which are the pressure in mind and the way body responds to it. Therefore, psychological stress can be a response to an environmental, social or any other external factor. If a person suffers from a psychological stress, that could be visible through his or her physical conditions. There are several physical conditions such as low energy, headaches, upset stomach including diarrhoea, constipation, nausea, aches, pains, tense muscles, chest pain, rapid heartbeat,

insomnia, frequent cold and infections, loss of sexual desires. (American Psychological Association, 2018). Therefore, it is important to maintain a good mental health to have a balanced life. (Anon, 2017) On the other hand, having a proper mental or a psychological health will be beneficial for a person to achieve the desired success within his or her personal and professional life. Hence, maintenance of psychological fitness is an essential part in human life. Psychological fitness is therefore, aiming at developing mental, emotional and behavioural aspects of people, which is one of the vital things to be considered for military people (Lori, et al. 2011). According to them the psychological status of military officers can be developed thorough the awareness of self-environment, beliefs, attitudes, ability, to cope with stress, decision-making skills, social engagement and interaction with others. Apart from the above mentioned aspects, following areas can be identified as the essential aspects in handling the stress.

i. Mediations and Relaxation

Meditation is one of the processes of enhancing set of integrated physiological changes of people which lead them to have a relaxation. Further this can be a good solution to overcome many diseases and psychological

impairments (Lazar, et al, 2000). On the other hand, this can be considered as a kind of an exercise to the brain which improve the memory, empathy of individuals (Bushak, 2015).

ii. Physical Activities

According to World Health Organization, a physical activity can simply defines as a movement of body that used skeletal muscles to generate energy. Also it reveals that, the lack of physical activities causes 3.2 million deaths across the globe. As per the United States Department of Agriculture stated, there are different types of physical activities which individuals can involve in activities such as running/Jogging, walking, cycling, heavy work, swimming, doing aerobics and playing Basketball tennis. According to Rehabil (1991), these kind of physical activities is a good recommendation to improve the physical fitness of war heroes. At the end of the day, those will lead to ensure their mental fitness as well.

iii. Hobbies

Hobbies is an activity doing for the purposes of gaining pleasure within an assigned worked schedule. According to Naidu (2015), hobbies enrich the lives as well as bring happiness to people. According to her, there are several advantages for personal life such as the ability to share stories with others, relieve stress, become patience, develop bonds with others and create a social life that increases confidence and self-esteem. This also helps prevent bad habits as well. Therefore, it is important to have a hobby by the disabled/ differently-able war heroes as it reduces the discomforts and challenges such as boredom, less socialization and depression, etc. (Poore, 2009).

B. Development of Life Coping Skills Under Family Related Issues

It is a well-known fact that, war heroes who faced injuries in the battle fields, continue their lives as disabled or differently able individuals. In this situation, this generate serve impact on the life of injured soldier and his or her family as well (Smith, 2010). According to Stockton (2012), disabled or differently able war heroes who already return to homes face several issues that aligned with invisible wounds such as psychological obstacles.

The inability to find an employment, to settle back in to normal relationships and depressions have become unavoidable challenges.

i. Friendship

Friendship is an important factor for any individual's life since their emotional support and different viewpoints and feedback is helpful for closed ones. Most importantly, they are having an extraordinary power to make people ease while they are undergoing with a depression or any type of a problem (Lutfiyya, 1997). She further stated that, people those who are with or without disabilities should have friends to enhance their psychological health.

Amado (1993) has highlighted that, people with disabilities faced difficulties in developing social relationships due to lack of opportunity available in the society. Because of their disability to move, they are unable to get in touch with peers or exposed to the society. On the other hand, there is a lack of support and attention to differently able people from the society. Also, they are unable to develop new relationship since their scope is limited to a selected area, where majority of them are unable to freely move. Therefore, O'Brien (1993) shows the importance of developing social relations between differently able war heroes and mass community in the society.

ii. Nutrition

In addition to that, Nutrition of disable people is also an important factor because it assures the survival of the humans. However, much attention should be given to the nutrition level of disable or differently able war heroes since it is the only assurance for them to sustain their lives (Padmasiri, 2012). On the other hand, maintenance of a healthy diet is essential for speedy recovery of disabled war heroes. As they are unable to have proper exercise, nutrition and a well-balanced diet plays a vital role. (Wechter, 2014).

C. Development of Life Coping Skills Under Health Related Issues

According to Baines (2018), veterans, soldiers or the military face eight problems which differ from the problems faced by others in the society. Their life style and behaviour which relate to a unique service lead

them to suffer from unique set of health and wellness issues. Therefore, it is identified that there are main areas related to health related issues such as physical health, psychological health, social health and spiritual health.

According to Medline Plus (2017), due to the sacrifices made by the soldiers to the country, they face various physical difficulties and health issues than the general civilians. They suffer from various injuries, etc. which occurred during their missions. The majority of injuries are lifetime. The Medline Plus (2017), has elaborated that the most common types of injuries are shrapnel and gunshot wounds, loss of limbs, head and brain injuries, tinnitus and hearing problems, typically exposure to noise, sprains and strains, limited range of motion, especially in ankles and knees. Due to these life lasting disabilities, the disabled/ differently able war heroes suffer mentally and physically (Bushak, 2015). According to her, getting socialized with others is vital for their life in different ways. It helps to get emotional support from the civil society and receive feedback and different viewpoints on their development. (Lutfiyya, 1997). She further elaborated that the socialization leads to regain the happiness, mental fitness of differently able people as well. Because the socialization may help to realize the importance and the value of them to the society and they will be able to receive appreciation and respect from the society on behalf of the sacrifices made by them. This may increase the mental wellbeing of them. Further, spiritual well-being which refers to an ability to experience life through a person's passion on art, music, literature, nature, can create a massive impact on the health of the disabled war heroes. Moreover, this can be considered as a kind of an exercise to the brain. It helps people to maintain mental health, improve the memory, enhance empathy, etc. and especially, they are satisfied with their life rather than getting disappointed or depressed (Bushak, 2015).

III. JUSTIFICATION OF THE RESEARCH GAP

Development of the life coping skills among amputated elderly war veterans enhances the abilities of the disabled soldiers. Therefore, the authorized bodies can have better understanding of this situation and they can take necessary actions to increase life coping skills among amputated war veterans. In addition to that, in future more research should be done on this area.

IV. CONCLUSIVE SUMMARY

The conceptual framework which has developed by the author is essential to develop life coping skills among veteran/ differently-abled war heroes.

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