

## Stress Resiliency and Fatigue in Commandos

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The purpose of the paper is to study the relationship between stress resiliency and fatigue among commandos. The study has been conducted on a sample of 120 commando trainees of Commando Training Centre, Fort Bahadurgarh-Patiala. Stress Resiliency Profile and Multidimensional Fatigue Inventory (MFI – 20) were used to measure resiliency and fatigue respectively. The findings suggest that commandos, who were high on fatigue, were less resilient to stress, which determine their success at personal and professional front. The predictors of stress resiliency included total fatigue, general fatigue and reduced activity. The paper stresses upon building resiliency among commandos from the physiological and psychological point of view.

**Keywords:** Commando, Fatigue, Stress Resiliency.

Stress is the subjective feeling that is produced by events that are perceived as overwhelming and beyond one's control stress is an adaptive reaction to circumstances that are perceived as threatening (Dougall, et.al. 2001). Stress may build up gradually, as the consequences of an ongoing unsatisfactory work or life situation or as the result of an upcoming life transition such as becoming a parent. Stress may also result from sudden catastrophes-for example, unexpected illness, earthquake and other traumatic life events caused by outside forces. Also, some professions are more prone to stress like commando trainees, armed forces, doctors, marketing people, etc. The term Commando means a specific kind of individual soldier. Every trainee has to pass certain courses to get enrolled. After the initial phase, trainees are taught the use of specialized weaponry, advanced martial arts, precision firing from moving vehicles, and survival skills. Coming from civilian society that elevates the individual, recruits are now in a world where the institutional value of the group is supreme. One has to be team player or risk ostracism. Trainees from other states

face unique cultural challenges. Worries over low pay, tough training, pressures to excel, family matters and high attrition rates are major concerns for trainees as well as mentors. The pressures are certainly stress-inducing. Energy expenditures of soldiers during combat training are reported to be significantly high depending upon training intensity and environmental conditions. The increased energy expenditure increases demand of protective micronutrients and antioxidants as exercise induces oxidative stress (Singh, et. al. 2007).

Lazarus and Folkman (1984) defined stress as "a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well being". Thus, stress occurs when people perceive that events are placing excessive demands on them. The degree of stress experienced depends on one's perception. Perceptions in fact, determine whether a given situation is experienced as an "excessive demand" or an "opportunity". These perceptions depend on an individual's "interpretive habits" or some