

Psychological effects of long term army naval missions on their families; a qualitative study

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Abstract

Aims: Investigating the different psychological aspects and the life quality of navy forces is important for improving their military power and efficiency and therefore improving the military power. The aim of this study was determining the psychological effects of long term naval missions on the family members of the Iranian Navy staff.

Methods: This descriptive cross-sectional study was carried out in 2011, on 20 military families residing in one of the towns of the navy's 1st area in Bandar-Abbas city and had at least experienced three naval missions. Then the occupational history, life biography, marriage status, the number of children and the history of psychological hurt due to job conditions and war missions were investigated based on free interviews. Questions were designed based on ENRICH Inventory, the Occupational Stress Questionnaire and the job satisfaction questionnaire.

Results: The remaining psychological effects of long term missions on families were correlated with age, education level, marriage age and the number of children, job experiences, military responsibility, mission location and duration and the possibility of fighting adversaries. Having a positive view about the necessity of missions was an important factor in tolerating problems.

Conclusion: Understanding the psychological effects of naval missions would result in finding appropriate solutions such as teaching life skills with the aim of lowering and preventing these effects.

Keywords: Psychological Effects, Navy, Naval Missions, Military Family

Introduction

The sea and its strategic role in stable development of each country are evident and military balance among navy forces is one of determining factors and in fact, the most important one in a country's maritime power indexes, which is determined in proportion with navy defense strategies [1].

Iran has many strategic waterways in its south and north borders and protecting its sea borders is unavoidable and necessary. As such, authoritative presence of strategic navy forces of Islamic Republic of Iran's army in Persian Gulf and Oman sea and beyond the Iranian waters, in an attempt to provide protection for national resources and benefits, has led to increase in the trend of seafaring missions in comparison with the past, in the expanse, in the number of navy missions, in time and ways of sea connections, in distances between inter-coastal and intra-coastal maneuvers both in water and in land, in the kind and time of mission accomplishment and maritime operations [2].

With respect to the necessity of positivist psychology, most researches have been focused on protective, preventive, health improvement and health experiences factors. On the other side, medical science

has paid less attention to the causes of mental injuries and has paid more attention to treating mental disorders and negative feelings, and usually spends more investments on treating these kinds of disorders [3].

Military forces face more job issues, due to special professional missions, and have more psychological problems in comparison with those working in other occupations. Psychological pressure derived from the kind of occupation, complicated missions, hard regulations, the probability of being injured, handicap, enslavement and even death are among the issues whose probability is much more in military occupations [4].

Psychological capacity of a person includes: The person's ability to face expectations and the harsh realities of life, and the high psychological capacity which enables the person to maintain one's life in a desired psychological level and to demonstrate this ability in the form of an adaptive behavior and positive and effective activity. The role of psychological capacity is of high importance in promoting health in all three physical, psychological and social aspects. This importance becomes more evident when it takes behavior turn. In such a case, the person, when facing psychological pressure and life

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obstacles, has not enough power and therefore, his inappropriate conduct will lead to pains and failures [5].

On the other side, paying attention to different mental and psychological aspects and also to navy forces' quality of life is of vitality so as to recognize properly military forces' condition and their families so as to promote military power and officers' efficiency and thus, promoting the military authority of Islamic Republic of Iran. Because the existence of a safe society in terms of psychological well-being is dependent on the health status of smaller members of that society (family) [6].

Accurate recognition of psychological and mental problems and the issues with which military forces and their families always interact paves the way for thinking about appropriate and practical approaches so as to improve their life status and quality and to guide them in this respect by providing meditated and valid opinions. Recognition of these issues will provide the high-rank military authorities with the insight into considering the military forces' family role in promoting military goals when making policies and also into taking proper measurements. The goal of this research is to investigate the psychological effects of being dispatched to long-term navy warfare missions on the families of those working in navy forces of Islamic Republic of Iran.

Methods

This research is qualitative-functional in nature (descriptive, cross-sectional), since in this research, data is used to describe and explain environmental conditions and the incidence of a phenomenon and it is possible to get results about the relations among variables and the depth of their structures by using this data. Also, it is possible to determine the research goal and to compare the obtained results with other researches, based on library studies and the use of library resource tools and internet websites by systematic study method of scientific resources, psychological books, psychiatrics, scientific and research journals, group and individual interviews.

The present study was done with the aim of investigating remained psychological effects from long-term missions on mental health and the lifestyle of families of military forces in the army's navy forces. With respect to the limitations of information resources and the inaccessibility of confidential information, the researcher has selected the best method of collecting data with respect to inflexibility feature of interview method which is one of

fundamental and perhaps the best methods of collecting data. Because in this method, close contact among interviewer and interviewees paves the way for an appropriate place and full of collaboration and the interviewer obtains real and actual information without bias and exaggeration. The importance of free interview is due to its freedom and informality and the establishment of feelings of security and peacefulness in the interviewee to mention his/her experiences and problems. These have been achieved by calling the objectives of the research as confidential and clarifying these objectives for the interviewees, and by proposing open-ended questions so as to create interactions and to get more information and by maintaining live communication to create an atmosphere full of peace and trustworthiness for the interviewees. The research method was using group consultation techniques and the families stated their feelings and expectations in a collective group and discussed what they experience during long-term maritime missions and then each family states its personal and particular experiences in 20 separate sessions.

The main objective of this research was to recognize accurately diverse remained psychological effects from the issue mentioned on military forces' families and to provide appropriate approaches to prevent or alleviate and control these effects and the researcher is set to answer the following questions by doing accurate investigations: Do long-term maritime missions have psychological impacts on the military individual and his family? If yes, how is it possible to prevent these effects and their ensuing consequences? The statistical society under investigation included all navy forces' military families at hand who experienced long-term missions and statistical sample included 20 volunteer military families who had at least the experience of three times of being dispatched to long-term missions, who participated voluntarily in open (or free) and clinical interview. This sample included 20 men, 20 women, 5 teenagers, and 10 children. Among women of the families, 11 people were housewives, 5 people were employees, and 4 were teachers. In terms of education level, 9 people were below diploma, 7 people were holding diploma, and 4 were holding bachelor degree or higher degrees. Among men, 5 people were below diploma, 9 people had diploma, and 6 people were holding bachelor and higher degrees. The basis of proposing questions is the use of Enrich marriage satisfaction tests, the questionnaire of job intensity and the questionnaire of job satisfaction. This interview included five areas of physical health, psychological health, social relations

and recognition functions and role playing and stimulation and the questions in free (or open interview) covered in its totality 12 overall indexes, including family history (investigating marriage records, family level, and ancestors), physical and psychological health, personality traits, marriage satisfaction rate, marriage and sexual relations, child-rearing, financial management, solutions to the problems, roles and religious orientations, life perspectives, and job satisfaction.

Results

Surveying among military families participating in the interview about the importance and the necessity of accomplishing these missions so as to determine their viewpoints, it turned out that they no one of them had any doubts about the necessity of accomplishing these missions and regarded them as valuable and crucial and this was their main reason to tolerate problems.

According to the interviews, there happened a special situation for the military individual and his family when accomplishing his mission, including "family's obligatory travels while on duty to make use of the source families' helps or his kinships and relatives", "the loneliness of the families who have no access to travel (due to preoccupation with work or having student children)", "the emergence of negative excitations and the intensity of harmful feelings in case of unacceptability of the subject by family" and "the creation of disorder in the parents' functionality towards children".

Also, the research findings showed that those women trained in military families had less problems than other women due to having their fathers' mission experience on the basis of the then requisites (some indicated to the eight years experience of Holy Defense and the experience of their fathers' participating in wars), since, they observed their mothers' self-sacrifice. In women's reports, there were dissatisfactions with the husband's work due to lack of security and anxiety about their husband's health. Women employment, social skills and educational levels were recognized as important factors in decreasing loneliness, depression and anxiety feelings. Lack of awareness about the position of military husband during journey and the limitation of telephone conversations were the major problems which led to increase in other issues such as the feelings of fear and hopelessness. Housewives and those with low level of education had more problems about solving their daily problems and issues.

Discussion

For many years, scientists have emphasized on the importance of family as a unit which has the responsibility of doing main works for individuals and societies [7] and define a proper society dependent on having firmly-established families [8]. Family is a social unit which reflects the main components of the society within itself and is a reflection of social chaos. On the other hand, family is one of the most important factors affecting society. No society can achieve health unless it possesses healthy family [9].

Families in which the father works in military forces are called military families. Military families usually suffer from living far away from normal life environment, living in unfamiliar surroundings, and the experience of living outside their birthplace. Internal family problems reduce the ability of responsible military staff and increase the probability of psychological problems [10].

Also, each family member's job, in particular those have vital role in establishing family's foundation (parents), would affect the relation between its members and their psychological health [11].

Many people's job success, including staff working in the armed forces, is dependent on their presence in unified and healthy families, and on having compatible spouse and children. It is evident that to achieve strong military forces, attention should be paid to their family characteristics and their related problems. The existence of every kind of problem in military forces families will be an obstacle to improvement and promotion of military forces [12].

The complicatedness of military jobs will have massive and prominent effects on family environment [13]. Psychological disorders among military families have been reported between 3% and 15% on the basis of the kind of disorder and in the order of paranoid, obsession, depression, interpersonal relations, physical problems and confrontation disorders [14]; with respect to researches already done, it has become clear that the prevalence of these disorders is more widespread among military families than among ordinary families [15].

Factors such as workplace psychological pressure, critical and vital situations, high job responsibilities, job stress, unwanted transferences, problems existing in the house and in family, lack of confidence in individualistic abilities, psychological tiredness derived from hard work, thinking about the possibility of death are among the cases which will lead to depression and mental disorders among military staff and their families [16].

In investigating foreign researches, in an article with the title of "environment, the lifestyle, and psychological factors of military families' health and welfare" which was done by *Lari, Nager, Paulo* and *Comcho* in psychology, social-functional journal, investigating the way of emotional cycle and the long-term use of military forces in military missions in France, the results obtained showed that psychological factors derived from these missions can be categorized into 5 stages: 1) Before dispatching (being dispatched); 2) Establishment; 3) Return; 4) Reinforcement and 5) Being re-dispatched.

Also, the officer and his family undergo different mental experiences before dispatching, during dispatching and after dispatching. These experiences will cause various psychological disorders for him and his family which are in harmony with diverse variables. Among the variables which affect the emergence of psychological problems in the cited families are the place of accomplishing the mission (in terms of the possibility of the occurrence of military combats with the enemies), the length of dispatch, the number of dispatch, the time period between the two dispatches and military responsibility of the dispatched and his hard work conditions during dispatches [17].

The material recorded in one of internet resources in this respect indicates that training different life skills and informing women about their husbands' work conditions are important factors in decreasing their family conflicts [18].

Also, the function of each of countries possessing navy forces such as the US, England, Germany, France, Russia, Turkey, China, Denmark, India and Saudi Arabia has differences in dispatching their military officers to maritime missions. In another of these websites, there were recorded a material about building peaceful houses "houses far from other houses" to be used by American military forces and their families. These houses, located in vast areas and diverse capabilities, provide services such as providing clinical and psychological consultations when the family undergoes high stress, providing different nursery assistances, and supporting people who need to be hospitalized or unexpected diseases have happened on them, providing medical and paramedical services and short-term treatments for people who have suffered body injuries or doing personal works and caring after infants and irreparable financial aids and also granting tax exemptions for military families or providing educational supports such as holding training workshops and granting education subsidies to military forces' families and

their children, so as to decrease and solve negative effects of military job's long-term missions [19].

Among other works done in the US navy forces is that each military individual, before being dispatched, will undergo different security trainings and acquiring the needed skills, together with his family. Also, a scheme has been designed with two external and external functions which will be sent to military families' addresses. External scheme includes providing information, and informing about the place they will live and work such as social services, medical service providers, schools, welfare services, and even tools repair services, and provision of the necessities, and recognition of environmental stress-inducing factors, etc. and internal scheme includes training and providing confrontational skills among family members. This scheme revolves round potential tension making factors and communication skills and reducing marriage problems. It trains the families about emotional regulations so as to enable them to perceive their emotions better, and to express them. It also provides them with active listening skills, finding solutions, the way of managing families' crises and the way to fight stress [20].

Also, it has been reported in an article in official website of national association of England's military families that a camp known as "violet camp" is established for the children living in military families. In this camp, free entertainment and amusement services are provided for the children so as to make them familiar with weaponry equipment and their fathers' unreal working conditions as well as how to cope with tensions derived from parents establishing in military towns.

In Iran, there was held a conference for navy forces' military families where the biggest fleet belonging to the army's naval forces positioned so as to make themselves familiar with their husbands' working conditions and place closely. According to many families' reports, this awareness will have great effect on improving their relationships with their husbands working in military forces. Also, their children while observing their fathers' working conditions will benefit from higher self-confidence and a better understanding of their fathers' absence during dispatches.

In a research done on the main challenges of military families when being dispatched to long-time warfare missions, the results showed that the length of dispatch, the number of dispatch and the longtime of military operations will impose diverse problems and sufferings to the families of dispatched military officers. It is also observed that the provision of

preliminary information, in particular for those families, who had not experienced previous long-term separation, can facilitate the naturalization of the experience. In this study, it is also suggested that stages of dispatch to long-term warfare missions are divided into five distinct stages: 1) Before dispatching (being dispatched); 2) (during) Dispatching; 3) Settling-down (or establishment) stage; 4) Return from the dispatch and 5) After being dispatched.

Before being dispatched:

The dispatch will start from issuing the command and ends when the crew leaves the country. The time framework of this stage occasionally lasts from several weeks to more than one year. There exist in this stage, denial and waiting and the most prevalent feelings during the period of waiting stage are: Denial, fear, rage, resentment, vexing and excitation isolation which usually occur during the last week before being dispatched, accompanied with feelings of confusion, duality, rage and the loss of intimacy.

(During) dispatch:

The second stage begins from the moment the officer leaves the home and lasts to the first month of separation and includes a combination of prevalent excitations. The spouses feel confused, and disorderliness. Some may feel that they are not brave and strong enough to solve problems on their own while some others face these. The dispatched military forces feel futility and absurdity, numbness, sorrowfulness and loneliness and forsaken.

Establishment (settling down):

Usually starts one month after being dispatched when the life backs to its peacefulness and lasts to around one month before the officer expects to return. This comprises when the family starts to form new supportive resources in life or when embarks on reforming relation with old supportive resources and they begin to make a new lease of life. The family supporting group which should be accessible in each military base can create an approach to form communications with others. These groups are responsible for investigating the problems and distributing information. Up to the end of establishment stage, the military officer's wife usually has a feeling of being more under control and self-confidence and believes that she can tolerate and solves the challenges stemming from his husband's dispatch.

Return from the dispatch:

The stage of return from the dispatch starts from one month before planning to return to the home. During 6 to 8 weeks before entering home, there are feelings of waiting and expectation for re-visiting and feelings of

anxiety, excitation and high expectation, together with anxiousness and surplus fear. In this stage, there is a surge of controversial emotions, ranging from the excitation at the time of the crew returning to the home to fear and anxiousness about future. Approaching to the end of separation period and returning home may lead to new difficulties in decision-makings [21].

Ebrahimi et al. indicated in their research that nearly half of the biggest challenges for the families after the crews' returning is their re-dispatch in a short time and the families concerned expect taking mandatory absence after being dispatched "so as to promote spirits" for military crews. These families expect that a specific level of support to be available from armed forces at dispatch time [22].

Also, the researchers have shown that children, in their fathers' absence, experience more psychological problems in comparison with others. Researchers believe that the lack of fathers' presence will have different impacts on boys' and girls' behavior. When the family's father is absent, boys tend to violate the social and family's regulation and frameworks. The lack of fathers' presence challenges the girls' stability of feelings but it seems that it will not affect the girls' behavior in schools. As *Ghahri* has shown in his research, boys (primary and secondary level) decline more their mothers' demands when the fathers are absent and girls' sorrows and physical diseases are then more than other times and overall, children experience dramatic psychological problems and falling grades when their military fathers are absent for a long time and these problems depend on the length of mission [23].

Psychologists believe that the effects of fathers' absence on girls' speech and expressions are more evident than on those of boys'. Most boys' expression of love is affected by the fathers' absence. Other intervening variables such as strategy and parents' and children's attitude can widen these differences and determine them better. Psychological-pathological studies on children who face fathers' absence indicates that these children are more exposed to emotional disorders, depression and fear of society than those whose fathers are present [24].

Results derived from *Mehregan's* et al. research concerning investigating depression in assessing psychology and psychiatry status of the crews working in surface and undersurface fleeting have shown that they are susceptible to depression due to psychological pressure in workplace, critical and sensitive situations and work's high responsibility, job stresses, the unwanted transference in workplace, existing

problems in the house and in the family and being distant from the family, the experience of suffering a spell of psychological diseases in some crews, lack of confidence in individualistic abilities, mental fatigue and thinking about the possibility of death on the fleeting and this (possibility of inflicting with depression) can be reduced by on-time provision of consultation services such as psychiatry and the provision of mental health classes and those of training life skills and medicinal treatment [25].

In the results derived from a research, it is stated that negative and lasting psychological pressure can, after the lapse of a long time, pave the way for the emergence of undesirable effects on the crews' mental and physical status and the transference of these effects to the family. On the one hand, job stresses at sea and on floating and flight corps and, in particular, on military units which face unperceivable limitations, in a civilian's view, in terms of living and welfare facilities and on the other hand, problems and difficulties concerning being distant from the family due to the long length of the missions which have dual impacts on the individual and the family, will increase individualistic stresses and the emergence of psychological problems. Psychological pressures and physical difficulties derived from psychological problems will influence gradually individual's accomplishment of the tasks, particularly in environments such as war and flight corps whose equipment have peculiar complexities [26].

Conclusion

In this interview, the officers' experiences and life history, marriage record and the number of children, work experience and psychological-pathological inspection were investigated based on the questionnaires of free (or open) interview and it became clear that the remaining effects from long-term missions on military officers include confusion about doing family or job tasks, thought and behavior disorders, lack of proper planning, self-reprimanding, fatigue from work, decrease in function, job dissatisfaction, energy analysis, inability to face life problems, feelings of lack of control on life, rage over unfinished works, anxiety about wife and children's status, anxiousness and stress, lack of enjoyment in working, and indifference towards accomplishing tasks, inability to form interpersonal relations, the decrease in tolerance in the face of failures, sleep disorder, remorsefulness and disorder in role playing which are in harmony with *Dabaghi et al.*'s research

findings.

In interviewing the men, it became clear that there have sometimes been cases fear about marriage loyalty or faithfulness but is not mentioned at all which is cited in *Ebrahimi et al.*'s research findings [22].

In military people's wives, the experiences of long separations from the husband create torture and problems which are created and reinforced by determination to fulfill daily duties, focus on work or paying attention to children's needs and incompatible reactions from children, including crying, callousness, disruption and other degrading behaviors. The difficulty to sleep, feeling embarrassed in the face of such cases as financial issues, safety issues, anxiety about protecting children or other daily matters. The dispatched military people's wives devote a long time to crying and keeping themselves busy and usually experience changes in sleep and eating patterns. The creation of problems in terms of fear and anxiety about wife's health, anxiety about protecting children, the establishment of trust in wife so as to provide for her mind peace, loneliness, the expression of negative feelings, marriage incompatibility and communication problems with the wife and children, verbal argumentation, and children's punishment, social isolation, confusion feelings, depression, the increase in physical diseases, the feeling of lack of control over life, and the disorder in playing maternal role are among the effects which are in harmony with *Farshid Far, Raygi et al.; Jordan et al.; Kiss; Nazio, Pank et al.* research findings.

The most important reported problems are: The decrease in self-confidence, physical problems, disorder in social relations, depression and social incompatibility, and incompatibility in forming intimate relationships.

In interviewing family groups, the children of these groups indicated that in their fathers' absence, they faced mental and psychological issues such as the fear of losing their fathers, isolation, lack of participation in other children's group entertainment, falling grades, anxiety, depression, and decrease in daily functionality which are in harmony with the findings of the researches done by *Kalantari et al.; Davidson et al.; Rouznahan & Natan; Parson; Solman, Carol, Ghahari et al.*

With respect to the derived results, the prevalence rate of these reactions among the military crew has direct relation with the job satisfaction rate and the officers' functionality concerning the main items such as job rank, specialty, the length of mission, dispatching place, marital status, the relapsed time of married life,

wives' s education, wives' s occupation, being far away and the dimension of distance from source families' living place (their parents and wives), the number and age of children.

Environmental items such as the officer's place of positioning in military fleeting, lighting rate, warmness, vapor, and sound in operation and relaxation place, nourishment, healthy drinking water, individual's health (the number of possibilities to take

bath during mission), relations with super-ordinate and subordinate individual, climate conditions (weather), welfare facilities during maritime journeys, the accompaniments' health, and those of the fleeting have relations with the emergence of individual's inability to establish interpersonal relationships and with the decrease in tolerance in the face of hardships and difficulties, in addition to, the possibility of depression and sleep disorders.

Table 1- investigating the results of interviews and the existence of pathological syndrome and its conformation with DSM IV

Psychological injury	Syndrome	Description	The results of interview
Depression	Depressed mood	Lack of enjoying life, Losing happiness	Nearly all military personnel officers indicated this point and that depression mood has decrease as they started their daily works, thus, these syndromes have returned at the end of working hours
	Feelings for crying and or unreasoned crying	Plunging into isolation and being sorrowful	There have been lesser reports of men crying and there have mainly been reports of being sorrowful and in isolation. This state has been alleviated by establishing telephone communication in most cases.
	Sleeplessness and disorders in sleeping habits along with nightmares	Without using tranquillizers, it has not been possible to sleep easily.	During sea journey, with respect to environmental changes, some of these syndromes seemed natural, but the reports of dispatched military doctors indicated that most of those calling for receiving tranquillizers and hypnotic medicines, had anxiety syndromes
	Lack of appetite and losing weight	It has been seen more than 45 days at sea missions	With respect to the interviews done among military officers, it became clear that in most people having other syndromes of depression, there are syndromes of lack of appetite and loss of weight as well.
	Inability	Decrease in energy and working power	Most military officers dispatched to maritime missions who had the responsibility to do physical works, indicated in their interview that their working power and energy during their mission have been decreased in comparison with the period before mission.
	Disorder in mental and intellectual concentration	Lack of enough concentration in doing invested tasks, inability to decide properly, plunging into thought even when studying or watching TV	The results of interviewing officers and high-rank officers showed that this syndrome has increase with the emergence of work problems during the mission.
	Hopelessness	The feelings of insecurity and lack of support	Interviews showed that these syndromes in military people are related with their religious beliefs and that despite the existence of other depression syndromes, there has been lower feelings about it. This syndrome is mainly found in young and inexperienced captains who experienced their first sea journey.
	Feelings of guilt and being blameful	Self-blaming in hardships and the probable turned-up problems for the family, feelings of self-reprimand, deserving oneself with the spouse's disaffection	This syndrome was also reported in military officers who had other depression syndromes and was in direct relation with their families' extent of expressing issues and problems during the journey.
	Anxiety	Unreasoned fear of what has not yet happened.	They had this feeling themselves and their families, along with themselves, had this feeling during the sea journey.
	Anxiety	Stimulation and involuntary angeriness	Small and trivial problems had become intolerable for them.

During the journey time, military couples are engaged in rather similar emotional and mental issues,

including depression, disorder in sleeping, social isolation, sometimes angeriness and verbal

argumentation, lack of trust in the future, anxiety about instant and emergency decision making and fear about being accepted. These cases are in harmony with the marriage age, experience, education level, men and women's role in married life, task dividing, and their tasks.

In families in which it is up to the man to respond to all outside home issues, women had more difficulties in solving the problems and unexpected incidents. Also, it has been difficult for them to decide to meet the emergency situations and reported more anxiety and anxiousness about the admission of taken decisions and the works done by their husbands (Table 1).

There are effective approaches to alleviate the excitation pressure from accomplishing these missions for the military people and their families and that parents do their roles of married life and job task with peacefulness and easiness of mind, including:

- 1) Single military personnel, if they decide to get married, inform their spouses of their job status, the obligations to live in specified places, military job limitations such as information, service or welfare systems or the possibility of the occurrence of these missions. Since, willful admission will prevent from many problems which will be created among couples.
- 2) The military people should provide their families with enough and ensuring details about the way of accomplishing the mission and its necessity and emphasize, to their families, on the observance of security and confidential principles.
- 3) It is better to provide group conferences for families whose husbands are on the duty and to provide trainings of different skills for them.
- 4) It is necessary to provide military families with easy consultation services at hand so as to help them in psychological problems they are facing. These services should be entirely confidential and a special attention should be paid to the preservation of the dignity of military people's honorable families and that people can trust confidently, and contact their consultants or meet them. These consultations should be accessible and in all family, emotional, married life, confidential and security areas (the honorable consultants in the Headquarters of Intelligence).
- 5) The possibility of building entertainment and welfare facilities in military towns so that children spend their time and helping mother do the tasks outside their ability in terms of life issues and educating children in their fathers' absence.
- 6) It is suggested to be done some revision in terms of the rights of guardian concerning giving permission to do emergency surgical operations (these operations are

not done in the fathers' absence).

To increase military crews' spirits and functionality, it is proposed that:

- 1) When announcing the exact time of accomplishing the mission to the military personnel and their families, following areas should be considered: Allowing enough time to do necessary works such as sending the family to the parent's living place so as to receive their supports, or doing necessary and emergency works belonging to the home such as the provision of family's foodstuff needs which have been considered for long time or repairing the central pipeline systems of the home with respect to the age of organizational houses and the possibility of emergence of problems in such houses.
- 2) Providing appropriate spirits by, for example, sending a family to another family or talking to the children so as to prepare them for their fathers' absence.
- 3) Improving financial and economic status of the families so as to prevent financial problems (such as granting loans or providing necessary coupons).
- 4) Improving the safety level of dispatched fleeting and the creation of enough space so as to carry foodstuff and drinking water and necessary medicines.
- 5) The creation of an atmosphere full of happiness, together with holding happy and entertaining conferences or holding religious ceremonies which lead to mental and psychological peacefulness of officers.
- 6) Training the super-ordinate and commanders about how to form proper organizational relation with the people during sea missions and the non-use of unusual strictness and the offer of friendly warnings and keeping calmness when reprimanding the transgressor(s).
- 7) The provision of appropriate space to do physical exercises or the provision of different training classes so as to fill the crews' free time during the mission in an attempt to prevent isolation among people and to increase their functionality information leading to increasingly better efficiency.

Considering the fact that during sea journeys, diverse situations full of problems and issues emerge which will affect dispatched military people's tolerance threshold, it is advised that at least a psychological expert or an experienced consultant be present in the fleeting so as to improve their mental status.

Families need to know more about what military crews experience during missions and the required regulations and rules concerning legal issues, necessary trainings about life skills, and life solutions, and also the way to obtain the required supports from

authorities and commanders, so as to control their daily issues in a better mental peacefulness.

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