

PRACTICAL AND PSYCHOLOGICAL ASPECTS OF THE TRAINING PROCESS FOR THE GUIDED BY THEIR ABILITIES HUNGARIAN MILITARY FORCES IN THE 21ST CENTURY

The challenges of the 21st Century can be able to answer only that Hungarian military force which was renewed in his training levels and intellectuality and will be able to integrate into the Euro-Atlantic defence system accordance with the NATO's requirements. This process remarkably increases the importance of the training in the subordinate unit and this fact will support advantaged requirements with the subunit commander staff independent of their branch of military service. The success of the training's process will highly depend on the pedagogical and psychological skill's level of the subunit commander staff. The individual skill level and pressure of the exemplification have highly preferred role in the motivation system. This article should try to systematise the body of knowledge in this area and tries to take a few conclusions for the Hungarian force, in the first place some exact conclusions and helps for their practical using in the Hungarian Air Force's training system.

Nowdays, one cardinal element of changing the army is the qualitative change of the human resources. Every soldier independently of their ranks have to meet the professional requirements. The examination of being fit or unfit is coming into the limelight by the judgement of professional activity. The specialised literary sources on future wars deal with the influence of stress on the effective force. They try to explore the possibilities of adjusting to the situation as efficiently as possible. One important condition of the adjustment is the advanced state of the motorial abilities of the soldiers and their efficiency as a consequence. This topic is of high priority in the respect of preparing for fighting efficiently and after all tackling the war situation effectively.

Reorganisation of the military training by the new principles supports high requirements with the small unit commanders's pedagogical preparedness and assigns a part to them. Wanted aim of the military force reform should be a basically renewed Hungarian Army, based on the new training methods by the end of the reform. Only the high *fit to fight* level can be reached, because this level is the index of the combat success or unsuccess.

Service members exposed to danger experiences physical and emotional reactions that are not present under more tranquil circumstances. Some reactions sharpen abilities to survive and win; other reactions may produce disruptive behaviours and threaten individual and unit safety. These adverse behaviours are collectively called combat stress reaction. The operative word is behaviours. People in combat experience a range of emotions, but their behaviour influences immediate safety and mission success. Combat and combat-related missions can also impose combinations of heavy physical work; sleep loss; dehydration; poor nutrition; severe noise; vibration and blast; exposure to heat, cold or wetness, poor hygiene facilities and perhaps exposure to infectious diseases, toxic fumes or substances. These, in combination with other influences — such as concerns about problems back home — affect the ability to cope with the perception of danger, and diminish the skills needed to accomplish the mission. Environmental stressors often play an important part in causing the adverse or disruptive combat stress reaction behaviours. The leader must work to keep each member's perception of danger balanced by the sense that the unit has the means to prevail over it. The leader must keep himself and his unit working at the level of stress that sustains performance and confidence in themselves and their leader, adverse stress reactions are most likely to occur. It is important for the small-unit leader to recognise these adverse behaviours at the onset in order to intervene promptly for the safety and benefit of individual Service members and the unit. These behaviours may take many forms and can range from subtle to dramatic. Any Service member who shows persistent, progressive behaviour that deviates from his baseline behaviour may be demonstrating the early warning signs and symptoms of a combat stress reaction. Trying to memorise every possible sign and symptom is less useful to prompt diagnosis than keep simple rule in mind.: Know your troops, and be alert for any sudden, persistent or progressive change in their behaviour that threatens the functioning and safety of your unit.

OBSERVING AND RECOGNIZING COMMON REACTIONS TO COMBAT STRESS

Ranges of fatigue, fear, anxiety and depression affect most service member in combat and in some military operations other than war. Mild stress reaction may be signalled by changes in behaviour and only be discernible by the person himself or by close comrades. The unit leader and medical personnel depend on information from the Service member or his comrades for early recognition of combat stress reactions to provide prompt and appropriate help. Table 1 lists some mild stress reactions.

Lists some mild stress reactions

Table 1.

PHYSICAL	EMOTIONAL
Trembling	Anxiety, indecisiveness
Jumpiness	Irritability, complaining
Cold sweats, dry mouth	Forgetfulness, inability to concentrate
Insomnia	Nightmares
Pounding heart	Easily startled by noise, movement and light
Dizziness	Tears crying
Nausea, vomiting	Anger, loss of confidence in self and unit
Fatigue	
“thousand-yard” stare	
Difficulty thinking, speaking and communicating	

Severe stress reactions may prevent the individual from performing his duties or create a concern for personal safety or the safety of others. A variety of more serious reactions or warning signs are listed in table 2. These do not necessarily mean that the person must be relieved from duty, but warrant immediate evaluation and help by the small-unit leader.

Variety of more serious reactions or warning signs

Table 2.

PHYSICAL	EMOTIONAL
Constantly moves around	Talks rapidly and/or inappropriately
Flinches or ducks at sudden sound and movement	Argumentative, acts recklessly
Shakes and trembles	Indifferent to danger
Cannot use part of body for no apparent physical reason	Memory loss
Inability to see, hear or feel	Stutters severely, mumbles or cannot speak at all
Is physically exhausted; cries	Insomnia; severe nightmares
Freezes under fire or totally immobile	Sees or hears things that do not exist
States vacantly, staggers or sways when standing	Has rapid emotional shifts
Panics, runs under fire	Socially withdrawn
	Apathetic
	Hysterical outbursts
	Frantic or strange behaviour

STRESS-REDUCTION TECHNIQUES FOR LEADERS

To reduce stress, the leader should:

- Lead by inspiration, not fear or intimidation;
- Initiate and support stress management programs;
- Provide information to focus stress positively;
- Ensure each service member has mastered at least two stress coping (relaxation) techniques, a slow one for deep relaxation and a quick one for on the job.

Assure every effort is made to provide for the troops welfare
Instil confidence in each service member and his equipment, unit and leadership.
Be decisive and assertive; demonstrate competence and fair leadership.
Provide sleep and/or rest, especially during continuous operations, whenever possible.
Ensure sleep for decision making personnel.
Set realistic goals for progressive development of the individual and team.
Systematically test the achievement of these goals.
Recognise that battle duration and intensity increase stress.
Be aware of environmental stressors such as light level, temperature and precipitation.
Recognise that individuals and units react differently to the same stress.
Learn to signs of stress in yourself and others.
Recognise that fear is a normal part of combat stress.
Rest minor stress casualties briefly, keeping them with their unit.
Be aware of background stress sources prior to combat.
Provide an upward, downward and lateral information flow to minimise stress due to lack of communication.
Practise stress control through cross-training, task allocation, tasks matching and task sharing.
Look for stress signs and a decreased ability to tolerate stress.
Practice and master stress-coping techniques.
Face combat stress; it is unhealthy to deny the stresses of combat.

PHYSICAL FITNESS

Good physical conditioning delays fatigue, builds confidence, and shortens recovery times from illness and injury. It also prepares individuals to better cope with the physiological demands of stress. Service members in top physical condition can better control their internal physiological functions, which will improve their overall performance. Physical fitness — including aerobic fitness, muscular strength and endurance — must be developed in all Service members to strengthen their ability to rebound from exhaustion. Aerobic fitness increases work capacity and the ability to withstand stress. While feelings of depression and moodiness accompany tiredness, aerobically fit Service members are affected less than those unfit. The ability to quickly recover from physically strenuous workloads is maintained by smart physical training, performed consistently and routinely. However, there is no evidence that good physical conditioning significantly reduces normal sleep requirements nor compensates for the deleterious impact of sleep deprivation on cognitive functioning.

EFFECTIVE LEADERSHIP

The effective leader in combat is competent and reliable. He knows his job without question and he can be counted on to do it regardless of the situation or circumstances. Effective small-unit leadership reduces the impact of stress in several ways. Leaders understand the sources of combat stress and reactions to them. In addition, leaders manage stress problems to keep them from spreading throughout the organisation by implementing the following actions:

- Continue mission performance; focus on immediate mission.
- Expect service members to perform assigned duties.
- Remain calm, directive and in control at all times.
- Let service members know their reactions are normal and there is nothing seriously wrong with them.
- Keep service members productive (when not resting) through recreational activities, equipment maintenance and training to preserve perishable skills.
- Ensure service members maintain good personal hygiene.
- Ensure service members eat, drink and sleep as soon as possible.
- Let the service members express their thoughts. Do not ignore or make light of expressions of grief or worry. Give practical advice and put emotions into perspective.

PHYSICAL CONDITIONING

A strong relationship exists between physical stamina and ability to resist combat stress. Good physical conditioning has physical and psychological benefits. Rigorous physical conditioning helps protect against the stress of continuous operations. A regular program of physical fitness to increase aerobic endurance, muscular strength and flexibility is essential to combat readiness. As physical conditioning improves, service members feel better about themselves, have greater confidence in each other and their stress is reduced.

Unit training includes regular physical conditioning. This increases the members' tolerance to all types of stressors. The program is geared to the unit's combat mission and exercises are tailored to the environment where the unit operates. The pace commensurate with the unit's need. Light infantry units need more demanding, longer road marches than maintenance units. Activities also include team athletics, which capitalise on cohesion-building aspects as well as physical benefits. The benefits of such a program include developing endurance through aerobic exercises, enhancing strength through weight training and deprivation/physical stress training.