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Quality of life, social anxiety and conscientiousness in military people with relevance to the prevalent COVID-19

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Abstract--The study was undertaken to determine the quality of life, social anxiety and conscientiousness in military personnel with relevance to the prevalent Covid-19 pandemic. Both male and female who are actively serving in Indian military were taken as subjects for the present study. A total of 117 subjects were taken in which 68 were male and 49 were female. The subjects were also matched in age, education and income. Each one of the subjects were helpful and intrigued to be the piece of this review and were liberated from any sort of extreme physical or psychological instability. Three scales including Big Five Inventory, Liebowitz Social Anxiety Scale and WHOQOL-BREF were used to collect the data on the mentioned three variables. The outcomes confirmed that during the time of Covid-19 while nearly all civilians have been notably distressed, military people have been actively doing their responsibility in serving the country and there has been now no longer intense effect of Covid-19 on their intellectual health. Many military personnel have martyred for the country during the time of Covid-19 at the same time as they have been carrying out their responsibility which has affected their lifestyle however, now no longer confined to their intellectual illness.

Keywords--Military personal, quality of life, social anxiety, conscientiousness, Big Five Inventory, Liebowitz Social Anxiety Scale, WHOQOL-BREF, COVID-19.

Introduction

Quality of life (QOL) is defined as "individuals' perception of their position in life in the context of the culture and value system in which they live and in relation to their goals, expectations and standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, level of independence, social relationships, and their relationship to salient features of their environment" (WHOQOL Group, 1995, p. 1403). These consolidate regular measures, which are expected to evaluate prosperity related quality of life in any social occasion of patients (without a doubt, in any general population test); disease express measures, for instance, those planned to survey prosperity related quality of life in unequivocal sickness get-togethers; and individualized measures, which grant the thought of parts of life that are seen as critical by solitary patients. Occasions of quality-of-life measures fuse the Beck Depression Inventory (BDI), the Sickness Impact Profile (SIP), and the 36-thing Short Form Health Survey (SF-36). These activities cover a wide extent of parts of life that can be ominously impacted by persistent sickness, for instance, real working, excited success, and ability to accept work and social activities. Contamination unequivocal measures, for instance, the Arthritis Impact Measurement Scales (AIMS), the 39-thing Parkinson's Disease Questionnaire (PDQ-39), the Endometriosis Health Profile (EHP), and the 40-thing Amyotrophic Lateral Sclerosis Assessment Questionnaire (ALSAQ-40), are expected for use with express tolerant social occasions and cover estimations striking to those get-togethers. Like nonexclusive measures, they address zones like physical and energetic working. Insufficiency and quality of life both, in all honesty and unquestionable thoughts intervenes the association between a patient's experience of appearances and their clear life satisfaction (Hambrick et.al, 2015).

Social anxiety is fear in social conditions. A couple of issues related with the social anxiety range fuse anxiety issues, perspective issues, medicinally thoughtful reach issues, dietary issues, and substance use issues. Individuals higher in social anxiety dismiss their looks, show less superficial presentations, and show issue with beginning and keeping a conversation. They might show senseless anxiety and fear in social associations. This differentiations from modesty since a tireless issue could impact one's ability to speak with loved ones generally through a broad time frame. This issue is routinely found in adolescents and can be enduring all through life. Quality social anxiety, the consistent affinity to experience this fear, can be perceived from state anxiety, the transient response to a particular social overhaul. Practically 90% of individuals, a more noteworthy measure of whom are women, report feeling appearances of social anxiety (for instance unobtrusiveness) in the end in their lives. Social anxiety problem (social dread) is a weakening state of mind, depicted by a fear of negative appraisal by others. Epidemiological examinations have shown a high inescapability of the condition in everyone; the issue is more ordinary in women than in men. A study of social anxiety on relational information handling in a military-life climate and found that the cross-sectional review showed social anxiety had a huge negative connection with translation predisposition and abidance (as judgment inclination), flagging that warriors with more significant levels of social anxiety had a more grounded propensity to negative understanding inclination and showed lower abidance. The critical negative connection between social anxiety and translation predisposition demonstrated that all the more

socially restless troopers showed more bad inclination toward the understanding for the tactical social situations (Deng et.al, 2020).

Conscientiousness is the normal person for being mindful, or indefatigable. Conscientiousness recommends a hankering to do a task effectively, and to see responsibilities to others fittingly. Solid people will overall be useful and composed rather than quite confused. They show a tendency to show self control, act respectfully, and center around achievement; they show organized rather than unconstrained lead; and they are generally dependable. Conscientiousness is fundamentally related to productive educational execution in understudies and work space execution among chiefs and workers. Low levels of conscientiousness are earnestly associated with slowing down. A great deal of assessment shows that conscientiousness has a moderate to gigantic positive association with execution in the work space, and to be certain that later expansive intellectual ability is thought of, the other four of the Big Five person ascribes don't help in expecting job accomplishment. At the point when somebody is upright, they can practice self-restraint and poise to seek after and at last accomplish their objectives. Regularly, individuals who score high in conscientiousness, not really settled, and ready to delay prompt satisfaction for long haul achievement. While certain people will undoubtedly pick what's satisfactory or fun at this moment, reliable people will as a rule work strongly toward achieving their goals. They moreover are fit, objective arranged, trustworthy, composed, and committed. Likewise, they center around nuances to guarantee that they finish with their certifications. Being reliable will overall go with different benefits too. For instance, people who are reliable will as a general rule further develop grades in school and are considered better agents in the workforce. They consistently have incredible reputations that are described by their obligation, steadfastness, and proficiency. Assessment has even shown that high conscientiousness may help lead to higher incomes. Conscientiousness has a positive connection with emotional prosperity and self-adequacy, heart self-viability and Health Related Quality of Life while controlling for autoregressive impacts (Taberbero and Domingo, 2019).

From the above research evidences, it has been observed that there is a lack of study on quality of life, social anxiety and conscientiousness in military personnel of India. Paucity of research has also been traced among the study with the subjects of military personnel. I have come across very few researches with the proper dimensions of quality of life, social anxiety and conscientiousness that too of other countries' military personnel and not Indian military personnel particularly. So, an attempt has been made to determine the quality of life, social anxiety and conscientiousness at the time of COVID-19.

The present study aims at reflecting the conscientiousness, social anxiety and quality of life of the military personnel of India. It will be helpful for the management of these subjects in India after the COVID-19 pandemic. It will make a psychotherapeutic intervention framework for the overall management of their psychosocial problems. It may also provide comparative guideline among the military personnel of India. The outcome of the study will be helpful for implementing better strategies for the betterment of these people after Covid-19 pandemic.

Objectives

1. To assess the level of Social Anxiety, Conscientiousness and Quality of Life among military personnel.
2. To find the gender difference among the level of Social Anxiety, Conscientiousness and Quality of Life.
3. To find the relationship between Social Anxiety and Conscientiousness.
4. To know the impact of Social Anxiety and Quality of Life.
5. To establish a relationship between Conscientiousness and Quality of Life.

Hypothesis

- H.01 There will be a significant gender difference between male and female military personnel with relation to social anxiety.
- H.02 There will be a significant correlation between social anxiety, big five factors and quality of life.
- H.03 There will be a significant effect of social anxiety on quality of life.
- H.04 There will be a significant effect of conscientiousness (big five factors) on quality of life.

Methodology

The present study is based upon the exploratory research portrayed as a study used to investigate a trouble which is not probably described.

Research Sample

The sample for this study consisted of 117 military personnel (n=117, 68 male and 49 female) within the age group of 20-60 years. Data was collected from various military camps across various states of North-Eastern region of India.

Sampling Technique

Data was collected from various military camps across various states of North-Eastern region of India. Focus group method was also undertaken while collecting the data as only adult male and female military personnel were given the questionnaires to provide their insights on the topic that is being studied. The study has undertaken simple random sampling method as the participants were randomly selected from both male and female military personnel.

Tools

The data was obtained by using three questionnaires to measure the quality of life, social anxiety and conscientiousness in military personnel. For quality of life, WHOQOL-BREF-26 was used; for social anxiety, Liebowitz Social Anxiety Scale was used and for conscientiousness, Big Five Inventory was used.

Procedure

The data was collected through offline mode survey where the participants were given the printed questionnaires to fill up. Samples were selected randomly from actively military serving personnel and were asked to respond to all three scales i.e, WHOQOL-BREF, Liebowitz Social Anxiety Scale and Big Five Inventory. All the three scales were filled by the subjects within 30-40 minutes. The subjects were carefully explained about the instructions to follow while filling up the scales. And at last, the data was computed and result was interpreted accordingly.

Results and Interpretation

For the current research, descriptive statistics, independent sample t-test, Pearson's Product moment correlation and linear regression have been used to analyse the data collected using the standardized tools. The following tables shows us the results of the same and the discussion follows.

Table 1
Distribution of Data with respect to Gender

		Frequency	Percent	Valid Percent
Valid	F	49	41.9	41.9
	M	68	58.1	58.1
Total		117	100.0	100.0

From the tables above, it is found that out of total 117 number of respondents, 58.1% are males and 41.9% are females.

Table 2
Distribution of Data with respect to Social Anxiety

		Frequency	Percent	Valid Percent
Valid	mild	81	69.2	69.2
	moderate	36	30.8	30.8
Total		117	100.0	100.0

From the results in Table 2, it is found that from a total of 117 participants (68 males and 49 females), maximum participants had mild social anxiety with 69.2% while 30.8% participants had moderate social anxiety.

Table 3
Mean difference between Gender and Social Anxiety

		Gender	N	Mean	SD	Std. Error Mean	df	t-value	p-value
Social Anxiety	M		68	49.03	5.715	.693	115	-.398	.691
	F		49	49.47	6.148	.878			

According to the Table 3, The findings in the table demonstrated that the average social anxiety for male and female respondents were found to be 49.03 and 49.47. Further the findings also indicate that there is no significant difference for social anxiety between male and female respondents.

Table 4
Correlation between Social Anxiety, Quality of Life and Big Five Factors

	Social Anxiety	Quality of Life	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Social Anxiety	1	.060	-.148	.030	.053	.134	-.004
Quality of Life		1	.063	-.082	.085	-.078	-.187*
Extraversion			1	.000	-.121	-.224*	-.049
Agreeableness				1	.022	-.037	.040
Conscientiousness					1	.164	-.021
Neuroticism						1	-.045
Openness							1

*. Correlation is significant at the 0.05 level (2-tailed).

The main aim of the study was to examine the relationship between quality of life, social anxiety and conscientiousness. Table 4 depicts the correlation between social anxiety, quality of life, extraversion, agreeableness, conscientiousness, neuroticism and openness. According to the table there is no significant relationship among these variables except for openness. There is a significant negative correlation between quality of life and openness which means that openness to experience has negative relationship to quality of life as far as the military personnel are concerned.

Table 5
Model Summary 1

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate	B	Standard error	β	t	Sig.
1	.060 ^a	.004	-.005	4.0294	.041	.064	.060	.642	.522

a. Predictors: (Constant), Social Anxiety

Dependent Variable: Quality of Life

Table-5 shows the linear regression analysis of Social Anxiety with Quality of Life. The correlation (R) was found to be .060. Further R² was found to be, .004 for social anxiety. It indicates that social anxiety contributes insignificant amount of variance to quality of life.

Table 6
Model Summary 2

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate	B	Standard error	β	t	Sig.
1	.187 ^a	.035	.027	3.9650	-.356	.174	-.187	-2.047	.043

a. Predictors: (Constant), Openness
Dependent Variable: Quality of Life

Table 7
Excluded Variables^a

Model		β In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	Extraversion	.054 ^b	.583	.561	.054	.998
	Agreeableness	-.075 ^b	-.817	.416	-.076	.998
	Conscientiousness	.081 ^b	.885	.378	.083	1.000
	Neuroticism	-.087 ^b	-.944	.347	-.088	.998

a. Dependent Variable: Quality of Life

b. Predictors in the Model: (Constant), Openness

Table-6 and Table-7 shows the linear regression analysis of Big Five Factors with Quality of Life. The correlation (R) was found to be .187. Further R² was found to be, .035 for openness. It indicates that openness contributes insignificant amount of variance to quality of life. Rest all the other four factors have no effect on the quality of life.

Conclusion

The present research was aimed at studying the quality of life, social anxiety and conscientiousness in military personnel with relevance to the prevalence COVID-19 pandemic. Being healthy and well-nourished has a great effect on quality of life. During the time of COVID-19, many military personnel became sick with COVID-19 and therefore at that time they suffered from social anxiety and also, they lacked in being conscientious as they had to undergo quarantine for a period of time. Therefore, the study was aimed to see if these people's quality of life is related to social anxiety and conscientiousness and if these variables have an effect on each other. It may be concluded that there was a very little effect of COVID-19 on the quality of life in Indian military personnel. Most of them had mild social anxiety with a percent of 69.2%. Whether be male or female personnel, they all had almost same percentage of social anxiety at the time of COVID-19 with 49.03 and 49.47 respectively. It was found out that social anxiety had an insignificant amount of variance to quality of life as social anxiety prevailed among all of them but it did not have a severe effect on their quality of life. The present study may be implemented in future study on military personnel so that any intervention can be taken for the military personnel of India for their betterment their quality of life, social anxiety and conscientiousness.

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