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## The Psychosocial Impact of Military Deployment on Families: A Clinical Overview

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### Abstract

The research focus of this study is to explore the effects of military deployment on the families of the military services. The research will explore manifestations of the impact of current and past deployment in the social-emotional and behavioral functioning of maintaining family members including spouses and children, as well as extended family members in military families. Thus, the proposed multiple-methods approach to the research will allow offering a broad view of clinical realities that will help in designing appropriate interventions and support systems to prevent the adverse effects of the studied factors on family well-being and increase family resources. This study will benefit the military family research domain by offering a clinical understanding of the army deployment and its consequent effects. These are important to mental health professions, policymakers, and organizations that support the military families in order to improve their quality of life.

**Keywords:** Military deployment, Clinical Psychology, psychosocial Issues, Clinical Aspects

### Introduction

Military deployment is as a critical event that brings a huge change both to military personnel and families members. The stressors experienced during deployment include the separations from family, general instability, and insecurity, which can cause different psychosocial concerns. This research aims to get more insights of these impacts hence the need to focus on the clinical impacts to understand the need to support military families.

Military deployment is a demanding process that helps in shaping the family's psychosocial dynamics in a rather dramatic way. This paper presents the different aspects of this impact through analysing how deployment influences spouses, children and the family as a whole, as well as possible support strategies that families experiencing such impacts can seek. Military spouses who are left behind with their husbands or wives on the field can experience a lot of emotional and psychological turmoil. This can cause loneliness anxiety, and depression given the long period during which they will not be able to see their partners. These emotions are enhanced by uncertainty and fear associated with the safety of ones partner. Research shows that conflicts increase stress levels, make spouses feel overwhelmed with basic family responsibilities even when their partners are not home, and feeling disconnected from friends and family. Non-deployed spouses also shoulder responsibilities of both parents when their partner is in deployment, and in some cases they are single parents as well. This role adjustment can be stressful and as a result the patient may feel weary, physically drained and emotionally drained. The pressure of keeping the households balanced and being the emotional support for children alike has adverse effects on the spouse's physical and psychological health. The above findings suggest that the effects of deployment on children can be rather significant. Parental absence may pose a serious problem in that children may lack proper emotional security and supports during their formative years. The individuals may develop feelings of separation anxiety and be unable to sustain healthy and long-term bonds with others.

Deployment interferes with the family relationships and interactions as well. Losing one or many members of the family physically affects the entire structure of the family and actually decreases the level of functioning of the family. Some of the social issues are as follows: The communication barriers occur because there are only limited occasions when a person can communicate and since most people are deployed in different time zones, it becomes very hard for the deployed individuals to be always engaged in the family matters. Reintegration, when he or she comes back home after deployment, is another challenge that one can encounter. One of the roles is readjustment with the family as the member returned after a transformation due to experiences in the service.

Potential stress factors: This period may be characterized by mild to high levels of tension and conflict as workers and organizations re-establish their roles and relationships. PTSD may be an issue, as may be other mental disorders or the availability and readiness of the necessary support, which affects reintegration.

Military Families apart from depending on friends and family members, also benefit a lot from friends in handling issues concerning deployment. The support people include the relatives of the different generations, friends, and other community related structures in that they offer the emotional support, as well as practical support needs and feelings of belongingness. It declares support groups, assemblies, committees, and organizations created specifically for military families as an appropriate model of interaction.

### **Significance of Research**

Military deployments affect family relationships in many and various ways, concerning the spouses, children or other family members of military servicemen. Therefore, by analyzing these impacts systematically, this study will forward the understanding of how deployment influences the familial relationships, communication and the overall family cohesiveness. Such knowledge is vital for designing evidence-informed programs aimed at preserving and bolstering family relationships during and post-deployment. Furthermore, the research will yield useful information about aspects of stress such as anxiety, depression, PTSD, and behavioral disorder among the military families' children. It is only when such issues are identified in a clinical setting that mental health professionals will be in a position to develop better strategies for the therapeutic treatment of Military families. This paper's results have implications for the creation of policies targeting military families. Policy makers can apply the findings of the study to avail, develop broad based family support programs, and formula policies on the psychological and social needs of military families. This can lead to improved and adaptive support systems of the family and therefore improved family strength. In addition, the research will assess existing support services and their effectiveness and will come up with solutions and strategies to enhance these services. This can result in the improvement of existing programs and the development of new ones that would be more effective in addressing the issues particular to military families. Stronger support structures that protect families can help to alleviate the pressure and foster the family's resilience to the impacts of deployment.

Further, the proposed research will contribute to the academic knowledge in the field of military families, and it will provide a detailed clinical description of the subject based both on the quantitative and qualitative findings. This contribution will be useful for researchers in the military family field, clinicians, and other practitioners who strive to better comprehend multifaceted challenges that military families face. They also stake theoretical, practical and educational implications for future research, clinical training and the application of best practices. Additionally, identifying the variables that form a protective context in military families is fundamental to the development of programs that strengthen their buffer system. The results from this study will highlight the potential risk factors and protective factors which will enable family caregivers and service providers to understand how families can be supported in order to sustain their psychological well-being and cohesiveness while their loved ones are deployed or even after being deployed. The support worked towards improving the levels of resilience to enhance the abilities of families to perform effectively, despite the difficulties that come with military lifestyle. Finally, military families' characteristics are also significant for societal fabric since they are vulnerable groups that provide stability for the entire community. The purpose of this research shall be to focus on the psychosocial effects of deployment and this can go along way in enriching the health of the community that supports the military forces. If some programs and services are designed and provided to support and address the needs of the military families more effectively, the social costs and social implications of such issues are likely to be reduced as more families are likely to be integrated more successfully as vital units in the better society.

In other words, this research is important because these questions provide the framework for a more thorough psychosocial examination of the service members and their families. These outcomes will influence future practice in the mental health field, in the policies and legislation of the government as well as the welfare of military families and neighbours.

### **Research Questions**

1. What are the main psychosocial issues that spouses and children experience during military deployment?
2. What do current studies tell us about the impact of military deployment on mental health and behavioral considerations for children in military families?
3. What are the types of coping strategies that military family uses to handle stress during deployment and how efficient are these coping mechanisms?
4. To what extent does the current support available and implemented affect military families while the service member is deployed and post-deployment?

## Research Objectives

- To categorize the main psychosocial strains faced by the spouses and children of military personnel during and after deployment.
- To compare the changes that occur in children in military families in terms of mental health and behaviors following deployment.
- In order to analyse the strategies adopted by the military families and to evaluate the efficacy of the coping mechanisms in the face of deployment related stress.
- To determine the state-of-the-art of support systems and interventions being provided to military families and to identify potential opportunities for enhancing ongoing efforts.

## Literature Review

Military deployment is a stressful process that has impact on the entire family but mainly on the military personnel. The Military's operations and career definitely impose certain hazards, primarily because of the geographical divide and the consequent difficulties and strain that comes with it. This review systematically reviews important literature on how military service affects the spouses and children emotionally, behaviorally, or socially, in addition to evaluating the help seeking resources and coping strategies. Some of the challenges associated with the phenomena include the fact that wives of deployed military husbands are under immense pressure and experience high levels of stress. Padden, Connors, and Agazio (2011) stated that still anxiety and depression rise among military spouses in the course of deployment. This is due to the fact that they are solely responsible for handling all of the household chores and, in addition to this, they are constantly in a state of anxiety over the well-being of their partners. Furthermore, according to Drummet, Coleman and Cable (2003) noted that the above stressors are worsened by the lack of information and definite firm commitment during deployment which increases feelings of loneliness. The effects of military deployment are not only detrimental to the servicemen but also to their families particularly the children. Research by Chandra et al. (2010) and Chartrand et al. (2008) found that in a parent's deployment children experience more behavioral concerns /conduct disorders, higher levels of emotional problems. For instance, young children may feel separation anxiety or complete behavioral reversion and older children may face learning issues or difficulties with peer interactions (Chartrand et al. , 2008). The WHO as cited by Chandra et al. (2010) noted that any strategy to address the above adverse outcomes requires support from stable and favourable environments. Some of the lasting impacts of military deployment on families have to do with changes in family systems. The structural changes most probably involve the entire family system and require that families accept the idea of functioning without a specific member or operating in a new way. According to Lester et al. (2010), primary care children and adults experience this disruption and end up having less family cohesion besides struggling to communicate properly. The process of transition as defined also encompasses the reintegration phase when the said service member comes home not as a soldier but as a spouse, father/mother, brother/sister etc. Families need to adapt to the new comer after the loss of their loved one, since this comer may come with a different attitude (Lester et al. , 2010). It may be a time of tension and possibly an era of establishing new roles as new bondages are created. Level of stress, coping strategies, and resilience are central to understanding the potential experiences of military families during deployment periods. From the same source, Palmer (2008) identified how families who have members in the military require supportive structures to offer them with some form of comfort. Many of these are akin to the concept of the support network – the extended family, friends, and community organization to which one can turn to in the course of a deployment. In addition, Riggs and Riggs (2011) have described the efficacy of resilience building activities that include maintaining stable and health life routines and practicing self care to enhance family well being. Some of the past experimental studies encompass support systems for military families. MacDermid Wadsworth (2010) assessed other such military programs as the Family Readiness Groups (FRGs) or deployment readiness programs and found that in both of them facilities like necessary goods and emotional support are availed. However, some critical lacunae are found in such systems especially in terms of serving the long term mental health needs of the family members MacDermid Wadsworth, 2010).

It is established that the psychosocial effects of military deployment are vast as they cover areas of emotional, behavior and social aspect of the family. It also discusses these effects specifically on the spouses/children as well as compares existing forms of support that are outlined in the literature in the recent past. Surely, it can be understood that it would be hard to manage with the emotional and psychological load for wives or husbands of military servicemen sent to other countries. During the deployment phase, there is agitation and despair resulting from the long time spent apart as well as concern over the wife's safety (Padden, Connors, & Agazio, 2011). Deployment also calls for significant shift in roles to be played by one spouse to the other, since most of the chores are left to be performed by the remaining spouse. This could make things even worse and result in stress, which eventually results in emotional exhaustion (Drummet et al. , 2003). Further, Greene, et al. (2010) noted that, given the uncertainties and minimal contact while deployed, loneliness is compounded. Predeployment

stressors affect children as well because children are sensitive and can easily be affected during the times of parents' deployment. Observations made by Chandra et al. (2010) and Barker and Berry (2009) show that children display the increased level of emotional distress and behaviour disorders if one of the parents is being deployed. This can lead to younger children developing separation anxiety and behavioral aggression, while older children may have academic problems and become withdrawn (Young & Allchin, 2005). Lester et al. , (2010) pointed out that in cases of military parental deployments children show signs and symptoms of anxiety and symptoms of depression calling for early and special intervention. Deployment greatly impacts the stability of their family as it alters the cohesiveness as well as communication patterns within the family unit. To fill the vacuum left through the absence of a member and also the consequent change of roles that a family of persons undergoes (Lester et al. , 2010). Reintegration, or more commonly known as the process when the military service member gets to come home, can also be just as complex. The process involved readjusting with the member who may have gone through some change especially from their deployment experience resulting to dealing with PTSD or any physical injuries (Paley, Lester, & Mogil, 2013). This period might involve some challenges in a family particularly in terms of dynamics and set up as different roles are being rearranged. It is important to examine various ways in which family members manage stress as well as how they build up their stamina to deal with stress associated with deployment. Palmer (2008) considered that social support system consists of such members as an extended family, friends and the members from the community who offer emotional and practical support. For instance, Riggs and Riggs (2011) enacted posts that include maintaining a routine as well as communication that is open and self-care as being important in enhancing on the welfare of families. Marnocha (2012) with his writing also established that spiritual coping and religious involvement are some of the other factors that may help families to cope with the incidences of deployment. Literature review has highlighted discussions on the effectiveness of support systems for military families. FRGs or Family Readiness Groups, as well as other preparation programs and activities, are indeed helpful where they offer the necessary backing and solace (MacDermid Wadsworth, 2010). However, there persists some deficiencies especially in the care of the family members' mental health for Emerson's entire life. In addition, the use of technology in the maintenance of the family relationship during deployment has been discussed elsewhere by Mancini et al. (2015) and it was established that such usages like the video calls, and social media accounts reduces stress levels and strengthens family unity.

### **Research Methodology**

Deployment is often a major stressful event that can have potential impact on military service members and families. As mentioned earlier, this research will use both quantitative and qualitative approaches, including surveys and interviews and focus groups, respectively. The study has collected data regarding families of deployed militaries including their spouse and their children of different ages. The study has employed a specific tool for administering questionnaires for evaluating mental health (e. g. , PHQ-9, GAD-7, family functioning (e. g. , FACES IV) and child behavior (e. g. , CBCL). The procedure used for the study is surveys that are administered at three intervals: It is categorized to pre-deployment, during the deployment, and after the deployment. In addition, interviews conducted during deployment and after the deployment provided more complex overviews of authors' experiences and ways they tried to cope with such emotions. Finally, statistical analysis performed in order to determine whether there are differences and/or relations between the deployment stages and psychosocial well-being of the participants and thematic analysis , which was also used to gain an overview of the general experiences of military families. Therefore, this study will offer a clinical synthesis of the literature on deployment and its psychosocial effects to the field of military families.

### **Discussion & Analysis**

In preparing for this paper, the author identified several key themes that have emerged from existing research outlining the ways in which military deployment affects the psychosocial functioning of spouses and children, across the emotional, psychological, and social domains of the deployment cycle. Arms, Dimd, and Russell 2009 stated that the spouses take heightened levels of anxiety and fear of the safety of the partner that is deployed. This is the reason they constantly worry and undergo emotional stress because they cannot be sure of the well-being of their loved one's in such a high-risk environment. In addition, the loss of the deployed spouse creates a gap that can be filled in no way and establishes feelings of loneliness and social isolation to the left going partner. Loneliness and social isolation can intensify such sentiments, especially in weighty life circumstances or in autumn and winter when it is cold and people tend to isolate themselves. Besides, being the sole breadwinner left to shoulder family chores, financial responsibilities, and child-rearing burdens the stay-behind spouse exceedingly. Lack of companionship from a partner can create a feeling of being overwhelmed and fatigue due to juggles of usual activities. In addition, the physical distance studied here, as well as loneliness, and stress from handling chores independently might lead to depression and emotional pressure to spouses. This article notes that

soldiers may experience poor physical and psychological health as their deployment endures; feelings of depression, hopelessness and tiredness might increase with each passing day.

### **Emotional and Behavioral Challenges**

Parents may get worried when one of them leaves to serve in the military for, children suffering from separation anxiety which is defined as fear arising from the loss of a significant person or change in routine, will get worried seeing that one of their parents is not around. This anxiety could show itself in clinginess, crying, and any signs of shy-birthing away from the other remaining parent. Furthermore, children perceived stressors within deployment as contributing to changes in behavior outbursts, mood swings, irritability, and acting out. He/She may find it hard to manage his/her feelings and act in the right way due to stress and hopes of his/her parent. Additionally, through parental deployment, children undergo through a lot of emotional stress, which harms their school performance as well as participation in school activities. Stress may manifest itself in ways, including not being able to focus, poor performance in school, and missing school frequently because children may feel stressed when they have to be separated as well as have to undergo changes. Additionally, they may also feel sad or angry and confused as a result of their parent going away and they are able to show this. Among the various changes that may affect families, transition and coping with the loss of a parent are likely to present problems in emotional adjustment.

- In the family category, spouses and children may experience social isolation cutting them from their peer groups and other support contacts. Child companions may not have friends to play with or any scheduled social events due to school or extracurricular activities, and the loss of their deployed parent can lead to feelings of isolation from their community.
- With a focus on maintaining operations, the deployed parent cannot communicate often and may be in different time zones, thus making relationships challenging for spouses and children. Daily contact helps in the sound maintenance of relationships since infrequent or no communication usually prolongs frustration, making the relationship weaker.
- It is often tough for military families and a disaggregate may characterize military families by other people who cannot understand the tribulations of deployment. This is because people living in military families may lack understanding of the circumstances and duties that define their way of life hence experience social isolation.
- when the parent is deployed and is required to get back to his or her normal duties as a spouse and or a parent, it creates social issues among the family members. Recognising and adapting to changed roles, patterns and relationships within the family takes time for this is a ripening period where everyone has to readjust from the parent coming back home.

In summary, having knowledge of the particular psychosocial issues experienced during the deployment of military personnel by the spouses and children would be helpful in case special and enhanced support and resources should be provided to such families in order to improve their resilience and coping capacities at the deployment stage.

### **Military Deployment Affect the Mental Health and Behavioral Outcomes**

The military deployment therefore exerts a significant influence on the psychological development and behavioral pattern of the children in military families affecting their emotional status. Quantitative data Accurate results have shown that children going through a deployed parent experience various difficulties Relevant statistically gathered information demonstrated that the lives of such children are not easy during the period of their parents' deployment.

### **Quantitative Data**

- Different research has indicated that children from families of deployed parents are stressed as compared to children of non-deployed parents and military. Research studies, which employ more formalized and psychometric self-report scales like the Spence Children's Anxiety Scale or the Child Behavior Checklist, reveal elevated levels of symptoms of anxiety during the deployment.
- Studies continue to show that children with parents who have been deployed tend to have more depressive symptoms. Questionnaires that have been more common include the self-report questionnaires for kids like; Children's Depression Inventory indicates enhanced feelings of feeling sad, hopeless and low mood during the time the parent is away due to deployment.
- Another form of quantitative findings where parents and teachers are interviewed point towards an indication that children of deployed parents are more likely to act out. During periods of deployment, for instance,

instruments like Strengths and Difficulties Questionnaire (SDQ), Behavior Assessment System for Children (BASC) acknowledge aspects like aggressiveness, unruly behaviors, and attention deficit disorders.

### **Qualitative Data**

- A series of semi-structured interviews with children of deployed parents establish concern, stress, and overall anxiety together with concern for the safety of their parent. The news of separations and the deployment cycle touches the young ones' emotions as they reveal feelings of sadness, fear, and uncertainty on the lives of children behind bars.
- Using the synthesis from focus group and individual interviews and narratives, this concept displays children's loneliness and waiting for the deployed parent. They state that they "miss" their parent; they had someone to accompany them in their day to day activities as well as someone to call on when they are emotionally down and this has left them feeling incomplete.
- Children, in different projects, narrate their experiences of difficulty in adjusting to new shifts in familial and daily lives' schedules during deployment. They complain of angry outbursts and emotional confusion resulting into handling in ability to cope with loss of parent which hinders normal stable childhood.
- They gathered quantitative findings that they used to understand children's apprehensions of their parent with deployment issues. Concerning their parent, they focus attention on certain perils and threats, which induce constant nervousness and acute stress.

In conclusion, quantitative and qualitative research findings show that military deployment forms a significant source of stress that negatively impacts children's mental health and behavioral outcomes. Even though many children are able to cope well when one of the parents is away, there are others who are bound to experience anxiety and depression, behavior problems, and poor adjustment when a parent is away. It is imperative that educational institutions and support service providers familiarize themselves with research exploring these questions so that they can effectively intervene and support the children of military families throughout deployment cycles.

### **Coping Strategies**

The given article discusses how military families try to cope with the stress arising from the deployment, with primary focus placed on their desire to stay as strong as possible during that challenging period of time. Thus, it is crucial to a certain extent that some coping styles help to reduce stress, while others may not work well or need supplementation.

- It is taken for granted that friends, fellow militaries and spouses or significant others serve as these sources of support for military families during deployment. To specify, patients can benefit from surrounding themselves by like-minded people and getting reassurance, approval, and inclusion.
- Weekly or at least frequent call, emails, video conferencing and writings form an important strategy of coping up with the deployment of the service member in the military among military families. In light of the above, such company can prevent feelings of loneliness and even tighten the bond of a family apart from showing the Absorbed Caregiver that he or she is not merely a burden on others.
- Military families can also establish groups and organized plans since daily schedules and activities will provide stability for the families while on a deployment. In particular, an established pattern of daily mealtimes, naptimes, bedtime, and other routines offers structure and reassurance for children and help parents with the stress of caring for them.
- It is therefore helpful for military families to develop the right attitude and also strength in order to cope with the effects of having a member in a military deployment. Honest and constructive thinking improves well-being through positive reappraisal; therefore, the intention of looking for the positives in each day and in every situation will keep hope alive and help families to be able to face the difficult situations and overcome them.
- The families in the military can seek help from both internal and outside services which include counseling, support groups and care through family readiness services offered by the military. It is advisable for military families to seek professional assistance and use services specifically targeting military families thus providing them with a better solution towards coping with deployment stress.

### **Effectiveness and Limitations**

It is useful to investigate the organisational and support systems' strength to moderate the effects of distress caused by deployment and to affirm soldiers. However, informal support may be not easily accessible because of geographical distance or isolation caused by deployment status, or ill understanding of civilian friends. Further,

keeping in touch with the deployed service member is mostly helpful in relation to expresses feelings of isolation. However, there are inevitable challenges that may interfere with the provision of consistent communication essential in the use of this coping strategy, including time differences, operational limitations, and poor technology. Moreover, having a daily schedule or other models are practical when it comes to striving for stability and consistency during deployment. However, modifications to daily programs, for example, if the planned operational schedule changes or if one of the family's members has to take up extra responsibilities, this coping technique may be tested. Further, having a positive attitude and tenacity is crucial when encountering stress during deployments. Thus, optimism and accentuation on the positive aspects of the situation can be helpful in coping, while repression of distressing emotions or ignoring negative information can worsen the coping results. Finally, seeking assistance in the form of familial support that military families can find helpful can prove efficient in targeting the necessary and sufficient help. However, factors such as stigma, practicality and the flexibility of these services may limit the families from gaining access to and using interventions aimed at helping the families. In conclusion, it is crucial to comprehend the efficiency of the most frequently used interventions by military families and to define the existing opportunities for their enhancement to strengthen the position of military communities with families, currently facing the challenges associated with deployment, as well as to improve the quality of their life and readiness to perform their tasks.

### **Existing Support Systems and Interventions**

Family support and community intervention is an important factor in military families' lives, specifically during and post-deployment. According to the previous literature, factors such as having proper assistance in terms of support, counseling and finance help can minimize the pressures that are likely to arise when a family member is deployed such as anxiety, financial burden and stress. Still, the applicability of these interventions is not congruent with factors like the frequency of deployment, period, or resources. Research findings suggest that it is possible to take certain actions prior to a soldier's deployment with the purpose of helping families be ready for possible stressors and, moreover, to help them adapt to new conditions when the soldier is back home. In addition, members are able to access support from peers as well as other members of the society through support groups who give emotional support and provide an association which minimizes experiences of loneliness. However, there are still some deficiencies in the regard to the provision of support and care services and they are mostly concerning military spouse, children and caregivers. Lack of healthcare its inclusion specifically mental health, inadequate childcare, and the rigor in accessing benefits remain crucial challenges to well-being. It is recommended that in order to promote support for military families, additional funding for the research and implementation of holistic effective and culturally appropriate programs be allocated. This includes mental health care accessibility, changes in schedules for the officer to attend the family responsibilities and strong support systems drawn from the community. Further, collaboration between the military organizations, governmental agencies and other civilian counterparts helps to efficiently focusing comprehensive strategies to support military families during deployment cycle.

### **Conclusion**

When considering military deployment and its effects on families, one realizes that it is complex and requires both extensive consideration and assistance in order to be addressed fully. This research has revealed how spouses and children of the deployed military -personnel experience high level of emotional, psychological and behavioral distress. The long time that a family member is out from home added to factors such as the unpredictability and threats of military deployment, actually puts tremendous pressure on the family stability that tends to make individuals to be stressed up, at times they even develop anxiety or depression among other mental illnesses. The findings of this study demonstrate that more sustainable supportive structures and formative military family targeted interventions must be initiated. Family and friends, professional help and mental healthcare programs are some of the antidotal measures that work in reducing the negative impacts of deployment. Moreover, the particular coping measures and all forms of developing resilience activities help families to survive these difficult periods. The study enables us to conclude that while there are already useful support systems and structures in place, there are still some issues that remain unabated. Improving the lines of communication, expanding on the availability and quality of mental health services with and without inpatient beds, and implementing policies that help secure the fiscal and emotional well-being of military families are all viable ways to move forward. In addition, it highlighted the need to continue advocating for policy change that will justify the needs and support for military families. As the reader can see, there are various strategies to address the psychosocial impact of deployment for military families, which means that bringing awareness of these effects and support to those families, overall, would be effective for enhancing their functioning and quality of life.

In summary, the present research expounds crucial information in relation to the psychosocial issues of military families and proposes a framework for strategies in offering a better support system. As we move forward into the respective discussions of these topics, it is crucial to take into consideration the welfare and the proper psychological condition of the military families, acknowledging their contribution and providing them with the necessary tools as well as its support to be able to adapt and cope with the challenges brought about by military lifestyle.

### **Recommendations/Suggestions for Future Related Studies**

Based on the findings and insights gained from this research on the psychosocial impact of military deployment on families, the following recommendations are proposed for future related studies: Based on the findings and insights gained from this research on the psychosocial impact of military deployment on families, the following recommendations are proposed for future related studies:

- It is also important to conduct longitudinal research to determine the health implications of, or the changes incurred by the family members as they say, 'time flies when you are deployed'. This will help to develop a better understanding of how the or they exist and why and what lasting impacts psychosocial attributes of impacts spouses and children have over time.
- Analyze the effects of deployment on different types of families: single-parent families, blended families, and same-sex partnerships. To address the need, researchers and other experts must be able to determine the different issues that are likely to be experienced by these families to be addressed to direct the appropriate support services towards addressing those special circumstances.
- Asst. Appraise the effectiveness of current available support programs and interventions for military families. This involves evaluation of outcomes in matters such as counseling services, family readiness programs, and community-based programs for families with regards to their resilience and mental health.
- It is therefore helpful to examine how technological advancement plays a vital role in connecting families during deployment. It is also necessary to find out how resources that are commonly used in daily interactions such as video calls, social networks and applications developed specifically for military services can help to decrease the level of stress associated with separation and enhance family unity.
- Consider cultural and geographical diversity in shaping the psychosocial experience of military deployment among families. Developing consciousness of Cultural variations can help in directing socially appropriate assists and welfare systems.
- There are several areas of research, one of them being a critical look into the perceptions of military members towards seeking professional mental health care support. The study of potential factors that may hinder clients from utilizing mental health services is crucial in eliminating barriers and non-stigmatizing the use of mental health carriers.
- Aim 8: Investigate the process of the reintegration of the servicemembers back into civilian life and as a part of the family. This involves understanding of impacts of PTSD, physical injuries, and other post-deployment problems' on family dynamics.
- Evaluate the policy changes regarding military and government that influenced military families' quality of life. This encompasses comparing outcomes that concern policies in mental health, financial aid, and family preparedness programs.

In that respect, it is hoped that subsequent work based on these recommendations will add more refined observations and better intervention strategies germane to the persona psychosocial issues with military families. Practicing this continued exploration is crucial in developing the broad support systems necessary for strengthening and nurturance of those who are involved in protecting and defending as well as their families and friends.

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