

## PEACE OF MIND AND LIFE ORIENTATION OF INDIAN AIR FORCE PERSONNEL

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### ABSTRACT

Humankind is well versed with the stressors of Military Life and the effect of these stressors shows on the physical and mental well-being of the Indian Armed Forces. The role of Peace of Mind (PoM) on the overall well-being of people has also been studied. Similarly, research in the field of Life Orientation (LOT) has proven that there is a positive relationship between self-esteem, self-efficacy, hope, resilience, subjective well-being and Optimism. Optimism has been found to be negatively correlating with stress, negative affect and hopelessness. However, no research has been conducted to assess the relationship between these two variables in Indian Air Force personnel. The different levels of PoM and LOT among the three branches of Indian Air Force i.e. Flying Branch, Technical Branch and Ground Duty Branch were also assessed. "Peace of Mind Scale" and "Life Orientation Test- Revised" were conducted on a sample of 90 Indian Air Force Personnel (both male and female), 30 from each branch of the Air Force. Data was analyzed through t-test and Pearson's Correlation. Findings reflect that there is a Positive relationship between PoM and LOT among Indian Air Force personnel. Ground Duty Branch had the highest levels of Peace, Flying Branch had the highest levels of Life Orientation and Technical branch had the lowest levels of both PoM and LOT. Further research is suggested so that the reasons behind these findings can be examined.

**KEYWORDS:** Indian Air Force, Military Stressors, Life Orientation (LOT) & Peace of Mind (PoM)