CHAPTER -7

SUGGESTION

Country is safe, if the Borders of the country are safe and intact. Entry of the enemy is only through border. Without Crossing the border, entry of enemies/infiltrators/smugglers/terrorist is not possible. It is the 'Border man' who is responsible for the protection of borders, prevention of border crimes and integrity of the country. Even during the peace also, there is high tension which remains always on the border.

In present situation terrorism is badly spread in many states of the country where bordermen is again require to deploy to work against the terrorism, say in internal security duty/counter insurgency role/Anti infiltration role. To work against the terrorism is most difficult and hazardous task where there is no identity who is terrorist and who is not terrorist. It is a very long course to combat against terrorism effectively which make the border man to live alert active for all the twenty four hours. He is unaware which side of his is vulnerable and may harm to him. In such ambivalent situation he cannot relax and remain tenseful under the shadow of fear and death. Such prevalent situations are bound to effect his mental and physical health. How can he escape from tension of this high tension generating task while performing duties continuously for very prolong period?

From the psychological point of view it is very important to do some modification in the selection procedure of recruits.

It is well proved and beyond doubt this present research work is also suggestive that the personality factors have great role in this field and are required to be assessed psychologically after introducing the psychological test. If his personality factors are suggestive that his personality is having those quality which will permit him to work for a prolong period in most hazardous, difficult and tenseful environment without showing any signs of physical or mental sickness development:
such kind of personnel are required to be enrol. This will permit him to complete the duty with all efficiency and will make him the most wanted soldier.

Here this study has revealed and suggestive that hypertensive persons are not only the patients of hypertension but also more prone to 'Schizophrenia simple', 'Obsessive -Compulsive Neurosis', 'Conversion reaction', 'Manic depressive and 'Hysterical Dissociate'. The characteristics of these mental sickness variables are as follows-

Schizophrenia:- Insidious depletion of thoughts, affects and behaviour, loss of ego boundaries, insidious loss of drive, interests, ambition and initiative, disturbed interpersonal relationship and generalised inhibition.

Obsessive compulsive:- Compelled to think or act about something that he does not want to think about or to carry out some action against his wish.

Conversion reaction:- Personality is passive aggressive, feel inadequate to cope independently. They have the tendency to seek sympathy and are highly suggestive. Here the reaction pattern is (a) desire to escape from some unpleasant situation (b) a fleeting wish to be sick in order to avoid the situation.

Hysterical dissociative:- Here they have tendency to avoid stress while gratifying needs in a manner permitting the person to deny personal responsibility for his unacceptable behaviour.

Manic-depressive:- The complaints of unusually warm than friendly, in considerate of others and disregards their need and comfort, impulsive along with destructibility of impatience and intolerance.

It is suggested that the purpose of completion of duty as per the present requirement is only possible through the better selection of recruits who are not having the traits for hypertension or we can say that the recruits will be free from the 'psychological variables' for hypertension. This study has revealed this fact that the hypertensive persons are not only the patients of hypertension but also more prone.
Schizophrenia Simple; Obsessive Compulsive Neurosis; Conversion reaction; Manic depressive psychosis; and hysterical dissociate.

It appears that the person who later on develop hypertension was having the traits for hypertension and also indicated for Schizophrenia Simple; Obsessive Compulsive Neurosis; Conversion reaction; Manic Depressive and Hysterical dissociate which could be assessed through administration of psychological test. From the force point of view, these mental sickness factors are making the individual absolutely unsuitable for the force. Not only this that he is unsuitable for the force, but also, he will suppress the other soldier's force fitness. In the force these is a team work and living in a same barrack together. It is suggested that these variables are present in his personality and will definitely absurd/distort his personality which will be reflected through his behaviour overtly/covertly.

During the 1st world war there was heavy recruitment in Britain and experienced that those recruits enrolled were later on proved unsuitable for force job, though they were physically tough and healthy. With the result country suffered with a great set back. After that there was general body discussion regarding failure of such kind of recruitment. After the thorough discussion, it was decided that the enrolled recruits would be given psychological test i.e. 'Army Alpha test' which is a general intelligence test and those who qualified this test they only be enrolled in the force. With this procedure recruitment was done during 2nd world war and the result were most encouraging. After that Army 'Beta' test was developed. Now there are so many tests are available for this purpose.

Thus the beginning of psychological test is after the 1st World War, with the development of Army 'Alpha' and Army 'Beta' tests. It was found that those who were selected through the tests were better in the performance. Later on a large number of tests were used. Although some psychologists are involved in this selection procedure but still the arrangement is not sufficient. This study as mentioned above, high lights the importance of personality variable in the selection of force personnel. 6SF is one of those force which have double task, regarding the border
as well as maintaining the internal security, where ever it is require. Therefore it require more attention should be given in the selection. The study pointed out that the hypertensive are more susceptible to development of certain psychological disorders which may seriously effect their performance. A careful medical examination is necessary so that any person showing the indication of hypertension or has mild hypertension should not be allow to enter the force otherwise because of this stressful condition prevailing on the border may precipitate certain serious psychological consequences.

For avoiding all such kind of complexity in the selection of recruits, they should be tested and pass through the psychological test for avoiding such kind of psychological problems.