Indian Army is indeed the backbone of our country. It has proved to be our nation’s biggest strength in protecting its sovereignty and integrity since independence, through its involvement in a number of wars and conflicts. The Army comprises of its armed personnel without which it has no identity. Army jawans and officers assume tremendous responsibility and encounter a wide range of challenges in protecting the country and its people against external aggression and internal insecurity.

The sovereignty and integrity of our nation is threatened time and again in the past and in order to defend the same in the wars and conflicts which may take place in the future, owing to the low intensity conflicts/proxy war and continuous attempts of infiltration by the militants in Jammu and Kashmir, Indian Army needs a well-built strong Armed force, both physically and mentally. Therefore, it is important for the Army to effectively manage the stress levels of soldiers to prevent further decline in their health. This research work identifies the grass root problems being faced by the Army personnel and highlights the suggestions to minimise the same, with an intention to assist the Army authorities in adopting appropriate measures to prevent stress among its men.

The introductory chapter includes the conceptual analyses of occupational stress, stressors, its effects, coping strategies and occupational stress management with particular reference to the Indian Army.

The second chapter on ‘Review of Literature’ covers historical overview of occupational stress, occupational stress studies conducted in the Army as well as other occupational fields and studies related to various dimensions of stress. Research gap has been identified at the end.

The third chapter on ‘Research design and methodology’ outlines the need and scope of the study, formulation of objectives and hypotheses, sample design, statistical and research tools and tests applied, reliability and validity of research, its limitations and future research.

The fourth chapter comprises of the demographic profile of soldiers and tests their differences in perceptions with regard to various demographic variables.

The fifth chapter is devoted to the sources of occupational stress in the Indian Army, viz., organisational, army-specific, type ‘A’ behaviour and domestic stressors and their subsequent analysis.

The sixth chapter deals with the effects of occupational stress in the Army (mental ill-health, symptoms of stress, cognitive reactions, burnout and turnover intentions) and their following analysis.

The final chapter encompasses the coping strategies and tests their impact in reducing stress in the Indian Army. It further presents theoretical model of occupational stress management in the Army and managerial implications to manage occupational stress more effectively in the Army.

The study is expected to provide insight about various aspects of occupational stress and its management, especially to the Army authorities and policy makers.