

MEETING ABSTRACTS

ATTITUDE TRAINING AS A PRECURSOR TO PSYCHOLOGICAL RESILIENCE IN THE MILITARY: A CASE STUDY FROM INDIA

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How much more can the military raise its physical standards bar during training? Bearing in mind the saturation in physical training standards and limits of human endurance threshold has peaked in military training, we need to consider cognitive control measures to enhance performance in the face of overwhelming demands stemming from VUCA military environment. Based on the authors military experience, this paper suggests that military performance can be improved with self-awareness and attitude training. Unfortunately, implementation of attitude training is oftentimes left as an individual responsibility of leader development.

Using a recent case study, the paper distinguishes between soldier competence and performance and discusses how attitude training is beneficial for soldiers in planning for the future in ways that maximise gains and minimise losses, and the emotions and attitudes that arise when soldiers look ahead and reflect back as well are often useful in informing judicious decisions and effective behaviours that enhance psychological resilience. The paper reveals that a soldier's ability to compare themselves to standards and evaluate themselves accordingly provides soldiers an important input into their behavioural choices.

This paper has implications for training across verticals and suggests that cognitive control measures like attitude training can be leveraged to improve performance and build resilience in the military and hence the need to institutionalise and embed such interventions through formal military training.

Keywords: attitude training; military resilience; cognitive control; self-regulation

References

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