

Mental Problems of Disabled War Heroes: With Special Reference to Rehabilitation Organization

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Abstract- Before two years ago our Sri Lankan peoples' main topic was war heroes but today no one talking about them much more. That was the main reason to discuss about this forgotten war heroes. There are so many war heroes' protection organizations in Sri Lanka. The sample comprised with the disabled war heroes who have not disabled early that is the problem identified in the sample. Therefore research problem is, (1) Do war heroes suffered with mental problems under three situations as, before join the army, after join the army & after disabled. (2) How the organization counselors dealing with those mental problems.

For the research purpose selected one rehabilitation organization of disabled war heroes & randomly selected 10 war heroes in rehabilitation organization to collect information through interviews by using structured questionnaire.

Research objectives are identify about disabled war heroes' mentality, understand what type of mental problems they are facing and how counselors should be deal with those mental problems & get the practical knowledge about how counseling these disabled war heroes when they are suffering with mental problems. The Research discussed about mental problems of disabled war heroes.

Based on collected information categorized all mental problems in to three topics as (1) Before join the army (2) After joined the army (3) After disabled. In the selected sample before join the army 40% faced mental problems like, dislike for education & economical problems in family. And after join the army 60% faced mental problems like, hard rules and regulations and family problems. After their disablement 90% faced mental problems like, suffering about disablement, loneliness, pain, family problems, mental disorder – PTSD (Post Traumatic stress Disorder), still have to face hard rules and regulations, no chance to express their personal feelings & love.

Then elaborate the importance of counseling for war heroes & explained about weaknesses in existing counseling process in organization. Finally researcher recommended counseling methods for mental problems of disabled war heroes for each different type of mental problems.

Index Terms- War Heroes, Mental Problems, Counseling

I. INTRODUCTION

This qualitative study focused on psychology field by touching the counseling. And it is very important topic which is needed to be discussed because of confidentiality of gathered information not mentioned the name of selected rehabilitation organization & the names of interviewees.

This research related to the disabled war heroes in selected rehabilitation organization. [Ranaviru Sevana](#), in English "Shelter for War Heroes", is the main establishment operated under [Sri Lanka Army's](#) Rehabilitation Directorate. There are fourteen establishments located around the country operated under the same commandment. Ranaviru Sevana is dedicated to look after young men and women who are permanently disabled due to injuries received in the war. Most of the residents are amputees with one or more limb losses, mainly below the knee. In 2010, about 200 resident patients were receiving long-term treatments (Wikipedia, n.d.). But today rarely talk about these disabled heroes. But don't know what is the reason of forget them from peoples' mind may be the reason is the time. When time goes fast people forgot every past memory and they forgot what happened before.

The society should think about these people and share sadness and happiness of them. Because these disabled war heroes sacrifice their whole life for protect our country. Whole life means when man disables with something he cannot live as a normal person as he lived early. Therefore, they all have little bit of mental problem. This research talks about this hidden topic. Therefore this is the period to talk about these valuable heroes. The study is talking about their mental problems and how counseling important to them to solve those mental problems.

II. IDENTIFY, RESEARCH AND COLLECT IDEA

The study is about "Mental Problems of Disabled War Heroes", which means mental disability or questions in mind of the disabled war heroes in Sri Lanka. Having considered above research problem, subsequent research questions can be derived for the purpose of making straightforward the questions.

- Do war heroes suffered with mental problems under three situations as,
 - Before join the army
 - After join the army
 - After disabled
- How the organization counselors dealing with those mental problems.

Research objectives are,

- To identify about disabled war heroes' mentality.
- To understand what type of mental problems they are facing and how counselors should be deal with those mental problems.
- To get the practical knowledge about how counseling these disabled war heroes when they are suffering with mental problems.

A word mental referring to aspects of, or things related to, the [mind](#); or in anatomy, the skull, e.g. the [mental foramen](#) is can be defined as mental. Mental is very important today but at the past it not being considered. (thefreedictionary, n.d.)

A problem is an obstacle, impediment, difficulty or challenge, or any situation that invites resolution; the resolution of which is recognized as a solution or contribution toward a known purpose or goal. (thefreedictionary, n.d.)

According to WHO (World Health Organization), "Disabilities are an umbrella term, covering impairments, activity limitations, and participation restrictions. Impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Thus disability is a complex phenomenon, reflecting an interaction between features of a person's body and features of the society in which he or she lives".

In this research report "disabled" word described about the people who are disabled in physically."War hero means man who is sacrificing his everything for protects his country and act as guard of the country.

Research conducted with reference to rehabilitation organization of war heroes in Sri Lanka. Because of confidentiality of collected data not mentioned names of interviewees & name of the organization. For the study randomly selected 10 disabled war heroes for the sample.

Since this research is a qualitative case study the trustworthiness of the information becomes very essential. By face to face interviews with randomly selected 10 disabled war heroes collected required data based on structured questionnaire. The questions put forward at the interview similar to the question stated in the questionnaire. The questionnaire was in English medium. However, interviews held in Sinhala medium. It is difficult to examine mentality of people without discussing then unable to use counseling for them without knowing mental problems of them clearly.

And without interviewing unable to gather correct and genuine information need for the study hence need to collect information about mental problems. The best way of the understanding these mental problems clearly would be interview method. Therefore did individual interviews.

III. FINDINGS

When interviewed about mental problems, all mental problems are varying with one person to another but there are some common category problems. Disabled war heroes' are mostly suffering with mental problems. The researcher categorized all problems in to three main topics as, before join the army, after joined the army & after disabled

Before join the army

From the sample 40% suffered in mental problems but before join the army. And identified main mental problems are dislike for education & economics problems in the family. Identified reasons to dislike for education of the participants through discussed with the participants.

Dislike for education

Dislike for education can be taken as a mental problem because all students not dislike for education. Hence this is also mental problem that some students faced. But unfortunately any one unable to identify this is as a mental problem and never tried to solve that problem. Identified reasons for arise this kind of problems are,

➤ *No friendly environment in schools*

Age 19 disabled war hero (loss legs) said that there was not friendly environment and it was the reason to stop education. To study well should develop the good friendly environment in the schools for students. After talk with disabled war heroes could notice most of them went away from schools after dissatisfaction about education or environment of schools. Environment is most important factor that effect to the mentality of people. When the school is not providing friendly environment to students, it causes to harm mentality of students and final result would be students may be aversion the school life.

According to (Sheena Gayle, 2011), for make a friendly environment to students the education system should full fill with factors such as, family/ community involvement, health school environment, health education, physical education, nutrition service, health service, counseling, psychological & social service & health promotion for staff

➤ *Break down of love affairs*

In the sample 21 years old disabled (legs are not working) said he left form the school as a result of loss his school love. Love can change people as a positive or negative. In school age students start love affairs because of so many reasons. Sometimes age influence, want to show others they have love affair, to escape from family or any other problems. Based on evidence gathered that disabled war heroes could notice sometimes they went away from schools because of breakdown of love affairs. It is also mental problems because person felt in mentality as result of beak down affairs and their present working activities totally went in wrong.

➤ *Monetary problems*

After talk with disabled war heroes could notice out of 40% who suffered with mental problems before join the army 100% faced monetary problems & it effected to their education. It is also mental problems because they were suffered with it & ultimately they left from schools.

➤ *Parents' behavior*

One disable war heroes in age 22 said his father always hit, scold & onetime burned his school notes to stop his education & ultimately he joined to the army. Hence sometimes they went away from schools because of parents' behavior. That means their parents behavior affected to change their mind about education. And then schools life aversion to them.

Economical problems in family

60% from the 40% of participants who were suffered with mental problems before join the army said they faced economical problems. Because of economical problemsthey joined to the army. To solve economical problems in family they found join

to the army as a solution. It implies economical problems highly effect to their mentality.

After joined the army

Form the interviewed sample 60% faced with mental problems after join the army. Identified mental problems are hard rules & regulations & family problems.

Hard rules and regulations

Army is the best place for develop good discipline in a person's behavior. But some people mentally fall with these rough rules and regulations. Through discussion found 50% out of 60% faced hard rules & regulations. Then they mentally fall with these rigid rules, regulations, punishments.

Family problems

Marital problems were arise & it affected to mentality of them. Family problems occurred because of,

➤ *Less knowledge about family life*

One disabled 33 years old war hero said "I married 18 years girl & finally he is still suffering because he said his partner has not ability to deal with family problems since she is in small age & now me also stay inability situation to balance problems. Then ultimately she has to face everything lonely & most of the times she left from my home & went to her parents' home". To make a better family life between two parties both parties should have knowledge about how should they balance their family life? But unfortunately most of them get in to married life in age just passed from 18 years.

After disabled

In the sample 90% faced mental problems but after disablement. And identified mental problems are disablement, loneliness, pain, family problems, Post Traumatic Stress Disorder, still has to face hard rules & regulations, no chance to express their personal feelings & love.

Disablement

They disabled in physically. But today they disabled in both psychological and physical sides. They know they are unable to live as they were lived. Then they mentally suffer about it.

Form the interviewed war heroes 3 participants haven't eyes to see, 3 participants haven't legs to walk & 2 participants haven't capability to do work individually, 2 participants loss their active of under the hip & died of nerves. Because of these disablements war heroes may suffer in always.

Loneliness

Today this all disabled war heroes are living lonely but excepting one war hero. Because he said 'I'm living in happy & I have target to live with my family in a near day by starting a business'. But most of disabled 90% said they don't have parents any relations to see them in every time. Some are form 90% prefer to go home place but they can't because Army doesn't release them hence they are in very serious disablement. In some cases one war hero said he want to go home but he think his parents cannot look after them, he believed he will torture to parents after they went to the home.

And one 23 years old war hero refused to marry his lover since he believe when he marry her in one day she will suffer because he think he cannot live successfully in married life because of their disablement. And one said no one likes to marry him because of his disablement. But ultimately they are always suffering about that present loneliness.

And also they mostly think about their future loneliness. 18 years old war hero told that "after their parents died what happened to them". They have no any idea or any answer for that question in their mind. They are always suffering about that future loneliness. Ultimately some of them hate to their past decision that they got to joined to the Army.

Pain

All of the participants said any one cannot understand their pain because other people not suffer with injuries. They lost sleep at night because of pain. Some times in whole night they were not sleep. When doing some activity they can forget that pain but at night they can't do anything to forget that pain.

Family problems

Family problems highly effect to the mentality of disabled war heroes, because today lost their capacity to face family problems as previously. Researcher identified family problems may occurred because of,

➤ *Threats from other members in family to married partner*

One disabled war hero in age 33 said his partner unable to live in his home due to his mother's arguments. For the treatments most of the times they stay out of the home then other partner has to live lonely at home. Then disabled war hero always thinking about, how to protect his family from external threats. Finally they are suffering with that problem.

➤ *Sexual problems*

One war hero said "My wife said one day to me you are inability & scold me". Sexual relationship, happiness is very important to spending better family life. But after disablement these war heroes faced sexual problems because they had lost their sexual capability. Then their other partner may be move for make unusual relationships because of these war heroes' capabilities were loosed for maintain sexual life with partner. Then that problem is effect to whole family life of them. And that disabled person suffering on those issues.

➤ *Children's problems*

The participant who loss his eyes said he wants to see his children but he can't it forever as well as he has 3 daughters. Children's' problem also effect to the war heroes' mentality because most of times war heroes' children are disabled. Then they are suffering about their children's disablement more than their disablement.

Mental disorder – PTSD (Post Traumatic stress Disorder)

One 33 years old disabled war hero suffered with PTSD. PTSD is a one of the anxiety disorder it is not a mental problem. Counseling is not enough to PTSD. Medical treatments are also need for it.

This PTSD occur because of, Natural Traumatic – Flood, Tsunami or Human Traumatic – War, Accidents. Characteristics

of PTSD are, remembering the incident again and again – Flash Back, sleeplessness, think that incident happen again, appear mistake thoughts, imagine about the incident again and again& startle.

These types of patients lived normal life but they are suffering with this PTSD. After interviewed with disabled war heroes' they are suffering about this type of disorder. (www.nimh.com, n.d.)

Still has to faced hard rules and regulations

90% out of interviewed war heroes said they are still facing hard rules & seniors never treat them as in special even they are disablement. Working as active officer in the army they should obey rules and regulations. And also after disablement they should obey rules and regulations further he retire from the army. Because of that they highly fell down in mentally. Have to do everything according to their seniors wish. No opportunity to act or behave according to what they like and want. Because of that they are suffering with that mental problem every time.

No chance to express their personal feelings

Every person in the world pained because of some problems. But if we give the chance to express or share their feelings with another may be that painful feelings reduce. But for this disabled war heroes haven't chance to share their personal feelings. 60% in the sample out of 90% who were suffered with mental problems after disablement said they are not satisfying with the existing counseling process. There is counseling in internally but there are some problems are in counseling sessions. According to them there are some reasons to fail in internal counseling process such as,

1. Give counseling in seldom -When gave counseling seldom it is not necessary. Because counselee may be want to talk with counselor in many times for a week or a month.
2. Seniors are participate -When starting counseling process, there is a senior officer in that place. Then counselee not expresses all thoughts and problems with counselor. Then they are still suffering about the problems.
3. Discuss only few minutes -Within few minutes counselor cannot collect all information regarding the problem make good relationship with counselee.
4. War heroes do not have confident about counseling process - Counselor is a very close to the Army. And war heroes haven't confident about that counselor. Disabled war heroes have doubt about if that counselor keeping confidence about information given by them or not.
5. Counselor have not ability to talk to mind of disabled war heroes -According to war heroes' ideas that counselor hasn't ability talk their mind. Counselor should have skill to talk to counselee's mind directly. If not it is not be a good counseling session to both parties who involved in the session. And also they never express their problems with their friends because they are not have enough confident about others who are living around them. Ultimately there is no one with them to share their feelings.

Love

According to Maslow' need of hierarchy Love is the important need for man. After discussed with disabled war

heroes 40% found that they are suffering with love. They love someone but do not like to marry or can't marry because their capability was loosed to maintain family life with other partner. Here we talk about various mental problems that disabled war heroes suffering under the three main topics. Finally 5 war heroes said they solve mental problems themselves and 2 said without solving involving in their routine activities & all disabled war heroes' are taking cigarettes very secretly to reduce stress of mental problems and received little bit of help from internal counseling.

IV. CONCLUSION

This study is about mental problems of disabled war heroes in selected rehabilitation organization of disabled war heroes in Sri Lanka. The importance of this research are, remembering disabled war heroes to the people again, easy to identify mental problems of disabled war heroes who wants know about that, can express researcher's own feelings about disabled war heroes' mental problems through this& can improve researchers' practical counseling knowledge.

Research objectives were satisfied since identify about disabled war heroes' mentality, to understood what type of mental problems they were faced and how counselors should be deal with those mental problems & gained practical knowledge about how counseling these disabled war heroes when they are suffering with mental problems.

The researcher visited to rehabilitation organization to collect information through interviews with randomly selected 10 disabled war heroes. Described mental problems of disabled war heroes under three areas as 1. Before join the army 2. After joined the army 3. After disabled. And identified several mental problems & recommended suggestions for each problems based on counseling.

Recommendations for the study are, (1) Providing programs for enhance physical well-being of disabled war heroes by giving medicines, giving artificial limbs, giving wheel chairs, giving ayurvedic treatments, giving healthful foods& giving exercise treatments. Disabled war heroes can satisfied about these programs held by the organization. But the problem is they aversion about, similar food recipe, similar daily treatments, every time have to take medicines& exercise treatment have to take daily

But here we can say some programs like daily treatments, medicine treatments and exercise treatment are very important to the disabled war heroes. To reduce that aversion from them we can give some solutions according to counseling methods such as change recipe in one week to one week, after take their comments about food recipes make favorable recipes for them& to reduce their stress regarding other problems- organize musical programs, monthly trips, provide opportunity to play games& organize activities like, Poya day programs, New Year festivals, Christmas parties.

(2) Poor counseling process - There are number of weaknesses in available counseling process as presented early. For it suggestion is make it in active way, by using techniques such as hire good counselor, hire counselor as a third party, do not influence the activities of counseling by rules and regulations of the Army, give a freedom to counselor to do counseling

sessions successfully, do not involve senior officers to counseling process, create better environment and place to do counseling

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