

The Effect of Occupational Calling and Social Support on the Anxiety of Navies Who Are Sent Overseas

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Abstract : The Republic of Korea is facing a special situation as it is the only divided country in the world. Even though Korea is facing such unstable circumstances in terms of a foreign diplomacy situation, Korea is one of the countries who, in concern for world peace, have been sending troops overseas. The troops spend more than a year at sea and may suffer from different types of psychological disorders. The purpose of this study is to try to find factors that promote psychological well-being of troops and improve their psychological health. We investigated the effect of dispatch sailors' occupational calling and social support on anxiety before they are sent overseas and also examined the interaction between occupational calling and social support on anxiety. One hundred thirty-eight dispatched sailors participated in this study, wherein they completed the Korean calling scale, multifaceted social support scale, and anxiety scale -Y form. We analyzed the data using hierarchical regression. The results showed that after controlling gender, marital status, and the previous experiences of dispatch, those who have a higher level of occupational calling and perceived social support experienced a low level of anxiety before they are sent ($\beta = -.276$, $\beta = -.395$). Furthermore, we examined the interaction effect. If the troops' perceived social support is high, they experience a low level of anxiety—even if they have a low level of occupational calling. This study confirms that both occupational calling and social support reduce the level of anxiety of the troops. The research provides meaningful information in understanding those who serve in the Navy's distinctive situations and contributes to improving their psychological well-being. We suggest that sailors undergo training to have a higher occupational calling and healthy relationships with friends, families, and co-workers who provide emotional and social support.

Keywords : navy, occupational calling, social support, anxiety

Conference Title : ICSR2020 : International Conference on Scientific Research and Development

Conference Location : Chicago, United States

Conference Dates : December 12-13, 2020