

The resiliency of the adjutant general officer

[Science](#), [Social Science](#)



According to (Shamir 20), the resiliency of the Adjutant General Officer refers to a personnel's capacity to deal with difficulty and thrive after tests. It is a skill that the Adjutant general department uses while training to boost the psychological toughness amongst personnel. It is imperative to determine the success of such an officer in fostering the activities of the resiliency centers such as training, tutoring, skills, expertise integration, study, leaders training and skills for the armed forces, disaster personnel and their families. In addition, the officer directs a professional group of personnel that prepares for and responds to a calamity. The department is responsible for the total security of the state; thus, vital to the military (DA Pam 600-7 1). Basing on the ideologies of Shamir (54), the officer may experience short-term challenges that show stress related concerns. Therefore, the officer should find the best method to manage the symptoms associated with stressful areas and improve performance. Resiliency of such an officer is evident in divergent pillars strengths such as family, emotional, sacred, bodily and communal (Shamir 54). In relation to family, a secure, helpful and caring family is vital to the life of the officer as it assists in dealing with tension. The army itself is a family; thus, the officer has the opportunity to count on friends whenever there is need. Interestingly, the officer has enormous responsibilities and can overcome this challenge by selecting soldiers who will act as assistants creating more time with their family. Seward (25) asserts that physical resiliency of the officer is paramount as it does not involve the outside body fitness but also how the officer achieves divergent processes under tension; thus, the need for aerobic strength, vigor

and patience. This involves a body in good physical shape built and maintained using quality behaviors and sane choices. In order to have a healthy body, the officer should frequently exercise. In addition, proper eating habits are important.

The Adjutant General Officer exercises emotional resiliency; thus, their ability to tackle difficulties with hope. Indeed, the officer may encounter rude and irresponsible soldiers; thus, should always exercise calmness in order to think clearly and make right decisions. In addition, it is fundamental to minimize anxiety as it creates concerns that will spread to others. Emotional resilience makes the officer weigh both the negative and positive outcome of a situation before taking action. This can be possible by talking about the negative effect of a situation, acknowledging what is controllable and what is not. This emotional resilience enables one conquer life's challenges and accomplish goals in life.

Sacred resilience of an officer emphasizes inner tranquility, intensifies trust and hardens determination. The officer develops a personal relation with the super being, as a source of love, peace, comfort, trust and hope . Moreover; it becomes easier to accomplish the department's mission as an active participant of life (Army Regulation 25-50 50). This will also help the officer to develop better relationship with the soldiers. Programs that assist in the spiritual resilience are life skills and ethnical trainings.

According to Baker, Communal resilience is vital to a defense force thus the officer should participate in activities that requires group work. This increases faith in the military, family and among friends leading to better communication such as joint thoughts and occurrences (MacArthur & Steve

3).

Conclusion

Resiliency is of the Adjutant General Officer and soldiers are important in the armed forces as it creates peace; thus provision of reliable security to the state. In addition, it contributes to sanity during decision-making and healthy body of the military therefore preventing suicide missions.

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