

## THE ROLE OF LEADERSHIP IN MAINTAINING PSYCHOLOGICAL WELL-BEING IN MILITARY UNITS

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**Abstract:** *Effective leadership is critical in maintaining the psychological well-being of military personnel. This article explores the role of leadership in fostering psychological health within military units. Using a mixed-methods approach, the study includes a literature review, surveys administered to 250 military personnel, and interviews with 20 unit leaders. Results indicate that supportive leadership, effective communication, and promoting mental health awareness significantly contribute to the psychological well-being of military personnel. The findings highlight the importance of leadership training and support systems in enhancing unit morale and resilience.*

**Keywords:** *Leadership, psychological well-being, military units, mental health, unit morale, support systems.*

### Introduction

Leadership plays a pivotal role in the psychological well-being of military personnel. Effective leaders can positively impact morale, reduce stress, and promote mental health within military units. This article examines the role of leadership in maintaining psychological well-being and identifies key practices and strategies employed by successful leaders.

### Methods

- Literature Review:** A review of existing research on leadership and psychological well-being in military contexts was conducted using databases such as PsycINFO, Military Medicine, and JSTOR. The review focused on identifying leadership practices that contribute to mental health and well-being.
- Surveys:** Quantitative data were collected using the Leadership Practices Inventory (LPI) and the Psychological Well-Being Scale (PWBS). Surveys were administered to 250 military personnel from various units. Data analysis included correlation analyses to assess the relationship between leadership practices and psychological well-being.
- Interviews:** Semi-structured interviews with 20 unit leaders were conducted to gain insights into their leadership strategies and practices that support psychological well-being. Thematic analysis was used to identify key themes and practices.

### Discussion

- Supportive Leadership:** The literature review and survey data highlight the importance of supportive leadership in maintaining psychological well-being. Leaders who provide

emotional support, foster open communication, and create a positive work environment contribute to improved mental health outcomes for their personnel.

2. **Effective Communication:** Effective communication was identified as a key component of supportive leadership. Leaders who communicate clearly, provide regular feedback, and involve personnel in decision-making processes were found to enhance psychological well-being and unit cohesion.
3. **Mental Health Awareness:** Promoting mental health awareness and providing access to mental health resources were also emphasized. Leaders who actively support mental health initiatives and reduce stigma around mental health issues contribute to a healthier unit environment.

### Results

1. **Survey Findings:** The LPI and PWBS scores indicated a positive correlation between supportive leadership practices and psychological well-being. Personnel who reported higher levels of leadership support also reported better mental health and lower levels of stress.
2. **Interview Insights:** Leaders emphasized the importance of building trust, maintaining transparency, and providing support during high-stress situations. Successful leaders implemented regular check-ins and mental health training programs for their units.

### Conclusion

Leadership plays a crucial role in maintaining the psychological well-being of military personnel. Supportive leadership practices, effective communication, and mental health awareness are key factors in enhancing unit morale and resilience. Training and support for leaders are essential to ensure they can effectively promote and maintain psychological well-being within their units.

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