Abstract

This study aims to explore some points as follows; first, we examine the emotional management for stress management through the literature review, second, through this, we propose an effective emotional management method for our military leaders themselves. Therefore, in order to exert the leadership well, we emphasized that all naval servicemen should conduct emotional management effectively for stress management in their own self-leadership dimension. In order to do so, we examined the theoretical approach to emotion and the four theories of emotion: from the first theory of evolutionary psychologists, to the fourth theory, the cultural theory of emotions, and the cultural value of emotions.

We pointed out that emotional regulation in our relationship is the beginning of dialogue. In the theoretical background, we also looked at the core emotions that we learn and experience when we were young. In next chapter, the first one is an emotional control method, and the second one is the practice of restoring self-esteem in the injured part. The third is that it takes practice to look for happiness, and finally, it provides a way to practice self-coaching by oneself.

Through this exploratory study, we hope to help our Navy servicemen effectively manage their emotions in order to overcome the stress of military life. Based on the results of this study, further empirical research and case analysis will be presented to help us to manage the stresses of our military leaders and demonstrate good and effective leadership.

[Keywords] Military Affairs, Emotions, Leadership, Korean Military

1. Current Situation of Korean Military Leaders

Suicide rates are defined as the deaths deliberately initiated and performed by a person in the full knowledge or expectation of its fatal outcome. Comparability of data between countries is affected by a number of reporting criteria, including how a person’s intention of killing themselves is ascertained, who is responsible for completing the death certificate, whether a forensic investigation is carried out, and the provisions for confidentiality of the cause of death. Caution is required therefore in interpreting variations across countries[1].

It is well known that the suicide rate in Korea is the second top just after Lithuania among OECD countries. About 15,000 people in the Republic of Korea are said to be putting their lives to death every year. Compared to OECD countries by 2016, the average suicide rate among OECD member countries is 12.1 per 100,000. Korea’s average suicide rate is more than twice that of 25.8 people suicide per day[2].

In the medical community, Koreans are not
being more depressed, but because they are reluctant to be treated because of prejudice about ‘psychiatric treatment’. This is the reason why the suicide rate among the OECD member countries is ‘1st place’ and the treatment of depression is ‘the last place’. If depression is left untreated, 15 to 25% of patients will attempt suicide, and 2 to 3% will actually end suicide.

The Korean military is no exception. Every year suicide accident is never ceased. Our Navy has the most combat experience compared to the Army and Air Force. Emotional Exhaustion due to combat stress is a frequently occurring symptom through contact with people. It is caused by excessive psychological demands or burdens[3]. Because the issue of diversity management such as life values is not managed well, emotional exhaustion is appearing to naval soldiers. However, suicide casualties of soldiers are now decreasing, but suicide casualties of officers are increasing.

Especially, the suicide rate of low-rank officers such as first and second lieutenant officers are seriously increasing. It is easy to think that people who pray for suicide are often weak because of their will. However, considering that suicidal ideation is caused not only by the will but also because of the ‘brain dysfunction’ caused by stress, it is considered that the emotional management that we have to deal with when we are stressed is one of the most important elements. If the suicide accident happens to naval soldiers because they do not manage their emotions properly, it means that it is the loss of combat power in our army. So it is very important to emphasize the importance of emotional control.

In our military, leadership training is conducted in the leadership centers of each army. The content of leadership education includes the ability to reflect on oneself. However, the leadership training program is designed to nurture the leader as a practitioner based on the knowledge transferred. All the education in our military forces is the core essence of training to be a strong warrior who wins if we fight in a battle where we do not know when it will happen. It is not easy to foster a strong warrior, a practicing leader.

In particular, the soldiers enlisted in our military have been educated in an environment where diversity is respected and often tend to pursue freedom. Therefore, the reality that does not take into consideration individual tendency and temperament in educating these strong warriors after enlistment in the military can interfere with human growth and development. In addition, to carrying out such leadership education, the leaders of the military and followers should manage their own stresses. When we are stressed, we feel various feelings such as anger, hate, sadness, and it becomes difficult to make a reasonable judgment. This will enable us to effectively implement leadership in relationships with others.

The beginning of this study was from the fact that the actual researcher was worried that we learned the contents most directly heard during 13 years of leadership education. Military leaders who met in the classroom were doing a lot of effort to exert their leadership. However, there were many cases in which the emotional management was not done well because of the stress of the leader and the members, the problem of gender, the conflict between the classes, and various experiences.

The researchers recognized that there are many instances of depression or cynicism in the military life. As a result, the researcher became interested in what an effective method of managing emotion for stress management would be.

So this study aims to explore following as: First, we examine the emotional management for stress management through the literature review. Second, through this, we propose an effective emotional management method for Korean military leaders.

2. The Method of Effective Emotion Management
2.1. Taming emotions with habits

People’s brains look around where they will feel their familiar feelings again and give meaning and magnification in search of things that fit into their emotions. When it comes to proper timings of emotional habits, it takes more care, recognizes them as important events and makes them remember for a long time, but tries to underestimate and ignore things that cause unfamiliar feelings.

From this point of view, if we were asked, “how did you feel about your day”, most of persons will start thinking about what happened today, whether it was good or bad. If bad memories in the brain are dominant, today is a really bad day, and if good memories remain, today is a good day. And when I asked why I felt like that, I recall the memorable situation and say, “Ah! because of such a thing, I was sick for a whole day today! Or you’re just really good!”[4].

On the contrary, if we are habituated to feelings of anxiety, we pay more attention to the cause of anxiety, and when something bad happens, we feel much worried and anxious about it. On the other hand, if there is a habit in the feeling of happiness, it means that when the pleasant thing happens, the brain receives a larger interest and enlarges the feeling. In the end, people who become anxious about habits are left with worries when they look back on the day. So people rationalize their bad feeling that they can’t help themselves because of these things. In other side, people who appreciates gestures comes to the face of gratitude. In the same way, depending on the habit of emotions, some people interpreted positively, while others interpreted negatively and become anxious, and some would be angry.

If emotional management is not properly habituated here, we should think about what we lose in near future time. The first loss is health. The second is a person. If people can’t handle their feelings wisely, they will be far away.

There is a water bottle law of emotion. The water flows in the bottle. Finally, the water is added to the thin neck. At this moment, when a drop of water falls into the water bottle, the water in it floods instantly. Those who have forcibly pressed their emotions explode emotions even on the trivial. This causes the surrounding people to be embarrassed and far away. The third is the goal. A person who controls her/his emotions does not shake and moves toward the goal step by step.

However, those who do not control their emotions affect not only individual goals but also team goals. If a senior is angry without trying, the atmosphere of the company will be cold and the subordinates will not be able to approach it, and the team’s performance will be significantly lowered. And Dr. Paul Ackerman, a professor of psychiatry at the University of California, has also mentioned his research result showing that facial expressions appear when faced with emotion, while facial expressions occur on the other[5].

The simplest and most powerful way to manage depressed emotions is to turn the painful look into a smiling face. It is funny to laugh for delighting, but laughing, and delighting. This is the reason that there is a fatal flaw that our brain can’t distinguish between real smile and such as fake smile. Fermentation and corruption are the process by which microorganisms decompose organic matter using their own enzymes, and fermentation and corruption reactions proceed through similar processes. However, the difference is that when decomposition results are produced, substances that are useful for our lives are called fermentation, and when they are made with odorous or harmful substances, they are called corruption. So we say that we have gotten used to the fermentation, and we are corrupt. It is important to recognize that managing and controlling emotions depends on what kind of habit I take, just as it is decided whether it is going to ripe or decay according to the process of decomposition with any microorganism.

2.2. Restoring self-esteem
Self-esteem is like the immune system in our minds. When the body’s immune system weakens, we are easily vulnerable to minor external stimuli, and once vulnerable we are more likely to suffer from other diseases. When self-esteem is unstable and low, the same thing happens to our minds. When self-esteem shakes, people lose our strength to advance into the world, and we are overwhelmed by stress more and more long. Just as our body’s immune system needs to be cured if it breaks down, when it is shaken by instability and low self-esteem, we need to heal ourselves or ask someone to help us with our healing.

Just as you exercise to maintain your body’s immune system and maintain a healthy lifestyle, so is your mind. We need to think about what is needed to activate and strengthen the healthy immune system in our minds. The importance of self-esteem will not help if you do not realize it. The problem of our minds often appears because I cherish and love me a lot. I will praise and cherish me, and I will cherish and treasure others.

Self-esteem is a concept that involves subjective judgment and evaluation of self-worth as a human being. In addition, self-esteem has been treated as a synchronous component of human behavior and has been treated as an important factor in individual’s adaptation and development of healthy personality as well as understanding of individual’s behavior. In other words, those who are emotionally mature, psychologically healthy, and generally well adapted tend to have self-esteem or a positive self-concept.

The characteristics of adults with high self-esteem have been reported to be high ambitions, high self-esteem, no fear of others’ evaluation, and efforts to overcome their limitations without acknowledging their limitations. Conversely, low self-esteem was found to be the strongest influencing factor in violent behavior. Also, the effect of self-esteem on job performance and job satisfaction was verified by integrated analysis. As a result, a person with a high level of self-esteem is perceived as an opportunity of her/his proficiency and as an opportunity of advantage by challenging the job even if a difficult job is given. On the contrary, a person with low self-esteem is not worthy of opportunity. In addition, the relationship between job satisfaction and self-esteem shows that a higher level of job satisfaction leads to a higher level of self-esteem.

Harry T. Reis, a psychologist, also said defining closeness is “what we experience when we are understood, recognized, and appreciated in our relationships.” From the moment of birth, humans have relationships with others, laughing because of relationships, and crying because of relationships. Many of the problems that work and encounter are usually a matter of relationships, not work. Some people say that work is hard and not right, but the people who are with them continue to like it. All of our moments are centered on relationships. Therefore, one should not overlook the fact that a good relationship with others means that life is abundant, full of happiness, and that we respect and love ourselves.

2.3. Practicing happiness searching

When was the time to laugh happily while I was in military service? I can’t help but think about it for a while. And then we think of the people around us. And I may recall a faint memories of being happy and happy when I am doing something good or excellent, compared to others, or when I have done a good job or got a good performance.

But now, rather than talking to a good person, tasting a drink with a co-worker, getting advice from a mentor of life, sharing with a stranger to the minds of a strange world for service travel, It is a small routine such as laughing, but when I share my mind with people, I feel happy. It is virtually impossible to define what is the true happiness because the standards of happiness are so wide that people are all different. But if there is a dream of everyone who lives in this world, it will be to find true happiness. People have their
own standards and spend their whole lives faithfully searching their lives for the rest of their lives, and some people are already enjoying their happiness. However, there are many people who live in a society where many people live, and unfortunately they do not realize their true happiness and live according to the happiness of others. Then, is it possible to live happily in the world as taking which way? It is virtually impossible to define what is the true happiness because the standards of happiness are so wide that people are all different.

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Someone suddenly asks me “are you happy?” It is so easy, but it is also a very difficult question. How many people can coolly answer of “Yes, I am happy now!” this unexpected question? In fact, happiness is what anyone wants. But it seems that not many people know the way to true happiness. The ancient Roman poet Horatius said it was Carpe Diem, which means ‘enjoy the present’ or ‘pluck the day [as it is ripe]’[7]. The process of finding happiness for every person is different. It is not something that can be judged as right or wrong. It may not always be what you think. But now, as a given soldier, you should enjoy life. Even if the ship is swept away by the wind, as we can get to the destination someday in the right direction, we will feel happiness at every moment given when we live in the purpose of controlling ourselves appropriately.

Leading American psychologists Myers and Diener have published a study that shows that the level of happiness and personal traits can provide a deeper understanding of the causation of happiness. Myers and dinner have gathered a lot of research results and found that only for the happy people there are four characteristics: First, happy people have a high level of self-esteem and usually think that “they are at a higher level of ethics and knowledge and less prejudice than ordinary people. I also think that interpersonal relationships are more amicable and physically healthier than normal people”. Second, happy people have a strong idea that they can make their own lives through themselves. People who have little room to control their lives, such as those who are in poverty or living under authoritarian regimes, are often more depressed or unhealthy. Third, a happy person has a more optimistic tendency. Fourth, a happy person is more outgoing. These findings are not necessarily absolute standards of happiness[8].

In fact, the answer may be very simple. Because what is happy life? It is because I live only the life I really want. If you want to live slowly, you live slowly. If you want to leave, you want to leave. If you are worthy of promotion rather than being promoted, it is a happy life to live by trying for it.

However, the harder the moment, the more we have to concentrate on ourselves. As a husband or wife, as a father or mother, as a co-worker, I have to check that my style is correct and that I am welcoming this moment positively. There are also research findings that all the wounds of the world feel the ability to cope with revealing of themselves’ wound.

The future is not what we can do. We must recognize that what we can change is only the present self. Therefore, if I adjust myself well, my military life I am doing now will be able to confidently say, “Sometimes it is hard, but I am happy.” Then, we will be able to fill our life with happiness from our family life and military life.

2.4. Self-coaching for oneself

The International Coach Federation(ICF) defines coaching as “partnering with customers in a creative process that inspires and inspires
them to maximize their personal and professional possibilities.” Coaching philosophy is based on diverse human cultures[9]. Considering the comprehensive opinion, there are three philosophies when introducing the coaching philosophy that Korea Coach Association currently offers. First, human beings have infinite potential. Second, you have the answer in front of me. Third, we are partnership. It is self-coaching to connect these coaching philosophies with our own leaders rather than our customers.

Korean military leaders have taken got self-coach themselves by the following methods: First, all leaders have to see their own mind and patterns. Second, all leaders always should be awakened to keep the destination and direction. Third, all leaders always should be ready to change themselves weak points and rebuild their character or personality. Fourth, continuously all leaders have to improve their mind and critical thinking using chunk questions. Fifth, all leaders have to ask to themselves what they really want to do and to become. Sixth, all leaders have to change their mind in the position of other persons. Lastly, all leaders have to practice these courses of action.

3. Suggestion and Conclusion

All military members are at the same time all leaders and followers. In particular in Korean Navy, the leadership education has emphasized core virtues to commanders and cadres who need to direct their subordinates and lead the battle to victory in a limited space of traps.

In order to advance this leadership well, we emphasized that all naval servicemen should conduct emotional management effectively for stress management in their own self-leadership dimension. In order to do so, we covered some theoretical approaches to deal with emotional management. Emotions also affect our judgment, memory, and attitudes toward real situations. And emotions play a key role in communicating with others, including psychological content, and the key elements of emotional intelligence.

This research showed the close relationship between communication and emotions and found that the greatest factor that hinders interpersonal relationships is when the emotions are not controlled properly. In some ways, we pointed out that emotional regulation in our relationship is the beginning of dialogue. In the theoretical background, we also looked at the core emotions that we learn and experience during our young period. There are some points that we must not skip. The first one is an emotional control method, and the second one is the practice of restoring self-esteem in the injured part. The third is that it takes practice to look for happiness, and finally, it provides a way to practice self-coaching by oneself.

The key elements of the effective emotion management method suggested are based on the humans’ typical psychological characteristics. Through this exploratory study, we can devote a little help Korean Navy servicemen to manage their emotions effectively and to overcome the stress during the military life.

4. References

4.1. Journal articles


4.2. Books

4.3. Additional references


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