Enhancing the Coping Skills of Submariners: An Evaluation of the Effectiveness of Skills Based Stress Management Training

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This thesis is presented for the degree of Doctor of Psychology (Clinical), Murdoch University, 2007.

Declaration

I declare that this thesis is my own account of my research and contains as its main content work which has not previously been submitted for a degree at any tertiary educational institution.

Cindy McDougall

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CHAPTER 3

3.0 Organisation of the Results

The findings of this research are presented in separate chapters as outlined below. Firstly, descriptive information in the form of demographic data is presented to provide a snapshot of the personnel who participated (Chapter 4). The remainder of the findings are presented in four studies:

The first study examines findings within a historical context (Chapter 5). The results are compared with Brown's (1999b) research to determine how Submarine Service has evolved since 1999. Information obtained from these comparisons enables an assessment of the effectiveness of the Navy's efforts to improve the Service, the impact of the change-over to COLLINS class boats, and all six boats being introduced and becoming fully operational. It was intended that findings from this study could provide the Navy with further information of successful strategies, and future actions to be taken.

The next chapter focuses on current personnel, and contains analyses of specific demographic and work factors (i.e. rank, marital status, length of time in current posting, job frustration, coping techniques, years spent in the Royal Australian Navy, and years in Submarine Service) (Chapter 6). These factors were previously identified as being significant in terms of individual and organisational wellbeing, and are examined against the dependent variables in this study.

Following this, an examination of the data collected at each baseline measure (at sea, and alongside) was conducted, thus providing a direct comparison of these two

‘environments’, and whether coming alongside provides time for respite and recovery (Chapter 7).

Finally, the main research question into the impact of the intervention on the dependent variables is presented and discussed (Chapter 8). This chapter includes pre and post-test results, as well as post-test and follow-up comparisons.

Each separate chapter includes a brief introduction, data analysis, and discussion section. Methodological considerations and future recommendations are also addressed.