

Health and quality of life: A survey with military personnel of the paratrooper infantry brigade

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ABSTRACT

In the course of the career exercised by the military of the Paratrooper Infantry Brigade, who, due to the necessity of the service, are exposed to various stimuli in their activities considered to be of high risk, the physical and mental health of these professionals is paramount, as they may be affected by high levels of stress, suggesting impacts on their quality of life. Based on the encouragement of professor Janiara de Lima Medeiros, provoked by concerns about the insertion of the female body in the Agulhas Negras Military Academy, from 2018 onwards, this research was directed to questions about healthy living in the barracks. The objective of this research was to correlate the stress levels and quality of life of 113 service members of the Parachute Infantry Brigade, who are able to perform air-ground activities. Five instruments were used in this research, which are: free and informed consent form; letter of consent; sociodemographic data; stress inventory (LIPP-2000) and World Health Organization quality of life assessment instrument (WHOQOL-100). The results highlighted positive correlations between quality of life, length of time working and age, and there was no significant correlation between total stress and quality of life. The limitations of the research are discussed due to the fact that there is no sample of other genders, thus restricting the scope of other possibilities inherent to the researched public, since in its active workforce, we have representation of the female gender. Another issue is the size of the sample in relation to the population, as it did not include a sufficient number of participants to achieve a smaller margin of error and a higher level of confidence in the results. We emphasize the importance of a more comprehensive study to determine whether the results found in this study will be maintained in the face of changes in the scenario of this military institution.

Keywords: Health, Stress, Quality of Life, Brazilian military, Parachute Infantry Brigade.

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