

Stress Reduction Through Music Among Active Guard Reserve Instructors

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Description:

This presentation will review critical findings from this study and examine soldier mental health. The military work environment is diverse and complex, exposing soldiers and service members to work fatigue such as stress; an essential issue among soldiers in non-deployed settings and is also a significant employee safety and well-being problem for today's military organizations. Long-term trauma in the workplace can be associated with stressful events, organizational and physical stressors, and various external factors. Prolonged exposure to work stressors can induce extreme work-related stress. With physical, mental, and emotional circumstances such as stress that veterans and active-duty service members might encounter, social workers can help provide crucial clinical knowledge and expertise toward these problems.

This qualitative action research capstone study explored the implementation of self-managed music listening and social work practice strategies. The aim was to discover methods to enhance self-care practices and minimize work-related stress among Active Guard Reserve (AGR) instructors that work at Regional Training Site Maintenance (RTS-M) facilities. Study results showed that implementation strategies should include outside resources external to military commands and a collective set of shared standards for policies and procedures to drive the development of current and future methods for employing music listening for self-care among military members. In combination, these results suggest social workers, mental health professionals, or therapists can help implement music listening for self-care for AGR instructors by developing relationships with and providing mental health resources to RTS-M facilities.

Learning Objectives:

- Explain and apply three key strategies to assist with implementing music listening in military organizations.
- Identify free music listening resources and activities for military client utilization.
- List different website resources that social workers can use to help military leaders understand and implement self-managed music listening for self-care at their level.