AN EXPLORATION OF THE IMPACTS OF MILITARY DEPLOYMENT ON THE NUCLEAR FAMILIES OF MILITARY MEMBERS OF THE SOUTH AFRICAN NATIONAL DEFENCE FORCES (ARMY) IN THE CAPRICORN DISTRICT, LIMPOPO PROVINCE

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ABBREVIATION

ANC- African Nation Congress

APSA- African Peace and Security Architecture

ASF – African Standby Force

AU- African Union

BINUB- Bureau Integre Des Nations Unies

CAR- Central African Republic

CSR- Combat Stress Reaction

DAF- Department of Foreign Affairs

DIRCO- South Africa's Department of International Relation and Cooperation

DoD- Department of Defence

DRC- The Democratic Republic of Congo

DPKO- United Nations Department of Peace Operations

DSN- Defense Switched Network

ECOWAS- Economic Community of West African States

FACA- Forces armees centraafricaines

FOMAC- Multinational force of Central African Republic

ICISS- International Commission on Intervention and State Sovereignty

NAM- Non-Aligned Movement

OAU- Organisation for African Unity

PTSD- Post-Traumatic Stress Disorder

PSA- Public Service Association

PSOs- Peace Support Operation

PSC- Peace and Security Council

SADC- South African Development Community

SANDF – South African National Defense Forces

SADF- South African Defense Forces

SALO- South African Liaison Office

SIPO- Strategic Indicative Plan for the Organ

R2P- Responsibility to Protect

UNTSO- United Nations Truce Supervision Organisation

UNCTAD- United Nations conference on trade and development

ABSTRACT

The purpose of the study was to explore the impacts of military deployment on the nuclear families of military members of the South African National Defence Force. Qualitative, exploratory research was conducted to determine the impacts of military deployment on the nuclear families of the SANDF. Data were collected through qualitative interviews. A purposive sampling technique was used wherein six families were sampled to explore the impacts of deployment on families with a member previously deployed to foreign missions by the South African National Defence Force. Inductive qualitative content data analysis was performed to analyse data. The study highlighted the areas of potential effects that deployment had before and after deployment of a service member as well as the daily lived experiences of the family during deployment of a family member. The study found that the increase in the changes in the composition of the family structure during deployment; continuous communication was very vital during deployment and the beneficial impacts of deployment. Most military families did not experience dire challenges during deployment but were normal challenges most civilian families experience. Instead, the military families developed resilience during the deployment period.

Keywords: Military deployment, military family, SANDF (South African National Defense Force), Foreign policy & impacts of deployment.

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CHAPTER 1

GENERAL ORIENTATION OF THE STUDY

1.1 INTRODUCTION

Historically, war has led to a period of social change in society (Cilliers, 1999). Since the emergence of the new plan in South Africa regarding the military forces, expectations in the country, Africa and elsewhere have increasingly grown regarding South Africa's potential role in peacekeeping and the responsibility to protect the African continent (Heinecken, 2013). Even though there is relatively peace in civil society, the military organisation continues to be an important factor in the political and social sphere worldwide (Malan, 1999).

The preferred role the that the South African National Defense Force has adopted from the United Nations Security Council brought about great awareness contributing to the change in attitude in the South African military forces, and there was a greater demonstration of willingness to engage in African conflict resolution ventures (Cilliers, 1999). South Africa has been identified by many military observers as one country which can ensure effective peacekeeping as well as supporting operations on the African continent (Drumment, Coleman & Cable, 2003). On paper, South Africa's military proficiencies appear impressive in terms of the African standards Centre of Military Studies, (Gauteng Branch-University of Stellenbosch, 2010). However, there are currently hindrances towards the key role of the South African military, such as financial constraints, and the psychological effects that come along with deployment missions (Beene, 1990). Moreover, South Africa has thus far preferred the role of a diplomatic peacemaker over that of a forceful peacemaker (Heinecken & Ferreira, 2012).

South Africa's increasing role and importance in multilateral engagements have become evident that the country's role in responsibility and participation in furthering Africa's peace agenda would expand (Cillier and Malan, 1996). In the pursuit of universal peace and stability, the military forces are deployed to sustain peace and different humanitarian operations either globally or in a regional setting (Esterhuyse, 2010). The deployed army personnel are members of families, active members of

communities and they play a crucial role in the family system and the civil society at large. Deployment of a service member takes away a participating member of the family and the absences of the member create instability in the family system (Gade, 1991). This instability can result in an imbalance in family dynamics, roles, and the overall functioning of the family. The unfortunate effects are usually experienced by married members who usually experience instability during and after deployment periods (Giddens, 2002).

Modern militaries are facing an increasing number of deployments because the context changed in the landscape than their previous counterparts. The ongoing process of globalisation is responsible for the high demand for military deployment and the recognition of relationships between various countries (Kgosana, 2010). South Africa is a continental powerhouse that is equipped with the task of bringing about stability and peace to war-stricken areas in the continent (Kgosana, 2010).

1.2 BACKGROUND OF THE STUDY

In the context of South Africa and other African countries, the African Union (AU) has been central in informing the decision for military deployment. The AU as a continental body has identified the end of conflict and civil war in Africa as one of its major focus. Since its formation in 1963 (known as the Organisation of African Unity) has been at the forefront of directing efforts to solve regional conflict and silencing the guns. Besides, AU, South Africa holds an influential place in the Southern African Community (SADC), a regional body comprising of member states in the southern region of Africa. This membership also entails the active involvement of South Africa in ensuring peace and stability in the region.

South Africa's peacekeeping role emerged within the context of a changed landscape in Africa. The colonial legacy, the struggles for independence and following the replacement of African governments, was overshadowed by a global Cold War which had ended early in the 1990s (Allan, 1991). The African continent has a continuous internal conflict, which continues to be unchanged. These internal conflicts are manifested in violent armed rebellion between governments and opposition or militia groups (Van Dyk, 2009). Internal conflict is generally characterised by armed groups built around the issue of identity and several countries these identities existed

harmoniously within the context of indigenous forms of social organisation (Accord, 2007).

Colonial rule, however, sought to accentuate these differences between identity groups within a country by recognising some groups as being superior to others, thereby creating rivalry based on the stereotype that categorised people as inferior and superior (Van Dyk, 2009). In the case of Rwanda and Burundi minority groups were categorised as superior and used by the colonial masters to overpower, dominate, and subjugate the majority (Accord, 2009).

In many parts of Africa, these categorisations become entrenched social formations that in some parts of the continent led to reconstruction of a new identity from within and account for the protracted nature of conflicts within the socio-political landscape we witness today (Pringle, 2010). After the independence of several of these countries, plunged into protracted civil wars that were suppressed during the period where Africa became a theatre for a Cold War. The two rival superpowers, the United States, and the Soviet Union, kept a tenuous hold over the continent during the time where entrenching one-party states and dictatorships (Accord, 2007). The end of the Cold War saw many of these systems dismantled and an emergence of an all-out war with rival politicised identity groups and regional political leaders waging war against national capital, some of whom became warlords and whose power-based were constantly exploitation of people and natural resources (Accord, 2007). It was this environment of post-Cold-War protracted civil wars that characterised South Africa's entry into peacekeeping on the African continent.

1.3 RESEARCH PROBLEM

In South Africa, it can be estimated that more than half of the SANDF (members who are part of the South African Navy, South African Health Military Services, South African Air Force, and the South African Army) service members are married and have children from the matrimonial union (Mtshayisa, 2014). When military parents fulfil occupational duties during deployment missions, children and wives are usually faced with multiple challenges which include extended separation, potentially compromised parenting related to traumatic exposure and subsequent mental health problems (Siegal & Davis, 2013). These challenges happen in a situation of heightened

awareness amongst family members, including the service member, the spouse, and children, of the danger of injury and loss of the deployed parent. Recent cases attest to some of the challenges and agonies of deployment. The killings of the South African troops belonging to the SANDF (South African National Defence Force) in the Central African Republic has heightened the nature of the problem relating to the deployment and its effects on families. The gruesome scene of the deceased bodies that had arrived in South Africa and being received by their emotionally drained family members was a turning point to highlight the consequences that both the military and families should bear in terms of the deployment missions outside the country (van Wyk, 2014).

It appears that in the South African context, the subject of military deployment and the impacts on their family members has received little attention from researchers and scholars in the field of sociology. Consequently, a gap in our theoretical understanding of the phenomenon of military deployments and their impacts on society exist. An interesting puzzle exists here, the practice of military deployment remains pervasive in our society given the number of conflicts that the South African National Defence Force participates. However, a little is known about the consequences of such deployments on the families. Commenting on the paucity of information regarding the effects of deployment on families, Mornocha (2012:1) reveals that there "is an abundance of information in the literature describing human experience of the soldier's deployment, but little information or attention has been given to the deployment's effect on the wife and other family members".

Thus, various factors in society such as work, childbearing and marriage changes one's role in the family. These factors are not universal, but are entirely based on the society, culture, and demographics the family resides in. The reason to conduct the study is, therefore, to explore how military deployment affects the family and what military members go through daily during the period of deployment of a family that is attached to the SANDF (the focus being on those families belonging to South African Army Services). The study, therefore, explores the challenges' families experience during the absenteeism of the service member or the spouse in the family. It sought to examine how these challenges have affected the well-being of the family holistically and the challenges faced by a spouse in the raising of the children and maintaining order in the household in the absence of a deployed member. The family is an

important institution of society. It is redeemed as an important institution because a family is regarded to promote the continuation of society both biologically and socially- in terms of a biological perspective procreation is fundamental and in a social perspective through socialisation. If some members are absent in the family, the family strives to find ways to function fully, but the penalties are normally experienced by the remaining members of the family.

1.4 OPERATIONAL DEFINITIONS

1.4.1 Military Family

The term "military family" has been used by a wide range of families in the military organisation. Cozza and Lerner (2013:3) define military family as "referring to the "spouse and the dependent children (age 22 and younger) of the men and women on active duty in the military". In the setting of the study "military family" refers to those families where a service member has been deployed to a foreign country as part of military deployment to perform peacekeeping mission or responsibility to protect in a war-stricken country.

In this definition, the researcher takes recognisance of the changing nature of the family due to global currents and as such the researcher restricts the definition of the military family to only refer to the *nuclear family* (consisting of a husband, wife, and children).

1.4.2 Peacekeeping

The motion of 'peacekeeping' by military forces is when the military forces administer truce or peace between hostile groups or nations.

1.4.3 Deployment

In the context of the study, the term of 'deployment' was referred to as the posting of a member of the South African National Defence Force (Army) to a foreign country to carry out peacekeeping purposes in the line with the South African government's commitment to a stable and peaceful Africa.

1.4.4 Responsibility to protect

Responsibility to protect is a preventive principle that stresses a range of measures to the stalk out the risk of genocide, war crimes, ethnic cleansing, and crimes against humanity. All nations around the world, have adopted the principle that unlike

peacekeeping there is no need for military forces to be deployed and the use of force to be carried out.

1.5 PURPOSE OF THE STUDY

1.5.1 Aim of the study

To explore the impacts of military deployment on nuclear families.

1.5.2 Objectives of the study

- To establish how deployment affects the family relationship.
- To examine the challenges faced by the nuclear family members of deployed. military personnel
- To investigate the intersection between military deployment and the wellbeing of military families.
- To determine the unintended consequences of the practice of military deployment at the level of the family.

1.6 SIGNIFICANCE OF THE STUDY

The study sought to contribute to the existing body of knowledge on the impacts of deployment on military personnel. It does so by looking for answers to questions that most studies seem to have eluded, especially, in the context of South Africa. The nuclear families that lived and experienced the military deployment at some stage, have been largely affected. Also, the study sought to gather the information that speaks to the everyday social circumstances of military nuclear families and how these could be attributed to the phenomenon of deployment. This study was solely designed to respond to the impact's deployment has on the family and the broad goal of the study was to gather data to evaluate the effects of deployment on the services members, spouse, and their children. Which families are best able to withstand the strain of deployment, and what kind of coping mechanism do these families use? Which families or family members are vulnerable to the effects of deployment either positively or negatively, and how these families might be a target for extra support?

The significance of this study lies in the way it builds on the existing knowledge about deployment by focusing on the accounts of mainly the nuclear families and their views on how the exercise of military deployment has impacted their lives.

1.7 CONTRIBUTION OF THE STUDY

The study contributed to the existing body of knowledge by probing into the lives of military families and trying to bring a brief understanding of what happens when a services member leaves home for a deployment mission. The study brought to light the daily lived experiences these families go through and have shown how the families develop family dynamics, change roles, and try to bring stability in the family during the time of deployment.

Many families found it hard in the initial stages but with time and communication amongst family members and normality settled in the families. The study also highlighted that the service member is also a contributing member of the family and certain roles they performed could be seen and felt when they are separated for a certain period. Hence, communication was a fundamental tool that kept these families close knit and gave the deployed member a chance to be part of the family even though they are not physically present in the home. Resilience amongst the families assisted them to get through the deployment period and helped in overcoming challenges the families encounter. Some South African families follow the patriarchal lineage, where the men are known to be the heads of the household. The remaining spouses' step into this role and try hard to instil discipline, authority and bring order to the family. 'Easier said than done', having children going through adolescence can also be challenging for the remaining spouse to install all these disciplinary mechanisms within the children. As well as children in the infant years also tend to forget their parents due to the separation space.

In most countries, the military is a closed and sacrosanct society. A little is known about what happens in the barracks or the battlefield. If ever such information is shared by both men and women, it is shared with the family members, colleagues, and friends. This study takes the reader into the world of the soldier. Through speaking to the people close to the soldiers, it provides insights into the world of the unknown. As a contribution, the study shed more light on what happens inside the military families in South Africa. It contributes to the available information on the subject.

1.8 CONCLUSION

This chapter focused on identifying the general orientation of the study, a background of the study and spotting the research problem as well as the overall purpose of the study. The chapter also reflected on the significance of the study and the contribution that the study will make to the existing body of information regarding the impacts of deployment on military families.

CHAPTER 2

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 INTRODUCTION

In this chapter, the focus is on reviewing various literature on military families in different environments. The chapter draws literature from several countries (including South Africa) to highlight existing commonalities on a host of issues that such families confront as a result of the deployment of a family member to a foreign assignment. The last part of the chapter will steer a focus on the theoretical framework upon which the study draws upon.

Why is military deployment a necessity: Insights from literature

The former president of South Africa, Thabo Mbeki, expressed the following in his State-of-the-Nation address in February 2007 (Nabishaka, 2011):

"Among the greatest achievements of the people of Africa in the past two and a half years have been the restoration of peace in the Great Lake region. We are proud as South Africans, of the role that our people have played in helping to bring this about- from young men and women in our Nation Defense Force to employees of public and private institutions…we will continue to work with the sister people of DRC, as well as Burundi, the Comoros and Sudan, in particular, to ensure that the condition of peace and stability thus far obtained translate without pause into concerted action for economic reconstruction and social development. However…we cannot underplay the challenges that we face in dealing with the remaining areas of conflict…our government will respond appropriately and our capacity as our capacity permits".

The South African government is no longer concerned with fighting borders, wars, terrorist suppression and internal stability (Heinecken, 1999). New challenges have necessitated the development of a new strategic focus for both the government and the SANDF. The SANDF must now define its new roles, tasks, military strategies, and structure itself accordingly (Gryffenberg et al., 1997). However, force employment in a volatile political environment such as the African environment must be applied with a level of caution that does not escalate the conflict (Kagwanja, 2006). It is, therefore, essential to make an evolution of what the defense force strategy is to derive its mandate. The SANDF has been deployed in Africa and the South African

Development Community (SADC) to maintain, enforce, and assist in humanitarian assistance and rescue mission (Likoti, 2007; Mandrup, 2008).

The recent experiences of international deployments, indeed, show that the stated priority given to the SANDF international deployments is not followed by similar resources (Mandrup, 2008). The deployment of the SANDF in Sudan, DRC and recently in CAR has been littered with numerous challenges which will be highlighted below.

Sudan

In Sudan, there were allegations that soldiers on the ground were not getting their fortnightly allowances from the UN, sometimes planes could not land cell phone receptions were either bad or non-existent, ATM facilities did not exist, or soldiers had to buy water as local was not pure (Khamnqua, personal communication, 13 July 2013). According to Koopman and Van Dyk (2012), the stressors of peacekeeping are further exacerbated by stressor of the country in which the operation takes place. They further say that in Sudan, stressors unique to Sudan increased stress levels and impaired the wellbeing of soldiers. These stressors made it uncomfortable for those not familiar with them, further jeopardising the moral, physical, and psychological wellbeing of the soldiers.

The Democratic Republic of Congo (DRC)

The Democratic Republic of Congo (DRC), deployment in the DRC, there are parts where physical terrain in some areas may include thick and dense and treacherous forest may become challenging to some soldiers used to open a training operational environment. Such physical demanding terrain may require strong bonds and willingness to succeed at given tasks for soldiers. These attributes derive and relate strongly to psychological well-being (MacCoun, Kier, & Belkin, 2006; Ryff & Keys, 1995). Soldiers of the SANDF have been deployed in the DRC before and currently are forming part of a 3000-strong brigade constituted by the SANDF, Tanzanian and Malawian forces (Major Sigopa, personal communication, 18 June 2013).

Central Africa Republic (CAR)

The Central Africa Republic (CAR) deployment ended with unnecessary causalities due to the lack of proper intelligence systems, reconnaissance, logistic support, the support element, and an evacuation plan in place (Dickson, 2013; Heitman, 2013). The operation VIMBIZELA Protection Task Group was an intervention force for tactical deployment (Dickson, 2013). The mission was to provide security to all South African assets, interests and allies in CAR theatre of operations (Wagenaar, personal communication, 2013). The force was to perform security actions within the radius of central Bangui with tasks including inter-alia (Dickson, 2013), as mentioned below:

- Provide security to a SANDF personnel, RSA citizens and locals under threat,
- Liaise with all role players in the mission area including, Military of the Central African Republic (Forces armees centraafricaines (FACA); the Multinational force of the Central African Republic (FOMAC), French force, NGOs
- Gather intelligence and prepare to fight contingencies with or along FACA or fall under their command.

The deployment of the SANDF to the PSO has enabled and helped the SANDF to gain experience both in peacekeeping and enforcement (Likoti, 2007). Operations such as Boleas in Lesotho, the African Mission in Burundi (AMIB) and United Nations Operation in Burundi (ONUB) are some of the examples of the exposures the SANDF gained (Heitman, 2013; Kagwanja, 2006; Likoti, 2007). Like many military forces in the contemporary world, the SANDF is experienced in and capable of fighting in battles, but inexperienced in winning the peace during missions (Mandrup, 2008).

2.2 DEPLOYMENT OF ARMED FORCES

The conflict has been part of mankind since the emergence of human civilisation (Ulrich,1999). Common conflicts that have been recorded throughout history have been largely between clans, tribes, religious groups or nations that are in pursuit of one or another's resources (such as minerals, land or religion) and in pursuance of power in a religion (Giddens, 2003). Since the beginning of the 20th century, the role of armed forces has changed from steering war to the supervision of defence following the end of the world wars (Giddens, 2003).

The United Nations established a charter that called on members of different states to resolve the conflict peacefully by using negotiation, mediation, and facilitation (United Nations, 2005). In some cases, this charter has become the basis through which modern militaries are assigned to foreign missions for peacekeeping purposes. Modern-day militaries are faced with tremendous numbers of missions that the service member needs to participate in (Suttle, 2003). These missions require the service member to either participate in the following: combat, peacekeeping mission, humanitarian relief, disaster responses as well as new requirements for domestic defence (Pincus et al., 2007). This demands numerous, lengthy, and unpredictable work schedules for military personnel (Pincus et al., 2007). The process of deployment exposes military families to numerous challenges as they learn to re-adjust too frequently and repeated separation on ends (Stafford & Grady, 2003). Maintaining stability and peace as well as prosperity in each country is a major thrust of global governance which the UN and other bodies espouse.

In the ever-changing dynamic of the international environment, it is for every government to make certain that defence forces are present and work in line with the foreign policy as well as work hand in hand with international communities while aiming at the defence and the protection of the socio-political and economic environment (Le Pere & Garth, 2014). South Africa's foreign policy has been one of the most well-off and inspiring areas of post-apartheid South Africa in terms of international affairs even though the legacy is ironically built on racialised apartheid state and ideologies of the ruling party ANC (Le Pere & Garth, 2014). While the United Nations (UN) has been operating in peacekeeping missions since 1948, the demand for peacekeeping has increased over time (UN, 2008). UN and African peacekeepers are currently deployed in a mission in quite a few conflict-torn countries on the African continent which include, the Central African Republic, Mali, Haiti, the DRC, and South Sudan (UN, 2008). Not all peacekeepers are deployed to use arms to end conflict they are sometimes deployed to monitor the peace agreement of a country while the war is ongoing.

The end of the Cold War and the development of a new geopolitical landscape on the rise in the early 1990s, the international society under the leadership and guidance of the UN began to play a vital role in the resolution of internal armed conflict in Africa and other parts of the world (UN, 2008). Several international peace missions have

grown and the form they were taking was continuously evolving. This progress can be broken down into three generations (UN, 2008):

- The first stage is peacekeeping troops were deployed were expected to monitor cease-fires and the use of fire would be in a sense of self-defence.
- In the second stage, troops tend to be multi-dimensional and have civilian as well as military and civilian components focused on peace-building activities such as rehabilitation and reconstruction.
- The third stage troops are involved in peace enforcement missions normally organised by the UN Security Council based on Chapter seven of the UN Charter, which states that the use of military force in exceptional circumstances.

These types of operations are becoming more common in Africa, different in many ways from the early mission which were conducted in Africa and there is a shift of aims of the wide world fight against conflict (United Nations, 2008).

The doctrine of the UN peacekeeping, peacekeeping was a distinction by the above mentioned. The UN doctrine, emphasis on the understanding of peace enforcement operations do not require necessarily consent from the host-nation or other parties to the conflict (United Nation, 2008). An important distinction was that peacekeeping was essential and defensive in nature and peace enforcement was to provide an offensive action (United Nations, 2008).

2.2.1 The Historical Transformation of the South African Defense Force: "From General to Commissioner to General"

Given South Africa's commitment to contribute to stability and peace on the African continent, the transformation in South African National Defence Force (SANDF) from the SADF (South African Defence Force) was known widely as the most effective fighting force on the sub-continent. It was trained conventionally to fulfil the primary goal of protection to the country against external violence. The effectiveness of the SADF was credited to high morale, good excellence in terms of training and the usage of technological assistance given to the armed forces. In April 1994, democratic elections in South Africa led new dawn for many South Africans but also challenges surfaced form all the people in the country. This new dawn marked the birth of the SANDF and brought the process of transformation and modernisation for the SANDF

to stay relevant with the world trends relating to the Peace Support Operation (PSOs) (Department of Foreign Affairs, 1999). This transformation is well presented in Hornberger (2013) article. There is an increased demand for South Africa to contribute to peace and stability of the African continent and although some researchers view the SANDF as being inexperienced with regards to the PSOs.

To date, the SANDF has already participated in multiple missions since 2001, which have taken place in African countries such Burundi, the Democratic Republic of Congo (DRC) and Sudan (Heinecken, 2002; Neethling, 2001). Internally, The SANDF is guided by, South African foreign policy, the Department of International Relation and Cooperation, and the Department of Defence and Military Veterans.

2.2.2 The White Paper on the Defense policy of South Africa

South Africa has become a lively democracy and it has a provisional Constitution in which outlaws' discrimination, preserves fundamental rights and emphasises highly on openness and accountability in governance. Being committed to regional peace, security and strengthening the regional security measures- the South African government embarked upon a process of action for the prospects about peace missions not in the country alone but the African continent. The government is equally committed to bringing about reconciliation and unity amongst its citizens. One of the most illustrations of its commitment was the incorporation of the former government, homelands (townships) and paramilitary forces in the newly developed into the South African National Defence Force (SANDF). The drafting of the White Paper was to address the challenges of these crucial developments for the defence policy and the SANDF. As stated in the White Paper for the defence policy where a position was finally adopted which would help shed light on the national interests that are based on the values treasured in the Constitution and other policy documents which are similarity concerned with the security of a state and its citizen

The background of the White Paper on defence policy on South African Participation in international Peace Mission was approved by the Cabinet on the 21st of October 1998. The White Paper on the defence policy is an important foreign policy document which was passed by the Cabinet since the South African government was forced to outline its national interest and how it plans to incorporate its philosophy on conflict

resolution and its overall approach towards the African continent (Neethling, 2003). As stated in the White Paper of defence policy, "A position was finally adopted per which South Africa's emerging national interests are based on the values treasured in the Constitution and other policy documents which are concerned with the security of the state and its citizens"- which stated that the promotion of social and economic well-being of a state's population is vital in every state, the ability to encourage global peace, stability, participation in the process of making sure that regional peace is par. The South African government went on board to be committed to bringing regional peace and strengthening regional security arrangements and took upon the process of planning the outcome of a peace mission in the country (Malan, 1999).

Away from the traditional fears with the defence and the country, policies were pervaded with human security principles which were referring to the basic values associated with the need to have a quality of life amongst people, freedom, justice, property, and the development of all who reside in South Africa (William, 1996). The ever-changing nature of the international peace missions began forcing states (governments) to investigate their policies on conflict prevention and the ways in which they participate in peace missions. A certain shift has placed a great emphasis on the development of sub-regional organisations such as the African Union (AU) and Southern African Development Community (SADC) bring about peace missions and an increased focus of peace-building strategy for war-torn countries in Africa. Nevertheless, of the regional emphasis, most of the countries who are actively participating in peacekeeping missions are likely to have interests in doing so (William,1999).

Consequently, South Africa's policy on intervention on peace mission has been an important area in the field of defence and not only protecting national security and providing guidelines that will enable a consistent voice in international engagements but also serves to bring forth protection and promote wide range of national interests of the country. South Africa's interest in sustaining stability on the African continent more especially on the economic front has been believed that the future of the country is closely linked to the future of the continent. If there is no way to bring prolonged conflicts and means to establish secure and affective states, the prospects of having a stable or sustainable socio-economic development look dim on the African continent

(White Paper on the South African Participation in International Peace Missions, 1999).

Failed attempts to bring peace to a country and the countries that are in a fragile state in the region poses a serious security threat not to the country but to the surrounding countries as well. Looking at the past decades on the African continent countries like Rwanda forty (40%) percent of the population were killed and displaced since 1994, three-hundred thousand (300 000) people were in Burundi over the past decade. The civil war that claimed the lives of over two million which caused the greatest displacement in the history of Africa (Neethling, 2003). Daily, people from neighbouring countries and afar come to South Africa to escape conflict, poverty, and intensive domestic challenges such as unemployment, environmental degradation, the spread of illnesses, trafficking of drugs and the small spread of arms. Due to these factors people from other African countries, find refuge in our country but not all who seek refuge mean well (Neethling, 2003).

The White Paper on defence policy was widely criticised by many scholars and policy analysts for being largely theoretical and impractical in its guidelines. Even though at some point provide a clear and necessary procedure for deployment missions, peace building, and peace enforcement, it was now widely recognised that it is long overdue for revision considering the following aspects: (1) the changing nature of deployment constantly; (2) South Africa's challenge of understanding the participating in the PSOs on the African continent; (3) South Africa's requirements on the engagement that is best suited for dealing with conflict on the continent. With this highlighted by critics, in 2005 the Paper was reviewed with the aim of updating its guidelines. The review was introduced by a Parliamentary question which was raised on the basis that the paper was outdated. This provided grounds for the White Paper to be reviewed and has been due for revision in 2006 (Cillier, 2004).

After the revised paper was formulated and had provided orders that expanded the country to participate in humanitarian peacekeeping in Africa. The Department of Foreign Affairs and Defence took it upon themselves in assisting in the drafting of the White Paper on participation in Peace Mission in 1997 in the absence of fixed guidelines and a precise mandate for dealing with the request to participate in different peace mission interventions in a more holistic approach which was relating to the

human security priorities in Africa (Kent & Malan, 2003). Peace missions were place in a board context with the focus entitling that military participation in peace missions was the only tool made available when all forms of negotiations fail to come up with a solution. The challenge that rose were communication means, resources, and implementation of the relevant purpose of the White Paper in 1999 (Cilliers & Mills, 1999).

2.2.3 South Africa's Foreign Policy towards Conflict

South African foreign policy has attracted a fair amount of criticism from researchers and academic scholars in recent time (Malan, 1999). South Africa transformed from being a global and continental pariah to a respected actor in international affairs (Malan, 1999). This occurred within an African context which was ceased with the challenge of ensuring democratic governance was developed and consolidated.

Since the beginning of the democratic rule which South Africa got from the 1994 elections, the South African foreign policy evolution has consistently declared the importance of prioritising South Africa's relations concerning the African continent (White paper, 1999). This was formed by the ANC government's insistence that the African agenda was fundamental to South Africa's foreign policy architecture (White paper, 1999). Following decades of isolation due to the apartheid era, the first black democratically elected president of South Africa, Nelson Mandela, recognised the extent of repositioning South Africa to participate in world affairs. In this regard he highlighted six key pillars upon which the new democratic South Africa's foreign policy would rest, namely:

- *"that issues of human rights are central to international relations and an understanding that the extend was beyond the political, embracing the economic, social and environmental spheres;*
- *That a just and lasting solutions to the problems of mankind can only come through the advancement of democracy worldwide;*
- *Considerations of justice and respect for international law should guide the relations between nations;*

- *That peace is the goal for which all nations should strive and where this breaks down, internationally agreed and non-violent mechanisms, including effective arms controls regimes, must be employed.*
- *Concerns and the interests of the continent of Africa should be reflected in our foreign policy choices.*
- *That economic development depends on growing regional and international economic cooperation in an interdependent world" (Mandela, 1993:86).*

These pillars drawn by the former President Mandela have informed the strategic drive which the Foreign Policy in democratic South Africa has been undertaking on (White papers, 1999).

The Democratic South Africa's relationship with regional and sub-regional counterparts have been reinforced by two complementary themes namely, (i) The beneficial engagement with the African continent, which have involved rigorous attempts to shed South Africa's image as an opposed actor in the affairs of the continent and, (ii) The realisation that South Africa's developmental path is thornily intertwined with that of its neighbouring states (de Coning and Neethling, 2014). These priories were reflected in the Department of Foreign Affairs Strategic paper of 2005, which stated that "the regeneration of Africa is the main pillar of the South Africa's foreign policy objectives. It is central to ensuring a better life for all in South Africa and the continent" (Department of Foreign Affairs Strategic paper, 2005:101). The foreign policy path pursued by South Africa was one that was undistinguishably rooted in the African context

The central goal of foreign policy was therefore to promote institutions and forces that through the democratic means, it would seek to make the world a safer diversity for all who live in it (Cilliers, 2004). All around the world, new conflicts and divisions are on the rise. If there was to be global harmony, the international community would have to discover ways to bridge the gap between the poor and the rich (Cilliers, 2004). South Africa would play an important role because it's suited in the union of world affairs. Thus, as the United Nations because it was freed from restrictions of the Cold War (Landsberg, 2010). South Africa's people looked forward to the return of the country as a full member and an active member of the Unite Nations household (Cilliers, 2003).

It was in the ANC's view that the United Nations has a crucial role to play in encouraging global security and order (Landsberg, 2010). Thus, to achieve this goal, serious attention should be paid to the rearranging of the organisation (Mathebula, 2016). South Africa aimed to play a vital role in the deliberation of this issue. The United Nations should not be subjected to a single power or either a certain group power because its validity would be continuously placed under questioning (Mathebula, 2016). The country hoped that the mechanism which was to be found could help the Security Council to reflect its full embroidery of all mankind (Mathebula, 2016).

The United Nations as well as other international organisations which advocate for peace and stability, has an important role to play in the controlling of the worldwide flow of arms (Department of Foreign Affairs, 2005). South Africa knew this from a bitter experience. South Africa's transition to democracy involved pointless violence, which resulted in the loss of lives and whereas the blame lied directly to the spread of small arms throughout the country. In addition, the granting of the major arms control commands. South Africa would actively support the United Nations commitment to a wide-ranging and general demilitarisation under the current international control (Department of Foreign Affairs, 2005).

Human rights would be the light that guides the foreign affairs (Department of Foreign Affairs, 2005). South Africa would not be any indifferent to the rights of others and only true democracy practised can guarantee equal rights to all mankind. Which is why the ANC's decision to take up arms to secure the rights of South Africans and this would be fulfilled in a government of the people, by the people and advocating for the people (Foreign Policy, 1993). The cry for democracy was embraced across the world and South Africa was therefore in the forefront of global efforts to promote as well as foster democratic systems of the government. This was important in Africa and the concern was fixed upon securing a spirit of tolerance and the tenet of governance throughout the continent (Cilliers, 2004). There cannot be one system for Africa and another system for the rest of the world. A universal tenet should be adopted for every government across the world (Foreign Policy, 1993).

The vessel upon which South Africa's post-apartheid foreign policy would be judged on the regional and continental context and in terms of stability to manage conflict

(security) and promote development (wealth creation) therein (Malan, 1998). In this sense, South African foreign policy was experiencing its greatest challenge in which it wishes to manage conflict in its own region (Foreign Policy, 1993). The post-war reconstruction of Angola and the uncertainty of the peace agreements in the Congo and Burundi as well as the mounting economic and political crisis in our neighbouring country of Zimbabwe was threating the integrity of the mentioned states as well as maintaining stability and the prospects of development (Malan, 1998). With a plain commitment to 'play a catalytic role in ending Africa's war', the South African government has embarked on a set of initiatives that are aimed at tackling the immediate causes of the crises that rose on the African continent and look at ways to address these problems permanently (Malan, 1998).

Complicating South Africa's engagement with the surrounding regions has its own history in terms of intervention in regional affairs and much was centred upon destabilising war torn regions in the African countries (Malan, 1998).

South Africa's efforts to play a key role in the resolution of conflict with southern Africa and other parts of the continent highlights the difficulties the city of Pretoria experienced in the realising its ambitious foreign agenda for the African continent. It concerns for democracy and human rights have been able to feature in many debates focused on the foreign policy in the instant post-apartheid period, route to SADC-despite its formal commitments to these issues, there have been an intended restrict substantive action in support of these values (Malan, 1998). The in turn had a direct effect upon the selection of tools which are available to policy creators in Pretoria (Parliamentary committees), restraining them to the public statements through SADC that stressed out that organisational cohesion over expressions of concern of actions by members. However, for South Africa itself, the hurdles of effective execution of foreign policy continue to be single-minded by the administrative and analytical capacity as well as the financial means of a treasury, which all are relatively a short supply of the post-apartheid government.

2.2.4 The African Continent as the primary operator in South Africa's Foreign policy

The South African foreign policy documents offer some context to help us understand the perspective on South Africa's military involvement in the Central African Republic

(CAR) and other parts of the African continent (the South African Department of International Relations &Cooperation, 2013). The African continent appears to shape as well as define South Africa's foreign policy viewpoint. Declarations by senior political officials of the ruling party, the ANC, the political bearers and policy documents are quite clear, "firstly on Africa is at the centre of South Africa's foreign policy. Secondly, the need for South Africa to play the leading role that would promote regional cooperation, peace and stability through conflict prevention, peacekeeping, peacebuilding and post conflict reform reconstruction on the African continent is the vital principle which guides South Africa's Department of International Relations and Cooperation (DIRCO). Thirdly, "*the South African foreign policy guiding principles have a strong emphasis on driving South Africa away from the one-sided approaches and actions in Africa not only towards a predilection but also a demand for the consensual and multilateral action. Fourthly, in line with the predilection for consensual and multilateral action is the strong policy favourite for regional, continental, and global political, economic, and security structures as well as actors engaging and acting in Africa*" (Hengari, 2014).

South Africa, is noted in the DIRCO's strategic plan for 2013-2018, is much committed to the multilateralism and the international order and to this it promotes global security, sustainable development, human rights, and international law through its participation in the opportunities offered by the international environment, notably the United Nations and its agencies, funds, and programmes (Hengari, 2014).

The foreign policy is about always mediating and navigating the tensions between values, interests and remains difficult to distinguish between South Africa's foreign policy interests. Some researchers and scholars argue that economic development, security, and stability in the region dominant the agenda that peace and conflict resolution within Africa is vital. The policy essence seems to be spear-headed by the notion that South Africa should be the 'gateway' to Africa as the secure financial and political platform for the exploration of economic opportunities in the African continent. South Africa's membership in the BRICS group is assumed to position the country as the gateway into the African continent. The country's ability to speak on behalf of the continent place South Africa as the natural leader of Africa (Maasho, 2012).

The above mentioned three key considerations thus seem to shape South Africa's approach toward the African continent. The vital domestic interests of the country need to grow the African markets for South Africa goods and the need for peace and stability as well in the African continent. Cohen describes this notion in the more realist terms when he states that the South African foreign policy at present "reflects domestic politics, duplicitous, Machiavellian and surrounded by a vague odour of corruption". This is perceived fluids and conceivably uncertain policy environment, but however acts as guiding intelligence for South Africa decision-makers who are involved in strategy matters and one such decision-making pivot involves those who must bring the South African armed forces into a policy-strategy equation. The role of the South African foreign policy is to bring conflict mediation to the African continent.

2.2.5 The role of South African Foreign Policy bringing mediation to the African Continent

A flood of priorities, South African foreign policy has established both intensive and extensive involvement in the affairs of the African continent. South Africa's most prominent foreign policy has marked its involvement in conflict mediation and peace-building efforts on the African continent. The former president Mandela's administration became the key converser in the Burundi conflict in the early 1990's, this trend was followed by the administration of former president Mbeki in later years and saw itself engaging in the central mediation role in the Democratic Republic of Congo, Ivory Coast and our neighbouring country of Zimbabwe (Mathebula, 2016). This trend continued into the Zuma's administration with the conflict mediation brief in Zimbabwe within the sphere of the Southern African Development Community (SADC) command. The Zuma administration has played an important role as the negotiator in Madagascar and Lesotho. The South African government was also allocated a significant amount of time and resources in order to carry out peacekeeping missions and post-conflict reconstruction efforts in a conflict-ridden context on the African continent.

Countries such as Burundi, Lesotho political conflict and instability has re-emerged despite South Africa's intervention role (SALO Policy Brief, 2015). Against this setting, some observers and academic scholars have suggested this reflected the errors which existed in South Africa's mediation strategy (SALO Policy, 2015). With this being

highlighted, it was suggested South Africa's mediation strategy attempted to carry across its own reconciliation model which will promote the creation of a government of national unity where conflicting parties will be able to share power until an election is held to determine a democratic government. It was mentioned that this type of strategy is a "*one size fits all"* approach which will not be progressive under certain conditions. Speaking at the Southern African Liaison Office (SALO) policy dialogue, independent analyst Sanushu Naidu suggested that in South Africa's mediation strategy," we are looking at a model of mediation that is cosmetic and pampering over the cracks and trying to get through a transformative agenda". At the same dialogue, a prominent analyst and commentator from Zimbabwe, Professor Brain Raftopoulos stated that the South African mediation strategy in relation to Zimbabwe," the way of mediation took place, the power relations were always in favour of the incumbent, as they often are" (SALO Policy Brief, 2015).

There are loopholes and shortcomings that are visible in South Africa's mediation strategy and by looking at the track record it has accomplished on the African continent, some researcher's critics that there may be a necessary need when it comes to address this issue. The apparent loopholes and shortcomings should be viewed against the constrained democratic conditions within which South Africa has to mediate, as it was mentioned in the above paragraph. However, these shortcomings do not clear regional and neighbouring states from their primary responsibilities to ensure that the essential democratic conditions which are intended to bring about political stability and economic prosperity are well in place. This underscores the reality that external mediation in isolation cannot be the solution to the resolving of all domestic political conflicts in the African continent

An inclusive conflict mediation solution would need few key elements, namely: securing a solid commitment of political leaders who are party to conflicts, strong and well functional state institutions and a well-developed cooperative political system in which political parties would be able to respect political contestation via the electoral ballot. External mediation from our very own country the Republic of South Africa would not be able to singly ensure that these factors come to existence. This would also been seen to the reality of many observers and researchers that these factors do not fall directly within the instant compass of influence, especially in the international

system which supports the national sovereignty of countries as the key principle of international cooperation. A balanced assessment of South Africa's foreign policy and its conflict mediation strategy record after 1994, would need to reflect certainty that the African continent has formed a crucial part of South African foreign policy blueprint. Though South Africa would also need to recognise the constrained democratic conditions which have characterised the post-independent pollical landscape in the African continent.

2.2.6 The transformation of Foreign Policy's Instruments to fit the New Dawn of South Africa

The incoming of the National Unity Government the ANC, was confronted with the challenge of reconstructing of institutions in relation to the foreign policy. In the past the apartheid avatar, the Department of the Foreign Affairs (DFA) has been directed exclusively at the attempts to ward off the international sanctions and diplomatic isolate the country. However, the DFA's role in the new South Africa was to oversee that the foreign policy has struct in its debate and contestation (Mathebula, 2016). Racial and bringing gender balances in the department has been the source of spite and pressure to achieve for the newly elected government. Most of the diplomats were now black, and the department was perceived to suffer from lack of self-confidence leadership- capable of conclusive policy and organisational transformation befitted to the new era the country was striving for (William, 2007).

They also had shortfalls in managing the culture-clashes between the then seasoned 'old order' bureaucrats and be able to bring about inspiration to the inexperienced liberation of a new team. Although, there were attempts that were made to develop conceptual coherence, strategic direction, operational codes, cleavages of race and gender, as well as ideology persisted (Mathebula, 2016). At the same time, while the skills and abilities of the appointed ANC diplomats were generally high. There were some of the personnel who had experience and were in multilateral sectors as well as occupying senior positions nationally and aboard. Diplomates with lesser skills and abilities took refuge in the support of politics (Muller, 1997).

The focal problem for the post-apartheid South Africa in relation to the foreign policy was the diversity of actors shaping and the implementing the policy (Muller, 1997). This may not be surprisingly the reason being- given the status of financial markets,

regional economic federations, international trade links, information technology and new forms of multidimensional governance (Department of Foreign Affairs, 2005). The DFA usually found itself in the mist alongside other actors with the claims upon which the foreign policy process was heading. This multiplicity of actors that encouraged allegations of incoherence, inconsistency, and denseness in the policy (Muller, 1997). The key players in this process were former President Mandela, and the former Deputy President Thabo Mbeki, the Cabinet, the Parliament, parliamentary committees dealing with foreign affairs and trade; other sates departments such as the Department of Trade and Industry, Defence and Finance. The voices of the civilians added to the disharmony of the policy process (Department of Foreign Affairs, 2005).

The ANC's uncompressing inclinations and the realist leanings of the globalised world brought into relief to the tensions and contradictory impulses which have been implemented in the foreign policy (Foreign Policy, 1993). In practice, the calculus of financial, commercial, political and the defence interest succeeded carefully the crafted ethical dimension in the foreign policy (Foreign Policy, 1993). Perhaps, this reflected the government's adoption of the "heterogenous synthesis of the neo-realist and neo-liberal tents of which that remains the cognisant of a globalising world economy" (William, 2000:73). In less, than a year after the founding democratic elections of 1994, South Africa had established full political relations with most of the states on the continent, including 46 African countries, and has been readmitted to full membership with the UN, to the Commonwealth, to the Organisation of African Unity (OUA) and to the Southern African Development Community (SADC). For different periods, the country was chair of UNCTAD, of SADC, of 1998 54th session of the UN Commission of The Human Rights as well as the Non-Aligned Movement. The former president Nelson Mandela declared this on the eve of his resignation from the presidency in 1999,

> "*For a country that not so many years ago was the polecat of the world, South Africa has truly undergone a revolution in its relations with the international community*" (Mandela, 1991).

A deep tension remained between the prioritisation of the country's perceived commercial trades and political interests as well as its moral campaigner of promoting human rights and democracy (Mandela, 1991). Furthermore, the foreign policy making

institutions were seen by ANC to be inadequately responsive to the concerns of most of the citizens in South Africa and not forgetting to mention that they were continuously dominated by the old regime officials at the middle ranks (Mandela, 1993). Reconciling the differences portrayed by the foreign policy priorities and the institutional tensions, became a prevailing objective of the incoming government which took over in 1999 after the Mandela government (Malan, 1998).

South Africa's transformation was confronted with a wide range of challenges and some intractable problems in the growing in the globally (Mathebula, 2016). The tools, institutions and processes of the foreign policy have been radically altered to meet the demands of the unpredictable and turbulent world order (Malan, 1998). While a strong mix of optimist and ambitious principles drove the foreign policy during the era of Nelson Mandela (Malan, 1998). This soon became evident that executing this would be difficult as thought. During the Mandela years, the country showed an overworked state trying to come to terms with the world order (Mathebula, 2016). A 'miracle transition' of South Africa was somehow expected by the international community to pick itself from the then apartheid oppression – which was a view that South Africa intended to encourage across its citizens.

2.2.7 Responsibility to Protect (R2P)

Following the misfortunes in Rwanda and Balkans in the 1990s, the international society engaged in a serious debate pertaining, how they react effectively when citizens' human rights are unacceptably and systematically violated (United Nations prevent genocide Rwanda, 2000). The burning question of the matter was that states have unrestricted sovereignty over their affairs or whether the international society can intervene in a country's humanitarian affairs or purposes (UN prevents genocide Rwanda, 2000). Former UN Secretary-General Kofi Annan stated in his Millennium Report of 2000; recalling the lowdown of the Security Council to act in a pivotal manner in Rwanda (United Nations prevents genocide Rwanda, 2000).

A persistent issue confronting the international community was a degree the international society was fundamentally responsible for the protection of its civilians during humanitarian catastrophes (ICISS, 2001). In response to Kofi Annan's question of when international societies can intervene for humanitarian resolutions- a

Commission was formed to be able to response to his asked question. It was that reported, "The Responsibility to protect" found that sovereignty states were not only given the right to 'control' its own affairs, but it also overlapped on the state's primary goal of 'responsibility' to protecting its people within the borders. It was also proposed that failure to comply with the protection of civil society either through the lack of willingness or ability – responsibility shifts to international broader and seek international relief (ICISS, 2001). The idea gained a prevalent recognition on the international legitimacy when it was adopted at the UN World Summit in September 2005 (the United Nations prevent genocide Rwanda, 2000).

2.2.8 South Africa's adoption of 'Responsibility to protect' (R2P)

2019 marks fourteen years since the endorsement of the principle of 'Responsibility to protect' (R2P) at the world summit in 2005 by more than 150 countries around the world (Mabera & Dunne, 2013). South Africa incorporated the concept as a key element of the broader continental goal of Pax Africana and the engagement on this issue was derived from policy statement to the regional and multilateral levels of the continent (Mabera & Dunne, 2013). South Africa's spot on the R2P was widely reflected in the central themes of its foreign policy. Amongst other African agendas support for multilateralism and multilateral governance reform, the Ubuntu and commitment to the promotion of the universal values which include human rights, democracy, and the international justice (*White Paper on South Africa's Foreign Policy*, 2011). The experience of R2P in South Africa was the forefront in overseeing the adoption of the 2000 Constructive Act of AU which embraced a bombastic shift from a cultural non-interference to a non-difference. A cry from the OUA's stubborn advancement of anti-imperialism and non-indifference (Mabera & Dunne, 2013).

South Africa was an instrumental negotiator in the endorsement of what was undistinguishable to the African conceptualisation of R2P. Namely Article 4(h) of the AU constitutive Act which on condition that for 'the right of Union to intervene in a Member State agreement to a decision of Assembly in respect of grave circumstance- which are namely: war crimes, genocide and crimes against humanity. The change in normative position of AU 's security culture paved a way for a more formation of the African Peace and Security Architecture (APSA), a mechanism composed of separation of structures that were implemented for the peace and security agenda of

AU (Department of International Relations & Cooperation, 2012). The APSA could be taken as the AU's infrastructural indicator of the R2P given the powers of intervention provided for by CA and the PSC Protocol where similarities can be seen between the well-known norms supporting APSA and R2P. Ekiyor stated that "although AU uses the phrase 'right to intervene' and not responsibility to protect, similarities are there between both concepts" (Ekiyor, 2007:1). The norms supporting AU's peace can be linked closely to the security regime of R2P. Also, in the line with R2P, AU maintains that military intervention should be the last resort for every state to take after all non-military options are exhausted (Mabera, 2014).

South Africa as a member of both AU and UN has a responsibility to get involved in conflict prone regions of the continent (Powell, 2005). This responsibility was in line with commitment of the UN to prevent any form wars, crimes against humanity (Powell, 2005). The agreement which world leaders took upon themselves to vow in protecting of their citizens at the World Summit in 2005 had identified five pillars that were centred around the principle of R2P (Powell, 2005). The five pillars as paraphrased are (a) the state has a responsibility to protect its citizens from crime war, genocide, and ethnic cleansing; (b) it is the duty of international society is to assist states in the fulfilling the responsibility to protect its citizen; (c) international society has a responsibility to use appropriate channels (diplomatic or humanitarian) to protect its population from war and other crimes. It was highly emphasised that failure to protect its citizen, the international society must be prepared to take up collective action to do so on behalf of the affected state (United Nations, 2005).

Brought to practice the Department of Defence deploy members of the South African National Defence Force (SANDF) to carry out the above-mentioned principles to conflict ridden regions in the continent. South Africa did not want to achieve peace and stability in its boards but took upon itself to also bring relief and stability in the continent of Africa (Department of Foreign Affairs Strategic paper, 2005). The South African soldiers have been participating in AU peacekeeping missions since the early 2000's in countries such as the Democratic Republic of Congo, Burundi, Lesotho and other parts of the continent to name a few (Department of Foreign Affairs Strategic paper, 2005). Such commitment shows how South Africa is deeply rooted on its vows of foreign policy as well as participation to conflict mediation on the continent

(Department of Foreign Affairs Strategic paper, 2005). There is no doubt that this commitment does not only place South Africa as a crucial actor when it comes to ending a war and negotiating peace amongst nations (Department of Foreign Affairs Strategic paper, 2005). But breeds space to correct and amend its policies pertaining war and welfare on the continent. The former President Jacob Zuma, delivering a speech in Port Elizabeth, elaborating on the government's commitment to protecting its population beyond the borders of South Africa:

> *We play our role mandated mainly by the African Union (AU) with the support of the United Nations (UN) and participate in peace missions within the continent. We want to see the ending of suffering of women and children in Africa. We want to see the end of the flight of Africans from their countries because of war and conflict (Zuma,2016).*

South Africa's position on the R2P remains rooted within the value-driven, identity-weighed contours of its foreign policy. The dynamics which influenced such a historical and political context as well as the sound interest cannot be absent from the treatise on South Africa and R2P (Solomon, 2010).

2.2.9 Military Peace Operations

The usage of the term Peace operations in this study applies as an umbrella term that covers all the United Nations (UN) missions that involve military personnel, whether they are labelled as peacekeeping, expanded peacekeeping, humanitarian mission or peace enforcement mission. The usage of the term merely avoids the assumptions of whether the mission is classified under a traditional or non-traditional or either has become unintentionally or designed to carry peace enforcement. It is very much important to understand different types of peace operations that are carried about by the military and probe into the different reasons why these operations require different enforcement to carry them out (Stafford & Gradly, 2003).

Africa, as a continent has developed a significant bulk of peace operations over the past decade and a half (de Conning, 2017). Peace operations in the African continent have increased rigorously because the African Union (AU), with their partners have devoted to establishing and developing the African Standby Force (ASF) since 2003. Adding to the above, AU, as well as several sub-regional organisations on the

continent, have joined in the increase their capacity to access, plan, deploy and manage peace operations (de Conning, 2017). With the increase taking place in peace operations capacity, it feasibly not surprising that UN Security Council when it needs assistance in authorising peace enforcement in Africa, it's likely to team-up with AU (de Conning, 2017).

Nevertheless, these developments enlightened the changing security environment and security thinking which would help eradicate armed conflict and violence. These developments continued to manifest themselves in various forms. Seemly to continue to pose a challenge in a manner that international security is always managed and maintained. Malnutrition, hunger, poverty, disease, and literacy could be found in numerous regions around the world, particularly countries which are who are in a process of developing. The expiry of superpower conflicts was accompanied by an assortment of new conflicts (Heinecken, 2002; Neethling, 2001). Projecting in this regard, there has been the emergence of new conflicts on the rise on the African continent. Such as ethnic rivalries, the resurfacing of old ethnic groups, religious indifference, historical and regional differences, the crumbling of sovereign states and the increase of territory, contest, and the attempt to resolve these problems always resorts to the usage of arms by armed forces. Such conflicts cause or aggravate the above-mentioned sources of human security. There is an ongoing need that exists for the international community to provide political, economic, and military support to intervene in these problems. There is a greater need for peace missions in Africa and around the world. The demand has increased greatly as compared to the Cold War era and this also increased the demand for deployment on civilians, military, and non-governmental organisation (NGO) personnel in a wide spectrum of operations which ranged from peace building, peace-making and humanitarian relief as well as peace enforcement operations (Shaw & Cilliers, 1995).

2.2.10 South Africa's contribution to Peace missions

The UN Security Council rule decides on the establishment of the UN peace missions. The assessments are usually done through the UN Secretariat which is tasked with consulting several states or regional organisations about possible contributions to the peace mission. The level and size of the contribution to the peace mission depend largely on the demands made by the United Nations. The contribution made by South

Africa to the peace mission would obviously have a meaningful and cautiously been considered. Regarding the South African Participation in International Peace Mission White Paper which highlights that, "in principle, the level and the size of relates to national interests and the type of demand that exist for contribution" (White Paper on South African Participation in International Peace Mission, 1998:25). It must be understood that the primary function of the SANDF is to defend South Africa against external military hostility. The present mandate of the SANDF, participation in peace missions is the secondary function. South Africa shares the views of numerous neighbouring countries that upended peace force was not required or possible. Thus, the country is mostly likely to engage in peace missions on an *ad hoc* basis (Defence Review, 1998). Besides the force design was concerned and in terms of the decree of the military, the SANDF would not create special structures for such operations, but they would rather provide for them with the primary structure as discussed previously. In accordance with present policy, the two motorised infantry battalion groups of the Army's Rapid Deployment Ground Force should be prepared for peacekeeping undertakings on a relay basis, while the capabilities of its mechanised and parachute forces should be prepared for deployment in peace enforcement situations (Defence Review, 1998).

The South African Air Force, SA Navy and the SA Military Health Service would not provide for dedicated force machine for peace missions, but instead would ensure that the machine that may be deployed in such operations are equipped and trained fittingly (Defence Review, 1998).

2.3 THE SANDF'S ROLE IN PEACE MISSIONS

However, the South African Army especially would play an important role in peace missions. The nature of these operations requires most operational personnel to be infantry. The army's contribution to the peace missions consists of the following: foot soldiers (infantry contingents) to protect and aide duties; engineers (demolition, demining, construction, water, provision, and other ground works); signals and communication contingents; amour and military police personnel. Although the South African government was aware of the challenges the SANDF undergoes and tries to formalise the minimum potential contribution to the international peace mission through a proper readiness system, though it was then difficult because the force was

still under transformation (The White Paper -Peace Mission, 1998). This could be achieved and best done by creating high-quality personnel who would be made available for participation of peace missions through the existing system of the UN arrangements.

The DoD has determined that the participation of peace missions would not be limited to the deployment of troops. It could take the system of providing logistical support, assist in humanitarian aid, engineering services, and so forth (Defence Review, 1998). The SANDF has provided the mentioned above to various African countries like Angola and Mozambique to name a few. It also provided humanitarian assistance to countries like Burundi and lent a helping hand in the Angola government in assisting in training of demining teams in the country (White Paper on South African Participation on International Peace Mission, 1998). War has been part of the African continent since the colonial years and other parts of the continent was unfortunate to still experience war to date. Although, the SANDF alongside the UN tries hard to bring relief to these continents some conflict seems not to end due to various political, economic, and geographical aspects of the country. The study further looks at possible causes and types of conflict that rises on our African continent.

2.3.1 Peace mission environment

Military life requires personnel to function in a wide variety of environments which ranges from performing routines job or assignments at large or small military installations to the working field. Being deployed to unfamiliar surroundings and perhaps stressful battle settling when required makes it difficult for soldiers to function effectively (Federman, Bray & Kroutkil, 2000). Environmental conditions such as (the climate, environment, and the terrain), peacekeeping soldiers who are new are usually exposed to the suffering of a member of the public populations and need to deal with damaged infrastructure. In many cases, the peacekeeping soldiers are required to perform rescue operations or care for the badly wounded as well as the dying and the dead while under fire (Hundt, 1996). Dealing with these adversative conditions, the peacekeeping soldiers usually have been utilising the unsophisticated equipment and technical skills instead of the military skills which they were equipped with (Hundt, 1996). On a personal and individual level, these soldiers may also be exposed to potentially hazardous situations, such epidemics, opening of mine shafts or

abandoned missiles (Hundt, 1996). Such elements make it difficult for peacekeeping soldiers to perform tasks effectively.

2.3.2 The Emotional effects of deployment on military member(s)

There are limited studies to date that focused on the impacts of deployment on nuclear families. Research and researchers have largely examined the effects of deployment prior other contexts outside of the family (Milliken et al, 2007). During the period of deployment service members undergo several pressures, obstacles and challenges. For example, they endure timeless training activities, physical strains, long working hours, intense working settings, limited time off, lack of privacy, extreme environmental conditions, indecision, exposure to hazardous elements and the separation from family and friends (Hosek et al., 2006). Service members experience traumatic incidents such as the witnessing of death and injury of civilians or another service member, a blast which result into an explosion leading to dire injury of lives or exposing to decomposing bodies (Tanielian & Jaycox, 2008; Hoge et al. 2004). Deployment can be highly stressful as well as challenging but many service members, but some service members found that being deployed has beneficial incentives in the process (Hosek et al., 2006). There are financial incentives given after the deployment period and some members suggested that the financial gain helps to counterweigh many negative aspects that come with deployment (Hosek et al., 2006).

The relative influence of the stressors and benefits of deployment has numerous consequences for many army members as well as the families they leave behind at home (Hosek al et., 2006). The attitudes and experiences which are linked to deployment may impact the service member's decisions to remain in the military organisation or not. Services members who acquired positive experiences are more likely to stay in the service while those who feel physically and emotionally overloaded by the service result into them quitting the force (Hosek al et., 2006). Some army members return home with physical injuries, others with draining psychological trauma such as, post-traumatic stress disorder (PTSD), depression and a traumatic brain injury (Tanielin & Jaycox, 2008; Milliken et al., 2007; Hoge et al., 2004). Despite these unforeseen consequences, many service members and their families experience greater emotional battle that hinders with the rebuilding of family bonds and rekindling of marriage or relationships. There is an indication that there are rates of sadness,

anxiety, anger, and somatic problems to service members who have experienced trauma, but the organisation tries hard to train and pre the service members so such traumatic incidents. Some returning soldiers tend to be hyper, vigilant and highly reactive to threat if they come across it and may find it difficult to tolerate typical household interactions, such as arguing of children or engaging into physical play (Matsakis, 1998).

2.3.3 Modern composition of families in the Military

The composition of the present-day military family structures has changed, and they differ tremendously from 40 years ago (Park, 2011). Like the rest of the society, it does not necessary include two parents (one in uniform and another out of uniform) and the biological children. Single-parents (who are unmarried or divorced), remarried or blended and the intergenerational families have increased recently as well as the number of dual-career military families has risen in the past decade (Segal & Segal, 2004). Military members tend to get married, divorced and remarry at a young age then civilian counterpart (Park, 2011). The magnitudes of divorced and remarried is greater, particularly among the younger groups and women who are similar age categories (Alder-Baeder, Pittman & Taylor, 2005). Increasing rates among military couples may be related to the changes of deployments with more long and frequent separations from military spouses are likely to result into stress on marital and family systems (Alder-Baeder al et., 2005).

The military organisation encompassed with strong beliefs and values related to sacrifice, honour, loyalty, teamwork, render service to the country and the community which creates a sense of purpose and pride (Park, 2011). This encourages the development of positive characteristics acquired by the military spouse. A famous quote known in the military that says," *When one joins the whole family serves"* (Park, 2011). Military spouses and children are normally expected to conform to the cultural values and if there is trouble caused by the spouse or child this would be directed tied to the service member and how he or she perceives the family unit (Park, 2011). It is well known that military members often travel away from their families on temporary duty assignments, lasting anywhere from several days, or weeks which can extended 6 to 12 months durations when deployed to a foreign region (Finkel et al., 2003). On average, a service member on duty can move every 2-3 years with their families within

the United States or overseas (Finkel, Kelley & Ashby, 2003). These relocations tend to have an impact on the marital and family system because it removes the family from the community they were used to, the school children attended and other external bonds that were formed (Park, 2011). With each move, military personnel spouses who are employed may lose opportunities for career advancement. While other spouses may be discouraged to not work due to the instability and the constant moves which happens (Harrell, Lim, Werber and Golinell, 2004).

2.3.4 Rearranging of roles in the household

Once notified of a deployment, military families begin anticipation and planning for the inevitable restructuring of the whole family. The service members are notified of the readiness training they would undertake as we as training activities readiness programmes has. The service member must also find ways of telling their partner and children in their deployment mission that they are about to take. The question of "why" could be asked if it was not clearly discussed in the family, but this also returns to the service member themselves (Hammer, Cullen, Marchand & Dez Sofi, 2006). Clear communication about deployment and the open expression of emotions regarding deployment could help soften the blow felt by the family and provide supportive foundational changes that are able to take place in the household (Hammer et al., 2006). The non-deployed spouse becomes the sole 'commander' or a 'sole of authority' in the household. The remaining spouse at home may have to task upon the following tasks, "(1) redefining roles and division of household responsibilities; (2) managing strong emotions; (3) abandoning emotional construction and creating intimacy in the relationship and (4) creating a sense of meaning surrounding the deployment experience" (Bolwing & Sherman, 2008:77). If the remaining spouse is employed, they may find it difficult to balance work responsibilities with the new role as a single parent and some spouse may be forced to take on additional financial burdens in the form of childcare costs to continue working (Huebner, Mancini, Wilcox, Grass & Grass, 2007).

The newly appointed 'commander' of the household was now exclusively in charge of the children in the household and the responsibility of the children are relocated. In addition to the newly increased responsibilities children may experience fear and anxiety about the parent being deployed to a treacherous combat region. Since

national security often prevents deployed service members from disclosing the exact location of the location of their deployment, children left at home may be left with little understanding of where their parent has gone to and their safety. For the older children, there was a concern about whether the deployed parent would return with physical or psychological injuries, especially if the parent has been deployed before (Seamone, 2012). Deployment affects each family differently and the family's adjustment to deployment greatly depends on attitudes, experiences, support and copying styles prior experiences to deployment (Seamone, 2012). Having positive attitude towards deployment can have proactive factors that would promote parental and family fitness during the deployment cycle.

Families who have challenges of adjusting are often young, newly married, financially unstable and facing their first deployment (Faber, Clymer, MacDermid & Weiss, 2008). Families of service members benefit from the support services at their military installations and the military community, including neighbours and other military spouses (Faber et al., 2008). Close friends and extended family members may offer critical assistance in the easing of the family's adaption to the deployment experience (Malan, 1998). The existing experience suggests that family readiness for deployment as well as the community and social support could lead to better adjustment during the deployment cycle (Chandra et al., 2010).

2.3.5 Individual adjustment of the parent and children

Deployment constitutes a threat to all family members, in a sense of safety because the secure base of the attachment figure (deployed spouse) becomes unavailable (Vormbrock, 1993). The military deployment of a spouse/ parent represents a temporary loss of attachment figure for the non-deployed spouse and children at home, stimulating the attachment system behaviour (Vormbrock, 1993). The prolonged separation or the loss of attachment figure produces grief reactions of dissent such anger, happiness, and sadness (Sherwood, 2009). Separation due to deployment may be difficult for insecurely attached couples who struggle with trust issues and fear of rejection (Faber et al., 2008). Such separation and frequent-missed attempts to reconnect during the deployment process may aggravate the existing fears and creates emotional distance between spouses (Sherwood, 2009). Faber et al. (2008) noted that, spouses of military service members reported that they that

deployment induces feelings of loneliness, loss of emotional support, shifting of roles and role overload as well as the great concern for the safety of a deployed spouse (Faber et al., 2008). Non-deployed spouses may experience an increase in parental stress, anxiety, anger towards the military organisation or to those who did not receive orders, increased medical problem and depression (Palmer, 2008). The non-deployed spouse apprehensive attachment and the corresponding maladaptive coping strategies could be disadvantageous to the marital and parent-child relationships as well as the family environment (Palmer, 2008).

2.3.6 Challenges faced by Military families

Although, military families and children navigate well throughout the routine of deployment, multiple stress, and prolonged deployment, particularly during wartime may begin to take a toll on the family (Lincoln et al., 2007, Palmer, 2008; Waldrep et al.,2004). A military family's lives have unique concerns that range from mobile lifestyles, isolation from a civilian community and extended families, readjusting to rules and regulations of the military life and the frequent separations are some of the deployed service members accounted daily for (Lincoln et al, 2007). They are compounded with daily stressors such as taking care of children, employment and household duties (Galvoski & Lyons, 2004). When the military forces deploy soldiers, the structure of the family system changes and forces the family members to change roles or adopt new roles, renegotiating boundaries within and the surrounding as well as the family system to develop routines that would keep the family in a stable and functional state (Lincoln et al., 2007).

The stay-at-home parent (including the working parent) plays a vital role in rebuilding the family environment and by helping interactional processes in the family during deployment run smoothly. While there would be regular and on-going communication with the deployed spouse, the family would try to cooperate cohesively when the deployed spouse is away. The stay-at-home spouse would assume and maintain clear-cut authority for every decision taken in the absence of the deployed spouse regarding household chores, rules, discipline, and external support (Palmer, 2008). The maiming of household routines assists to uphold positive reinforcement, adaption and coping in response to the stressful transition taking place in the family (Walsh, 2006).

This could allow for an enrolment of the extended family members to join the family in assisting in the expansion of the attachment network which is available for emotional support and to bring protection to the family as well. This network was disused in the previous paragraph highlighting how attachment is a crucial element during deployment and how it hinders the family system collective (Palmer, 2008). The extended family may offer social, emotional and financial support to the families that are undergoing deployment. This support also penetrates to the children and it is very important for the stay-at-home spouse to not overdo their authority roles when it comes to children. This is because both remaining spouse and children are harbouring mixed emotions due to the new transition the family is going through hence it is very important to for the remaining spouse to have a noticeable authority figure in the family in the absences of the deployed military member (Sherwood, 2009). The remaining spouse should ensure that authority is unbroken or shaken during this period.

2.3.7 Impacts of deployment on the remaining spouse

Military couples, associate deployment with numerous stressors and various adoption method to routines (Hosek, Kavanagh & Miller, 2006). The associated stressors experienced by spouses emanate from the fact that the remaining spouse needs to maintain the household till the deployed spouse returns and raise children (Hosek et al., 2006). The remaining spouse also found it challenging to arrange times to communicate with the deployed spouse, especially if the children are still young because they are in the stages that they need enormous parental supervision and attention (Segal, 1989). The spouse also finds it challenging to sometimes prepare for deployment, especially even extended family members are not nearby to help or if the children are still young and reintegrating with the family (Segal, 1989). The greatest concern is the safety of the deployed spouse in the deployment mission (Segal, 1989).

The RAND operations (year) conducted a study on married army personnel who were deployed overseas on a peacekeeping mission. The study found that there was a decline in marital satisfaction during a pre-deployment stage and deployment stage as well as relative to the time of joining the peacekeeping force and the returning from deployment (post-deployment). Schumm et al (2000) noted that "marital instability was positively associated with discord prior to deployment. Amongst those who remained married, overseas deployment did not affect their marital quality" (Schumm et al,

2000:649). This implies that these couples have deployed coping mechanisms to help them sustain and flourish in their marriage without deployment influencing their marriage. But this cannot be implied to first-time couples experiencing deployment, because uncertainty was common, amongst them (Park, 2011). For various reasons, the impacts of first-time deployment may not be the same as the subsequent deployment. Usually, first-deployment is known to be an opportunity for service members and their family to learn coping skills and may be in place of protecting the families from additional effects caused by deployment (Segal & Segal, 2004).

The challenges brought by deployment may be novel or unexpected, but one should note that challenges that arise from subsequent deployment are likely to be predictable and very much so preventable (Weiss & Wills, 1997). Preceding research has found that known stressors (childbirth or death in the family) had fewer effects on the functioning of the family than stressors which are unknown to the family (Weiss & Wills, 1997). The controlling of additional risk to trauma that each new deployment brings, suggest that the association between marital and deployment outcome may be different from those who have no experience of deployment (a civilian family) (Weiss & Wills, 1997). To date this phenomenon has not been examined with marital satisfaction.

The nature of peacekeeping and peacebuilding (non-combat deployment) may somehow contribute to the minimal impacts on the spouse well-being and marital satisfaction (Margaret et al., 2004). Most spouse were aware of the impacts that comes along with peace missions and well acknowledgeable with the aftermath of this missions (Park, 2011). The main stressors that military spouse is concerned with is the safety of the deployed spouse, while the remaining spouse is shouldering a large share of the family responsibilities on their own (Margaret et al., 2004). Scholars and researchers have noted that women with deployed husbands were likely to have received a mental-health related diagnosis (commonly depression, anxiety or sleeping disorder) than women whose husband were not deployed (Park, 2011). It is not surprising that the longer the deployed spouse was deployed, the more likely the remaining spouse was to develop mental health conditions (Margaret et al., 2004).

The mental health issues continue long after the deployed spouse returns from battle (Sherwood, 2009). The deployed spouse may return home with psychological

disorders ranging from post-traumatic stress disorder (PTSD), suicidal thoughts and behaviour (Sherwood, 2009) Military organisations try hard to offer, such soldiers with psychological help to eliminate and treat such illness (Sherwood, 2009). Studies found that numerous soldiers avoid the discussion of the traumatic experiences with their spouses or partner to protect them (Sherwod, 2009). Mental health practitioners disapprove with this notion because silences can harbour negative impacts on the relationship or marriage as well as the overall mental well-being of the service member (Sherwood, 2009).

In some cases, mental health disorders in relationship or marriage could turn violent particularly among the soldiers who have been exposed to intense combat situations (Mansfield et al., 2010). The preceding researchers and scholars highlighted that there was an increasing level of domestic violence on the rise particularly, in military marriages and relationships, and that this may be exacerbated by the trend of longer, frequent, and dangerous deployment (Mansfield et al., 2010). Emotional and psychological stressors affecting the deployed spouse and remaining spouse must be dealt with in the early stages before it would escalate into a sinister event that could result in the loss of life or broken family (Mansfield et al, 2010).

2.3.7 Impacts of deployment on children

Military service members frequently get deployed and get separated from their families, communities and working environment on temporary duties which can last from serval days, weeks and could extend to six (6) to twelve (12) months (Finkel, Kelly & Ashby, 2003). Deployment of a service member also requires frequent relocation of the whole family to new regions. These frequent relocations of the whole family to new camps or towns may have disruption on the entire family. Since children are trying to build social networks, make friends and adapt to the environment, constant relocation can disrupt in their schoolwork and emotional development (Palmer, 2008). It results into an on-going requirement of adjusting to new schools and the culture of the school too.

Children tend to grow up feeling rootless and may find it difficult building or initiating relationships amongst peers and maintaining long-term commitment (Wertsch, 1991). Research has shown that children who are brought up in a military household tend to

develop respect for authority due to the environment they were raised in and are more resourceful, adaptable, responsible and are welcoming to challenges (Manning, Balson & Xenakis, 1988). However, not all children acquire the mentioned above characteristics. Some have the opposite of what was discussed due to the military environment such as disobedient, feel different from other civilian children or even feel institutionalised in the environment (Manning, Balson & Xenakis, 1988).

There are conflicting findings in literature pertaining the well-being of children and adolescents from military families in general. The environment does not always affect the children, but normally has to do with the separation of a deployed parent. Children rely solely on the remaining parent to provide security and comfort in the household (National Child Traumatic Stress Network, 2009). Children are highly responsive to parental stress and may react to the remaining parent's level of stress (National Child Traumatic Stress Network, 2009). The deployment stress that may be experienced by the remaining parent could be slightly felt and influence the child's academic performance and psychological well-being (National Child Traumatic Stress Network, 2009). For example, there is mixed evidence regarding children's academic functioning during deployment, so if there are possibilities that stability in the school environment could cushion the negative effects of deployment for some children (National Child Traumatic Stress Network, 2009). This could serve as an additional resource for the military family (Tunac De Pedro et al., 2011). In the previously discussed deployment cycle, older children tend to show little reaction to the absence of the deployed parent and exhibit anger or withdrawal upon the reunion of the deployed spouse (National Child Traumatic Stress Network, 2009). Older children experience emotional and behavioural problems which are associated with the period of separation from the deployed parent. Younger children tend to not notice that the deployed parent is absent in the family as compared to older children because they are aware of the dangers the deployed parent is faced with (Chandra et al., 2010).

Despite the potential for difficulties, stressors experienced by deployment, this can create an opportunity for children to take on more responsibility around the house and learn how to be resilient and flexible in the environment that could be unpredictable. It was shown that children response positively when given the chance to assume more responsibilities and to gain independence, confidence and maturity during the

separation of the deployed parent (Hall, 2012). Research findings suggested that children reveal noteworthy resilience throughout the deployment cycle (Park, 2011).

The preservation of strong family bonds with clear boundaries and the maintenance or the formation of family routines during deployment would help promote resilience in the family. Whereas a chaotic environment with weak authority or overinvolved relationships with the children could undermine the ongoing development of the entire family function during deployment.

2.4 CONCLUSION

The chapter concludes on the various literature reviewed by the study. The study investigated different literature to help understand the research topic in full detail.

2.5 THEORITICAL FRAMEWORK

2.5.1 INTRODUCTION

The study proposed that the ecological and family system perspective could be useful in outlining how deployment resonates throughout families and not just influencing the service member, but both the spouse and children collectively. This section will find ways through which deployment impacts the family and how the experiences interact with relating or non-relating transitions of deployment. The use of this frameworks will also show how military families' lived experiences are moderated by contextual factors. The discussion begins, firstly on the family systems perspective and how it explains the military family and the effects on the family structure. Then, followed by the ecological perspective.

2.5.2 The family System Perspective

Family system is derived from contemporary systems theories about families which are originated from the General System Theory both a trans-disciplinary field of study and a theoretical framework in which various micro-level approach known as "systems theories". The assumption fundamental to modern systems theories is that of holism, a system must be understood and cannot be comprehended by examining its individual parts in isolation from one another-the is always greater than the sum of its parts found in its environment (Boss et al., 1993).

The nature of military families' deployment experiences is generally based on a general theory which emphasises on the organisation and interactions of the elements within the system (Bertalanffy, 1968). Universally people live in families (even though family compositions have evolved), social groupings and depending on the meaning created for mutual survival, such as clothing, shelter also safety belonging and social support. Family members are interconnected meaning that every member of the family has a role to play within the life of the family. Alteration or damage to one family member influences the entire family system. The family systems perspective assumes that the family is a whole greater than the entirety of its parts and individuals in the family have ongoing impacts on one another (Cox & Paley, 1997). The family system perspective views problems as things that occur between people (Cox & Paley, 1997)

This means that when a family member becomes depressed, the effect of the depression was not localised within the depressed person, but rather affects every member within the family. It was thus a family problem, not an individual problem.

They tend to see individual problems as occurrences of the larger relationship (family) problems that occur within the family or communities or society. In the context of deployment, the assumption will be that the impacts that arise from deployment do not only affect the service member, but the family remaining at home as well as the extended family. For example, if the remaining spouse is experiencing depression or loneliness during deployment, these emotions affect the other members of the family. Moreover, these effects are sometimes shared amongst the spouse and children in response to the services, member difficulties that they might be experiencing during the deployment mission. The service's member difficulties may alternately amend or aggravate the difficulties the family may be experiencing collectively with each deployment. What is occurring in one relationship within the family would have an impact on the other relationships in the family (Erel & Burman, 1995).

A family system perspective assumes that the family is a whole greater than the sum of its parts; individual family members have an ongoing and mutual impact on one another, and individual members must always be understood in a context of the larger family system (Cox & Paley, 1997). Regarding how the parent and children experience challenges common to military families, it is important to consider that anytime one family member becomes affected by certain stressors, it was likely that other family member would be also affected (Domdeck, 2000). For example, if a parent that recently returned from deployment mission and dealing with combat operational stress, the other or remaining parent and children would likely be impacted by the difficulties the deployed parent was experiencing (Erel & Burman, 1995).

For example, if the marital relationship is strained following or during deployment, the parent-child relationships would be adversely affected. The perspective pays attention to the boundaries between family members because these boundaries are where most problems tend to manifest (Bertalanffy, 1968). Boundaries in many families mark off were members of the family or group end and another begin (Bertalanffy, 1968). Healthy boundaries act as vessels that can keep things that need to stay together and assist in the roles that help family members know to act in the family. Family problems

occur when boundaries become strained or break and members are put into situations that may harm them (Dombeck, 2000).

During the deployment period, the remaining spouse can either be a mother and a father at the same time and this could be challenging and overwhelming too. It's noted that family problems occur when these bonds are strained or broken, and members may be placed in a situation that may bring harm to the entire family.

3.5.3 The Ecological Perspective on Military Families

The study draws its arguments from the Bronfenbrenner ecological perspective to help unpack the impact of deployment on nuclear families in the military. Bronfenbrenner defines the ecology of human development as "the scientific study of the progressive, mutual accommodation between an active, growing human being and the changing properties of the immediate settings in which, the developing person lives, as this process is affected by relations between those settings and by the larger context in which the settings are embedded" (Bronfenbrenner, 1993).Thus, one of the key individual emphasis to the ecological approach is understanding both children and families as well as the environment they dwell in.

Moreover, to better understand how parental deployments and other military separations during wartime affect children as they grow, we must recognise how these multiple systems contribute to child and family outcomes. Bronfenbrenner's (1998), "ecological perspective provides a framework for doing so" (Bronfenbrenner, 1998). The ecological model emphasises that mutual influences both within families and between families and their context. Due to the ecological perspective, the effects of deployment affect military children and their families may also be related to a historical, social, and cultural context, including the national response to returning service members. A small portion of the nation's population has direct knowledge about and experience of military service. In context, communities, whether local or national, may not adequately recognise, understand or support the military family's sacrifices.

The ecology theory is concerned with "the creation, the use and management of resources for adaption, human development and the sustainability of the environment" (Bubolz & Songtag, 1993:419). The theory also focuses on "the interactions and independences of human (individuals, groups or societies) with the environment"

(Bubolz & Sontag, 1993:421). In the context of military families, the assumption is that the family should create or adopt roles in the family since the deployed spouse (father or mother) has been deployed to a foreign mission and that they must find effective ways to manage the household without the absence of the spouse. During the deployment period, many families find themselves readjusting their roles and taking up extra responsibilities so the family could function homogenously.

As such, this perspective considers military soldiers as part of an intense organisation (the military) but also a member of a nuclear family. Therefore, the soldier need not only support from the organisation but the family as well, so they are able to carry out the duties effectively in foreign mission. The focus on family members as individuals and as the members of a social unit is suitable for helping in the understanding the diverse family structures in different life stages and life circumstances (Bubolz & Sontag, 1993). Understanding changes amongst these systems is critical to understanding military families that are affected by the period of deployment. Likewise, children may also bring certain aspects or characteristics (like accommodative or easy personality) and responsibilities that may motivate some consistent reaction throughout the deployment period.

2.5.4 CONCLUSION

The chapter concluded on the theoretical framework adopted by the study to help and highlight key areas the study probe to give clarity on.

CHAPTER 4

RESEARCH METHODOLOGY

4.1 INTRODUCTION

This chapter aims to provide a detailed description of the research methodology that was used in the study. As well as a comprehensive research design of the study, sampling design and data collection tools. Lastly, the chapter will reflect on the data analysis technique that was employed to analyse the research findings The chapter begins by providing some information on the study site and the reasons why such a site (case) was selected.

4.2 STUDY AREA

The current study was conducted at the Polokwane Military Health campus of the South African National Defence Force and surrounding areas in Polokwane. As the provincial capital of the Limpopo province, Polokwane is the headquarters of the Military Health Unit where some of the studies were conducted. The surrounding areas in the outskirts of the CBD that the study was also conducted at Flora Park, Westerberg, and Madiba Park. The Polokwane Military Health Unit (campus) is also known as the Gateway/Karee Base is a military base. The base is strategically positioned next to the Polokwane International Airport. Besides the base (Military Health Campus) housing several administrative offices, it also has a residential facility for members of the SANDF and their families. The residential area within the military base is no different from any other residential area because it consists of a clinic, sports grounds, recreational park, and other facilities that are required to better human lives. Administratively, professional services such as social work, nursing and psychology are provided to members of the SANDF within the base. Flora Park is a popular suburb based 7,4km from Polokwane CBD surrounded by one of the popular malls in Polokwane known as Savannah mall. Westernburg is also a well-known suburb best known for housing, the city's-coloured community and lastly on the outskirts of the city is Madiba Park, which is situated under the Seshego cluster on the Northwest of the city.

The Polokwane Military Health Campus (unit) was selected as a preferred research site given its proximity to the University of Limpopo as well as the mentioned residential areas (Flora Park, Westernburg and Madiba Park) where this study was housed. Apart from this, the sites were seen as representing other similar sites within South Africa where they have been SANDF members with families being deployed to foreign assignments.

4.3 RESEARCH APPROACH

The approach that was used in this study was qualitative methodology. The selection of qualitative methodology was to get a better understanding through first-hand experience with participants, truthful reporting and quotations of actual conversations. It aims to understand how the participants derive meaning from the surroundings and how their meaning influences their behaviour. The aim and objectives are purely directed at providing an in-depth understanding of the social world and capturing the perspective of the research participants on the issues that are related to their social and material circumstances, experiences, and histories (Willis, 2007).

4.3.1 Research Design

The study adopted an exploratory research design. The exploratory design does not only aim to provide the final and conclusive answers to the research questions, but merely explore avenues of the research topic with changing levels of depth. The study used the design which helped unpack the impacts of military deployment on the nuclear families of military members of the SANDF (Army). The study intended to contribute to the existing knowledge that is available and discover new insights into the phenomenon.

4.3.2 Population and Sampling

Polit and Hungler (1999; 37) refer to the population as an aggregated or totality of all subjects, objects or members that conform to a set of specifications. In this study, the population is the family consisting of (husband, wife, and their offspring). These criteria specify the characteristics that the people in the population must possess to be included in the study. The eligibility criteria in this study were that the participants belonging to the South African National Defense Force (Army), The population the study comprises a family member(s) belonging to the South African National Defense

Force (Army), who has been deployed at some point in his or her military careers. The family unit was represented by one family member who was reminded behind during the deployment period and carried on with the daily routines in the household. The central unit of analysis since the study's interest is to explore the impacts of military deployment on families.

4.3.3 Purposive or Judgmental sampling

In the process of selecting a portion of the population to represent the entire population the researcher used two forms of techniques that were appropriate for the study. The first technique was purposive sampling and later lead to the usage of snowballing sampling to obtain the study participants. The selection of purposive sampling by the researcher was solely based on a particular characteristic in the population that was of interest, which will best enable the researcher to answer the research questions.

With the assistance of the sampling frame, a list of potential names of individuals who have been deployed at some point of their career and had either married with children or single parents with children. The researcher called the Polokwane Area Military Health Unit Head Quarter and explained the purpose of the study to the Head manager and the researcher was then referred to another employee who worked closely with individual who were deployed sometime in their military career.

The list of military families was obtained from the Polokwane Area Military Health Unit Head Quarter with the assistance of an employee who worked closely with deployed members on the base and helped identify potential participants. Prospective families were identified and selected to take part in the study. With the assistance of the employee, the researcher was given a list of prospective participants. The researcher phoned some of the participants on the list and then some of the participants on the list referred too many potential participants who did not appear on the list.

Purposive sampling laid the foundation for snowballing. Those who were initially selected through purposive sampling later referred the researcher to other families who had gone through the same process of having a family member being deployed.

The researcher had a group of potential participants, but then relied on the potential participants to help identify additional participants for the study. Which leads the

researcher to choose and use the snowballing sampling method because it was befitting to help study the desired participants. Since the military community is a close-knit group, snowballing sampling assisted the researcher in finding more participants that were willing to participant in the study and thus helped the researcher to get participants that were not known in the initial stage to the researcher, but who had relevant information about the study.

Participants in the study were mainly selected by using purposive sampling. In the case of the selection of the participants, the researcher was looking for participants whose spouse (wife or husband) has participated in military deployment and lived in a family unit which consists of a wife, husband and child (children). The researcher also focused on the army soldiers who were employed at the military health unit in the city of Polokwane, Limpopo province. The sampling method was relevant and effective as it allowed the researcher to exercise her judgment in selecting participants. The study also used snowball sampling because it allowed participants with similar experiences (military deployment). Snowballing sampling thus helped referring the researcher to cases of participants that are not known to the researcher but who have relevant information about the study.

4.3.4 Sample

The study ended up with six (6) families. The researcher interacted with families as participants which enabled the researcher to get relevant and adequate information that helped meet the proposed objectives of the study. The researcher was provided with a list of potential participants that underwent deployment in their career to contact the prospective participants. The researcher phoned the participants on the list and was referred to another possible participant that were not initially on the list that was provided to the researcher. All the participant's spouses participated in deployment sometime in their career and some of the spouses are still intending in participating in future deployment missions.

The reason the researcher ended up with only six families for the study is due to work commitments. Some deployed members were deployed around the country and where not around Polokwane. When the study was conducted and most participants were not interested in taking part of the study. The reason of having six families was

because the military community is a closed community and obtaining information from the participants was difficult due the nature of the military community.

Studying the military in South Africa: case selection and confronting a methodological cul-de-sac

A sampling frame with 18 deployed personnel in the Capricorn District was initially provided to the researcher by officials at the Military Health Campus. The names of the participants that were deployed members of the SANDF. The researcher took the contact of deployed SANDF as a point of reference to their respective families.

The interviews were conducted in the absence of the deployed member. One family member (spouse, sister, or daughter (who is over 18 years old)) represented the family unit and gave a holistic view of experiences in the family. The researcher took the contact of deployed SANDF members as illustrated in the table below as a point of reference to their respective families.

The researcher was able to interview six out of the eighteen (6 out of the 18) participants that were intended for the study and are given numbers to illustrate their participation in the study. Thus, by its nature, the population of such people, especially in the Capricorn District is not huge or wide. Another reason has to do with the way the military is often a 'closed society' rendering it difficult for people from outside to get access into the world of soldiers. The frequently strict regimen that soldiers are subjected to in some cases make them not easily allow people to access their world. Also, the subject of deployment within the military is a sensitive issue which in one way or another caused participants not eager to take part in the study. Given all the above, a sample of 6 families were treated as enough sample to provide answers to the issues the researcher contended within the study.

See table below

NAMELIST OF POSSIBLE DEPLOYED SANDF MEMBERS RESEARCH PARTICIPANTS

S/N	NAME	UNIT	PLACE OF ABODE	PLACE OF DEPLOYMENT
	A	B	C	D
1.	Participant 1	AMHU LP HQ	Westernbug	Democratic Republic of Congo/Burundi
2.	Participant	AMHU LP HQ	Bendor	Musina/Swartwater
3.	Participant	AMHU LP HQ	Gateway/Karee Base	Musina/Sudan
4.	Participant	Health Centre Polokwane	Gateway/Karee Base	Sudan
5.	Participant	Health Centre Polokwane	Mamahule	Democratic Republic of Congo/Sudan
6.	Participant	Health Centre Polokwane	Moletjie	Democratic Republic of Congo/Sudan
7.	Participant	AMHU LP HQ	Westernburg	Musina
8.	Participant	Polokwane Centre Polokwane	Zebediela	Democratic Republic of Congo
9.	Participant	AMHU LP HQ	Backenburg	Sudan/Democratic Republic of Congo

10.	Participant 2	Health centre Polokwane	Flora Park	Democratic Republic of Congo
11.	Participant 3	AMHU LP HQ	Polokwane	Burundi
12.	Participant 4	AMHU LP HQ	Polokwane	Musina
13.	Participant 5	AMHU LP HQ	Polokwane	Democratic Republic of Congo/Burundi
14.	Participant	AMHU LP HQ	Ga-Maja	Democratic Republic of Congo/Musina
15.	Participant	Health Polokwane Centre	Sekhukhune	Democratic Republic of Congo/Musina
16.	Participant	Health Polokwane Centre	Botlokwa	Democratic Republic of Congo/Musina
17.	Participant	Health Polokwane Centre	Mokopane	Democratic Republic of Congo
18.	Participant 6	Health Polokwane Centre	Madiba Park	Malawi

The researcher obtained the list from one of the Area Military Health Unit Head Quarter employees, who assisted in complying and identifying people he knew who were deployed on foreign assignments.

The methodological soundness of this size of the sample lay in the way in which the researcher focused on the everyday lived experiences and the military lives of each family. The line of questioning (and investigation) mimics what is done in life history research where the subject of investigation largely centres on the life of an individual, and his or her personal historical accounts. The richness of the accounts from the families provided the researcher with adequate information that helped in getting a broader understanding of what goes on in the life of deployed South African soldier.

4.3.5 Data Collection and Technique

The researcher administered a qualitative semi-structured interviews schedule whereby one family member was interviewed. The selection of semi-structured interviews for the study was that it provides a clear set of instructions for the researcher and provide reliable, comparable qualitative data. The selection of semi-structured interview would explore participants thoughts, feelings and beliefs about the topic the researcher to ask the participants. By using semi-structured qualitative interviews, the researcher was able to prepare questions beforehand to help guide the conversation and keep participants on the topic perused. The interview allows for open-ended responses from participants for more in-depth information and it encourages two-way communications between the researcher and the participants that were interviewed. Ideally, this gave the participants the platform to do most of the talking and gave them the platform to explain the scenario in great detail.

The interviews were conducted in the participants' designated homes around Polokwane. Namely Gateway/Karee Base, Flora Park, Westernburg and Madiba Park. Three (3) interviews were conducted at the Gateway/Karee Base and one (1) was conducted in Flora Park, another one (1) was conducted in Westernburg and lastly one (1) in Madiba Park. The researcher interviewed one family member who represented the whole family and during the interviews, the deployed member was not present. The family member who was interviewed gave the researcher a detailed

synopsis of events within the family when the deployed SANDF member was not home.

The duration of the interviews lasted twenty (20) to forty-five (45) minutes per participant.

4.3.6 Data analysis

Qualitative inductive content analysis was used to analyse the data of the study. The selection of the data analysis that the study adopted helped the researcher to generate patterns or themes from the responses of the participants. Qualitative content analysis involves a process designed to condense raw data into categories or themes based on valid inference and interpretation (Marshall & Ross, 1995). The researcher used inductive reasoning by which the themes of the study emerged from the data which the researcher carefully examined and constantly compared.

4.4 ETHICAL CONSIDERATIONS

The researcher received ethical approval from the University of Limpopo Ethics Committee. Throughout the study, the researcher was abided by the code of ethics guiding scientific research with human beings as stipulated by the rules governed by the conduct of research at the University of Limpopo. Consent forms were given to participants to sign as an indication that their participation was voluntary. Appendix B contains the consent form.

4.4.1 Informed Consent

The participants were made aware that their participation in the study was voluntary and they are free to withdraw from the study at any time during the study. They were asked to sign the form as a symbol that they took the part in the study voluntarily (Appendix B).

4.4.2 Confidentiality

The participants in the study were not identified by their names and the information obtained by the researcher from participants was used for research purposes. Any information shared by the research participants was not to be shared with anyone else.

4.4.3 Anonymity

The identities of the researcher participants were concealed and not revealed in the research findings. Thus, identifying detail on the research participants was masked to ensure that the names and details of the participants remain confidential. The participant's privacy was maintained in the study. Participants were given codes to be represented in the study instead of using their names.

4.4.4 Right to Fair Treatment

The research participants of the study were selected and treated in a fair and just manner during the interviews and after. There were no bias treatments or violations of their privacy during the study.

4.4.5 Debriefing

The researcher used the debriefing method to participants who showed adverse emotional distress during the interviews. The debriefing was an important ethical consideration since the researcher was using human subjects as participants in the study. Those who were emotionally affected were referred to a professional psychologist and social worker for debriefing sessions.

4.5 CONCLUSION

This chapter focused on the methodology that was used in this study. An explanation of qualitative research as a method for data collection and analysis was given. Measures followed during the data collection were discussed in this chapter and the information about the sample was provided. Ethical procedures were taken into consideration because the study does not intend to harm the study's participants but generate adequate information. The chapter summed up the study's methodology, research design, sampling methods and data analysis which were used to obtain relevant and ground-breaking findings towards the study topic. Ethical consideration was a vital aspect in this chapter because the study does not intend to harm to the study participants but instead to generate required information from the participants to donate to the vessel of knowledge pertaining to the study topic.

CHAPTER 5
SOCIAL SUPPORT IN THE MILITARY ENVIRONMENT

5. INTRODUCTION

Social support is often identified as the vital component of a solid relationship as well as psychological health. Social support involves having network family and friends that one can turn to in times of need. Whether one is facing a personal crisis and need immediate assistance or support nor simply want to spend time with people who care about you, these relationships can play a crucial role in how one function in their daily life. This chapter discusses the importance of social support in more detail. One of the major themes that emerged in this study is the importance of social support in military environments. Most of the research participants revealed how their lives depended on social support structures during deployment missions.

5.1 The importance of social support in military environments

Social support demarcated as information leading to a person believing that they are cared for and loved, respected as well as valued within the network of communication and mutual obligation. Social support has been consistently associated with physical, mental, and emotional health (Taylor, 2011). It has been found that alleviating the damaging impact of stress could have on health and well-being (Cohen & Wills, 1985). In the context of the study, social support was evaluated through the perceptions that participants hold (e.g, social support is subjective) (Overdale & Gardner, 2012).

In other words, according to the researcher, this enables the family to deal with whatever stressors that they might encounter in their daily functioning, particularly during the absence of the member. Secondly, support systems enable individuals and families to recover more quickly from stress, thereby promoting the resilience and adaptability of the family system. Therefore, when the necessary support systems are in place, it is easy for any family to revert to their normal state without difficulty after an experience of a crisis

Firstly, they protect the family from the effects of any stressor. According to the researcher, this permits the family to deal with whatever stressor that they might encounter in their daily functioning, particularly during the absence of the member.

Secondly, support systems enable individuals and families to recover more quickly from stress, thereby promoting the resilience and adaptability of the family system. Therefore, when the necessary support systems are in place, it is easy for any family to revert to their normal state without difficulty after an experience of a crisis or stressor. The following are the responses of the study's participants:

We attend church and we receive support from them. My family is quite far, and his family stays here and they does not visit as often. But my family does visit now and then even though (Participant 1).

Participants relied on external support structures such as the church to find refugee during deployment. Which was triggered by the infrequent visitation of the paternal extended family members and that of the maternal extended family members which did not residing in the province. The attendance of church offers the participant support during the period of deployment and can cushion the vague of not having immediate family around.

Family support involves the process of supporting and nurturing children, families and the communities. Furthermore, family support was often seen as 'treatment' which was offered to the families to increase resilience and the likelihood of positive outcomes for families, and communities (Sims, 2012). Family support relied heavily on teamwork (all members within the family working somewhat harmoniously) to successfully overcome any challenge the family may encounter during the deployment of a family member.

Social support may be more effective when offered by specific individuals within the social network (Cohen, 1992). Emotional support may be most effective when offered by individuals in close, relatively intimate relationships with the individual in need, as support and acceptance from individuals in these relationships are likely to provide the most genuine sense of belonging (Cohen & McKay, 1984). The importance of family support and family preparedness to the overall goal of total readiness as well as

ultimately to the outcome of the mission cannot be overemphasised. Studies showed that soldiers can cope with stress better if they know that their families are being cared for during their absences (Hornig, 1994).

I do not remember having any problems. Because when you leave everything in the hands of the helper. The helper knows she is the helper, when you come in automatically as a parent you know you resume your duties as a parent (Participant 4)

The description of the participant reveals that when the deployed personnel leaves for combat, it is of most importance to make sure that they have a responsible and reliable member or individual who will take care of things while they are gone. This also gives the deployed personnel a sense of relief that things are taken care of, and the military personnel will be able to focus on the deployment mission they are being deployed to.

Social support was hypothesised to influence how the soldiers cope with exposure to stress. In the civilian context, social support has been long understood as proactive. For military personnel, social support may include support from military leadership and informal social support from union members and civilian family and friends. Both sources of support are shown to be more important to the overall functioning of the deployed member's well-being. Overall social support has been seeing to lower PTSD and depressive symptoms. On the other hand, lower social support tends to increase the mentioned psychological problems amongst military personnel.

The ability of the family to adapt to the military way of life was related to the degree that the military would provide formal and informal support to the immediate family (as well as to the family adaptive resources such as flexibility and spouse education) (Segal & Harris, 1999). The spouse of the deployed military member's level of satisfaction with the military as a way of life was positively related to their perception of the deployed member's support for the family and the help with family problems.

This shows that the period of deployment can bring family members together and provide a mutual understanding in the household. Sharing the same frame of experience gives a point of reference and somewhat pleasure to the family and deployed personnel.

5.2 Professional Support on the Military Families

Support system was core building block which held the family as a unit during deployment and served the family as protection from effects of the stressor. In other words, it enables the family to deal with whatever stressor that they may encounter in their daily functioning, particularly during the absences of a family member (Wooten, 2015). Family members were able to recover much quicker from any effects from stressors or challenges, thereby promoting resilience and adaptability of the family system. Therefore, when the necessary support systems are in place, it is easy for any family to revert to their normal state without difficulty after a traumatic experience (Chandra, Martin, Hawkins and Richardson, 2010).

For military families, social support from other families that knew firsthand what it was like to experience the absence of a loved one for an extended period, often to a dangerous place, maybe particularly valuable in stress-buffering process (NASW, 2008). Military families and children experience diverse environment in the military and can often exhibit a strong sense of purpose in their daily lives which could relate to a parent's military service and deployment. Military deployment can have varying effects on the family dependent upon many factors in their lives and understanding the deployment cycle and military culture are usually critical to successfully working with military families (Nicosta et al., 2017).

In this study, it also emerged that apart from social support, the support from professionals like social workers was deemed important in addressing some of the challenges experienced by families and deployed members.

 The following are responses from the participants:

The social worker once came from the SANDF. And only the close family members knew about her deployment (Participant 6)

Professional help from social workers was mentioned frequently in the interviews by the study participants. The study participants showed that during the deployment period, military social workers were assigned to the remaining families of the deployed members. Having a social worker was a way the SANDF providing social support to the remaining family members of the deployed member of the SANDF. To assist the families during the deployment period and if the families are experiencing any deployment related stressors. The social worker would be available to assist the family.

Although, she had a social worker at work, told them that the children, knowing that there is no second parent, so there be anything the support colleague would report to the social worker and the social worker would go and attend (Participant 4)

Deployed members and their families cope more effectively during deployment operations and exercises as the results of social work interventions. Military families are resilient to organizational and societal demand because of restorative and promotive inputs from military social workers. The restorative intervention of a military social worker entails the rendering of problem-solving and coping capacities. These interventions address people who have non-work-related problems. The approach is positive in a sense that social workers aim at restoring individuals, groups, families and the communities to the level of wellness (African Security Review, 1997). To clearly correspond to this *Participant 3* pointed that the involvement of social workers assisted the family from non-work-related effects to a more personal effect.

We involved the school's social workers and the army social workers (Participant 3)

In contrast to the participants of the study, they understand the effects of military deployment on the family and how assistance of social workers and community agencies to provide more direct, evidence-based interventions to the military family and ensure resources are available during all stages of deployment (Knobloch et al., 2015). Social workers who work with military families not only on military installations but also in many local community settings. Culturally, competent military social workers working with military families can provide more direct and relevant services, ensure better information and referral services and direct clients to more appropriate resources representing cultural and ethnic diversity (NASW, 2008).

Thus, for the SANDF to contribute to its goal of combat readiness, it must realise that it must provide support to families of members who are deployed. Kalamdien (2008) proposed a model for the SANDF that he claims would empower the SANDF to manage the well-being of the soldiers and military families during deployment for peacekeeping. The model highlights seven (7) key focus areas in which support and consideration for families of deploying members are necessary.

- Psychological (make available a psychologist for a family visit)
- Religion (make available a chaplain for the family)
- Personal (personal well-being planning important for the family)
- Financial (help family draw up a financial plan
- Support network (make available SANDF social worker when needed by a family) and
- Communication (communication with the deployed member).

The soldier's readiness is determined not only by the level of job performance but also the soldier's perceptions of spouse and family coping skills as well as by the adequacy of the defense force agencies in caring for the family (Campbell et al., 1991).

In the context of deployment, the assumption will be that the impacts that arise from deployment do not only affect the service member but the family remaining at home as well as the extended family. For example, if the remaining spouse is experiencing depression or loneliness during deployment, these emotions affect the other members of the family. Moreover, these effects are sometimes shared amongst the spouse and children in response to the services members difficulties that they might be experiencing during the deployment mission.

CHAPTER 6

IMPACTS OF DEPLOYMENT

IMPACTS OF DEPLOYMENT ON MILITARY FAMILIES

6.1 INTRODUCTION

In this chapter, the focus is on discussing the impact of military deployment of families of SANDF. Drawing from the findings, the chapter highlights the experiences of research participants and their views on how deployment has impacted on their lives. The following are responses from the participants:

6.2 Effects of Deployment within the Family

Deployment effects vary in every family or household. Deployment affects family dynamics either in a positive or negative way. Although the military families and children navigate well throughout the routine of deployment, the multiple stress and prolonged deployment, particularly during wartime may begin to take a toll on the family (Lincoln et al., 2007, Palmer, 2008; Waldrep et al.,2004). Military family's lives have unique concerns which range from mobile lifestyles, isolation from civilian community and extended families, readjusting to rules and regulations of the military life and the frequent separations are some of the deployed service members accounted daily for (Lincoln et al, 2007).

They are compounded with daily stressors such as taking care of children, employment and household duties (Galvoski & Lyons, 2004). When the military forces deploy soldiers, the structure of the family system changes and forces the family members to change roles or adopt new roles, renegotiating boundaries within and the surrounding as well as the family system in order to develop routines that would keep the family in a stable and functional state (Lincoln et al.,2007). The following responses from the study's participants show how deployment affected their families.

So far so good we haven't come across any challenges and we don't experience any challenges during the deployment mission (Participant 1)

The study's participants revealed that there were no challenges and that during the deployment period all was normal just like before, when the deployment member was still home. Surprisingly, little information exists about change in the family functioning across the deployment period (especially during deployment). Thus, there are significant knowledge gaps in what we know about the risks or protective factors. For instances many collect retrospective information only after deployment, or compare outcomes during deployment to those after deployment, ignoring the actual period where a service member is away from his or her family (Lester et al., 2010; Sheppard, Malatras & Israel, 2010).

In the context of military families, the ecological perspective assumption was that the family should create or adopt roles in the family since the deployed spouse (father or mother) has been deployed to a foreign mission and that they must find effective ways to manage the household without the absence of the spouse. During the deployment period, many families find themselves readjusting their roles and taking up extra responsibilities so the family could function homogenously.

Deployment has been associated with mental and physical health problems among all family members, increased use of mental health services, substance use and abuse, suicide, lower marital satisfaction and marital dissolution, childhood maltreatment, and emotional, behavioural, and educational problems amongst children (Creech, Hadley & Borsari, 2014; Sheppard, Malatras & Israel, 2010; Trautmann, Alhusen & Gross, 2015; Wadsoworth & Riggs 2011).

Obviously, not all military families are affected negatively by deployment. And of those families that may be negatively affected in the short term while the deployment was happening, some may show evidence of resilience and ultimately recover. But this does not despite the fact that throughout the deployment there were no challenges or impacts of deployment the families. It can happen that the participants were not forthcoming with data needed to give body to the study but instead gave the researcher

the positive aspect of the deployment period. *Participant 4* highlighted the positive aspect of deployment in detail.

> *It has a positive influence in a way that it has a positive experience on you as an individual for living the comfort zone and achieving the mission of the Defense Force. When you come from the civilian and come to the Defense Force, you know the mission of the Defense force, you are not here to come and support other mission other than the mission that you protect the country (Participant 4)*

The study's participants show that deployment was an exciting experience especially for the services members. The services members were able to get a new and different experience on the call for duty. The service members felt they have fulfilled a purpose of protecting the country or regions that are war torn on the African continent. This gave the military personnel a sense of pride and honor to have dedicated themselves humanitarian mission. But for the remaining family members it was scary experience especially for first time deployment. There is indication that most families did not experience challenges during the deployment period as anticipated by the study.

6.3 Effects of deployment on the children

The study looks at the effects of deployment on the children from the perception of the study's participants. The following are the responses of the participants, highlighting the effects of deployment on the children in the military family system. There are conflicting findings in literature pertaining the well-being of children and adolescents from military families in general. The environment does not always affect the children, but normally has to do with the separation of a deployed parent. Children rely solely on the remaining parent to provide security and comfort in the household (National Child Traumatic Stress Network, 2009).

Children are highly responsive to parental stress and may react to the remaining parent's level of stress (National Child Traumatic Stress Network, 2009). The

deployment stress that may be experienced by the remaining parent could be slightly felt and influence the child's academic performance and psychological well-being (National Child Traumatic Stress Network, 2009). Interestingly most of the participants mentioned that military deployment does influence children.

After the mother was deployed, the first born had to change schools so she could stay with me. It was only the changing of schools (Participant 6)

The above participant's response resonates with Palmer's view on the effects of deployment on children in the military. Due to deployment the child had to relocate to a new school due the fact that the parent went for a deployment mission. Deployment of a service member also requires frequent relocation of the whole family to new regions. These frequent relocations of the whole family to new camps or towns may have disruption on the entire family. Since children are trying to build social networks, make friends and adapt to the environment, constant relocation can disrupt in their schoolwork and emotional development (Palmer, 2008). It results into on-going requirement of adjusting to new schools and the culture of the school too.

Children tend to grow up feeling rootless and may find it difficult building or initiating relationships amongst peers and maintaining long-term commitment (Wertsch, 1991). Research have shown that children who are brought up in a military household tend to develop respect for authority due to the environment they were raised in and are more resourceful, adaptable, responsible and are welcoming to challenges (Manning, Balson & Xenakis, 1988). However, not all children acquire the mentioned above characteristics. Some have the opposite of what was discussed due to the military environment such as disobedient, feel different from other civilian children or even feel institutionalised in the environment (Manning, Balson & Xenakis, 1988).

The very process of undergoing deployment does impact the children either in a positive or negative manner. Sekaran (1986) reported that in the progress of mothers experience excessive fatigue, emotional depletion and feelings of guilt whenever they

cannot meet their children's demands. The family system perspective found that the effects are sometimes shared amongst the spouse and children in response to the deployment mission of a spouse. The service's member difficulties may alternately amend or aggravate the difficulties the family may be experiencing collectively with each deployment. What is occurring in one relationship within the family would have an impact on the other relationships in the family (Erel & Burman, 1995).

Hornig, 1994; Kelly, 1994 suggest that there was a notion that children are relatively unaffected by the father's or mother's absence, but studies show that this was not true. Children probably experience the same psychological pattern as their mothers due to their feelings of loss and their awareness, conscious or unconscious, of the mother's emotional situation. They are generally upset when she was and calm when especially when he leaves and again upon his return.

I would say it's us because with my situation, me and the children. The three of us reside together and we don't have anyone near us or go to. I must do almost everything alone. It's very straining at times but so far, I would like to believe that am coping (Participant 1)

Being a single parent during deployment can have its perks especially on parents with young children who constantly need full time monitoring of a parent. Most of the spouse were not employed and were stay-at-home parents who solely depended on the spouses who was deployed. Single parenting puts a lot of strain on the remaining spouses or caregivers as a result of role overload and expansion of their roles. The stay-at-home parent (including the working parent) plays a vital role in rebuilding the family environment and by helping interactional processes in the family during deployment run smoothly. While there would be regular and on-going communication with the deployed spouse, the family would try to cooperate cohesively when the deployed spouse is away. The stay-at-home spouse would assume and maintain clear-cut authority for every decision taken in the absent of the deployed spouse regarding household chores, rules, discipline and external support (Palmer, 2008).

The maiming of household routines assists to uphold positive reinforcement, adaption and coping in response to the stressful transition taking place in the family (Walsh, 2006). The remaining individual or spouse must fill a new role of a single parent and must make decisions previously made by the departed spouse or individual (Blount et al., 1992).

These new responsibilities include dealing with finances and management of the house and children. Due to role overload, it was believed that children might suffer, as they do not get enough attention from the remaining single parent or caregiver. Blount et al (1992) mentioned that increased responsibilities for the remaining parent or caregiver may diminish the time available to spend with the children. Children probably experience the same psychological pattern as their mothers due to their feelings of loss and their awareness, conscious or unconscious, of the mother's emotional situation. They are generally upset when she is and calm when she is. Children often test their mothers to find out if she will bend more when Dad is gone especially when he leaves and again upon his return. Participant 3 revealed that:

"As I said before, going up and down, getting in the house late, and affects the school programmes because they failed about two times, after all, there is no father in the house. You see when the boys have that voice (imitating a male's deep voice). They feel big. It affects them a lot because they are behind now, at school (Participant 3)".

A practical example of a negative effect of deployment on children was mentioned by participant 3, highlighting the children's progress in school, being disobedient in the house, in the absent of the father and not showing respect to the remaining parent in the household. In families with children, repeated parental absence has been linked to adverse consequences for the mental health of the remaining spouse and children. Although it is normal for children to exhibit some emotional reaction to their father's absence, such as anxiety, anger, sadness, resentment and fear, children exhibit more behavioural or emotional problems when the mother was having difficulties managing

daily activities, is not involved in social activities and has a low sense of personal independence (Hunter et al., 1976). It was noticed some research finding that children do better or best when mothers or caregivers express a positive attitude towards the separation. This shows that the separation and have internal coping skills to deal with separation. This shows that the children's reactions to the separation was solely influenced by the mother's reaction to deployment (Hunter et al., 1979). Baker et al (1968) also mentioned that if the family was dysfunctional before the father's departure, children may exhibit a more emotional reaction of aggression, introversion, internalisation effect, helplessness, defensiveness, and impulsiveness.

Additionally, some women compensate for their husband's absence by becoming permissive or overly protective with their children. Some decisions are harder to make alone, thus, the mother may not be able to make clear-cut decisions. The children are being subjected to a different environment. They become caught between two worlds, judging their behaviour according to whether their father is home. Therefore, helping a child cope with emotions of separation requires that the family be open to the honest expression of feelings.

During deployment, the well-being of military children needs to be approached not just at the level of the individual child but also of the larger social systems- such as extended families, neighbourhoods, schools and communities. The community environment affects the children's adjustment and coping during deployment, and the parental stress strongly relates to a military child's psychosocial functioning during deployment (Flake et al., 2009; Huebner, Mancini, Bowen & Orthner, 2009). The challenges faced by military children are exacerbated by family and community inability to recognise and provide proper support and assistance. If the family adjusts well during deployment, then will the children do so!

6.4 Communication during deployment

Communication is very crucial in maintains of either martial or family bonds during deployment of a service member. Communication during separation of deployment plays an important role in maintaining of emotional bonds, encourages the family and soldiers to share lived experiences of the daily lives. The theme of communication

during deployment emerged through the interviews as a positive experience between deployed members and the family.

Existing studies also suggest that frequency of communication during deployment can help families feel more connected during deployment and are associated with positive mental, emotional, and behavioural health and relationship outcomes among service members, spouses, caregivers, and children (Carter et al., 2011; Cigrang et al., 2014). Further, how families communicate during deployment also may have an impact on how well the families reintegrate after deployment. The same communication style may be adaptive during deployment but maladaptive during reintegration (Bowling & Sherman, 2004; Knobloch & Wilson, 2014). It should be noted that much of the literature on communication during deployment is cross-sectional and cannot control for family baseline functioning. Therefore, such evidence cannot rule out the possibility that families that have more problems already communicate more frequently.

The following responses from the study's participants show how communication during deployment assisted the family unit during deployment.

When we are apart, we normally get along very well. In one day, normally calls three (3) times. He calls in the morning and evening. Our communication is very good between us. When they are deployed on missions, we don't not want to stress them a lot (Participant 2).

The participants of the study showed that their communication levels were strong and continual during the deployment of the family member. The families were able to engage with the deployed member and vice versa. Both deployed member and families where able to share their lived experiences despite the separation and distance between them. Showing the existence of communication between family and deployed personnel is of importance in upholding a health communication channel between the parties.

Military personnel, particularly those who are married, expect to be able to communicate frequently with family members at home during a tour of duty, but they end up disappointed if they do not have as much access to communication technology as they expected (Schumm, Bell, Ender, & Rice, 2004). Communication bridging the warzone and the home front can be both helpful and harmful to family morale (Greene et al., 2010a; Warner et al., 2007).

Suttle (2003); Kipp, (1991), communication during separation plays a critical role in maintaining an emotional bond between partners. Open two-way communication lines will encourage soldiers and families to start sharing their expectations, concerns, and fears about the reunion. By communicating as early as possible, partners can acquire the information and skills needed to cross barriers and minimise problems reunion. In this interesting case communication serves as a purpose of making family members and deployed personnel emotional bond stronger during deployment.

A significant finding was that the perception of technology and its ability to enhance communication within the military community. A study by Bush et al. (2012) on the usage and perception of technology by service members found that 87%-91% of the deployed and returned service members felt extremely comfortable using computers and do daily. In addition, the preferred communication while deployed was video, voice conferencing, social networking, and email over the telephone (Bush et al., 2012). This paragraph resonates with the participant's response as mentioned below.

> *We were using video calls via WhatsApp. Even though sometimes the child would throw tantrums and I would understand. Even if they say to him mama is calling he would refuse and that time you want to talk to the child and I would have missed him. But we used WhatsApp and phone calls (Participant 5).*

This finding was consistent with the civilian population in a study done by Yaroush and Abowd (2011) which found most of the work-separated families preferred the visual contact that teleconferencing provided over the telephone. This suggests not the ability to connect through technological platforms but the preference by which these families communicate virtually.

On one hand, supportive and constructive exchanges can build intimacy, provide comfort, allay fears, and counteract loneliness. Parents and children can connect during special occasions such as birthdays and holidays, and all family members can rest assured that their loved ones are functioning effectively. On the other hand, communication exchanges that are conflict laden or unpleasant can exacerbate an already stressful situation. Problematic communication episodes can distract military personnel from their mission, make at-home family members feel guilty about adding to the service member's burden, and increase feelings of helplessness and isolation for everyone involved.

6.5 Benefits for being Deployed on a mission

Deployment may sometimes post produce additional strains for the families. In most cases the families may need additional resources such as material resources or psychological resources due the absence of the deployed member. For example, childcare, money and companionship. These needs required by the family can either be met through various action and agencies or with the help of extended families. It is easy, especially for those outside the military, to think of deployment solely in terms of stress and trauma. Yet the fact that the service members enlist voluntarily knowing that they will likely be deployed draws attention to ways deployment might benefit the families (Hosek et al., 2006). If meaningful work and more money support the functioning, then the couples who have experienced deployment may experience more positive marital outcomes, controlling for any negative effects of trauma and exposure to combat.

This theme was impulsively emerging in the interviews amongst the study's participants. The following are the responses from the participant of the study:

> *I can say financially I benefit, otherwise emotionally and spiritually (Participant 3)*

The responses of the participants show that deployment has a positive effect on the families. Despite the long separation of the deployed member and their families, deployment does bring somehow compensation to the families by awarding the

deployed member with "deployment allowance". Most families benefitted tremendously due to the deployment allowance. It brought about decent advances in the household and to the deployed member as well.

Now we could build a house due to him being deployed in deployment mission because if it wasn't for him to be deployed, a lot of the thing would have come to a standstill. The extra income does go a long way for the whole family (Participant 2).

Pitse (2009) suggested that the financial incentive associated with deployment made it possible for services members to make changes in their households (for example, extending the house, buying a car, and purchasing new furniture), something that they would not necessarily be able to do if they were at home. Financial incentives are associated with deployment and making a significant contribution towards the attainment of organisational objectives regarding participation in peace missions (Pitse, 2009). However, having to survive in the absence of the member is a daunting task, particularly when there are no support systems available.

A financial incentive that is associated with deployments, because their salary packages are not attractive or adequate to meet their salary packages is not attractive or adequate to meet their needs, as indicated by most of the spouses. Therefore, deployments become the only way of making money, irrespective of whether the family was negatively affected (Pitse, 2009). Although the rationale behind deployment was to engage in peace missions in Africa and the world at large, from experience, money is the reason for the need to be involved in deployment.

Moreover, service members are paid more during their deployments and the annual household income of military families generally increases, when the service member is deployed (Loughran, Klerman & Martin, 2006).

6.6 Conclusion

This chapter showed the impacts of deployment on the family system and how the military families were able to cope during the deployment of a family member. It also shed light the fact that deployment did not always bring about bad or negative impact to the military families.

CHAPTER 7

POST-DEPLOYMENT AND RESILIENCE

7. INTRODUCTION

In this chapter, the focus was on the post-deployment and resilience of the military families. Drawing from the findings, the chapter draws the experiences of research participants and their views on how post-deployment has impacted on their lives as well as how the developed resilience during deployment of a family member.

7.1 Post-deployment (home-coming) adjustment of a service member

Post-deployment is an important stage after deployment. This stage plays a significant role in the military families. Homecoming can be exciting, but it has shown that it has its own shares of frustrations and challenges. Further, readjustment to the already existing patterns within the family would take place and most of the time deployment members tend to take time to fit back in their families.

Family members of deployed personnel are often the *"unsung heroes"* of a combat deployment, supporting a service member before, during, and after deployment. Consequently, the psychological squeals of deployment also apply to the families. Partners of service members, who are deployed, for example, face the challenge of worrying about and giving support to the loved one for an extended period with knowing whether or when they will return (Faber, Willerton, Cymer, MacDermid & Weiss, 2008).

This theme emerged frequently in the interviews, where homecoming for most participant was not as rosy as expected. The responses below of the participants of the study show their general responses:

> *Let's say for the first month, going back to the usual environment, it's a bit weird. Some are used to their own space, and they don't just get used to the environment as quickly as possible. We normally have re-introduced to them what needs to be done in the household environment (Participant 1)*

The returning soldiers would want to reassert their roles as a member of the family, which can sometimes lead to tension. This was an essential task that requires considerable patience to accomplish successfully. The returning soldiers may feel pressure to make up for lost of time and missed milestones. Soldiers may want to take back all the responsibilities they had before being deployed on a mission. However, something would have changed in their absences such as spouses are more autonomous, children have grown and individual personal priorities in life may be different. It is not realistic to return home and expect everything to be the same as before deployment. It was of importance for the returning solider to be integrated back to family life after months of deployment.

It takes long time (laughs), because he comes lazy and long and it can take him 3 month and then he can perform and in a right way (Participant 3)

Adjustment back to the family routine was not an easy thing for the deployed members to do. For services members who were deployed numerous times, showed that adjustment back to the family was no hassle as compared to services members that were first timers. With the support of literature mentioned below, the study would be able to unfold various reasons and causes to why the adjustment stage tends to be difficult for some service members and easy for other service members.

Within the military families, despite the stresses of deployment, most families seem to manage short-term separations that are less than a year (Flakes, Davis, Johnson & Middleton, 2009), and show strength of resiliency (Jensen-Hart, Christensen, Dutka & Leishman, 2012). To date, much research has been focused on understanding the impacts of deployment on families and children, but little was understood about the protective factors that operate to support families throughout the deployment cycle (Lincoln, Swift & Shorteno-Fraser, 2008; Palmer, 2008).

Post-deployment adjustment involves successful adaption and positive functioning when meeting challenges and responding to changes in the social environment

(Bolwing & Shermain, 2008). Service members with long-term adjustment tend to be low in resilience, have had high exposure to combat, stressful deployment living conditions and additional stressful life event and inadequate social support (Katz et al., 2008). Re-deployment and post-deployment are poorly understood and in need of greater explication. Although, the reunion can be joyous, it also requires changes and adjustments in roles and routines for all family members and these could be stressful and confusing (American Psychological Association, 2007).

The post-deployment stage was particularly long and complex (MacDermid, 2006). Many returning service members experience combat-related mental health problems, injuries, bacterial or viral infections and sometimes disabilities. These can burden the families and children remaining behind (MacDermid, 2006). Pitse (2009); mentions that deployment is no easy process. It was complex due to the nature of problems that are associated with deployment.

The spouses and family members remaining behind at home during the absences of the deployed member sometimes experience psychosocial problems emanating from deployment. Homecoming also has its challenges. Thus, it is vital for the remaining members to have a thorough understanding of typical problems and emotions that are related to deployment (Pitse, 2009). These families cannot be expected to be problem-free. However, a lot of problems encountered by the spouses during the absence of deployed members and during reintegration into the home can prevented if the necessary measures are in place (Pitse, 2009).

7.1.1 *Spouses during post-deployment*
During this period, spouses may report a loss of sense independence. There may be resentment at having been "abandoned" for a specific period during deployment. Spouses may consider themselves to be the true heroes (watching the house, children, taking care of the bills), while the soldiers cared only for themselves.
The subtheme emerged during an interview with a married participant, who indicated the challenges one comes across during post-deployment. Indicating how overwhelming it could be time to time. The response from the study's participant:

When a spouse is being deployed some of the household chores am unable to do them because they require him specifically. Like me, he has a car and am unable to drive which is my challenge (Participant 2).

Remaining spouses do come across challenges and some of the challenges do require the deployed spouse to either do them or be present. This can lead to frustration to the remaining spouse. At least one study by Zeff et al., (1997) suggest that the stay-home-parent is more likely to report distress than the deployed soldier. Spouses would also have to adapt to changes in the family structure as well. Spouses found that they were more irritable with their mates underfoot. They may desire their "own" space. Basic household chores and routines need to be renegotiated and roles played by the spouse in the marriage must be reestablished.

7.1.2 Children during post-deployment

The effects on children during post-deployment surfaced numerously amongst the participants. Children also struggle with the adjustment stage because they got used to the having one parent home to running the household while the other parent was deployed. When the deployed member returns home maybe a bitter-sweet experience because the family routines must change back in order to accommodate the returning soldier into the family system. For example, driving the car, making the household decisions and no relying on the children for assistance.

The study's participants Reponses in relations to the effects of post-deployment on children in the family:

They enjoy that very much sometimes if am lazy to cook, I would order out take-aways. My husband enjoys soft porridge (Pap) and daily so the children tend to ask when their father leaving because the take-aways are limited when his home as compared to when his away (Participant 2).

Reunion with the children can also be challenging. Their feelings tend to depend on their age and understanding of why the soldier was gone or deployed. Babies less than 1 year does not know the soldier and cry when held.

However, it is probably best for the soldier to not try making changes right away but take time to renegotiating family rules and norms. Not heeding to this statement, the soldier is at risk of invalidating the efforts of his/ her mate or spouse and alienating the children in the process. Soldiers may sometimes feel hurt in response to the lukewarm reception from the children. Clearly going slow and letting the child(ren) set the pace, becomes a long way towards a successful reunion.

Studies shown that children who are aged (1-3 years) may be slow to warm up to the returning member, preschoolers aged (3-6 years) may feel guilty and scared over the separation, school age children (6-12 years) may want a lot of attention and lastly teenagers (13-18 years) may be moody and may not appear to care about the deployment of the parent. In addition, children are often loyal to the remaining parent and sometimes do not respond to discipline from the returning soldier. Some children may display a significant anxiety which is triggered by the possibility of the separation of the soldier. In addition, the soldier may not approve the privileges granted to the children by the remaining or non-deployed parent in the household. The following participant's response correlate with the above

You have told your mind; it must start in the mind and the mind that "now you are alone" afterwards we adjust and that am the only one left behind. You let the children know that now you are alone, and you get used to it. Like our first-born is 5 years. You would see the youngest son take a picture of his father and you can tell he misses his father (Participant 1).

Post-deployment is probably the most important stage for the soldier and spouse as well as the children. Patient communication, going slow, lowering expectations, and

taking time to get to know each other again was critical to task a successful reintegration of the soldier back into the family. Counseling may be required in the event that the soldier maybe injured or returns as a stress casualty. Although a difficult as well as a joyful stage, many military families reported that their relationships become much stronger as a result.

7.2 Resilience

It is important for not only the deployed member to have strong resilience during deployment, but it spills over to the family as well. This enables both the family to cope well during deployment and be able to overcome any challenges that may be brought by deployment. Resilience plays an important role in all phases of deployment. Resilience mitigates, stress and improves adjustment to deployment by children and families. Families that function most effectively are active, optimistic, self-reliant, and flexible (Jensen & Shaw, 1996; Wiens & Boss, 2006). Families that function well find meaning in military life and identify with the work of their uniformed family member (Hammer, Marchant & Medway, 1987). Family preparedness for deployment as well as a community and social support lead to better adjustment (Wiens & Boss, 2006).

The emergence of this theme came about during interviews of participants. Showing how families became resilience during deployment, keeping the faith alive that their deployed loved one would return ad knowing the nature of the job description during deployment. The participants responses pertaining resilience during deployment:

So far so good we haven't come across any challenges and we don't experience any challenges during the deployment mission (Participant 1)

It is important for not only the deployed member to have strong resilience during deployment, but it spills over to the family as well. This enables both the family to cope well during deployment and be able to overcome any challenges that may be brought by deployment. The survival and adjustment of the military family involved in deployment depends on the individual's resilience (Ntshota, 2002). Individuals who

could identify both internal and external resilience sources were found to be living a stable life despite the circumstances, as compared to the rest (Ntshota, 2002). Most families relied on external resources, for example, friends, family, church, and street committees. It was noticeable, however, that most individual who relied on the organisation's resources, especially social worker services, while a few were utilising the social work service during deployment (Ntshota, 2002).

Families that have a history of poor adapting skills are at risk. It is mentioned by Blount et al (1992), for instance, the families with poor pre-deployment attitudes, family conflicts, dysfunctional family relationship and poor communication are at risk. However, families and individuals that can adapt well have more opportunity to pass through separation and reunion without severe dysfunction (Blos, 1967). The statement correlates with the *Participant 2* responses below.

There were not many challenges such as money we hardly fought about money (Participant 2)

Military deployment is a stressor that has the potential to facilitate growth (resilience) or cause crisis in the family regarding interpersonal relations and family functioning (Ungar, 2012). Military families, like all families, vary in the degree to which they seek social support, with some feeling more comfortable sharing their internal family difficulties with others outside the immediate family (Riggs & Riggs, 2011). Riggs and Riggs (2011) noted that the importance of clear boundaries for families that simultaneously maintain cohesion within the family but are also flexible enough to allow the family to avail themselves of support and resources outside the family. It has been noticed by the researcher that members resilience is often determined by the individual's skills and experiences.

This was influenced by the member's ability to utilise internal and external resources. Includes, social support (military, a family, community and religious etc.), resistance resources (economic, independence of spouses, flexibility, and family communication)

and organisation. Professional help and the resources can play a major role in minimising the damaging impact of separation. In fact, separation can provide and opportunity of dealing with unresolved early libidinal conflicts (Blos, 1967). The focus makes one and one's family stronger and enable the military family to cope well during deployment and difficulties (Van Breda, 1996). "Resilience is the continuing growth and articulation of capacities, knowledge, insight and virtues derived through meeting the demands and challenges of one's world"(Saleebey, 1997).

Family resilience determines the extent to which the family is able to deal with the deployment related challenges and stressors. Depending on the extent and nature of resilience, some families are better able to cope with deployment than others. As a result, deployment brings about change, separation, and loneliness (Pitse, 2009). Obviously, not all military families are affected negatively by deployment. And of those families that may have been affected negatively by deployment, somehow may show evidence of resilience, and ultimately recover (Pitse, 2009).

It is unclear what factors differentiate those families that ultimately recover after an initial stress of deployment recedes and within the families maintaining a negative risk in trajectory in post-deployment (Pitse, 2009). Deriviated from family resilience theories, they suggested that certain family resources are key to being ready and resilient in the face of stress (Trail et al., 2015). For most parts, these family factors can be thought of as protective, although some may actually put families at higher risk for negative outcome (Trail et al., 2015).

These risk factors may signal that a family has a few available resources with which to address future stress, making more vulnerable to negative outcome (Trail et al., 2015). For military families in particular, participation in deployment preparation activities such as making financial preparations and talking to a spouse and children about upcoming deployment, may help to provide a signal of who is more (or less) likely to navigate a deployment successfully (Troxe et al., 2012). The actual, active, problem-focused preparation, such as the activities mentioned above, may be important than perceived readiness (Dimiceli et al., 2010). These preparations is normally done during pre-deployment and help protect during actual and after deployment.

7.3 Conclusion

This chapter looked specifically on the post-deployment stage in the military family and how the families were resilient throughout the deployment period. It drew on the views of the lived experiences of the military families during deployment and immersed their views with literature to support their arguments.

CHAPTER 8

CONCLUSION, LIMITATION AND RECOMMENDATION OF THE STUDY

8.1 CONCLUSION TO THE STUDY

Military deployment does not have dire effects on the family system, as indicated by the study's participants. Most participant stated that they carried on normally with the absence of the deployed military personnel. Children in the military families were not affected as anticipated but drew strength and support from within the family. They become affected when the single parent becomes overwhelmed with the multiple roles they may take up and this can result into children not receiving adequate time or attention from the stay-at-home parent. This can also cause a strain in the relationship between the remaining parent and the children in the household resulting into anger, ressentiment or depression.

During deployment the study uncovered how social and professional support helped the family and deployed military personnel. Social supported offered by extended family or churches helped comfort and assisted in bridging the gap left by the military personnel during the deployment mission. Professional help was offered by the military institution to the remaining family members and was put in place to help families who may be experiencing any form of challenges posed by military deployment.

The study uncovered that preservation of communication during deployment was a vital element in maintaining relationships with family back home. The study found that the use of social platforms such as WhatsApp was on the rise especially, amongst young soldiers. These young soldiers were moving away from cellphone voice calls to a cheaper and more effective mode of communication. This mode of communication offered a wide range of communicative angles, such as video calling, sending of pictures and social chats which could be exchanged between the deployed soldier and their families in order to be updated while on the deployment mission.

The beneficial aspect of military deployment was noted by the study that deployment brought a lot of financial benefits to all the participants of the study. All military families mentioned that they largely benefitted from the deployment mission of a member.

There is a clear indication that for military personnel to undergo deployment, they are persuaded by the incentive offered after deployment.

The soldier's re-adjustment back into the family, chores and lived experiences for many families was not easy as expected. Married military personnel took longer to readjust into the family. Post deployment was seen to be a difficult task not only for the deployed members but the family as well. The re-introducing of roles was challenging and participants showed it was an overnight process to complete.

Resilience in most of the military families was evident. The ability to be resilience during deployment did not help the family overcome stressors and challenges, but also put the deployed member at ease as well. Family resilience also helped the military families to shift roles during deployment and adjusted back when the deployed member turned home. As mentioned previously, communication plays a vital role during deployment and promotes family resilience too. Its clear that most military families are aware and informed about the deployment mission the military personnel would undergo. Making it easy for the family to adjust and make provisions to temporary fill the gap of the deployed military personnel in the family. Leading to changing of roles in the household to maintain stability during deployment missions.

8.2 LIMITATIONS OF THE STUDY

One of the major limitations of the study was getting relevant participant for the study and to get the participant to freely open-up about their experiences and challenges of deployment. The second limitation was getting entry into the military institution because the institution is a close-knit organisation. The third limitation was the relationship the researcher had with the participant- it was too formal for the participant to open-up and the environment where the interviewed was too formal as well. Lastly the limitation was not getting the required number of participants to take part of the study as initially anticipated. The study's ecological perspective and family system perspective was relevant for the early phases of the study, it was proven to be idle in unpacking the impacts of deployment on the nuclear families.

8.3 RECOMMENDATIONS

Based on the findings of the study, the following are recommended by the researcher:

- **The study's methodology can be altered**

The current study's methodology can be altered and be able to contract data from a different research methodology.

- **Future research can be done on the current study**

More research can be done on the impact of deployment on the nuclear families to expand more o the existing knowledge and to better understand the phenomena in depth.

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APPENDIX A: FAMILY INTERVIEW SCHEDULE

1. Has there been any member of your family being deployed outside the country by the South African Defense Forces (SANDF)?

2. Can you recall the country where your spouse (or father) was deployed?

3. Can you explain how the deployment of a family member to a foreign mission affected your family?

4. How has the family managed without the missing member who is or was deployed?

5. How has the family managed without the missing member who has been deployed elsewhere in the continent?

6. What challenges have you experienced due to the absence of a family member?

7. How do the children cope and go about their lives without a deployed parent?

8. What are the problems that deployed members face when they reunite with their families?

9. Are there any effects that deployed members have after they return home?

10. Which family members are affected the most during deployment?

11. What are the signs of the effects on these members?

12. What is it that the family has done to deal with some of the problems /challenges posed by the deployment of a family member?

APPENDIX B: PEAKANYO YA POLEDIšANO

1. A go ile gwa ba le yo mongwe wa lapa leno a ilego a romelwa bosholeng bja lekgotla la tšhireletšo ya Afrika –Borwa, ka ntle ga naga ye?

2. O ka gopola ye molekane wag ago (goba papago) a ilego a rongwa?

3. O ka hlalosa ka mokgwa wo go rongwa bosholeng bjo go ailego ka gona go ba lapa la gago?

4. Ba lap aba ile ba kgona bjang ntle le leloko leo le timetšego leo le romilwego bosholeng?

5. Ba lap aba kgonne bjang ntle le leloko leo le romilwego bosholeng ka gare ga khontinente?

6. Ke ditlhotlo tšefe tšeo ba lap aba itemogetšego tšona ka morago ga go se be gona ga leloko la lapa?

7. Bana ba kgona bjang le go tšwela pele ka maphelo a bona ntle le batswadi bao ba rometšwego bosholeng?

8. Ke mathata afe ao maloko ao a rometšwego bosholeng a kopanago le on age ba kopana le ba malapa a bona?

9. Ke ditlamorago tše dife tšeo maleloko a kopanago le tšona ge ba boela gae?

10. Ke maloko afe a lapa ao a amegago kudu morago ga go romelwa ntle bosholeng?

11. Ke dika tše dife tšeo di amgago go maleloko ao?

12. Ke eng seo ba lapa ba se dirilego go lwantšhana le mathata/ ditlhotlo tšeo di lego mabapi le go romelwa bosholeng ga leloko la lapa?

APPENDIX C: CONSENT FORM

I_____ voluntarily participate in the project about: **An exploration of the impacts of military deployment on nuclear families of military members of the South African National Defense Forces (Army).** Please read the information below and sign if you would like to participate.

Participation in the study is completely voluntary. If you decide not to participate there will be no negative consequences. Be aware that if you decide to participate, you may stop participating at any time and you may decide not to answer any specific questions. You will be asked questions based on the impacts of military deployment on the nuclear family.

PARTICIPANT

By signing this from I agree that I have read and understand the information above and freely give my consent to participate in this project.

Signature of Participant…………………………….   Date …………………………….

Signature of Witness……………………………..   Date……………………………..

Signature of Researcher……………………………   Date……………………………..

APPENDIX D: EDITING CERTIFICATE

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TO WHOM IT MAY CONCERN

This editing certificate verifies that this Academic research was professionally edited for M

Bridgette Mashatola. Thus, it is meant to acknowledge that I, Mrs. K.L Malatji and Dr. E

professional Editors under a registered company RightMove Multimedia, have meticulously e

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Title of the Dissertation: "AN EXPLORATION OF THE IMPACTS OF MILITARY DEPLOYMENT OI
NUCLEAR FAMILIES OF MILITARY MEMBERS OF THE SOUTH AFRICAN NATIONAL DEFENCE FO
(ARMY) IN THE CAPRICORN DISTRICT, LIMPOPO PROVINCE".

Sincerely,

Mrs. K. L Malatji & Dr. E.J Malatji