

Historical foundations of military psychology

Philemon A. Agashua

Department of Psychology
Nigerian Defence Academy, Kaduna
Email: philagash@gmail.com

Abstract

Although the history of formalized military psychology is only a recent development, it is particularly rich in both scope and context. Its impact pervades the practice of psychology in the western world and in the United States. Having evolved from very limited participation, military psychology has rapidly become an indispensable asset in combat readiness and policy development amongst the major world powers. This article traces the development of the profession of military psychology and the various roles of military psychologists since World War I. The developments that have grown out of the various wars and needs of the military have directly affected the practice of psychology worldwide, particularly in the areas of combat readiness, psychological operations, support for war efforts, improving services for personnel and their families. The applications of the science of military psychology in the Nigerian Armed Forces are discussed.

Keywords: Military Psychology, Combat Readiness, Operational Psychology and Psychological Warfare.

INTRODUCTION

Military profession all over the world is principally concerned with the management of violence. Violence or war is man-made, and modern warfare is fought by men with unique skills, abilities and inclinations using a great variety of sophisticated machines. Without men, the machines are useless. Also, without the special skills and abilities of men for operating the machines and for performing all the complex tasks of warfare, the armed forces would be helpless. In other words, the military, in a very serious and specific manner, need to take account of human nature in order to understand how and why man fights, why he creates sophisticated weaponry and why wars are won and lost. The artifacts of culture, the economic, the technological, and political are all critical inputs, but the study of man and his behavior is the key to understanding warfare.

An eminent British military theorist and historian, Captain Sir Basil Liddle Hart was quoted to have said:

The more I study war, the more I come to feel that the causes of war are fundamentally psychological rather than political... Until we understand war in the fullest sense which involves an understanding of men in war, among other elements, it seems to me that we have no more prospects of preventing war than the savage has of preventing plague (Walters, 1968).

On the other hand, a famous military theorist, General Sir Peter Hunt was also quoted by Watson (1980) to have stated: “Man and his behaviour has always been the most important factor in war, science, system and technology notwithstanding, and so surely it must be in peace-time”.

The military, in so far as they seek to use men for purposes of making war, have to take into account all the psychological functions as well as understand their possibilities and limitations in order to make the most of the available human resources. To understand the basic nature of war and military operations, therefore, the military must as a priority, employ the science of human behaviour which in essence, provides a device to locate the cause of war producing tensions and to help eventually alleviate war as a social problem.

Conceptual Definitions of Military Psychology

Boring (1945) has dispelled some common misconceptions about Military Psychology by stating that: “Military Psychology is not merely a special body of knowledge for which a soldier can draw a collection of tricks that he may apply in order to deal more successfully with his comrades, with the men he commands, and with the enemy. It is not just a source from which a soldier can obtain certain isolated scientific findings that may help him improve the technique of warfare. Rather, military psychology is a science, the established

principles of which are as basic to war as leadership, tactics, strategy and logistics". Military Psychology is a specialized subfield of psychology that has impacted positively on the development and management of warfare in all its ramifications. As a multifaceted sub-discipline of psychology the definitions of military psychology reflect the context in which psychologists operate. Driskell and Olmstead (1989) described the field of Military Psychology as being "defined neither by a common set of techniques (as is experimental psychology) nor by a common set of problems (as is developmental psychology) but rather by the area of the context of application – the Military". In common parlance, military psychology is simply psychology applied to military situations. From the above definition, military psychology can be referred to as a microcosm which embraces all psychology disciplines and which affects all aspects of military setting, and consequently offers opportunities to psychologists who wish to spend their career or part of it in a military uniform.

Mangelsdorff and Gal (1991) defined Military Psychology as an area of the study and application of psychological principles and methods to the military environment; while Kennedy and Zillmer (2006) defined it as the science and application of human behaviour as it relates to the military.

In recent document on "Psychology for

IAS: Military Psychology,"Shekhar (2012) described Military Psychology as the research, design and application of psychological theories and experimentation data towards understanding, predicting and countering behaviours either in friendly or enemy forces or civilian population that may be undesirable, threatening or potentially dangerous to the conduct of military operations. Similarly, Military Psychology is defined as the application of research techniques and principles of psychology to the resolution of problems, which either optimize the behavioural capabilities to conduct war or protracted indirect conflict and to prevent the possibility of war from occurring by employing psychological means to reduce war-producing tensions (Aja, 1990).

Military Psychology is applied towards counseling and treatment of stress, fatigue and psychological trauma of personnel or their families as a result of military operations. Another use of Military Psychology is in the interrogation of prisoners who may provide information that would enhance outcomes of friendly military operations, or reduce friendly casualties.

Definition of Operational Psychology

Operational psychology as a new sub-discipline of Military Psychology is defined as "the actions by Military Psychologists that support the employment and/or sustainment of military forces (in particular,

military commanders) to attain strategic goals in a theatre of war or theatre of operations by leveraging and applying their psychological expertise in helping to identify enemy capabilities, personalities, and intentions, facilitating and supporting intelligence operations; designing and implementing assessment and selection programs in support of special populations and high-risk missions; and providing an operationally focused level of mental health support” (Kennedy & Zillmer, 2006).

The use of psychological principles and skills by psychologists and behavioural scientists in such arenas as military, intelligence, and law enforcement provides great assistance to a military commander's decision-making as it pertains to conducting combat and / or related operations. Examples of such applications include the development of counterinsurgency strategy through human profiling, interrogation and detention support, information, psychological operations, and the selection of personnel for special mission units.

Scope of Military Psychology

The goal and mission of Military Psychologists have been retained over the years varying with the focus and strength of intensity of research put forth into each sector. Military Psychology has an expansive scope which incorporates all areas of human activities as well as the natural and environmental conditions

associated with warfare. As a microcosm of all psychology disciplines, the major activities of interest to psychologists and other behavioural scientists span through selection, classification and assignment of personnel for general and special duties, measurement of troop morale and assimilation into the military, assessment of emotional instability and fitness for duty, development of special trade tests to assess skills such as combat leadership and flying aptitude, military leadership, effects of environmental factors on human performance, military simulation (human factors, man-machine systems or engineering psychology), clinical applications of Military Psychology, consultative / organizational psychology, manpower management and decision-making support, training and education, operational psychology (psychological warfare and propaganda, interrogation techniques), military intelligence, survival training, psychology of peacekeeping missions, weapons of mass destruction, Terrorist psychology, training in counter-insurgency, Hostage negotiation, Disaster response, Prisoners of war, Women's role in the military, and a variety of other military problems and fields.

History of Psychological Warfare

The use of psychological techniques to prosecute war had existed since antiquity. There is evidence to suggest that the ancient Greeks employed psychological warfare in the modern sense of the word during the

Greek-Persian war, applied what would now be termed psychological warfare against the Persians and their Ionian and Carian allies. As the Persian forces advanced, Themistocles ordered his fastest ships to sail stopping at possible watering places along the coast. At each watering place, the Greeks, inscribed in the rocks:

“Fight not against your own fathers but come over to the Greek side. If you cannot do this, then we pray you, stand aloof from the contest yourselves and persuade the Carians to do likewise. If neither of these things is possible and you are hindered, by a force too strong to resist, from venturing upon desertion, at least when we come to blows, fight back-wardly” (Account from US Army sources; Walters, 1968:22)

The objective of the propaganda message was two-fold: either Xerxes (the Persian leader) would not discover the inscriptions, in which case, they might bring over the Ionians to the side of the Greeks or they would be reported to him and made a ground of accusation against the Ionians, who would there-upon be distrusted and not allowed to take part in the seas fight.

Perhaps one of the earliest examples of psychological warfare was attributed to Alexander the Great of Macedonia, who conquered most of the known world during his reign. Alexander used the technique of

deception to ward-off the opposing force from following him. As his forces withdrew during the night they left behind several oversized armour breastplates and helmets that would fit “giants”, men 7 to 8 feet tall. The oversized armour coupled with the stories they had heard from travelers of the savagery of Alexander's army caused enough doubt and fear that the opposing force chose not to pursue Alexander's army (AIRBORNE, 2005).

Long before psychological methods came into use, successful military commanders and senior non-commissioned officers have had to make judgments on the aptitudes of men to use machines. The very fact that such executives were successful indicated that their judgment was right more often than wrong. Although generally the use of scientific method increases the percentage of correct judgments, and the effect is susceptible to measurement. Even so, the observed increase is not the principal advantage. Men who are successful in making judgments about human beings are few and far between, their methods die with them. On the other hand, use of scientific methods can be extended to many more men and does not die with any of them (Aja, 1990).

In tracing the history of military psychology, it is pertinent to note that theoretical concepts of military psychology in different countries are determined by their dependence on prevailing ideology

and philosophical as well as psychological views. However, some problems are common to military psychology in all countries.

Advances of Military Psychology in World War I

Military Psychology formally emerged on April 16, 1917, after America announced its decision to join the World War I. Then eminent psychologists meeting under the auspices of the American Psychological Association (APA), headed by its President, Robert Yerkes, decided to help the war effort by using the science of psychology to screen and clarify the great number of men that had been mobilized to join the army for the war. Yerkes wrote in 1917, "it is obviously desirable that the psychologists of the country act together in interest of the defense. Our knowledge and our methods are of importance to the military affairs of this country and it is our duty to work together to maximize the effective work aimed at increasing the efficiency of our army and navy" (Yerkes, 1917).

Among the committee of notable psychologists and statisticians who contributed to the war effort were James Mckeen Cattell, G. Stanley Hall, Wdward L. Thorndike, John B. Watson, Louis Thurstone, and Arthur Otis (Driskell & Olmstead, 1989). Their charter was to determine how psychology could help the war effort. The committee recommended that "psychologists volunteer for and be

assigned to the work in which their service will be of the greatest use to the nation" (Yerkes, 1917).

The areas of psychological activities that gave great impetus for the recognition of psychology as a respected field are summarized by Walters (1968: 33-5) and others as follows:

- i. The Psychological Committee on classification of personnel in the Army developed and introduced into the Army, methods of classifying and assigning enlisted men in accordance with occupational and educational qualifications. The committee also developed methods of rating officers for appointment and promotion.
- ii. For the division of Military Aeronautics, psychologists explored for the first time the effects of a new military environment, that of flying. Studies were also completed on the most effective methods for selecting aviation personnel who are most likely to successfully complete training and avoid aviation accidents (Driskell & Olmstead, 1989). Early work showed that the best candidates possessed high levels of intelligence, emotional stability (i.e., low levels of excitability, perception of tilt, and mental alertness (Koonce, 1984).
- iii. For the Division of Military Intelligence, psychological methods were devised or adapted to assist in the selection, placement and effective

- training of scouts and observers.
- iv. Psychological problems inherent in the use of gas masks were analysed which resulted in an improved version of the mask.
 - v. Psychological problems analysed for the Navy included the proper selection, placement, and training of gunners, listeners and look-outs.
 - vi. The first appropriate intervention for combat stress (i.e. shell-shock) was recognized, with each intervention programme used to redress psychological imbalance. First organized uses of chemical warfare, mustard gas was identified (Harris, 2005). This gave rise to observations of "gas hysteria" and the recognition of a psychological response to threats of this nature (Kennedy & Zillmer, 2006:5).
 - vii. The psychological testing programme developed the Army Alpha Test to be administered on literate persons, while the Army Beta Test was for illiterate persons. These tests were to measure learning ability and aptitudes of potential army personnel. These and other tests were administered to over one and a half million men in the armed forces. This was the largest and most profitable group measurement programme that had been undertaken to this point in the field of psychometrics and applied psychology. These tasks are still in use today but have undergone

some modification to some extent. The committee on testing programme worked tirelessly to develop different types of test including trade tests, aptitude tests, non-language test. These tests tried to ensure that the available human resources produced the best performance in the military services.

Thus psychologists then, often laboring under less than optimum conditions were important to the winning strategy. They materially assisted in the preparation of men for service, particularly in the areas of selection, classification and training for combat readiness and effectiveness. Yerkes was commissioned a major in the U.S. Army Medical Service Corps, and by January 1918, about 132 officers were commissioned for work in the Division of Psychology, Office of the Surgeon General (Zeidner & Drucker, 1988)

Advances of Military Psychology in World War II

The advent of World War II brought great impetus to what is now considered modern military psychology. Apart from witnessing the influx of psychologists in the defense departments, the Second World War exposed the broader scope problems that military psychology was yet to come to grasp with, more-so, because military psychology was yet to develop its own research facilities. In the United Kingdom, the growth of military psychology was

marked by the development of the first Human Engineering Laboratory at Aberdeen and a Human Research Office, both in 1951 (Chapanis, 1959; Watson, 1980). The Army Scientific Advisory Panel recommended the acceptance and integration of Military Psychological research as part of its research and development activity. These laboratory and research efforts marked the introduction of TRAINFIRE, a method of teaching combat rifle firing in a simulated environment, that is designed to look exactly like the real combat situation. Such simulations were sometimes better than other researches in that, there is better control over extraneous variables. As a result of such efforts, training courses were developed for infantry, squad, and land navigators. Training devices for armour and low aptitude individuals were also considered. Thus, training in the military received a grater boost and a whole new focus, as a result of these discoveries.

World War II also, ushered in an era of substantial growth for the psychological field, centering around four major areas: testing for individual abilities, applied social psychology, instruction and training, and clinical psychology. The impetus of growth in above areas is summarized as follows:

i.) Between 1944 and 1946, American Psychological Association (APA) underwent reorganization and a new Department 19, the Department of

Military Psychology, appeared. This gave rise to expansion of activities in the field of psychology.

ii.) Boring (1945) published a comprehensive text on the application of psychology to the Military, addressing such topics as adjustment to combat, personnel selection, morale, sexuality, and psychological warfare. He also outlined seven fields of the “Psychological business of the Army and Navy” (Observation, performance, selection, training, personal adjustment, social relations, and opinion and propaganda, p3). A book was also published on the application of psychological principles to enhance performance during the war (National Research Council, 1943).

iii.) The Office of Strategic Service (OSS, now the Central Intelligence Agency) was developed, along with the first psychological selection program for individuals seeking positions as OSS operatives in espionage, counterespionage, and propaganda (Banks, 1995; OSS Assessment Staff, 1948).

iv.) Notable psychologists were employed including B. F. Skinner, who trained pigeons to guide missiles to targets prior to the existence of electronic guidance systems (Gilgen, 1982). However, Skinner did not deploy his trained pigeons because,

- as the bombing were essentially suicide missions for the birds, there was moral objection.
- v.) Army General Classification Test was developed to measure aptitude of recruits and select men for specialist duties. Administered to over 12 million men for classification purposes.
 - vi.) Army started using MMPI for screening and selection in 1943.
 - vii.) Publication of articles on Malingering as a major problem in the Military; also top five mental health diagnostic categories were – neurosis, personality disorder, alcoholism, epilepsy, and insanity (Stearns & Schwab, 1943). Rehabilitation of head injury emerged on a large scale (Boake, 1989).
 - viii.) Development of the Army Air Force Aviation Program in 1941 (Driskell & Olmstead, 1989). Air Force became a separate branch of the Military in 1947, with development of industrial psychological research in the service.
 - ix.) Clinical Military Psychology internship programs were established in 1946 with enrolment of 200 interns as researchers, assessment experts and mental health practitioners, within the U. S. Veterans Administration System.

In Russia, the rapid growth of military psychology during the Great Patriotic War

of 1941 – 1945 was due to particular goals, which were set before psychologists: to strengthen the morale of soldiers, to raise their fighting spirit, functions lost after the injury etc. These issues were solved by such leading Soviet psychologists as B.G. Ananjev, P. J. Galperin, S. G. Gellershtein, T. I. Ginevskaya, A. V. Zaporozhets, A. N. Leontjev, A.R. Lurija, S.G. Rubinshteineetc (Zinchenko, Verashka & Leonov, 2011).

Advances in Psychological Warfare

Psychological warfare (Psywar) or Psychological operations (Psyops) may be broadly defined as “the planned use of communications to influence human attitudes and behaviour... to create in target groups behaviour, emotions and attitudes that support the attainment of national objectives” (AIRBORNE, 2005). The form of communication can be as simple as spreading information covertly by word of mouth or through any means of multimedia, such as audio visual (television), audio media (radio or loudspeaker), visual media (leaflets, newspapers, books, magazines and posters, telephone, internet etc). The weapon is not how it is sent, but the message it carries and how that message affects the recipient.

Psywar or Psyop is also referred to as one of the oldest weapons in the arsenal of man and a proven winner in combat and peacetime. It is an important force protector, a combat multiplier, and a non-lethal weapons system.

Although Psychological Operations such as combat propaganda were used extensively by all sides during World War I and II, the best and innovative use of psychological warfare was attributed to a radio broadcast by the BBC during the period May through September, 1940, when the German invasion of England seemed imminent. The message and rumours of burning of German forces in the English Channel were so well planned that to this day, many Germans still believe them. Documents found after the war confirmed that the German High Command believed that the British had a workable plan to set fire to the English Channel. Apart from radio broadcasts, there were leafleting operations carried out by the allied forces, whereby such things as safe conduct passes were dropped by the million from aircraft. For example, in the first 30 months of the Second World War, the British dropped about 250 million leaflets over Germany and the occupied territories. Such propaganda exercises as building bridges and installing plumbing have also been well documented in contemporary news clippings as part of efforts by the military at influencing the "heart minds" of potential adversaries (Watson, 1980; Walters, 1968)

However, despite British dominance in the general field of propaganda, a need existed for additional combat propaganda, the type of psychological warfare conducted at the front lines. It was recognized that the combat effectiveness of the Germans could

be reduced by psychologically exploiting their vulnerabilities, and a psychological section was set up. This section was not only effective in lowering the morale of the German army, but it made a lasting impact on the German High Command. Thus, the Germans, while largely on the receiving end of the allied forces psychological warfare effort, learned their lesson well and by World War II were ready to employ their own Psyop strategy in the early stages of the war, with critical effects against the allies. The strategy that turned the tide of the war in favour of the Allies was in the form of trained, motivated, and effectively led fighting forces.

The Israelis are generally sophisticated in the use of Psyop for military purposes, and several of their techniques are designed either to survey public morale or actually to maintain approval for the war effort. During the Yom Kippur war of 1973, Louis Guttman and Colleagues at the Hebrew University in Jerusalem presented the Government with a scheme for monitoring Israeli public opinion. Watson (1980), reported that even in peacetime, a continuing survey is mounted every week. Moreover, the system is ready to be adapted at a moment's notice to a daily service should war ever break out.

In Russia, the very survival of the Soviet Union was due in large part to Stalin's ability to appeal to and mobilize the emotional patriotism of the people during

World War II. The two Russian institutions with the deepest roots in the past, the Army and the church were cultivated by Stalin's propagandists as never before in Soviet history. The historic accomplishments of Russian armies were glorified. The church hierarchy and class distinctions were returned to pre-revolution standards. Even the official newspaper "PRAVDA" dropped its Marxist motto, "WORKERS OF THE WORLD, UNITE", and substituted the openly nationalistic slogan, "DEATH TO THE GERMAN INVADER." The ensuing struggle became as is still officially known in Soviet history as "The Great Patriotic War".

In USA, Watson (1980) described the US 4th Psyop Group as the most sophisticated in the world, which also specialized in the Middle East, Africa, and South America. The group had over the years prepared psychological warfare guides on countries, groups and individuals in the following areas:

- i.) Prestigious persons
- ii.) Common gifts used by people to get to know each other
- iii.) Attitude to leaders
- iv.) Leaders opinions
- v.) Waste and disposal patterns
- vi.) Well-known people or groups who are 'marginal' in some way i.e. belong to a racial, religious minority, or who are perhaps physically deformed.
- vii.) Analysis of crime rate
- viii.) Descriptions of local religions,

taboos, etc

- ix.) Accounts of ethnic rivalries

These psychological profiles of countries are updated from time to time, that of Nigeria, Congo and Ethiopia were prepared since 1967. There are also world-wide list of propitious and non-propitious dates available at the Pentagon to enable the military to time the bombing campaigns to coincide with propitious days, thus confirming the forecast of local gods. The US 4th Psyop Group had perfected in the use of music in psychological operations. Watson (1980) reported the development of equipment by psychologists using low-lying clouds as a screen off which to bounce huge propaganda shows. Tape recordings of primitive gods have been prepared, to be played from helicopters to frighten tribes and keep them in their villages – a sophisticated form of population control. Details of cultural 'weaknesses' as prostitutes, pick-pockets and fraudsters in several countries are now on files at centres in the United States, Germany, India and the far East to be used as tools for creating dissention in a potential enemy country should the need arise.

Recent advances in psychological warfare suggest that the ability to manage and change the perceptions of a targeted audience is considered the fourth instrument of power available to a state, the other three being the diplomatic, the economic and the military powers (Raman,

1999). Thus, States not having the required capability for perception management and for countering the perception management capabilities of not only other states, but also posing a threat to their national security and economic well-being, tend to become vulnerable to external forces seeking to undermine the moral and culture of their people and the authority of their governments. A realization of above facts poses special challenges to both the State and its Armed Forces to mobilize military psychologists and other behavioural scientists in tackling these challenges.

Further Advances in Military Psychology

The present day military psychology is able to render a whole range of services to the military and defence organizations. Some of the services offered are as follows (Driskell & Olmstead, 1989; Mangelsdorff, 1991; Richardson, 1978):

- I.) Developing effective operational use of new weapons management systems.
- ii.) Tackling human factors in military science i.e. undertaking system designs that are presently adopted in surveillance system, command and control systems, air defence system, and logistics issues.
- iii.) Designing programmes to improve the quality of life in the military i.e. with a focus on the soldier's ability to resolve problems of morale and discipline, social change, career

planning, socialization, adjustment to military life, interpersonal relationships, racial tension etc.

- iv.) Job Analysis and specification i.e. analysis of requisite skills for any particular job and assessment of job performance and proficiency.
- v.) Designing of training programmes based on the determination of the training objectives, and to make group and unit training more cost-effective.

The military psychologists ensure that military personnel are motivated enough, both intrinsically and extrinsically to go to battle and carry out other defence directives, by making necessary recommendations to the relevant authorities. He is able to design techniques and methods that will enhance motivation. He is also concerned with the overall socialization process of military personnel and so he can develop adjustment techniques and programmes for drug abuse control, to ensure that men and women live better adjusted lives in the military (Agashua, 2006: 134-152; Agashua, 2011).

In the area of survival, military psychologists have made a number of observations on the psychological dangers of extreme environments; pain, cold, hunger and thirst, fatigue, boredom, loneliness. Watson (1980) notes that: "... the will to survive is more than a mystic quality given to a chosen few..." survival

depends, instead on establishing specific goals, approaching them step by step, overcoming fear through knowledge, learning all the right skills and so forth.

In 1960s special attention was paid to psychological impact on the enemy by means of mass communication. It is reported that several billions of US dollars were spent in the USA on studying communication, persuasion, propaganda with active participation of social and military psychologists. A diverse array of new techniques of psychological interrogations have been developed by military psychologists, including deception, torture, increasing suggestibility, use of mind-altering drugs, good cop / bad cop routines, pride-and-ego-down, reid technique and rubber hose crypto-analysis. Some of these techniques have been criticized for being difficult to apply across cultures, eliciting false confessions from innocent people and involving outright torture.

The rapid expansion of the Armed Force during World War II also focused attention on selection, training and evaluation of leaders for the Armed Forces. By 1970, the number of psychologists in the military rose from 300 to more than tenfold. According to APA, 25 percent of psychologists with doctoral degrees were involved in the field of military psychology in the USA. There are now more psychologists employed by the US Department of Defence than any

other organization in the world. Clinical military psychologists have also been licensed for prescription privileges just like their medical counterparts in the US Military.

Applications of Military Psychology in the Nigerian Armed Forces

A general survey of the Nigerian Armed Forces revealed that, like other armed forces, it is beset with the problems of man-machine integration and many others that affected the combat readiness and productivity of its personnel (Wushishi, 1978; Imobighe, 1987; Aja, 1990; Agashua, 2006). The utilization of psychological principles and practices can address the problems of selection, classification, man-machine systems, manpower training and development, personnel welfare and administration in the armed forces. A detailed understanding of the Nigerian soldiers especially under the present rapidly changing technological, cultural, economic, and socio-political environment will enable military commanders adopt measures that would enhance the image and morale of its personnel, and thereby promote military professionalism.

In addition, each armed service will find the science of psychology relevant in the areas of performance skills, selection, training, deployment, personal adjustment, observations, social relations, opinion and propaganda. These are the crucial areas in which the psychological business of the

Army, Navy, and Air Force rest (Boring, 1945).

The continent of Africa is particularly prone to inter-state conflicts as a result of ill-defined boundaries and the influences of the super powers that are bent on securing permanent access to the resources of the affected areas. Under this situation, defence planning becomes more complex in that it ceases to be a question of what one's opponent can or cannot do, but on the wider constellation of power within the area, many of which are hardly discernible. Thus, should Nigeria find herself in such a conflict with any of her neighbours which eventually escalates into full military action, she will not be fighting such a neighbor per se but a super power with the neighbor merely acting as a surrogate. Such super power would have invariably integrated psychological warfare strategies and tactics to her military operations, with its accompanying benefits. Under such a scenario as discussed above, the need for the Nigerian Armed Forces to take similar action cannot be over-emphasized.

The presence of incessant overt and covert activities of some underground movements such as human right activists, pro-democracy groups, labour unions, and especially the current horrendous acts by the Boko Haram insurgents, had already taken their toll on the nation's economy and the lives of citizens. Since the Nigerian Armed Forces are often called upon to

participate in quelling these disturbances, they must of necessity be psychologically prepared to operate under these low-intensity conflict situations. A good understanding of human factors in insurgencies and mob action will therefore, enable the Armed Forces to employ effective psychological operations techniques in dealing with these cases of insurgencies. Already, military psychologists have been able to study the various characteristics of insurgents and develop techniques of selection and training to counter threats of insurgencies. The Nigerian Armed Forces will no doubt benefit greatly by integrating these techniques in the selection and training of personnel for special operations (Agashua, 2011).

Conclusion

Military Psychology is a vibrant field of human behavior that provides a device to locate the causes of war producing tensions and to help alleviate war as a social problem in the society. To achieve this noble objective it is necessary that the Nigerian Armed Forces and the Nigerian society at large, should embrace the science of psychology in understanding, predicting and managing men who are the agents of war and peace. The Nigerian Armed Forces on its part, need to take advantage of existing efforts in military psychology to build their services for effective mission accomplishment. To achieve the desired impact, however, an appropriate delivery

system for military psychology must be established to harness existing skills as well as attract the enlistment of qualified psychologists into the armed forces.

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