

STRESS AS ONE OF THE PSYCHOLOGICAL FOURTH-GENERATION WARFARE EFFECTS

Анотація. Стрес є дуже важливим чинником, який формує культуру, спосіб мислення, пізнання світу та людську поведінку. Він є типовим синдромом життя в ілюзії, що в світі панує спокій, хоча насправді ведуться війни. Ми гадаємо, що ведемо нормальне життя, тоді як насправді живемо в постійному страху, який викликають небезпеки (загрози) сучасного світу. Усе це разом викликає стрес як природну реакцію організму. Таким є один з психологічних наслідків воєн/конфліктів четвертого покоління. Метою статті є виявлення різних реакцій на стрес. У наслідок глобального неспокою, викликаного війнами четвертого покоління, стрес може набувати різних форм. Звідси виникають загрози як для особи (індивідуума), так і для суспільства в цілому. Ми є жертвами, однак ворог перебуває не лише назовні, але й всередині нас.

Ключові слова: стрес, війни четвертого покоління, психологічні наслідки, глобальний світ, суспільство, індивідуальне.

Annotation. Stress is a very important factor creating the modern global culture, the way of thinking, reality perception and human's behaviour. There is a typical syndrome of a delusion of the peace in the world, weil a constant war is continually. This is it – the fourth-generation warfare. We think we lead normal lives but in fact we are still frightened by the dangers of the contemporary world. That all evokes stress – the natural organism's reaction. It

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is one of the psychological effects of fourth-generation warfare. The aim of this article is to point out the different reactions on stress. Caused by discomposure typical for the global world fourth-generation warfare can take many forms – that is why is so terrifying for both: entity and society. We are all the victims – but the enemy is not just outsider but also inside of the human

Key words: *stress, fourth-generation warfare, psychological effects, global world, society, individual*

Аннотация. *Стресс является важным фактором, формирующим культуру, образ мышления, познание мира и человеческое поведение. Он является типичным синдромом жизни в иллюзии, что в мире царит спокойствие, хотя на самом деле ведутся войны. Мы думаем, что ведем нормальную жизнь, тогда как на самом деле живем в постоянном страхе, который вызывают угрозы современного мира. Все это вместе вызывает стресс как естественную реакцию организма. Таковым является одно из психологических последствий войн/конфликтов четвертого поколения. Целью статьи является выявление различных реакций на стресс. Вследствие глобального беспокойства, вызванного войнами четвертого поколения, стресс может принимать различные формы. Отсюда возникают угрозы как для индивидуумов, так и для общества в целом. Мы – жертвы, однако враг таится не только вовне, но и внутри нас.*

Ключевые слова: *стресс, войны четвертого поколения, психологические последствия, глобальный мир, общество, индивидуальное.*

Problem statement and last publications related to that problem. An internal security is one of the domains which have been awarded and have become a separate field of science recently. Does it mean that studies on this issue were not necessary? Not at all. It was a duty of individuals from appropriate state level. ‘An ordinary citizen’ did not deal with the internal security, did not think about it and did not use it especially in terms of his/her

field of study. Nowadays an internal security is quite common among young people who try to decide about their future development. Other domains related not only to protection or militarism also mentioned about an internal security. It is a theme of reflection in sociology and psychology but also in history, political sciences and pedagogy. Is it by accident or rather a sign of the times? Cases appear rarely in science.

At the end of XX century, Adam Podgórecki claimed that people are heavily exposed to changes in the modern world [9, p.212]. It is still quite trivial though not much time has passed. Everybody knows that the world rushes and everything changes fast. We got used to it because it is not so optimistic. The development is the element of a human being and shows special opportunities of human civilization. Man as an individual, the element of society and a creator of culture is described as a thinking being – only one among other living creatures. However, when he behaves too fast he is under control of his subject and become an enemy. In this way it is hard to say today about tomorrow's consequences. It seems that one of the fatal results of this situation is a common phenomenon which we want to get rid of the consciousness. It is a fourth generation war. If an internal security mentioned above becomes more and more popular during daily conversations, science conferences and discourses it means that we instinctively look for the way of dealing with a problem which we try to minimize on a daily basis and form as a TV screen. It is easier to think that any war which far away does not exist because we do not take part in it and do not experience it directly. A secret war is a military conflict which is related to our generation.

Non-contact war is one of the epithets of the modern war. It is a child progress and military development of craft, the result of new technologies, a new way of warfare. Everything automatically without inherence of people [10, p.73]. However, it does not mean that there are no victims because there are not thousands of military units. There is no war without victims. A fourth generation war shows that people die not only because of missiles and bombs

but it is also a slowly physical death caused by anxiety and fear. The chance of escape is not real. Switching off a TV makes a signal difficult to catch but it does not weaken subconsciousness where a danger is rooted. If it does not hurt literally, it destroys from the inside.

As experts emphasize, a fourth generation war goes beyond the framework defined by Prussian general and theorist of war – Carl von Clausewitz. His tractate on war is one of the most basic works in this domain. He stated clearly that a war is not only a political act but also its tool [11, p.26]. Despite his early death, Clausewitz was recognized as a great philosopher of war and a strategist. However, he did not foresee what next improved mechanisms of intellectually created military mechanism can make. Today's fourth generation war is not any of three presented types of warfare: a war between people, a war with the use of massive fire and wars of maneuvers [2]. During a fourth generation war ideas and concepts are more important than techniques. It is a sublimated and bloody game where both an intellectual and technical level are essential. Nonetheless, we have to come back to the beginning and ask a question: how does this type of war engage global society? In terms of their abilities of total destruction, the order of the world makes people responsible for an existing and global ethical order. They are in charge of possible nature reconstruction and they should play a significant role in providing conditions of survival because only people have an opportunity for ethical diagnose of the current situation and can foresee processes of complete destruction of external situation and influence on catastrophic events [8, p.215]. So, we are aware of this responsibility and fear because it is the most human reaction to crisis situations. We try to hide it. Global culture helps us forgot about a war. Unfortunately, psychological results of the fourth generation war are catastrophic and unchangeable. One of them is stress.

In this context, it is worth mentioning that this kind of stress has not been common yet. It is an information stress [7]. The access to all information is considered by global society as a privilege or just a law. Technology gains

facilitate the access to information and its speed of transmission. More and more sociologists emphasize the role of information work, knowledge as an asset [7, p.78] and information highway – ‘info-way’ [7, p.78]. Global society is not only dependent [7, p.78] but also addicted to information. If it happens, the development of tension of internal and morbid human conditions which goes to gain new information and at the same time is overloaded, will occur. It is a truth when we state that a human brain is not able to process information gaining on a daily basis. It is an aim of leaders who act in a military theatre – a fourth generation war. In this context, terrorists are a good example. They not only make people feared by attacks in cities but also millions of those who know it from media. We should take into consideration this pattern: events like these in Paris in November 2016 or in Stockholm in April 2017 become the latest news. TV channels and networks show it as news of the day and inform about it all the time. However, there is a moment when new information are gained quite slower but editors cannot stop transmitting, repeating all news. They escalate a tension although they just paraphrase information. But recipients still follow everything. It is easy to state that reactions on social networks or comments on the Internet influence the increasing tension and fear. They become anxious and distracted. American scientists pointed out that the level of stress is higher during the reading news. It is caused by mirror neurons which make that individuals’ stress is absorbed by the others. Mirror neurons were discovered in 1980/90s. They are as strong as an action of goodwill. Dorota Korenicka examines the influence of mirror neurons on goodwill [6, p.33-35]. We should also check if it is not related to stress in a global society as domino effect caused by information about other attacks connected with a fourth generation war.

Study results and their discussion. Post-traumatic stress syndrome is not only related to people directly afflicted by traumatic stimulus [1] but also those who absorb information and identify with victims what causes a fear of their life. If the initiators of events creating a fourth generation war mean that it is not only harmful to the group of people but it also paralyzes public opinion, it is an

accumulation of information and shock excitation whose results are the same as they expected. One of six elements which motivate terrorist actions concerns an appearance in society consciousness [4]. The level of each action is higher thanks to fast information transfer and it makes that aggressors feel more valuable. Terror and fear of society related to a fourth generation war are characteristic for an Age of Fear [3, p.16]. Mateusz Zajda emphasized the results such as fear of being a casual victim which paralyzes a normal life [12, p.77].

Stress is a nonphysiological change which appears in the body as a result of the aversive stimulus. H. Selye, a creator of a term 'stress', presents its three stages: an alarm reaction, resistance and exhaustion. R. Lazarus and S. Folkmann claim that stress is a special kind of exchange between an environment and an individual [5, p.269]. In terms of stress theory, this exchange gives the individual an opportunity to get used to a difficult situation and be resistant to it. If stress is a result of a fourth generation war – a conflict – an inseparable element of the life of global society, such a habit does not exist. At the same time, it is not possible to become resistant and accustomed to it. The main cause is the fact that it is a non-defined war. It differs from a typical conflict because it does not have a clearly emphasized front line and a clearly explained battlefield. This war is a fantomass phenomenon – in theory, it does not exist because every morning people go to work, bring children to school, have meetings and have fun in all places in the world. From time to time, this apparent homeostasis can be stopped by terrible and paralyzing news about a war in a global world. Tension is higher, solidarity is increasing but society quickly goes back to routine. Of course, it does not mean that life is calm. So, we have to point out an analogy in terms of baroque – after relative peace time when bloody conflicts happened and pessimism – the premonition of civilization changes – was more and more common, luxury was a form of minimization. It can be compared to modern consumerism – a desire of having lots of goods is a sign of stress, a method for minimize anxiety and danger. Homeostasis does not occur, anxiety is cumulated and the results concern civilization diseases.

In this context theories about stress presented by G. Everly and R. Rosenfeld are very adequate. They claim that stress is a psychophysiological reaction to an internal stimulus which is related to body and psychic. In extreme situation stress slows down, inhibits or stops a whole system. Among three types of stressors (daily, related to threat and challenges and the most serious caused by global disasters [5, p.269]), a fourth generation war belongs to the third one [5, p.269]. It is described as the rarest but the most serious. However, in terms of a constant military conflict of the XXI century it is not a rare stressor. It is connected with a change of a definition and features of a war. A theory of Everly and Rosenfeld distinguishes wars and conflicts in a global context but a fourth generation war is just a global disaster. In this situation, stress protection is not easy to keep. Something which seems to be a protective effect increases anxiety. It happens because a fourth generation war has no rules. Danger can appear everywhere and always and internal security service from different countries cannot catch up with the elaboration of preventive actions. A level of society consciousness in terms of terrorist attack is a good example. After events in Stockholm in April 2017, the world had a respect for Swedish citizens who take actions during attacks. Roads deserted and they tried to reduce panic. It is a result of social education whose program is not developed like in Poland. A system of internal security works too late in comparison with danger. It increases anxiety and stress – society is helpless and secluded. If a stressful reaction is chronic, it causes psychosomatic diseases. Physiological and biochemical changes go with emotions triggered by a threat.

L. Huber emphasizes that stress is an interdisciplinary term. If it lasts long, it influences the lack of immunological resources which are used by an organism just to deal with stress. Stressful events are essential results of diseases and they cause psychological stress [5, p.270].

Stress – a result of fourth generation war – is an inseparable comrade of global society because its cause is not eliminated and a problem is not solved. An organism ready for defense against stress has a time limit and it is not

possible to restore homeostasis. During such a long stress reaction an organism loses immunological reserves [5, p.270]. Destructive signs appear quickly in an immune, endocrine and nerve system. There is no human vital energy but negative factors which cause reduce the quality of life are numerous. The pace of life is higher, we have more duties and there are more and more stressful situations – it is not only a result of faster civilization development but also a result of the war. Chronic stress is an inseparable comrade of our life. Adaptive mechanisms are more difficult. Subjective reception and perception of a stressful situation turn into global sense in terms of catastrophic events. It makes difficult to find a solution for stress reduction. Stress caused by a threat of war becomes generation experience and its results are not strongly associated with personality traits, demographic features and a psychophysical condition [5, p.270]. Everybody see a dangerous situation in the same way.

The observation of typical behaviors of global society in terms of an ongoing world conflict goes to a conclusion that a common method of dealing with stress is a style emphasizing emotions. So, it is an analysis of feelings, tension, dreaming and wishful thinking. However, in reality in L. Hubers' work we can read that this behavior gives no positive solution but increases depression and is really exhausting for the whole organism. It is a situation without any solution [5, p.274]. In terms of ongoing and reasonable anxiety, it is hard to find remedies which are tried to describe and implement during the classic stressful situation. It is related to the fact that in terms of a fourth generation war the essence of conflict is not defined, the enemy is not specified and it is hard to define stressors' actions. We can even say that in this situation, a man is like a hero of antique tragedy – cursed by a tragic blame, exposed to tragic irony because his action cannot lead to an expected result. He also cannot avoid it – a stressor appears when we try to avoid it, if not as an actual event, it may be an information transferred by media which are available for us. This style was not popular among people examined by L. Huber in terms of preferred styles of dealing with stress but during a confrontation with stressors of a fourth

generation war it was chosen by global society most often but not always consciously. Displacement syndrome appears every day because we try not to think about a conflict which still exists.

Stress is a very important factor which creates modern culture, a way of thinking, the perception of reality and human behaviors. It is a typical syndrome of living in illusion – there is peace although it is a war. It is a fourth generation conflict. We think that we have a normal life but in fact, we live in anxiety because of threats of the modern world. Everything results in stress – a natural body reaction. It is also a psychological effect of a fourth generation war.

Conclusion and perspectives of further development. The aim of this article is to present different reactions to stress. Global anxiety caused by a fourth generation war makes that stress can have different forms. That is why it is dangerous for an individual and society. Everyone is a victim but the enemy is not only beyond but also inside each man.

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