ARMY SPOUSE SURVEY
DATA TO HELP THE ARMY MEET SPOUSES’ UNIQUE NEEDS

SURVEYED more than 8,500 Army spouses on common problems and their solutions

THE MOST COMMON OF 96 ISSUES facing Army spouses

56% feel stressed | overwhelmed | tired
50% their soldiers feel stressed | overwhelmed | tired
39% experience loneliness | boredom

only 5% indicated that they experienced no problems in the past year

Derived from Today's Army Spouse Survey: How Army Families Address Life's Challenges, by Thomas E. Trail, Carra S. Sims, and Margaret Tankard, RAND Corporation, RR-3224-A, 2019 (available at www.rand.org/t/RR3224). The RAND Corporation is a research organization that develops solutions to public policy challenges to help make communities throughout the world safer and more secure, healthier and more prosperous. RAND is nonprofit, nonpartisan, and committed to the public interest. To view this infographic online, visit www.rand.org/t/IG145.

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Respondents were provided with a list of 96 issues categorized into 9 problem domains. The percentage of respondents choosing each problem domain as a top two problem is as follows:

- Work-life balance: 31%
- Military practices and culture: 26%
- Own well-being: 24%
- Relationship problems: 23%
- Health care system problems: 22%
- Soldier’s well-being: 20%
- Financial or legal problems: 19%
- Household management: 14%
- Child well-being: 13%

A closer look at the top three most frequently reported problem domains:

- Work-life balance: Social support (6%) and General information (5%)
- Military practices and culture: Advice (4%) and Specific information (5%)
- Own well-being: Social support (10%), Counseling (7%), and Advice (3%)

The types of help respondents reported needing most:

- Work-life balance: Activities (9%)
- Military practices and culture: General information (19%), Specific information (19%), and Advice (4%)
- Own well-being: Social support (10%), Counseling (7%), and Advice (3%)

This is the problem-solving process explored in the survey:

Survey flow from specific issues to problem resolution:

1. Issues experienced across problem domains
2. Top problem domains
3. Needs for each top problem
4. Resources used to help meet need
5. Problem resolution or unmet needs

NOTE: Percentages have been rounded to the nearest whole number.
Most spouses reported contacting both for help.

What resources did spouses use to try to meet their needs?

71% Military and civilian resources
15% Only military resources
14% Only civilian resources

SEEKING RESOURCES

Among those who did not reach out to any resources, the most common reason for not reaching out was that they did not know whom to contact for help (32%).

Although 90% of spouses who had problems and needs reported seeking out resources for help, among those who did not reach out to any resources, the most common reason for not reaching out was that they did not know whom to contact for help (32%).

Top MILITARY RESOURCES
- Military-covered medical provider | 43%
- Military internet resources or official Army social media | 29%
- Spouse’s chain of command | 23%
- Army community service | 21%
- Military mental health care provider | 21%

Top CIVILIAN RESOURCES
- Personal networks outside the military | 52%
- Other military spouses known in person | 43%
- Nonmilitary internet resources | 35%
- Unofficial social media military networks | 28%
THE PROBLEM-SOLVING PROCESS

How meeting the needs of spouses affects their attitudes toward the military

PROBLEMS?
- no
  - 5% had no problems
- yes

WAS HELP NEEDED?
- no
  - 17% had problems but did not need anything
- yes

WERE RESOURCES USED?
- no
  - 8% had problems and needs but did not use any resources
- yes

DID RESOURCES HELP?
- no
  - 22% had unmet needs
- yes

The average attitude rating was 0; larger negative numbers reflect more-negative attitudes, while larger positive numbers reflect more-positive attitudes.

- Spouses with no problems showed the most-positive attitudes toward the military.
- Those who had problems and needed help but had unmet needs showed the least-positive attitudes toward the military.
- Nearly half surveyed reported that resources helped and all needs were met.