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2021

### 2014 Military Family Lifestyle Survey: Data Brief

Institute for Veterans and Military Families at Syracuse University

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# 2014 MILITARY FAMILY LIFESTYLE SURVEY

## TOP 5 ISSUES

## RANKED AS MOST CONCERNING

- > MILITARY PAY AND RETIREMENT BENEFIT CHANGES ARE THE TOP TWO CONCERNS FOR ALL RESPONDENTS
- > SPOUSE EMPLOYMENT, MILITARY LIFE UNCERTAINTY, AND DISABILITY BACKLOG WERE KEY ISSUES THAT VARIED BY SUBGROUP

# 6,200

## RESPONDENTS

## INCLUDING MILITARY SPOUSES SERVICE MEMBERS & VETERANS

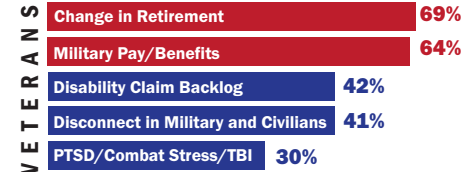
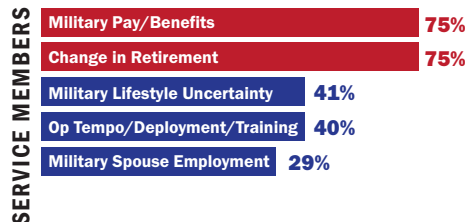
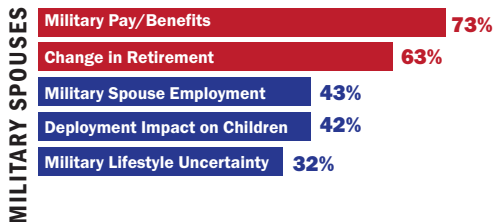
THE NATION'S SECURITY REMAINS DEPENDENT ON AN ALL-VOLUNTEER FORCE. AFTER NEARLY 13 YEARS OF CONTINUOUS WAR, THE MILITARY IS REDUCING ITS LONG-STANDING PRESENCE IN AFGHANISTAN AND SIMULTANEOUSLY DOWNSIZING. YET, CONFLICT IN IRAQ AND AFGHANISTAN CONTINUES, NEW CONFLICTS EMERGE, AND SERVICE MEMBERS REMAIN DEPLOYED ACROSS THE GLOBE.



IN COLLABORATION WITH:



The 2014 Blue Star Families Annual Lifestyle Survey was written and analyzed in collaboration with the IVMF. Funding for the Military Family Lifestyle Survey provided through the generosity of our **PRESENTING SPONSOR USAA**, and through Health Net Federal Services, UnitedHealthcare, JPMorgan Chase, and Facebook.



### MILITARY SPOUSES TOP STRESSORS ASSOCIATED WITH THE MILITARY

**69%** DEPLOYMENTS  
**51%** ISOLATION FROM FAMILY & FRIENDS

LACK OF CHILD CARE HAS IMPACTED MY ABILITY TO PURSUE EMPLOYMENT OR EDUCATION



**43%**  
 I HAVE A FULL OR PART TIME JOB

**58%** OF US WHO ARE NOT WORKING, WE WOULD LIKE TO BE EMPLOYED OUTSIDE THE HOME

OF US ARE "EXTREMELY HAPPY," "VERY HAPPY," OR "HAPPY" WITH OUR RELATIONSHIP

**80%**

### SERVICE MEMBERS WHY I JOINED... TO SERVE MY COUNTRY

**95%**

**74%** I ALSO JOINED THE MILITARY TO RECEIVE EDUCATIONAL BENEFITS

**New HIRING**

I JOINED THE MILITARY TO LEARN SKILLS FOR CIVILIAN JOBS **63%**

**66%**  
 OF US SAID THAT WE WOULD BE TRANSFERRING POST-9/11 GI BILL BENEFITS TO OUR SPOUSE OR CHILD

**61%** I ATTENDED MY TRANSITION GPS CLASS IN THE SIX MONTHS BEFORE MY SEPARATION DATE

### VETERANS MY TRANSITION CHOICES WERE INFLUENCED BY:



FAMILY, EMPLOYMENT, HEALTH CARE & EDUCATION

**60%** OF US USED OUR VA BENEFITS DURING TRANSITION

**53%** IF I HAD TO DESCRIBE MY TRANSITION OUT OF ACTIVE DUTY, I WOULD SAY IT WAS...

**DIFFICULT**

**38%**  
 OF US WHO ARE TRANSITIONING IN THE NEXT TWO YEARS HAVE USED OR ARE CURRENTLY USING TRANSITION GPS PROGRAMMING

I FELT UNPREPARED FOR MY TRANSITION FROM SERVICE **29%**

# SNAPSHOT OF THE MILITARY LIFESTYLE

91% BELIEVE IN THE IMPORTANCE OF SERVING IN THE MILITARY OR OTHER NATIONAL SERVICE

**DEPLOYMENTS**

**88%** OF US REPORT BETWEEN 1 AND 5 DEPLOYMENTS SINCE 9/11

**47%** OF US HAVE BEEN **DEPLOYED** 13-36 MONTHS SINCE SEPT. 11

**41%** OF US HAVE BEEN SEPARATED BETWEEN 13-36 MONTHS DUE TO **TRAINING, TEMPORARY DUTY, AND REASONS OTHER THAN DEPLOYMENT**

**MOVING**

**69%** HAVE MOVED BETWEEN 1 AND 6 TIMES IN THE CONTINENTAL U.S.

**42%** HAVE MOVED OUTSIDE OF THE U.S.

**CIVIC HEALTH**

**23%** OF US WOULD BE "VERY LIKELY" TO RECOMMEND MILITARY SERVICE TO A YOUNG PERSON WHO IS CLOSE TO US

**62%** HAVE "NO" OR "HARDLY ANY" CONFIDENCE IN THE FEDERAL GOVERNMENT

**68%** OF US HAVE VOLUNTEERED IN THE PAST YEAR

## MILITARY LIFESTYLE STRESSORS

### TOP STRESSORS RELATED TO MILITARY LIFESTYLE

- DEPLOYMENT OR SEPARATION
- FINANCIAL EMPLOYMENT OR WORK
- ISOLATION FROM FRIENDS OR FAMILY

**39%**

OF MILITARY SPOUSES FEEL STRESSED MOST OR ALL OF THE TIME

**30%**

OF SERVICE MEMBERS FEEL STRESSED MOST OR ALL OF THE TIME

### TOP STRESSORS DURING DEPLOYMENT

- HOUSEHOLD RESPONSIBILITIES
- ISOLATION OR LACK OF SOCIAL SUPPORT
- EMOTIONAL OR MENTAL HEALTH ISSUES
- PARENTING AND CHILDREN ISSUES

## FINANCIAL READINESS

### TOP 3 OBSTACLES TO FINANCIAL SECURITY

- 40%** SPOUSE EMPLOYMENT
- 38%** UNCERTAINTY IN MILITARY LIFE
- 34%** UNCERTAINTY IN POTENTIAL CHANGES IN BENEFITS

**\$\$\$ 60% \$\$\$**

OF US FEEL THAT OUR CURRENT FINANCIAL CONDITION CAUSES "SOME STRESS" OR A "GREAT DEAL OF STRESS"

36% OF US OWE GREATER THAN \$5,001 ON OUR CREDIT CARDS



**36%**

OF US AGREE THAT THE COST OF RENT IS HIGHER THAN OUR BAH ALLOWANCE

## MILITARY CHILDREN

### TOP 5

IMPACTS OF DEPLOYMENT ON CHILDREN

- 60%** ADAPTABILITY
- 54%** INCREASED INDEPENDENCE
- 54%** PERSONAL GROWTH
- 53%** INCREASED RESILIENCE
- 46%** INCREASED PRIDE

**POSITIVE**

- 56%** SEPARATION ANXIETY
- 49%** WORRY
- 36%** IRRITABILITY
- 35%** DIFFICULTY SLEEPING
- 30%** DIFFICULTY CONCENTRATING

**NEGATIVE**

**11%**

OF US HAVE CHILDREN WHO HAVE JOINED THE MILITARY

COMPARED TO 1% WHO SERVE IN THE GENERAL POPULATION

## MENTAL HEALTH & WELLNESS

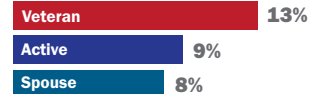
**1/3** HAVE RECEIVED MENTAL HEALTH COUNSELING IN THE PAST YEAR

**36%** OF VETERANS

**35%** OF SERVICE MEMBERS

**WITH PTS/PTSD** SAY THEY DIDN'T SEEK TREATMENT BECAUSE THEY DIDN'T THINK IT WOULD HELP

IN THE PAST 12 MONTHS, HAD THOUGHTS THAT WOULD BE BETTER OFF DEAD OR HURTING MYSELF IN SOME WAY:



## CAREGIVERS

**32%** OF US HAVE PROVIDED CARE FOR SOMEONE IN THE PAST TWELVE MONTHS



**15%**

of us spend 40 or more hours per week providing care, equivalent to a full time job