



2016 Status of Forces Survey of Active Duty Members (SOFS-A)

**Selected Results on Active Duty Members and Families:
Technology, Relationships, Child Care, Counseling,
Impact of Deployments, and Military OneSource**

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Family Support Research Network
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Top-Line Results

Relationships

- Over 80% of active duty members who were married or separated or had a significant other reported that they have a *good, strong, and stable* relationship with their partner

Child Care

- Members most *satisfied* with quality of on-base child care (81%)
- Members most *dissatisfied* with affordability of off-base child care (44%)

Counseling

- 17% of members talked to a counselor in past 6 months
- Top issues discussed: coping with stress (68%), family issues (51%), problem solving (44%)
- Top perceived concerns about seeking counseling: harm to member's career (15%), member seen as weak (14%), difficulty getting time off work or child care (13%)

Top Concerns While Deployed

- Spouse's job or education demands (21%), difficulty maintaining emotional connection with spouse/family (20%), difficulty sleeping (20%)

Children's Changes in Response to Member's Deployment

- Increase in fear/anxiety (33%), problem behavior at home (33%), anger about member's military requirements (22%)

Briefing Overview

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Survey Details

Survey	Field Period	Method	Sample Size	Weighted Response Rate
February 2016 Status of Forces Survey of Active Duty Members (SOFS-A)	Jan – Apr 2016	Web	66,000	23%
September 2016 SOFS-A	Sep – Nov 2016	Web	95,000	20%

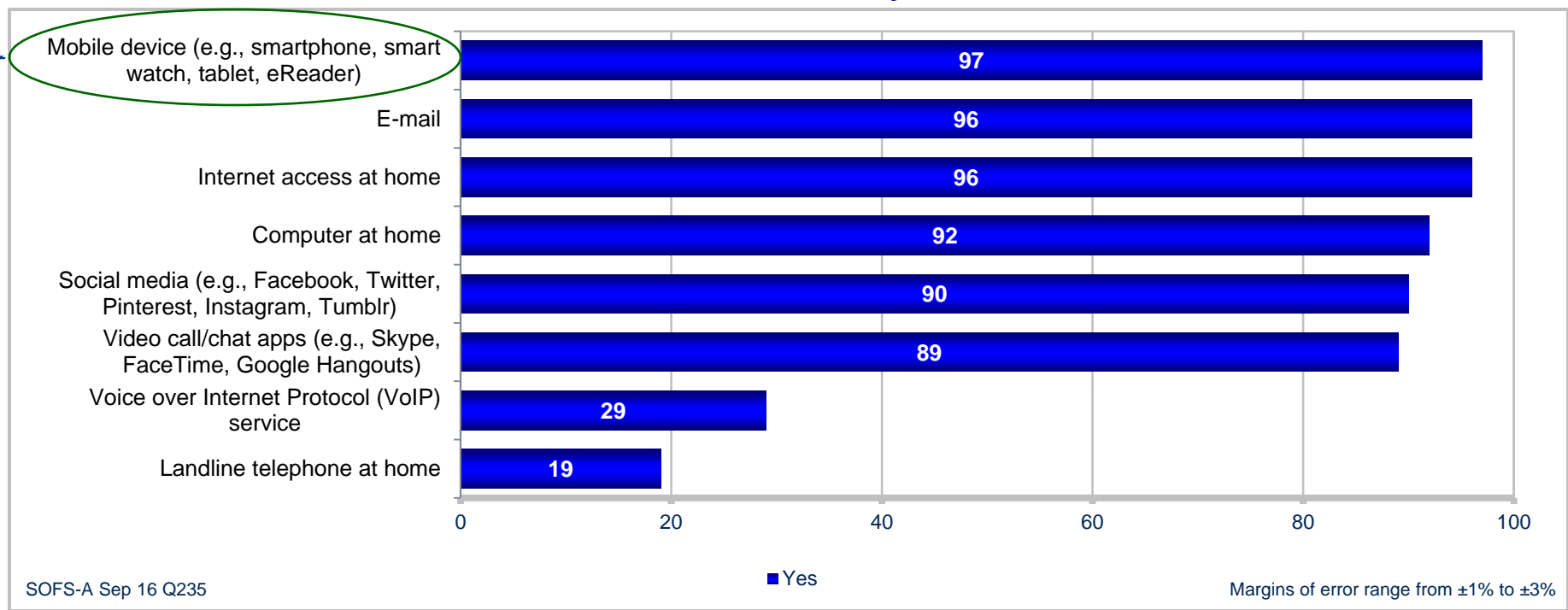
- **OPA uses well-established, scientific procedures to randomly select a sample representing the military population based on combinations of demographic characteristics**
 - Demographic groups with lower response rates are oversampled (i.e., junior enlisted)
- **Data are weighted using an industry standard process to produce survey estimates representative of their respective populations; results can be generalized to full military population**

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Member's and/or Family's Use of or Access to Technology

Percent of All Active Duty Members



About 75% of non-deployed members indicated they use a mobile device *almost daily* to access information or services (74%) and communicate with family and friends (70%); about 50% of members do so *almost daily* when deployed

Mobile devices members used when deployed

- Smartphone: 66% 70%
- Tablet: 40% 41%
- eReader, handheld game console, smart watch, personal digital assistant device: 4% 7%

Most significant differences among the Services

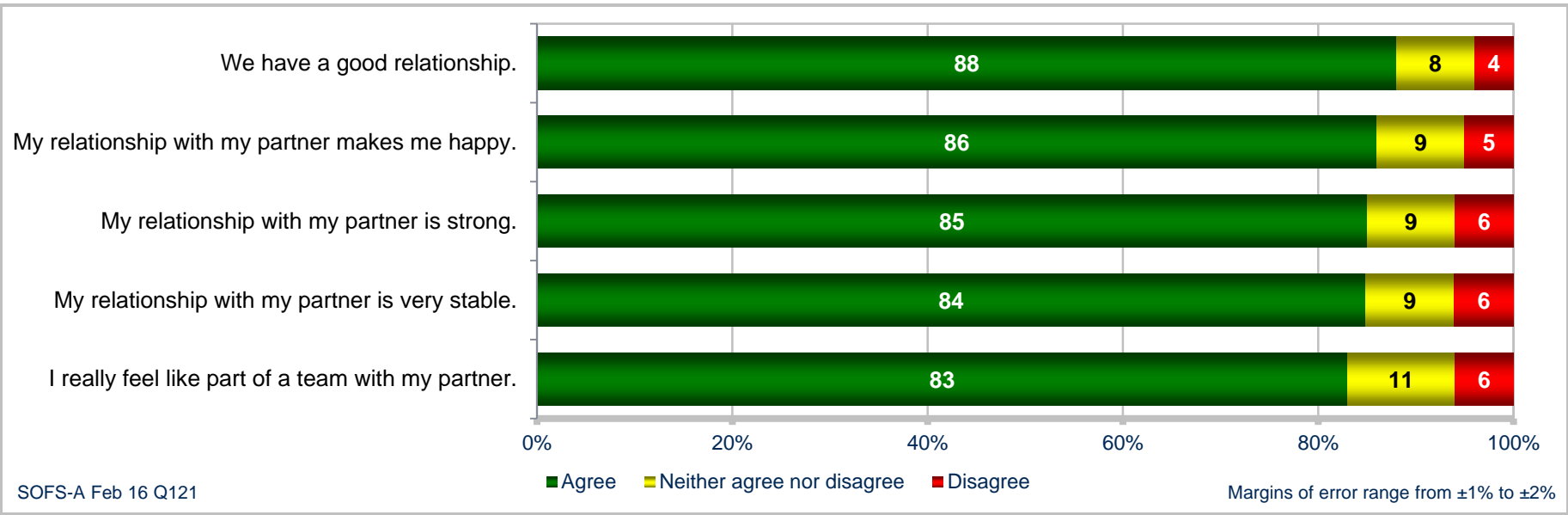
- Smartphone: Army (58% 60%) vs. Air Force (78% 82%)
- Tablet: Marine Corps (23% 25%) vs. Air Force (54%)

Briefing Overview

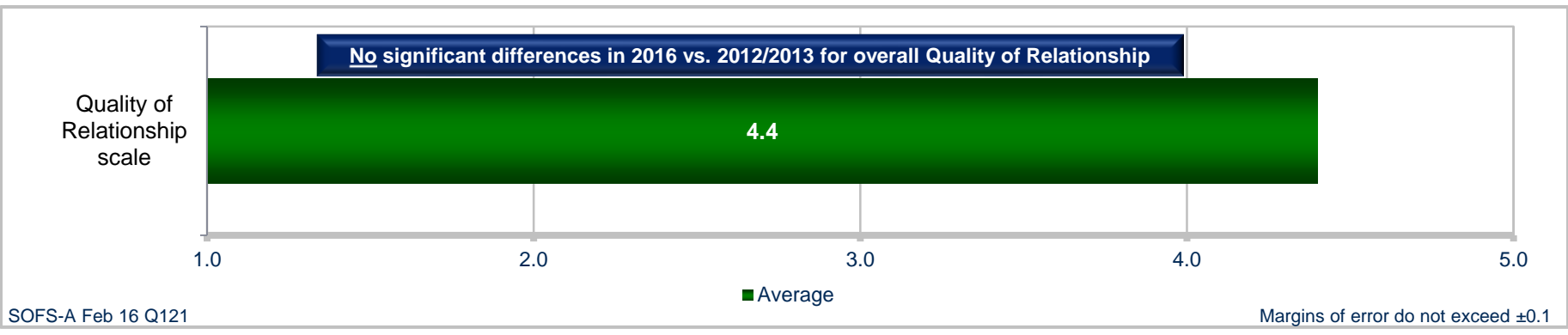
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Relationship With Spouse/Significant Other

Percent of Active Duty Members Who Were Married or Separated or Had a Significant Other

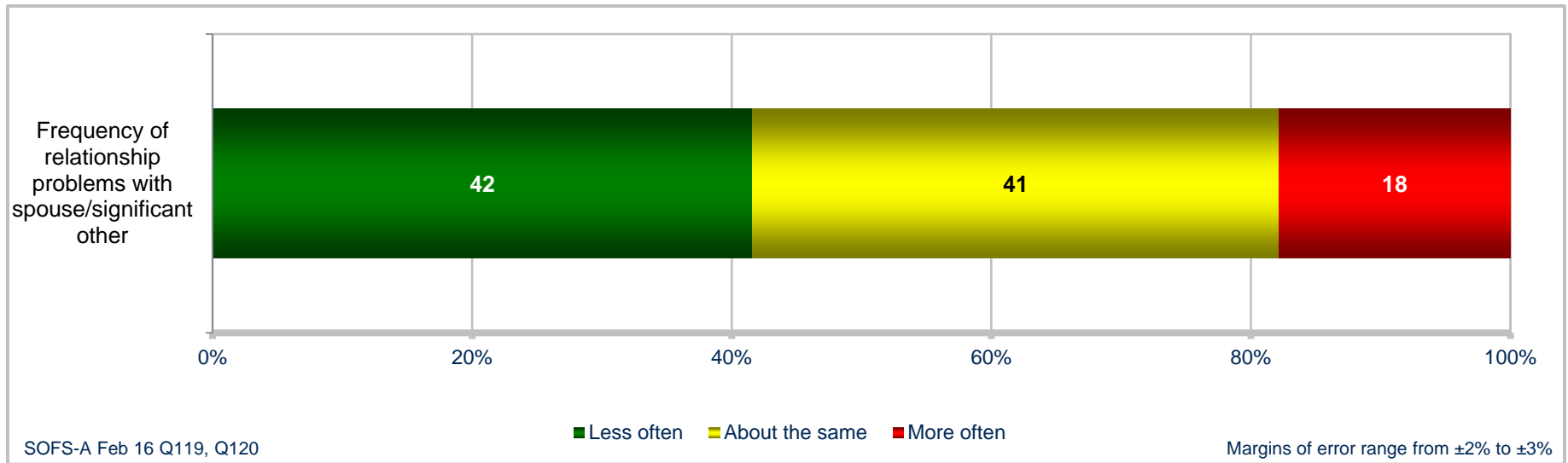


No significant differences in 2016 among the Services for all five statements and overall Quality of Relationship



Problems in Personal Relationships Compared to 12 Months Ago

Percent of Active Duty Members Who Had a Spouse/Significant Other



Problems less often

- Army: 46%
- E1-E4: 49%
- Army Enlisted: 50%

Problems more often

- Enlisted: 19%

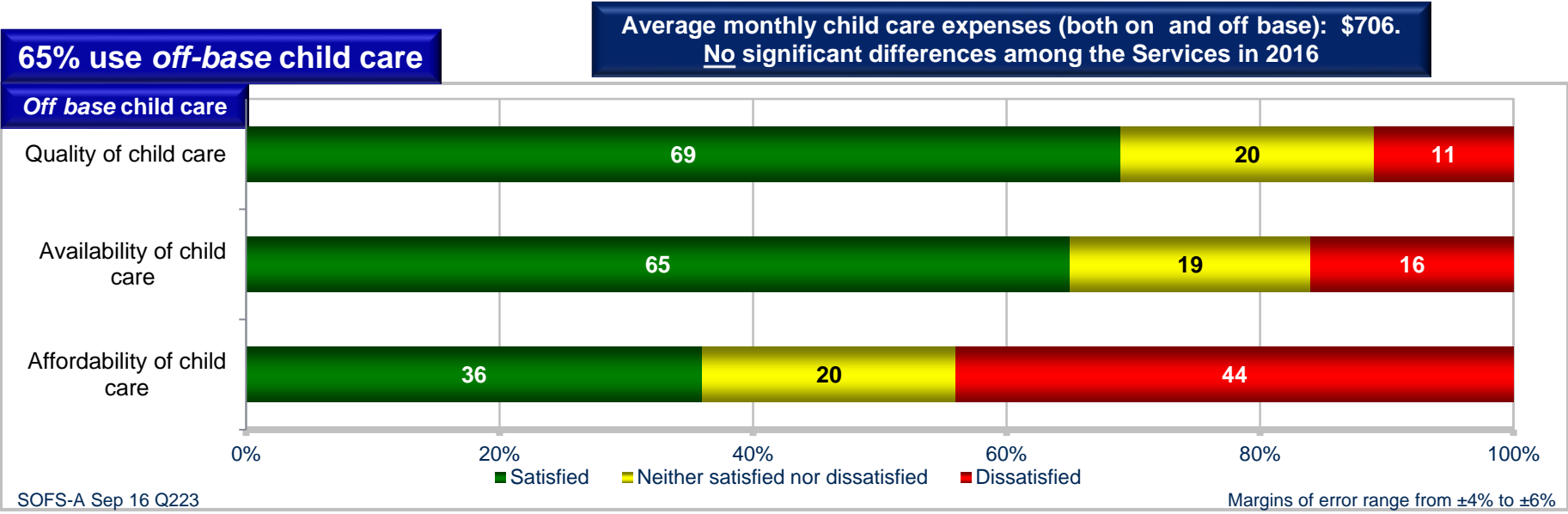
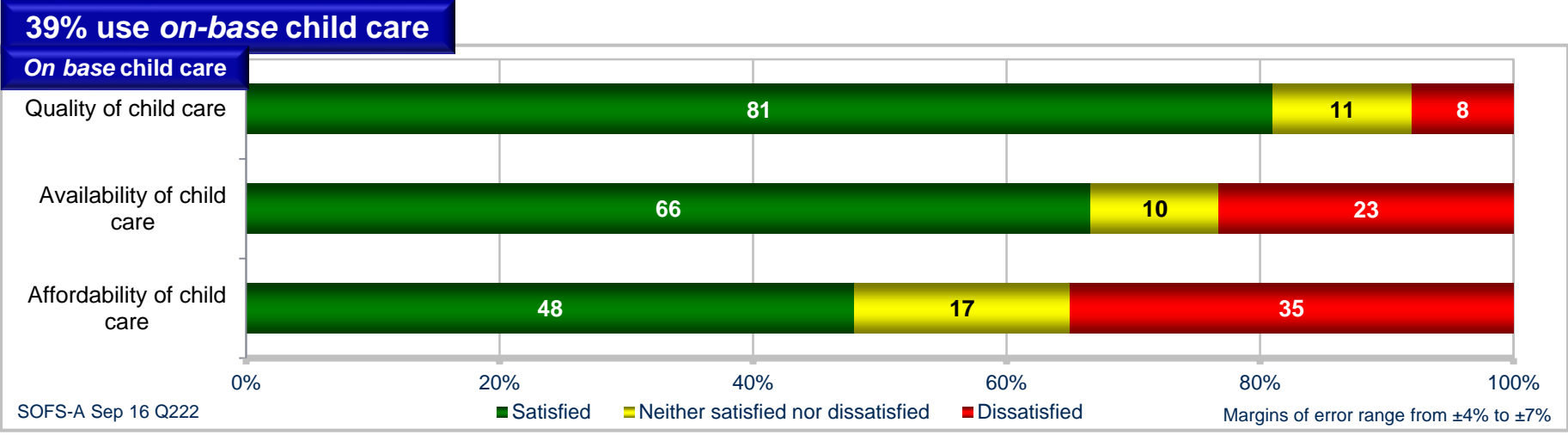
Percentages of members experiencing relationship problems less often (42%) is significantly higher (better) in 2016 than from 2005-2013

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Satisfaction With Aspects of Child Care

Percent of Active Duty Members With Children 13 Years Old or Younger and Who Routinely Use Child Care Arrangements To Allow Member and/or Spouse To Work



Satisfaction with aspects of on-base and off-base child care in 2016 is consistent with 2006 2014

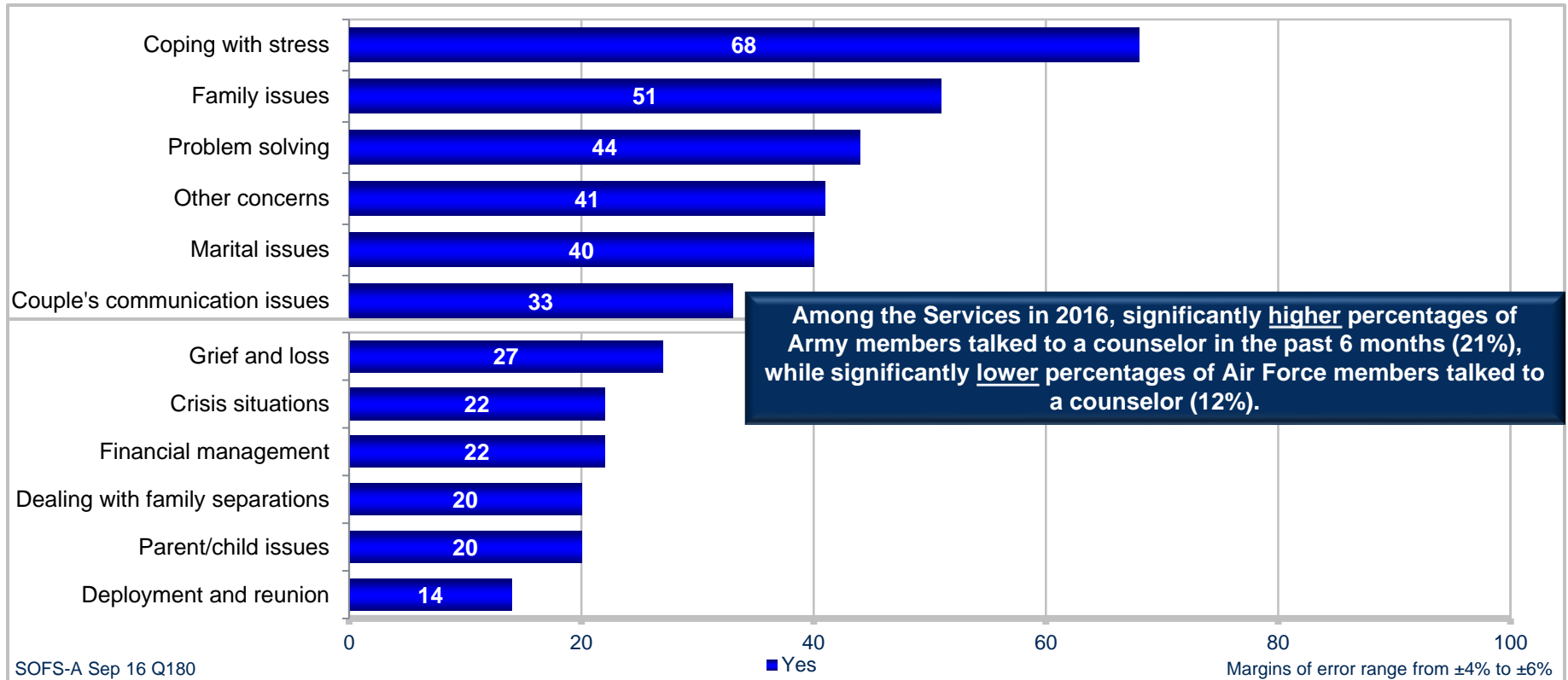
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Issues Discussed in Counseling

Percent of Active Duty Members Who Received Counseling in Past Six Months

17% of active duty members reported that they talked to a counselor in the past 6 months

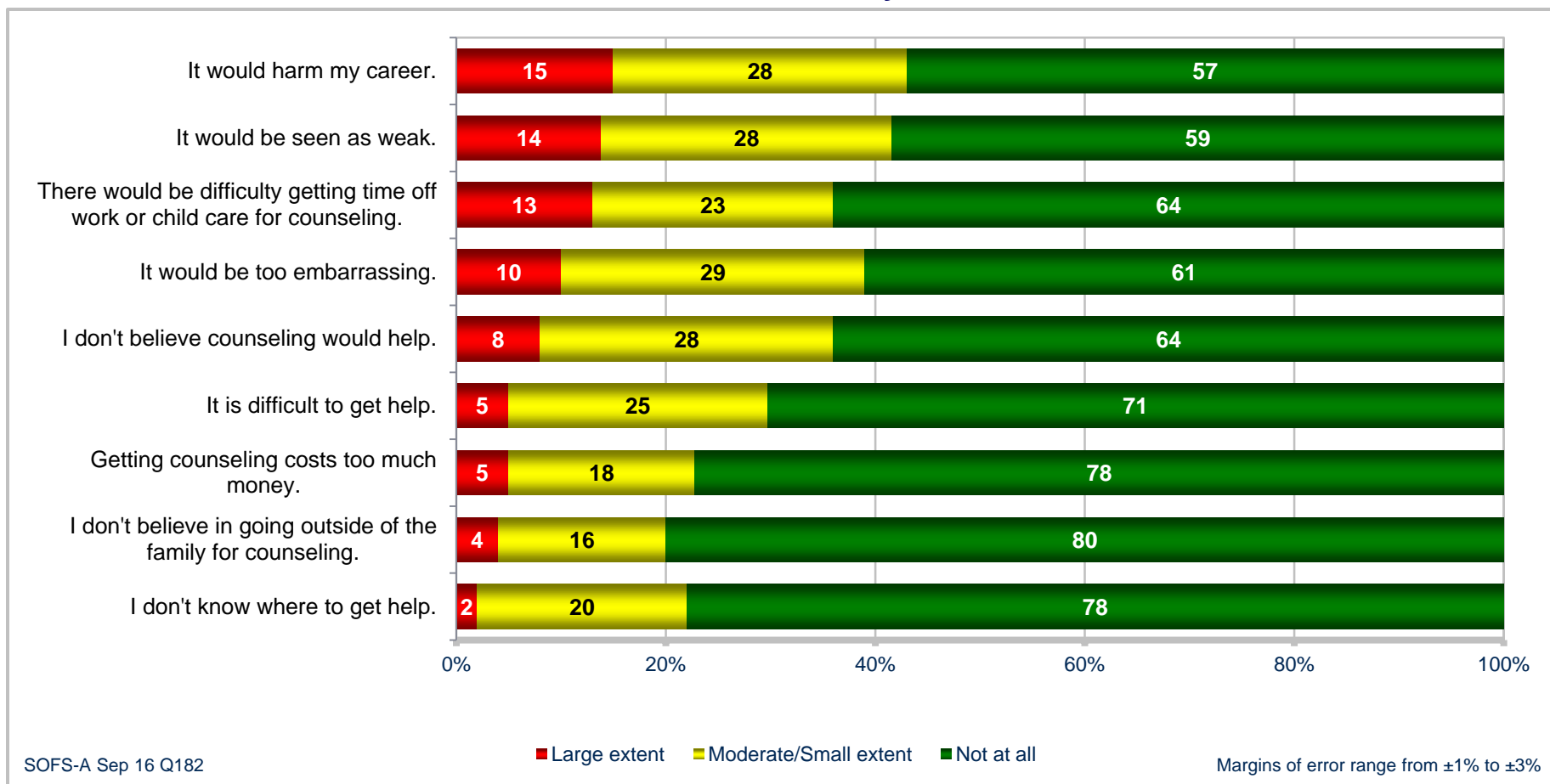


Only significant difference in 2016 among the Services for the specified issues is higher percentages of Navy members who received financial management counseling (35%) [primarily due to Navy enlisted members at 38%]

Most significant differences among men and women in 2016 include counseling received for *family issues* (64% women; 47% men), *grief and loss* (38% women; 23% men), and *crisis situations* (33% women; 18% men)

Extent That Concerns May Impact Decision About Counseling

Percent of All Active Duty Members



No significant differences in 2016 among the Services for members who reported these were concerns to a large extent except Marine Corps members who indicated their concern was that *they would be seen as weak* (20%)

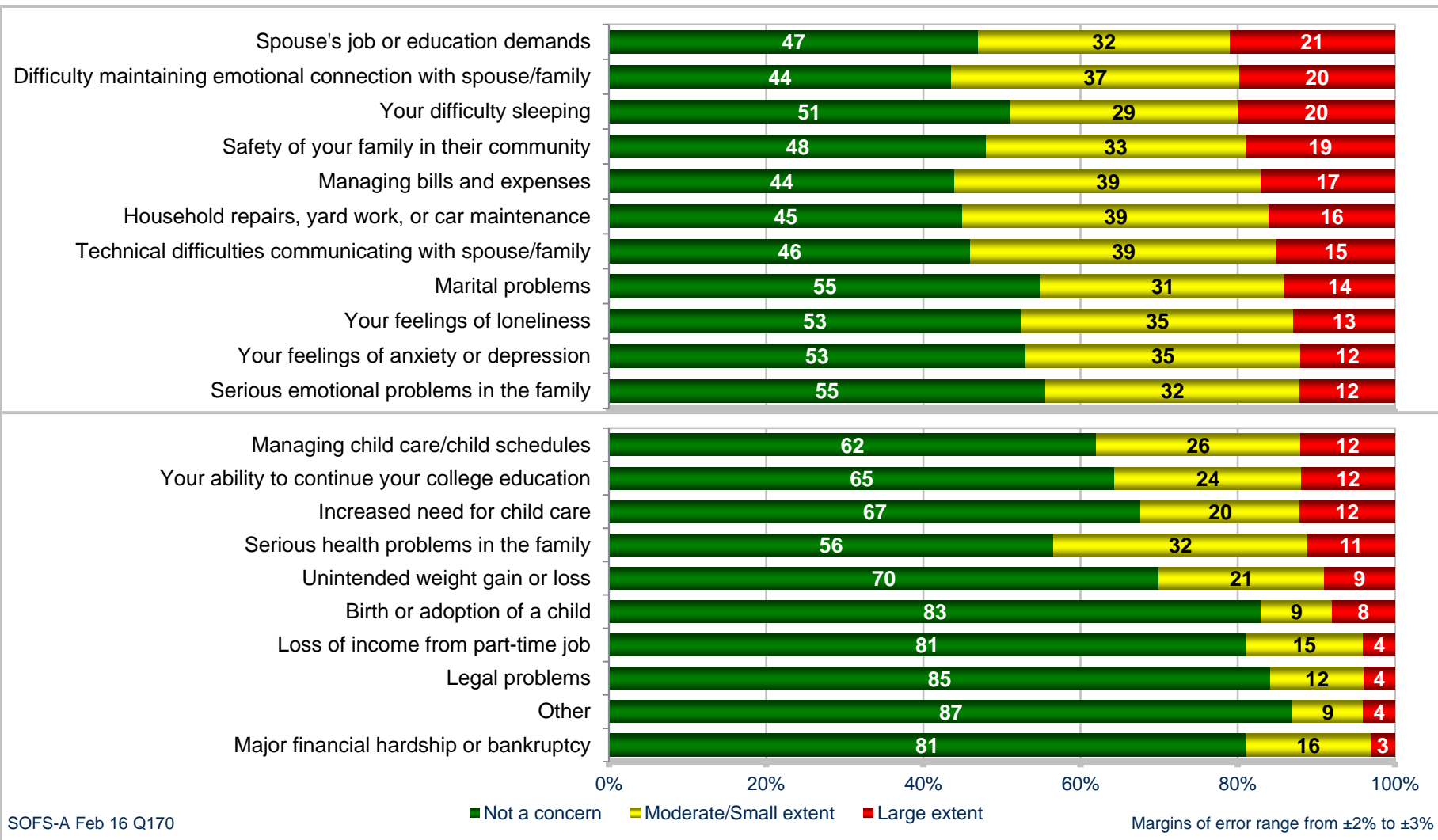
In 2016, significantly higher percentages of junior officers were concerned to a large extent that *seeking counseling would harm their career* (19%), while significantly higher percentages of junior enlisted members reported that *getting counseling costs too much money* (7%)

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Concerns While Away During Most Recent Deployment

Percent of Applicable Active Duty Members Deployed in Past 5 Years

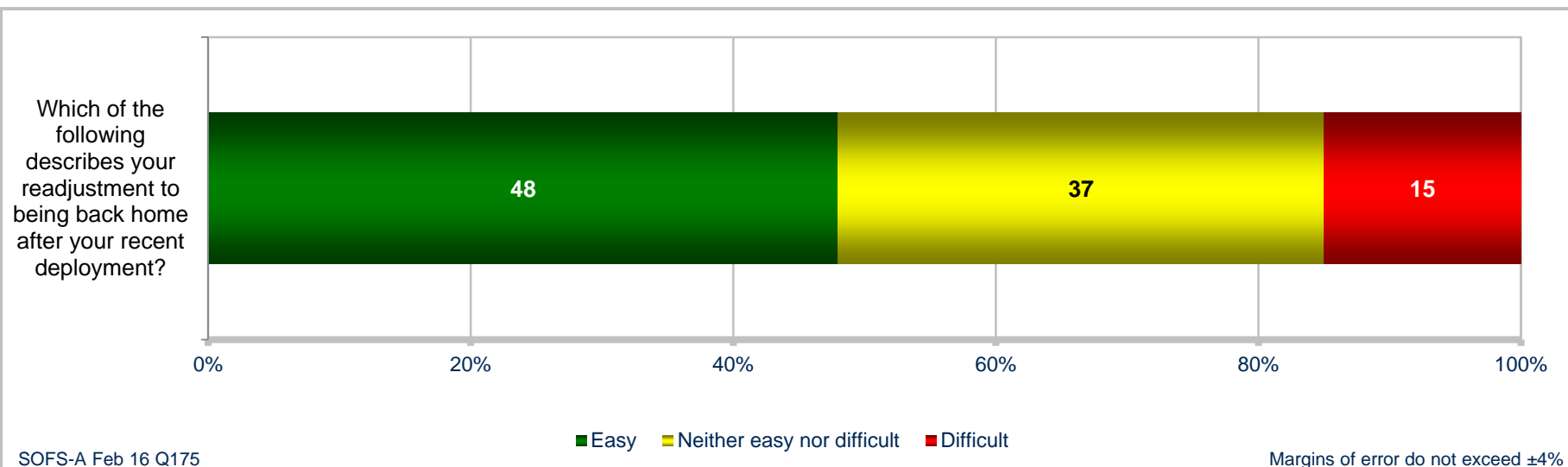


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Among the Services in 2016, significantly higher percentages of Navy members were concerned to a large extent about managing bills and expenses (21%), technical difficulties communicating with spouse/family (20%), and unintended weight gain or loss (14%), including Navy enlisted members feelings of anxiety or depression (18%)

Degree of Difficulty in Readjusting to Return Home

Percent of Members Deployed in Past 24 Months But Not Currently Deployed



No significant differences in 2016 among the Services for members who reported that they had a *difficult* readjustment to being back home after their most recent deployment

Significantly higher percentage of Air Force members indicated in 2016 that they had an *easy* readjustment after their most recent deployment (57%) compared to the other Services

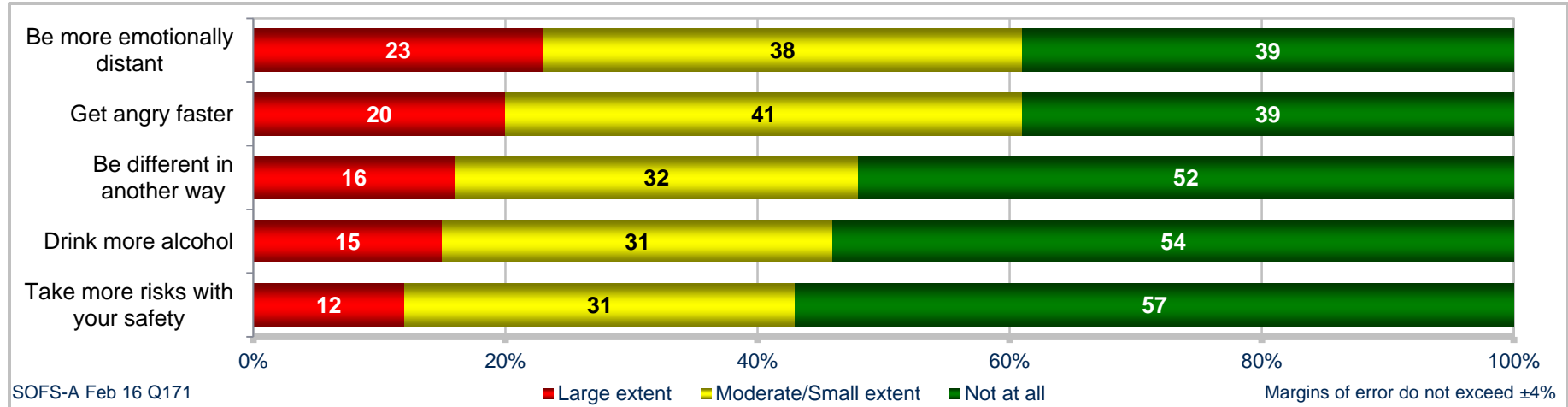
Overall, significantly lower percentages of active duty members reported in 2016 that they had a *difficult* readjustment (15%) compared to 2006 2013 (18% 21%) except in 2010 (16%) when the degree of difficulty was comparable

Over the last 10 years, Army members have experienced a significant decrease in the degree of difficulty with their adjustment (19% 29% with a *difficult* readjustment from 2006 2013 vs. 12% in 2016)

Navy members experienced the largest increase in the degree of *difficulty* with their adjustment in 2016 (20%) vs. 2006 2008 (14% 18%)

Negative Emotional/Behavioral Changes After Deployment

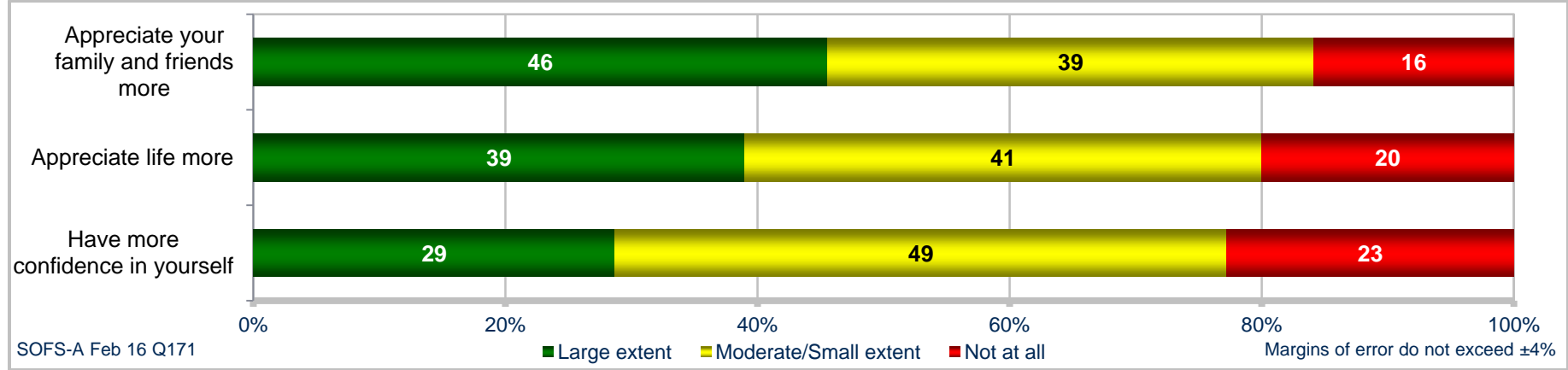
Percent of Members Deployed in Past 24 Months But Not Currently Deployed



Among the Services in 2016, significantly higher percentages of Navy members reported they *consumed more alcohol* to a large extent (23%)

Positive Emotional/Behavioral Changes After Deployment

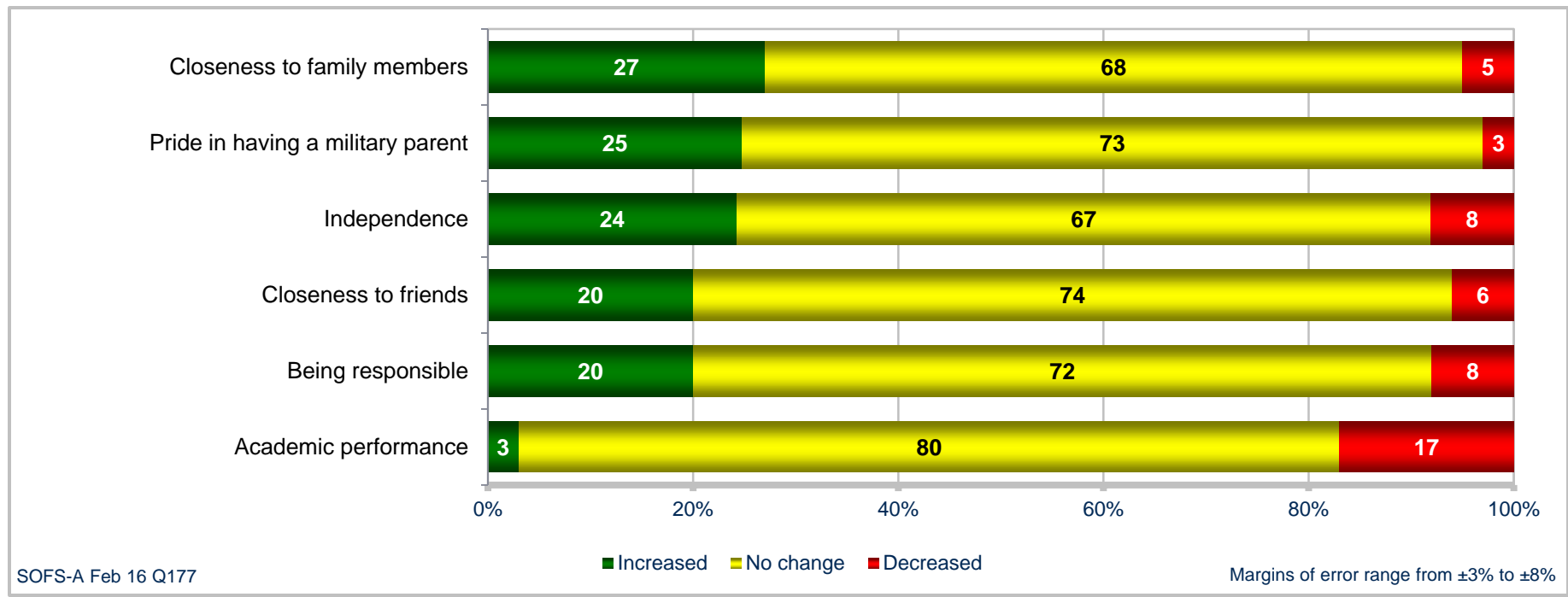
Percent of Members Deployed in Past 24 Months But Not Currently Deployed



Among the Services in 2016, significantly higher percentages of Navy members reported they *appreciated family and friends more* (54%) to a large extent, while higher percentages of Army members *had more confidence in themselves* (37%) to a large extent

Children's Emotional/Behavioral Changes in Response to Deployment (1 of 2)

Percent of Members Deployed in Past 24 Months But Not Currently Deployed and Who Had at Least One Child During Most Recent Deployment



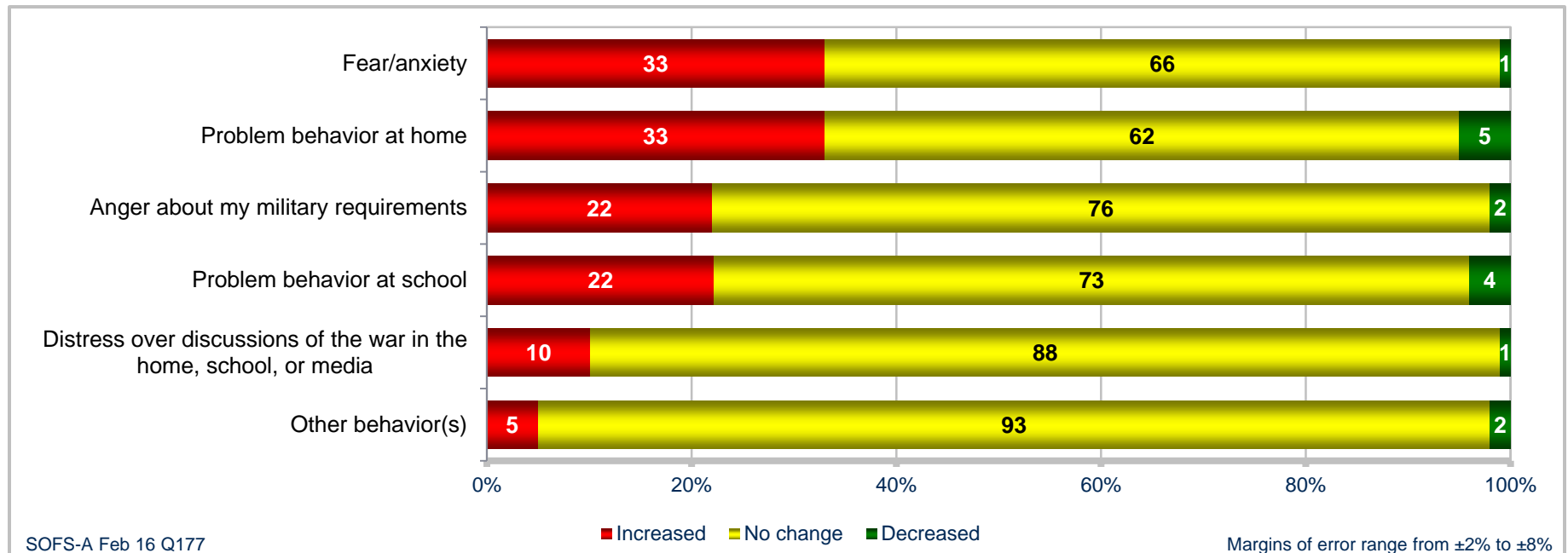
No significant differences in 2016 among the Services for members who reported their children's emotional/behavioral changes *increased* or *decreased* in response to the member's most recent deployment

In general over time, no significant differences among the Services for members who reported in 2016 that their children's emotional/behavioral changes *increased* or *decreased* in response to their most recent deployment *except...*

Percentage of children whose closeness to family members decreased (5% of members reported the closeness decreased in 2016, while 10% reported this in Dec 2007)

Children's Emotional/Behavioral Changes in Response to Deployment (2 of 2)

Percent of Members Deployed in Past 24 Months But Not Currently Deployed and Who Had at Least One Child During Most Recent Deployment



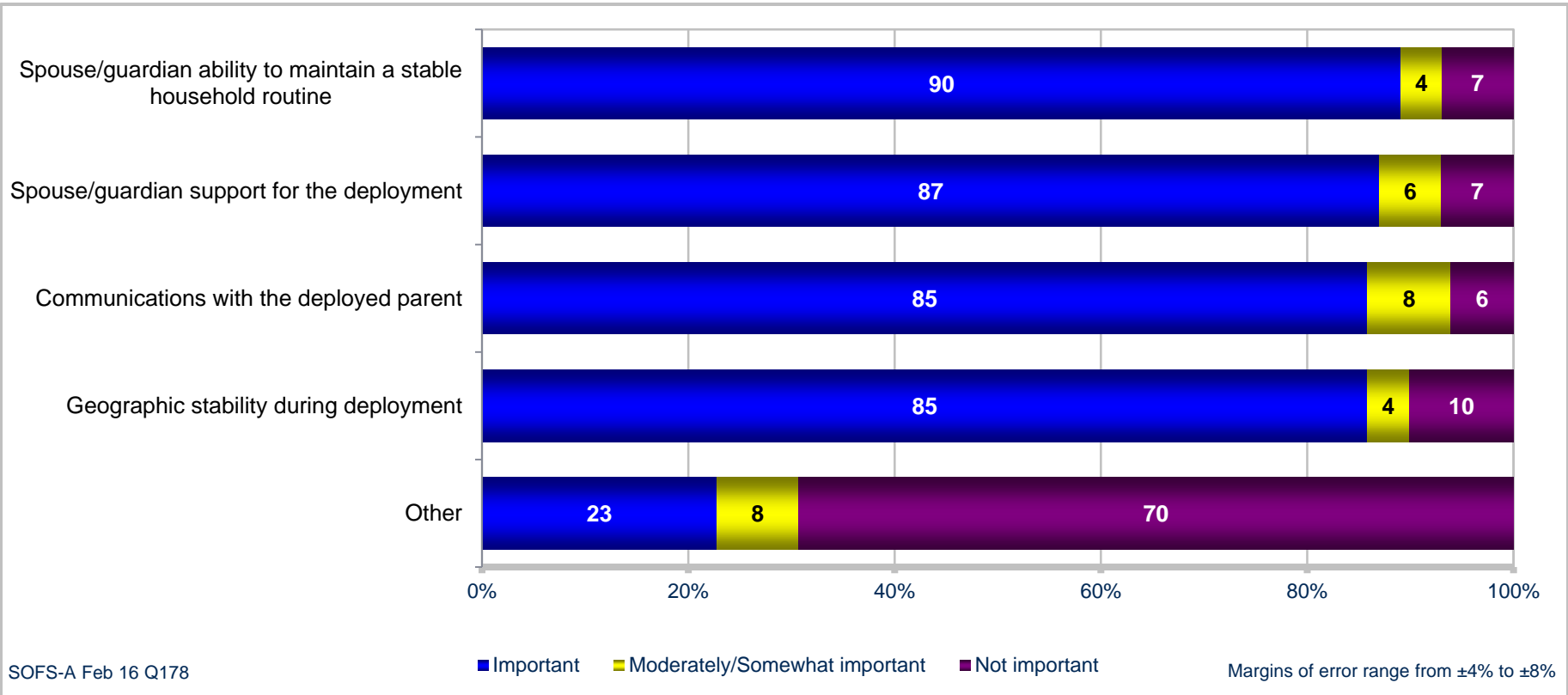
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Percentage of children who experienced an *increase* in distress over discussions of the war in the home, school, or media (10% of members reported this distress increased in 2016, while 18% 23% reported this from 2006 2011)

Importance of Factors for Children in Coping With Deployments

Percent of Members Deployed in Past 24 Months With Children Age 22 or Under and Who Had at Least One Child During Most Recent Deployment



No significant differences in 2016 among the Services for the importance of factors for children coping with deployments

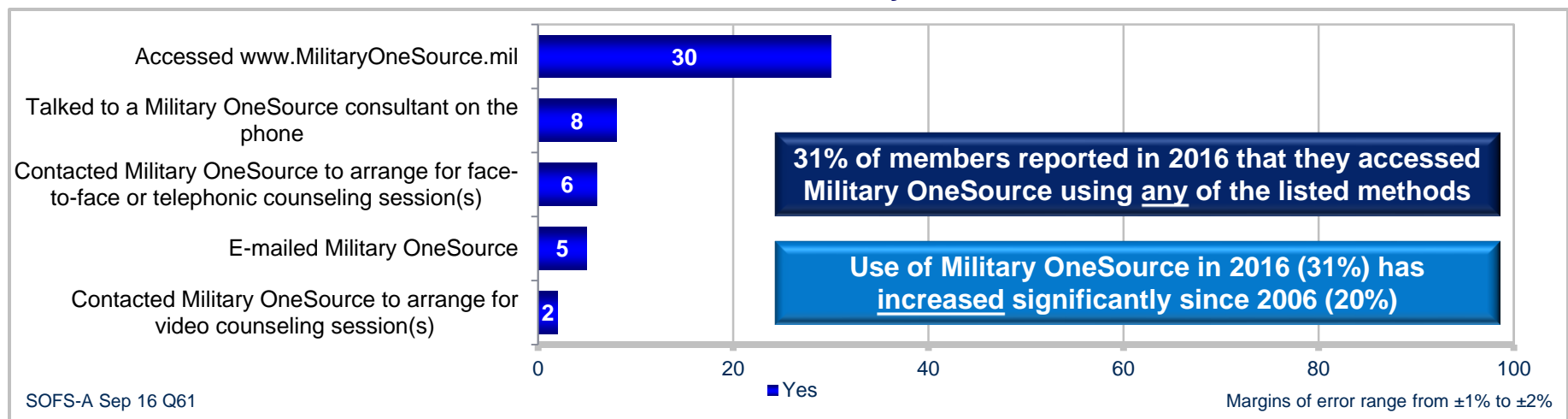
No significant differences in importance of factors for children coping with deployments in 2016 vs. 2006-2013

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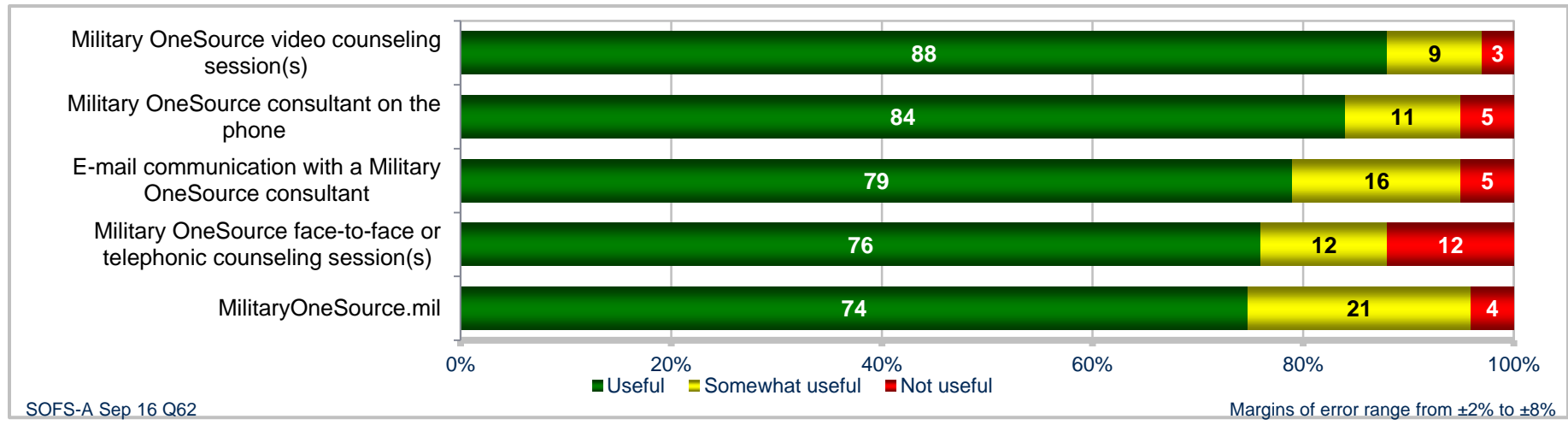
Use of Military OneSource in Past 12 Months

Percent of All Active Duty Members



Usefulness of Military OneSource

Percent of Active Duty Members Who Used Specified Military OneSource Feature in Past 12 Months



No significant differences in 2016 among the Services for members who reported that each of the Military OneSource methods was *useful* or was *not useful*

Summary

Relationships

- Over 80% of active duty members who were married or separated or had a significant other reported that they have a *good, strong, and stable* relationship with their partner

Child Care

- Members most *satisfied* with quality of on-base child care (81%)
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Contact information

For questions about the survey results, please contact:

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