

## **Optimising Combat Readiness: Practical Strategies for Integrating Physiological and Psychological Resilience in Soldier Training**

**José Francisco Tornero-Aguilera**

Faculty of Sports Sciences, Universidad Europea de Madrid, Tajo Street, s/n, Madrid, Spain

**Maria Stergiou**

Faculty of Sports Sciences, Universidad Europea de Madrid, Tajo Street, s/n, Madrid, Spain

**Alejandro Rubio-Zarapuz**

Faculty of Sports Sciences, Universidad Europea de Madrid, Tajo Street, s/n, Madrid, Spain

**Alexandra Martín-Rodríguez**

Faculty of Sports Sciences, Universidad Europea de Madrid, Tajo Street, s/n, Madrid, Spain

**Luís Miguel Massuça**

ICPOL—Police Research Center, Higher Institute of Police Sciences and Internal Security, Lisbon, Portugal

Centro de Investigação em Desporto, Educação Física, Exercício e Saúde (CIDEFES), Lusófona University, Lisbon, Portugal

Centre of Research, Education, Innovation and Intervention in Sport (CIFI2D), Faculty of Sport, University of Porto, Oporto, Portugal

**Vicente Javier Clemente-Suárez**

Faculty of Sports Sciences, Universidad Europea de Madrid, Tajo Street, s/n, Madrid, Spain

Grupo de Investigación en Cultura, Educación y Sociedad, Universidad de la Costa, Barranquilla, Colombia

### **Abstract:**

This narrative review examines the intricate psychophysiological interplay between cognitive functions and physical responses within military personnel engaged in combat. It elucidates the spectrum of responses elicited by symmetric and asymmetric warfare alongside specialised combat scenarios, including close-quarters and subterranean warfare. Central to this discourse is the emphasis on integrating training programs beyond physical conditioning to encompass psychological resilience and decision-making efficacy under duress. The exploration further ventures into applying advanced technologies such as virtual reality and wearable devices, highlighting their pivotal role in augmenting training outcomes and supporting soldier health. Through a detailed analysis of psychophysiological variations across different military branches of service, the narrative review advocates for bespoke training regimens and support frameworks tailored to address the unique exigencies of each service branch. Concluding observations stress the importance of evolving military training paradigms,

advocating for adopting realistic, immersive training simulations that mirror the complexities of the contemporary battlefield. This synthesis aims to contribute to the ongoing discourse on optimising military training protocols and enhancing the operational readiness and well-being of armed forces personnel. This narrative review is essential for military psychologists, trainers, and policymakers, aiming to bridge the gap between theoretical knowledge and practical implementation in military training programs.

**Keywords:**

Psychophysiological interactions, military training, combat stress, psychological resilience, advanced training technologies.