

# ENGLISH SUMMARIES

## **Arutelu ülekuulamismeetodite karmistamise üle**

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Sellised sündmused nagu terrorismivastane sõda või tabatud pantvangivõtja, kes keeldub ütlemast, kus ta oma ohvreid peidab, on viinud aruteluni ülekuulamismeetodite karmistamise üle. Kuigi mainitud meetodite toetajad väldivad sõna *piinama* ja kasutavad selle asemel pehmendavat väljendit *ülekuulamine elude päästmiseks* (sks k *Rettungsbefragung*), on ülekuulamisel tarvilusel otsustavad meetmed: soovitud informatsiooni teadasaamiseks tuleb murda kurjategija tahe, et seda teha, tegutsevad riigiametnikud, kasutades vajadusel jõudu.

Artikli esimeses osas kirjeldatakse aset leidnud juhtumeid ja antakse süstemaatilise ülevaade Saksamaal toimuvast piinamisteemalisest arutelust.

Artikli teises osas käsitletakse küsimuse õiguslikke aspekte. Töö autor jõuab järeldusele, et piinamine on ilmselgelt ebaseaduslik, seda isegi erakorralistes olukordades. See, kes tahab soovitud info hankimiseks rakendada siiski karmimaid meetodeid, peab muutma seadusi. Et seda nõudmist põhjendada, läheb omakorda tarvis veenvaid eetilisi argumente.

Seetõttu kirjeldatakse artikli kolmandas peatükis eetilisi põhjendusi ja leitakse, et need ei ole piisavad, lubamaks sellist seaduste abil sekkumist. Kirjeldatud juhtumid on näited elust enesest, kus on võimalik valida vaid kahe halva vahel. Need näitavad, et ka meie headel tegudel on piirangud ja et me ei ole kõikvõimsad. Selliseid juhtumeid ei ole võimalik lahendada seaduste või eetika abil.

## **Handling Fear, Death and Mourning in the Armed Forces**

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Modern society – including soldiers as members of that society – has a controversial attitude towards fear, death and mourning issues. This paper addresses some of the aspects related to these issues from the Western-Christian viewpoint. Fear should be seen as the basic state of human psyche, which is revealed in a situation not (yet) resolved. On the one hand, the task of fear is to shake people up, so that they can see possible dangers. On the other hand, such danger might also become a military problem. During critical situations or wars that require taking direct or determined action, fear might cause regression in soldiers, instinctive and irrational escape or even fear-caused paralysis. That raises the questions whether and how a soldier can learn to overcome fear.

No matter what the specific issue discussed is, we cannot neglect the death dimension. In this respect, it should be mentioned that at the society level, we can observe the increasing individualisation of death, withdrawal from the church or even “running wild” of death-related issues. Such suppressing of death that can be witnessed nowadays is in a marked contrast to the fact that soldiers face death in

training activities, in planning activities, as well as in diverse professional situations. Although there is no need to consider large-scale military conflicts, the soldier should keep in mind that in diverse peace support operations, or in action against terrorism in all corners of the world, he or she is in direct contact with the dead and wounded. As with the “classical” cases and in the above-mentioned contemporary situations, the main task of the soldier should be to avoid warfare and consequently avoid killing. Killing an enemy soldier or terrorist is then not the primary mission, yet very often it cannot be avoided. This is also true of nuclear warfare that causes total annihilation, and therefore the slogan “peace as the most important thing” proclaimed during the Cold War period, should remain the most topical concern.

In the present-day post-nuclear setting, contact with death is a great burden for the soldier partly because the phenomenon of death is suppressed in modern society, but also because soldiers are taken to faraway places to resolve situations in distant nations, both geographically and culturally. In the wider context, the issue is further complicated by society itself, as the soldier is left alone with the death issues. Maybe we can learn from the Old Christian tradition that taught us how to prepare for one’s own death.

In this respect, mourning should not be neglected as an inseparable part of death. Throughout history, graveyards with special places of commemoration have become a specific phenomenon of Christian civilisation. Likewise, the death of the soldier is kept alive in the memories of his fellow combatants, enemies and by the nation as a whole. As many people do not want to keep the memories of their past lives nowadays, how we can expect them to remember the dead soldiers and their suffering? Therefore, with respect to fear, death and mourning, the church should become increasingly concerned with drawing attention to the good message of consolation and hope.

### **The Impact of Conscript Service on Conscripts’ Health**

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The aim of the research was to assess the impact of National Conscript Service on conscripts’ health. The present study investigates the relationship between the physical fitness, body weight and stature with the morbidity among 568 conscripts between the ages 18 to 27, who served in the Single Guard Battalion (Tallinn) in 2000. The data was collected after the conscript service during the year 2001 from the medical records concerning anthropometry and morbidity, kept in the archives of the Defense Departments, also from the database of the sport instructor concerning physical fitness of the conscripts.

During service the number of underweight conscripts and of those who had signs of overweight decreased, and the number of conscripts with normal body weight increased. At the same time, the negative feature of the physical development of conscripts was the increase of overweight conscripts by the end of the service.

Conscript Service significantly improved the physical abilities of the majority of conscripts, especially of those whose results were unsatisfactory at the beginning of service.

During the second half of service the number of visits to the battalion's infirmary, as well as the number of sick days decreased by almost half in all deciles. In the first half of service, all the conscripts visited the infirmary at least once but in the second half at least 10% of the conscripts did not need any medical aid. The dynamics of sick days during service and the distribution between conscripts shows that good physical training is the pre-requisite for a fewer number of sick days and that the development of physical abilities during service decreases the number of sick days. Among the physical ability parameters, the conscripts' capability for sit-ups decreased the morbidity the most. Morbidity during Conscript Service decreased mostly on account of the conscripts who were physically better prepared.

### **Values in the Estonian National Defence Forces**

**Capt. Gustav Kutsar, M.A.,** Senior Chaplain, General Staff of the Estonian Defence Forces

The author of the current analysis focuses on the importance of values in the Estonian National Defence Forces. To find these values within the National Defence Forces, the author analysed firstly, the main chapter of the National Defence Act, the main values of which are brought out in the National Defence conceptions, the loyalty oath of the public servants and officers in the Estonian Defence Forces, as well as the ethical codes that are validated by these institutions. There are two previously validated ethical codes: In 1999, in addition to the validated Public Service Ethics Code, laws for civil servants currently working within the public services, and the National Defence Ethics Code validated in 2004 by the Commander of the Estonian Defence Forces for the officers and civil servants serving in the Estonian Defence Forces, including the Defence League.

Secondly, the author conducted an empirical study, where the views of officers serving in the Estonian Defence Forces, reserve officers serving in the Defence League, personnel preparing for missions at the Peace Operation Centre, recruits of the Communications battalion, as well as cadets from the Estonian National Defence College, were taken into consideration. From the civilian environment, members of the National Defence Commission and civil servants of the Ministry of Defence and Headquarters of the Estonian Defence Forces' servants, as well as high school students between the ages of 17–18, also took part in the study. There were 189 individuals involved in the study.

In analysing the results of the research, the author drew several conclusions. When analysing the terminal and instrumental values of the residents of Estonia, the author concluded that within Estonian society, there exists a gap between the civilian and military sectors in assessing the importance of each value: i.e. that which one group deems important, is not important to the other group. In analysing the values of each target group and making a prognosis for further developments, the author predicts that there will be a further social divide, when the importance of social

security, that the military target groups brought to the forefront, becomes even more important in the near future, since this is one of the priorities that was placed high up on the scale of importance, i.e. military defence of state interests and social security.

Based on the answers given by the target groups, the author concludes that there was no variation in the dominant values within Estonian society. The results of the research show, that in our post-modern society as a whole, especially for the younger generations, a military career is a highly valued career move, compared to other careers.

**Conclusion.** Regarding the assessment values that were associated with this analysis, between the principle of action and the institution, the author concluded, that the 2004 Military validated ethical code is actually very strongly associated with actual value assessments. Even the younger generation military, career soldiers' and civil servants' value assessment is compatible with the military etiquette.

Consequently, there is no need at the current moment to change the military-institutional value system, since the study did not find that the Estonian Defence Forces participants' value assessments differ too much from the current ethical code. In association with the facts mentioned above, it can be concluded that the ethical code validated by the institution fulfils all expectations and is in accordance with the formed value awareness.

Regarding the recent changes in the Defence Community, the author tried to investigate how much the accession to NATO has influenced our value assessments. It became clear during the study that joining NATO has not been as influential as has been the example of some specific individuals. In joining NATO, 36% believed it didn't influence *at all*, 48% thought it influenced *a little* and 16% believed, that it has influenced *a lot*.

The study showed that almost half of those assessed believe that they have been influenced more by individual example (46% believed *a lot*, and 42% *a little*). The next-largest influence was the ethical code (33% thought *a lot*, and 50% thought *a little*) and after that, the values most highly regarded by the National Defence Forces.

The author believes that the values under discussion that were considered to be most important in the analysis, have been related to the values associated with the national state. The target groups that took part in the study, placed national independence first, secondly the development of education and culture and thirdly, international law and order and in fourth place was the functioning of the democratic institutions.

## **Value Categories of the Cadets of the Military Academy of the Estonian National Defence College**

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This paper aims to analyse the factors influencing the choice of profession of the cadets of the Estonian National Defence College. The article reflects on the discussion process in terms of content and form. On one hand, the author studies the types and choice of language used by cadets in expressing their ideas and explaining their choice of profession. On the other hand, the article analyses the position from which the cadets express their opinions. The object of the analysis is 26 essays.

The rationale supporting the choice of profession is divided into three categories: arguments based on the values of society and mythological ideals, arguments based on the character of the work, and arguments based on personal profit. Arguments based on the values of society are noble, originating in higher interests, interests of the homeland and state, the well-being of their relatives, personal interests are reported less often. The main arguments people use for justifying their choice of profession are: love of their homeland, a calling for their work, and an internal motivation to make their personal contribution to the development of the Defence Forces of Estonia.

Also, the fact that in today's society, there is a popular opinion that the officer's profession is manly and honourable plays its part in the choice of profession. Other arguments mentioned are the so-called primordial call of the profession, the desire to be on the side of the winners and do great deeds. Arguments based on the character of the work emphasise that the job is interesting, full of variety, creative and full of challenges.

Arguments originating from the personal profit motive are not considered to be primary. The most important of them are: economic independence, a good income, a safe future, a permanent position and social guarantees. Also, people perceive the difficulties accompanying the officer's profession to be, the great responsibility and high expectations, but even those are seen in a positive light.

Credibility is added to the arguments by different rhetorical devices. One strategy uses the quotation of the words of authority figures. Generalisation is most widely used in expressing an argument. On one hand, the generalisation is the result of the topic and genre, but it is also a sign of the perception of a sense of belonging to the group. Cadets talk about themselves as the representatives of servicemen, not as singular people in the role of the officer. The *I*-position is used when talking about their personal experiences, wishing to confront their own opinion in relation to a possible opposing opinion. The *Us*-position signifies mostly the state of Estonia and Estonians.

## **How Solving Dispersed Data Problems can Increase Learning Efficiency in Physics**

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Efficiency in learning physics can be increased by solving problems. But finding the right answer does not necessarily ensure the quality and durability of knowledge. Often students find physics problems to be difficult and they do not understand at first what is required. Problems are nothing but tasks that can be solved by applying theoretical knowledge. This requires analytical capacity and a capacity to analyze a problem.

How can we achieve the position where physics problem solving would help students to actually learn physics, not just the skills of manipulating formulae? The authors of this paper argue that the easiest and cheapest way to increase the efficiency of learning in physics is to solve new types of problems, dispersed data problems.

The aim of this thesis is to establish whether solving dispersed data problems, using the binary equivalent solving method increases learning efficiency in physics.

In this paper, we have introduced the binary equivalent solving method that elevates the relevance of the physical component to the same level as the mathematical component. A set of dispersed data problems has been prepared. They consist of a description of a situation and a question. Basic data is dispersed, and there is either more or less data than is required for solving the problem.

The binary equivalent solving method can be divided into the following stages: analysis of the data and the problem; the preparation/drawing of a model/layout; coding of the data and conversion of the units; idealisation of features and phenomena; the search for addition data; the rejection of superfluous data and additional conditions; the selection of the model of solving and the ways of solving; the selection of formulae; the preparation of equations; solving the problems; the interpretation and presentation of the results.

In the academic year of 2007/2008, the authors of this paper carried out research to determine whether using the binary equivalent solving method with dispersed data problems increases learning efficiency or not. The research is still under way, with 600 students (upper secondary grades from 10<sup>th</sup> to 12<sup>th</sup>) participating from all over Estonia plus about 80 cadets from Estonian National Defence College.

The research has so far proved that solving dispersed data problems using the binary equivalent solving method increases learning efficiency in physics.

## **Private Military Companies – Their Contribution to International Crisis Management Operations**

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The article focuses on the development of private military companies, their classification, the problems related to them and their future prospects. Traditionally, the privatization of war has been understood as a participation of mercenaries in armed conflicts. Today the privatization of war comprises much more of the extensive participation of private sector companies in war, peacekeeping and humanitarian missions, regulation of state security and stability. Although using mercenaries in warfare is as old as warfare itself, the approach to the privatization of war had changed considerably by the end of the 20<sup>th</sup> century. The rise of modern private military companies has been associated with the change in the global power balance, which shook the world at the end of the last century. Military firms of the new generation are modern sophisticated businesses that strive for legitimacy and the acceptance of their governments. The clientele of private military companies include states, international organizations, and various private or even illegal organizations. They have been divided into three main categories: military provider firms, military consultant firms and military support firms. The personnel of private military companies mostly consist of ex-soldiers.

The present paper shows that private military companies do increase the ability of states and international organizations to manage military crises in distant regions and areas where they are reluctant to become involved through the deployment of their own forces. However, the desire for profit – the main factor making the use of private companies in distant regions so attractive – also makes private companies dangerous by creating for them an incentive to violate international laws in order to accomplish their task and fulfill their contracts. Therefore, considering the fact that private military companies have come to stay, a proper control mechanism must be established for private military companies to become a legitimate tool in crisis management and in supporting respective state efforts in the most effective manner.

## **The NKVD Security Troops of the USSR in Estonia During the Years from 1940 to 1941**

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Information regarding the NKVD troops located in Estonia before the Second World War remains fragmented although by now more than half-century has passed. It is acknowledged that, as a rule, these troops were better armed, trained and supplied than other troops of the Soviet Union. Their arrival in Estonia went almost unnoticed and attracted little interest from the local population, a fact that may be explained by the use of operational procedures developed and used by NKVD troops in earlier Soviet annexations and occupations.

NKVD troops did not form a single contingent. Instead, various units were subordinated to NKVD's six directorates and were stationed all over Estonia. The major part of the Estonian territory became the area of responsibility of the NKVD Baltic Border Guard District, while the NKVD Leningrad Border Guard District operated within a lesser part of Estonia. The Baltic Border Guard District transferred its headquarters and more than half of its troops to Estonia. It should be noted that the Baltic Border Guard District did not control the whole territory of Estonia, but its northern and western coasts and islands. Such a deployment had a considerable influence on developments following the occupation of Estonia and the outbreak of World War II.

The presence and activities of the quite numerous and capable NKVD troops in Estonia from 1940–1941 were successfully and deliberately kept hidden by the Soviets throughout the period of Soviet power. Therefore, although this subject area has only been discussed a little so far, it is an interesting research subject that requires further studies in order to fill another gap in Estonia's military history.