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## NATIONAL SECURITY IN MEXICO THROUGH THE VALUES OF WELLBEING AND NATIONALISM IN CIVILIAN AND MILITARY PEOPLE

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### **ABSTRACT**

*National security is addressed from a psycho-philosophical and socio-political perspective, in the sense that the wellbeing of the population and preservation of the State are identified and grounded theoretically as dimensions of the national security construct. From the previous statement, prescriptive values of psychological wellbeing and nationalism are used to operationalize such dimensions where civilian and military people in Mexico are surveyed to analyze the national security panorama from this perspective. The results yield positive information for Mexico in relation to its performance as a State.*

Keywords: National security, Mexico, values, wellbeing, nationalism, civilian population, military.

### **LA SEGURIDAD NACIONAL EN MÉXICO, A TRAVÉS DE LOS VALORES DE BIENESTAR Y NACIONALISMO EN CIVILES Y MILITARES RESUMEN**

*Se aborda la seguridad nacional desde una perspectiva psicofilosófica y sociopolítica, en el sentido de que se identifica y fundamenta teóricamente el bienestar de la población y la preservación del Estado como dimensiones del constructo de seguridad nacional. A partir de lo anterior, se utilizan los valores prescriptivos de Bienestar Psicológico y Nacionalismo para operacionalizar las citadas dimensiones y se aplica una encuesta a civiles y militares en México, con la finalidad de analizar el panorama de la seguridad nacional desde esta perspectiva. Los resultados arrojan información positiva para México, con relación a su desempeño como Estado.*

Palabras clave: seguridad nacional, México, valores, bienestar, nacionalismo, civiles, militares.

## INTRODUCTION

**T**his study is based on mainly two ideas of research. The first is to address national security from a teleological and prescriptive approach, that is to say, not through the way it has been, but on how it should be. The second is to emphasize the importance of the psycho-social factor of the national power, and to use this approach to have a closer look at the panorama of national security in Mexico, through the prescriptive values of wellbeing and nationalism of civilian and military people.

A lot has been said and written with regards to the subject of national security; however, this has traditionally been from a perspective of factual reality or from the world of being.

While this is important in order to know the starting point, it is also important to know the world of what ought to be to know where we should arrive at. Such positioning originated the theoretical review to investigate which is the ultimate purpose of national security, that is to say, its teleological prescriptivity. The ought to be.

In this sense, in the effort of achievement of the conditions of national security of any country, the human being and the State can be identified as main actors of the phenomenon; given that the aspirations of wellbeing of the former are the functions of the latter, and the acts or performance of the latter has its origin in the actions of the former. This can be a vicious or virtuous circle.

In relation to the human being and the State, important philosophers of the Ancient World concur in that the human being's ultimate purpose is happiness and that it corresponds to the State to procure it (Aristotle, S. IV b.c.; Confucius in *Del Saz*, 1967; and Lemus, 2014).

Since then, philosophers of the Middle Age, the Modern and Post-modern World concur in these same purposes, both for humankind and the State (Trejo, 2016). It follows that in the world of ought to be, the State is a human being's socio-political construction to pursue his ultimate purpose, namely, his wellbeing or happiness. In other words, in the world of the ought to be, the State is a means for the purposes of humankind, and not the other way around.

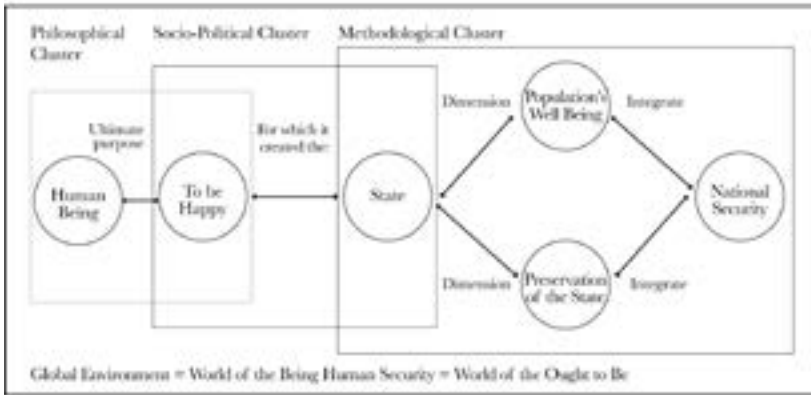
On the other hand, security is a requisite that is part of the wellbeing or happiness. Its inclusion in the Universal Declaration of Human Rights (ONU, 1948) makes it patent. In other words, if we reflect on the fact that order and tranquility are conditions that contribute to progress, development and common wellbeing of the nation (Cintra, 1991), we are talking about national security.

Therefore, being the State the means through which the individual seeks his wellbeing and security, two dimensions or functions stem from the ultimate purpose of the State. One is the wellbeing or happiness of the citizenship, the other is the preservation or security of the State itself. Both are interactive and interdependent and both can be considered as national security dimensions.

In conclusion, the reflection of this section can be disaggregated in three clusters: One philosophical cluster tells us that the ultimate purpose of humankind is its wellbeing or happiness; another socio-political cluster tells us that humankind, as an eminently social subject, created the State to reach this end; and a methodological cluster that tells us that national security can be considered as a concept that defines the ultimate purpose of the State through the achievement of the population's wellbeing and the preservation of the State itself.

These clusters are immersed in the global environment or the world of being, and human security represents the world of the ought to be. See Figure 1.

Figure 1. Model of the Purposes of the Human Being and the State



Source: Self-elaboration.

While this article proposes a prescriptive-teleological concept of national security, the truth is that national security has been changing (in the world of being) according to the events that have occurred in the international system (Galindo, 2005).

That is to say, in the world of being, the concept of national security has been changing in relation to the internal and external context of the Nation-States, but nowadays the broader or multi-dimensional concept of security has taken force, giving rise to the concept of human security, since its axis is “the person and the conditions that guarantee his/her security” (Moloeznik, 2002), which represents the future of global society in the world of the ought to be.

According to Pérez, the appearance of this new paradigm is due mainly to two new ideas: “a) security must be centered in the people; and b) people’s security is threatened not only by physical violence but also by other threats to their subsistence in conditions of dignity” (2004). Pérez also says that human security is a requisite for the enjoyment of human development, and that, at the same time, the latter is necessary to materialize it (2004), which refers as well to the vicious or virtuous circle.

Based on the above, it can be noted that the concept of national security has evolved and has moved from the merely state-centric approach towards the anthropo-centric approach, placing “emphasis in the individual’s security, as if it were about a renewed humanistic definition, in which the center of security strategies in a country, beyond the government or territory, is and must be the person” (Castañó and Ponce, 2011).

National Security, for its part, tries to fulfill its goals through national power, which is used by the State as a means or tool. National power is “the resources of a moral, spiritual, intellectual and material nature, which a State has in order to guarantee its security” (Vega, 2002). National power has four expressions or fields of power: economic, political, psychosocial and military (Cintra, 1991). However, in different researches about national power, the psychosocial field stands out, and specifically the character or values of the individual, as an active ingredient of such power.

In this sense, Valdez and Salazar specify that the geo-human factor of national power is dynamic and exerts a great influence on political, economic and social elements, considering that “the population and idiosyncrasy or the national character is the foundation of the geo-human element” (1979). However, due to the methodological difficulties of constructs such as *the character or idiosyncrasy*, it is considered more convenient to use the *values of the people* as the avenue of approach to study the psychosocial field of national power, and, therefore, national security.

Thereon, Vega also considers that the psychosocial field is the engine of national power and is the “promoter of the security and development level to which we aspire” (2002), and Cintra also argues that the human being is who executes each of the power fields and it is, at the same time, recipient of such power (1991). Vega and Cintra highlight the dynamic or solipsistic character of the human element as the responsible of the performance of the State in the fulfillment of its main function and final goal. In other words, if the State is not functioning or is functioning wrongly, it is the responsibility of all the participants that integrate it.

This means that national security is not only a matter of the government or the military personnel; it is a matter for all the population; *civilians and military personnel*. The State, as Durkheim states, cannot be but the work of all the individuals that compose it (1912). This reiterates the dynamic role of the individual as the producer and at the same time the receiver of the prejudices or benefits that are accomplished by the performance of the State, in the fulfillment of its mission or final goal.

It is the act of the general population, *civilians and military personnel*, as businessmen, politicians, governing authorities, judges, lawmakers, sailors, soldiers, officials, workers, farmers and society in general, which is going to determine the performance of the State in the fulfillment of its function.

Based on the previous statements, it follows a great relevance of the values as a factor of analysis and social change. This, because they are the key base in the behavior of the individuals and in the strengthening of the psychosocial field of the national power. For example, Velázquez and Rodríguez consider that values have a main role because they boost actions from people, and assert that “the success of a country will depend, on a large scale, in the citizens’ system of values” (2012).

That is why the purpose of this paper will consist in identifying the corresponding values for the wellbeing and nationalism of civilians and military personnel that may correspond to the dimension of the population’s wellbeing and the preservation of the State, with the goal of getting an approach to the national security panorama in Mexico.

From a prescriptive teleological perspective, the values of wellbeing are those that promote or procure the development of specific potentialities of the individual and his/her collectivities (Blanco and Díaz, 2005; Keyes, 1998; SEDESOL, 2002).

To make this concept operational, a Wellbeing Scale (WS) was designed to be included in a measuring instrument that was named Values Scale of Wellbeing and Nationalism (VSWN). The WS was de-

signed from the different theoretical proposals about prescriptive values for the psychological wellbeing of the human being, taking into consideration contributions and remarks from Fromm (1947), Jahoda (1958), Rogers (1961), Maslow (1962), and Ryff (1989). See Chart 1.

<b>Chart 1. Normative Values of Wellbeing.</b>					
<b>FROMM (1947)</b>	<b>JAHODA (1958)</b>	<b>ROGERS (1961)</b>	<b>MASLOW (1962)</b>	<b>RYFF (1989)</b>	<b>SUGGESTED VALUES</b>
Self-awareness, Self-confidence, Self-esteem	Self-awareness, Self-confidence, Self-esteem, Identity	Self-confidence, Self-esteem, Self-awareness, Self-acceptance	Acceptance and Self-acceptance	Self-acceptance	Self-acceptance, Self-awareness, Self-confidence, and Self-esteem
Love, Responsibility, Solidarity, Respect	Interest for others	Tolerance	Human affinity, Respect, Universalism	Positive relation with others	Goodness, Respect, Responsibility, Solidarity, Honesty, and Justice
Freedom, Autonomy	Autonomy, Integration	Autonomy, Freedom	Autonomy	Autonomy	Autonomy and Freedom
Productivity	Dominance of the environment	Productivity		Dominance of the environment	Productivity and proactivity
	Purpose on life			Purpose in life	Purpose in life
Rationality, Spontaneity, Insight, Impartiality	Personal growth, perception of reality	Perception of reality, Creativity	Perception of reality, Spontaneity, Creativity	Personal growth	Perceptiveness, Rational, Creativity and Spontaneity
<i>Source: Elaborated by the author, based on the common normative values of Fromm (1947), Jahoda (1958), Rogers (1961), Maslow (1962) and Ryff (1989).</i>					

As for *nationalism* values, this has been defined as the process of shaping the nations (Marquez, 2011) and as the maintenance or

preservation of the same (Smith, 1997). Likewise, Acosta defines it as the “ideology and political action aimed at building the nation or at defending the existent nation” (1992). In this regard, the values of nationalism are those that guide the actions of the citizen towards the development and preservation of the State, from a prescriptive teleological perspective. Thus, the Nationalism Scale (NS) was designed to be included in the VSWN.

The NS was created from the theoretical proposals about prescriptive teleological values of nationalism, considering Kant’s contributions and remarks (1795), Durkheim (1912), Druckman (1964) and Chernilo (2015). See Chart 2.

<b>Chart 2. Normative Values of Nationalism.</b>				
<b>KANT (1795)</b>	<b>DURKHEIM (1912)</b>	<b>DRUCKMAN (1994)</b>	<b>CHERNILO (2015)</b>	<b>SELECTED VALUES</b>
	Patriotism	Love for the homeland	Nationalism	Patriotism
		Spirit of sacrifice		Spirit of sacrifice
General Will	National will	Focused on goals		Citizen’s will
Cosmopolitanism	Cosmopolitanism	Humanism	Cosmopolitanism	Cosmopolitanism
	Social cohesion	Attachment feelings	National integration	Social Cohesion
Source: Elaborated by the author, based on theories of Kant (1795), Durkheim (1912), Druckman (1994) and Chernilo (2015).				

The values of the population represent the methodological resource that may serve as an avenue of approach to know the condition of the population’s wellbeing and the preservation of the State and, therefore, of the national security, through a glance at the psychosocial field of national power.



## MATERIALS AND METHODS

This paper is exploratory due to the lack of a research of this type in Mexico. The VSWN was created based on the theoretical findings about the State's end goal or Ought to Be, and from the normative or prescriptive values of such goals. From the State's Ought to Be, the Wellbeing and Nationalism dimensions were identified as categories of the National Security construct, according to the theoretical-prescriptive foundations.

It is worth mentioning that while carrying out the literature's review, plenty of references towards Schwartz's PVQ (Portrait Values Questionnaire) were found (see Blanco and Diaz 2005; Castro Solano and Nader, 2006; Sosa, Mele and Zubietta, 2009; Nader and Sánchez, 2010; Zubietta, Fernández and Sosa, 2012), however, Schwartz identifies values of the "being", but sets aside the "ought to be". The complete development or actualization of the human being corresponds precisely to an idealization; the "Ought to Be".

The Wellbeing Scale (WS) was developed to measure the degree of psychological wellbeing in citizens according to normative values found in the quoted literature, and the Nationalism Scale (NS) was designed to measure the degree of nationalism present in citizens according to the prescriptive values found. In total, 19 normative values were identified for the WS and 5 for the NS.

Those cited values, as well as their corresponding conceptual definitions and questions, gave rise to an initial version of the instrument, which was used in the pilot process. This version of the scale initially included 40 questions to measure the Wellbeing, and 14 questions to measure Nationalism, having a total of 54 questions with answers, 5 point-Likert type, which go from *fully agree* to *fully disagree*. The previous is because of its suitability for a post-statistical validation and the adaptation for the evaluation of the subject of study.

The items were drafted according the conceptual and operational definitions of each value, drafting for each one positive and one negative, except for Honesty, Patriotism, and Social Cohesion values; they were given two positive and two negative, in order to satisfy the operationalization of the conceptual definition. In order to ensure

both the validity of the content and the instrument application, this version was subject to be judged by experts. Taking into account the suggestions and the opinions of the experts, a definitive version was structured with 27 items that were divided into groups in two scales (20 items to assess the Psychological Wellbeing and 7 items for Nationalism). This final instrument is presented in Annex 2.

The survey was adopted as a research modality or technique. The final sample was collected with 1130 participants between 15 and 80 years old. The sample included 589 military personnel (245 from the Army, 74 from the Air Force and 257 from the Navy) and 541 civilians (people who do other activities unrelated to the armed forces). The data collection instrument was applied to a non probabilistic, intentional or convenience sample.

The application of this final instrument was carried out on January 19<sup>th</sup> to February 11<sup>th</sup>, 2016 and it was of approximately 10 to 15 minutes long. In the case of civilians, the application took place in schools, main squares, workplaces, homes, and in general, in any other place where people agreed to participate; in the case of the military, it was at the Navy Secretariat, Army, and Mexican Air Force facilities. Previous to the application, the correspondent permits were requested to the authorities of each institution.

The participants were instructed that their participation was individual, willful and in their spare time, and that all their answers will be strictly confidential and used only for research purposes.

Once the data was collected, the SPSS program was used to carry out the data analysis. During this data analysis process, basic descriptive statistics such as Media, Median, Mode, and Standard Deviation were used. In addition to that, statistics were used as frequency analysis, linear regression, tendencies analysis and multidimensional scaling.

## RESULTS

As a first step for the result analysis of the VSWN, it was considered necessary to observe the frequency distribution for each item that composes the two factors of the scale in the total of the test. The results are shown in charts 3 and 4.

Chart 3. Total Population Answer Percentage for Nationalism Items.					
Item (+/-)	Total disagreement	Disagreement	Either agreement or disagreement	Agreement	Total Agreement
3. Human beings have the right to live in peace, justice and harmony (+)	.4	.4	2.1	14.2	82.7
6. I'm not involved in countries' affairs because there is no point. (-)	35.8	27.3	23	7.7	5.8
11. I trust that all together can build a better country. (+)	2.5	3	11.8	24.7	58
14. I do not care about Mexico's development. (-)	58.6	25.6	9.6	3.1	2.5
19. I am proud of being Mexican. (+)	2.7	2.2	8.8	17	69.1
22. In Mexico, each of us watches for our own interests. (-)	8.6	17	27.3	28.9	17.8
25. There is no way I will risk my life to defend my homeland. (-)	45.7	22.8	16.6	6.1	8.4
Source: Self-elaborated.					

Charts 3 and 4 show, in general, to which point the survey population has prescriptive values of Wellbeing and Nationalism. While analyzing both charts, it is important to remember that some of the items were designed with a positive sense and others with a negative one.

<b>Item (+/-)</b>	<b>Total disagreement</b>	<b>Disagreement</b>	<b>Either agreement or disagreement</b>	<b>Agreement</b>	<b>Total Agreement</b>
1. I like to think about myself and my life, and to analyze my acts. (+)	.8	.4	3.2	29	66.5
2. I am hardly willing to speak my mind. (-)	21.9	32.6	18.4	20.6	6.1
4. I live without letting anyone to influence in me. (+)	2.3	6.4	16.7	38	36.3
5. I do not like helping others. (-)	52.7	29	7.7	5.5	5
7. When I make a decision I take full responsibility of the consequences of my acts. (+)	.7	1.1	3.3	28.1	66.8
8. When life is too complicated I would love to run away. (-)	46.3	29.4	12.7	7.1	4.4
9. I am an observer and I can realize of whatever is happening. (+)	1.3	1.6	7.1	47.3	42.5
10. I hardly ever finish what I started. (-)	34.1	38.2	13	11	3.6
12. I think ahead and I like to act and solve situations. (+)	.6	2.5	10.5	45.8	40.4
13. I see myself as someone fair (+)	2	2.7	13.1	47.4	34.1
15. Everyone deserves my understanding and respect. (+)	2.4	4.6	11.9	31	49.9
16. I do not like being dependent. (+)	2.7	6.5	12.7	38	39.8
17. I accept myself as I am. I am comfortable with my life. (+)	1.1	3.1	5.6	29.9	60.1
18. I am not keen of helping people. (-)	60.1	28.8	6.6	2.2	2

20. I find difficult to understand What it is happening. (-)	35.4	37.7	13.7	9.8	3.1
21. Stealing is not that bad as long as you only steal very little(-)	75.4	15.3	3.5	2.5	3
23. I am creative because I come up with new worthwhile ideas. (+)	1.1	4	19.2	48.8	26.6
24. So far I do not have set any goals. (-)	58.1	27.1	7.2	5.7	1.9
26. I prefer being with someone else, even if it is only the TV. (-)	34.6	37.9	20.6	10.4	6.5
27. To tell lies or to cheat is never a problem for me. (-)	56	25.3	8.5	5.8	4.4
Source: Self-elaborated.					

In addition to this, the differences among each category were verified (civilian / military sector) in the answers of each item of the aspects of the scale. The nationalism aspect has differences in every item. Check Charts 5 and 6.

<b>Chart 5. Differences per Each Category concerning Nationalism Items.</b>				
<b>Item</b>	<b>Means</b>		<b>U de Mann Whitney</b>	<b>P</b>
	<b>Military</b>	<b>Civilians</b>		
3. Human beings have the right to live in peace, justice and harmony.	603.96	523.63	136670.50	.00**
6. I'm not involved in countries' affairs because it is pointless.	668.11	453.78	98886.50	.00**
11. I trust that all together can build a better country.	661.61	460.86	102715.00	.00**
14. I do not care about Mexico's development.	664.87	457.32	100797.00	.00**
19. I am proud of being Mexican.	653.87	469.28	107272.00	.00**

22. In Mexico, each of us watches for our own interests.	616.68	509.78	129182.00	.00**
25. There is no way I will risk my life to defend my homeland.	722.40	394.68	66909.00	.00**
Source: Self- elaboration.				

In Chart 5, we can see a significant difference in every single one of the Nationalism items among the civilian and the military personnel. This points out a different conception or meaning among them.

Item	Mean in Ranks		U de Mann Whitney	P
	Military	Civilians		
1. I would like to think about myself, my life, and become conscious of my behavior.	593.47	535.05	142851.50	.00
2. It is hard for me to say what I think.	620.50	505.62	126930.50	.00
4. I let nobody influence my life.	589.35	539.54	145277.50	.01
5. I don't like to help people.	595.07	533.31	141907.50	.00
7. Whenever I make a decision, I take full responsibility of my actions.	617.09	509.34	128940.00	.00
8. Whenever life becomes too tough, I want to escape.	671.11	450.52	97122.00	.00
9. I am observant person and I can clearly notice what is happening around me.	594.71	533.70	142119.00	.00
10. I find it hard to finish the activities I start.	642.93	481.20	113719.50	.00
12. I am a foresighted person and I like to take action and solve situations.	626.57	499.01	123354.00	.00
13. I consider myself as an unbiased and fair person.	626.13	499.49	123613.00	.00

15. Everybody deserves my understanding and respect.	612.43	514.41	131685.50	.00
16. I don't like to rely on anybody to do my own things.	574.94	555.23	153766.00	.28
17. I accept myself as I am. I am comfortable with my life.	625.69	498.81	123286.50	.00
18. I'm not interested in helping anyone.	607.44	519.83	134619.50	.00
20. It is difficult to me to understand what happens around me.	652.81	470.44	107899.50	.00
21. Stealing is not so bad when you still just a little.	613.75	512.97	130906.50	.00
23. I am creative because I think of new things that are worth it.	614.88	511.74	130239.00	.00
24. So far I have no goals nor objectives defined.	636.10	488.63	117738.50	.00
26. I prefer to be always accompanied, even if it is the T.V.	562.47	568.80	157538.00	.73
27. To tell lies or to cheat is not a problem to me.	612.29	514.56	131764.50	.00
Source: Self-elaboration.				

Chart 6 shows a significant difference in the majority of the items listed on the Wellbeing Scale. Additionally, it is of great interest to observe that from the mean of ranks, items 8 and 26 stand out from the rest. Item 8 which states "Whenever life becomes too tough, I want to escape", and corresponds to Self-confidence whose value is higher for military people than it is for civilians. Item 26 "I prefer to be always accompanied, even if it is the TV" corresponds to self-esteem and is rated higher with civilians than with military people.

Next, and in order to find out how the values of both factors within the scale of the total samples are found, a descriptive data analysis was run for each of them. See Chart 7.

Factor	Minimum	Maximum	Mean	Standard Deviation
Wellbeing	2.10	5	4.15	.46
Nationalism	1.57	5	4.03	.63

Source: Self-elaboration.

Chart 7 shows a higher weighing (mean) for wellbeing (4.15) than for nationalism (4.03). However, both of them are placed beyond the arithmetic mean (3.0) suggesting a preference of the first over the second.

Afterwards a comparison between civilians and military people was carried out by means of the Student "t" test for independent samples. It should be noted that there are significant differences in the Nationalism factor ( $t = -20.71$ ,  $p = .00^{**}$ ) showing that military personnel are more nationalistic ( $\bar{x} = 4.35$ ) than civilians ( $\bar{x} = 3.68$ ) with a great effect size (Cohen's  $d = -1.37$ ).

It can also be observed that there are differences in the wellbeing factor ( $t = -14.26$ ,  $p = .00^{**}$ ) where the military perceive a higher level of wellbeing ( $\bar{x} = 4.32$ ) than civilians do ( $\bar{x} = 3.96$ ) with a great effect size (Cohen's  $d = .909$ ). See Chart 8.

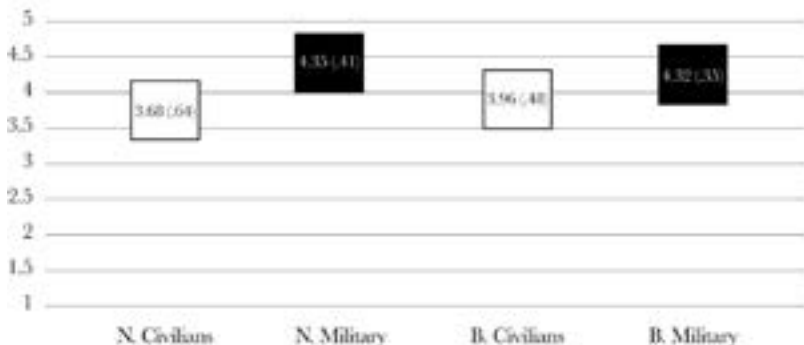
Variable	Means per group		Media teórica	T	p
	Military	Civilians			
Wellbeing	4.35(.41)	3.68(.64)	3	-20.71	.000**
Nationalism	4.32(.35)	3.96(.48)	3	-14.26	.000**

$p \leq .01$  Source: Self-elaboration.

These punctuations stand for the tendency values corresponding to each of the analyzed sectors. Chart 8 shows that within the military sector there is a higher tendency to value Wellbeing higher than Nationalism; while on the other hand, civilian ratings go on the opposite direction whereas nationalism is rated higher than Wellbeing. It can be observed in Figure 2 that within the military sector both factors are rated higher than within the civilian sector.



Figure 2. Differences in the Factors of the Scale per Citizen Category (Civilians/ Military)



Source: Self-elaboration

Regarding the gender of the participants, there are significant differences within the Nationalism factor ( $t= -8.54, p=.00^{**}$ ) where men are shown to be more nationalistic ( $\bar{x}=4.13$ ) than women ( $\bar{x}=3.80$ ) with a medium size effect (Cohen’s  $d= .67$ ), there are also differences within the wellbeing factor ( $t= 6.93, p=.00^{**}$ ) where men are shown to count on a higher wellbeing ( $\bar{x}=4.21$ ) than women ( $\bar{x}=4$ ) with a medium size effect (Cohen’s  $d=.567$ ). See Chart 9.

Variable	Means per group		Theoretical Mean	T	p
	Men	Women			
Wellbeing	4.21(.44)	4(.46)	3	8.54	.000**
Nationalism	4.13(.51)	3.80(.69)	3	6.93	.000**

$p \leq .01$  Source: Self-elaboration.

In order to identify differences derived from the schooling level owned by the participants, a one way ANOVA was run and the results showed significant differences in the Nationalism factor [ $F(4,1123) = 17.664, p=.000^{**}$ ], where the Scheffé posthoc test shows that the differences are present between the elementary schooling group and the rest of the groups; having a small size effect ( $\eta^2 p=.059$ ).

There are also many significant differences in the Wellbeing factor [ $F(4,1127) = 18.56, p = .000^{**}$ ], where the Scheffé posthoc test shows that the differences are found between the group with elementary schooling and the rest of the groups with a medium size effect ( $\eta^2 p = .062$ ). See Chart 10.

Chart 10. Differences per Schooling within the Scale of Values for Wellbeing and Nationalism.								
Variable	Means per Group					Theoretical Mean	F	p
	Elementary	Junior High	High School	Bachelor	Post-graduate			
Wellbeing	3.81	3.89	4.14	4.21	4.35	3	17.66	.000**
Nationalism	3.48	3.77	4.00	4.12	4.30	3	18.56	.000**
$p \leq .01$ Source: Self-elaboration.								

Hence, the study shows that the higher schooling level a person has, there's a tendency to value both Wellbeing and Nationalism. In general, these results show a difference between the military and the civilian sectors regarding these values as the basic elements of national security.

## DISCUSSION

The purpose of this work and the literature review allow to theoretically relate the Population's Wellbeing to the Psychological Wellbeing, and to compare the Preservation of the State with a prescriptive conception of Nationalism. Because of this, it is considered that VSWN is an appropriate tool to approach the panorama of national security in Mexico, since the measurement of such factors or dimensions represent, according to the theoretical substantiation carried out, the degree of success that the State has in the performan-

ce of its functions and the psychosocial potentiality of the State for its development and national security; the foregoing due to the dynamic character of these dimensions in the individual-citizen.

On the basis of the above, taking into consideration the theory related with the ideal of the human being (that who develops his potentiality and achieves maximum wellbeing), the following values are identified: Self-acceptance, Self-awareness, Self-confidence, Self-esteem, Goodness, Respect, Responsibility, Solidarity, Honesty, Justice, Autonomy, Freedom, Productivity, Pro-activity, Purpose in life, Perceptiveness, Rationality, Creativity and Spontaneity (Fromm, 1947; Jahoda, 1958; Rogers, 1961; Maslow, 1962; y Ryff, 1989).

In the same way, the prescriptive values of nationalism are identified, through the theoretical review of authors who advocate for normative nationalism, in which, although the individual-citizen is willing to defend their homeland, recognizes that there are higher values that bring him closer to a humanist or cosmopolitan position (human security). The theoretical review identifies the prescriptive values of: Patriotism, Spirit of Sacrifice, Citizen-Will, Cosmopolitanism and Social Cohesion (Kant, 1795; Durkheim, 1912; Druckman, 1994; and Chernilo, 2015).

The results showed that, for the total trial, both the value of wellbeing (4.15) and nationalism (4.03) are above the theoretical mean (3.0), which indicates that the trial sample of population refers positive values of wellbeing and nationalism. These results are consistent with Alduncin's research (2005), who identifies positive values in Mexicans and an increase in happiness and overall sense of wellbeing.

This can be interpreted as meaning that, despite the current context that is carried out in Mexico, in general terms, the historical performance of the State has been satisfactory. However, although the results rank above the theoretical mean, this does not mean that performance is optimal.

Ordered in citizen category in civilian and military, the results of the values survey of the trial sample of population indicate

that the military and the civilian have significant differences regarding the qualifications of wellbeing and nationalism, where the military are more nationalist ( $x = 4.35$ ) than civilians ( $x = 3.68$ ) and greater wellbeing ( $x = 4.32$  vs  $x = 3.96$ ). This means that the State has been more successful in its functions with the military than with civilians.

Equally, the men of the sample population have higher wellbeing ( $x = 4.21$  vs  $x = 4$ ) and greater nationalism ( $x = 4.13$  vs  $x = 3.80$ ) than women, reflecting persisting gender differences in the Mexican socio-cultural interaction, and it is also possible that this is due to the dual role of women as workers and housewives, which increases stress levels more than men (Foglia, 2012).

With regards to schooling of participants, significant differences were found both in the size of wellbeing and that of Nationalism, seeing as the higher the education level is, the higher both dimensions are too, which lets us highlight the great importance of planning an appropriate State policy related to national educational programs. This outcome is consistent with other research that identifies a positive correlation between Education and Wellbeing (Salinas and Salinas, 2008).

## CONCLUSIONS

**T**he theoretical foundation presented, regarding the purpose of the human being and the State, allows proposing psychological wellbeing as the ultimate goal of human beings. Likewise, trying to obtain that status in citizens and preserving the State itself can be proposed as the ultimate goals of the State; and thus recognize that, from a prescriptive point of view, these dimensions compound national security. Therefore, national security would be defined as the ultimate goal of the State, through the procurement of wellbeing to its citizens and the preservation of the State itself.

Also, the literature review allows to theoretically support the approach to the status of national security of the State, through the values of psychological wellbeing and nationalism, being the

former integrated by the values of Self-acceptance, Self-awareness, Self-confidence, Self-esteem, Goodness, Respect, Responsibility, Solidarity, Honesty, Justice, Autonomy, Freedom, Productivity, Proactivity, Purpose in life, Perceptiveness, Rationality, Creativity and Spontaneity (Fromm, 1947; Jahoda, 1958; Rogers, 1961; Maslow, 1962; and Ryff, 1989) and the second values: Patriotism, Spirit of Sacrifice, Citizen-Will, Cosmopolitanism and Social Cohesion (Kant, 1795; Durkheim, 1912; Druckman, 1994; and Chernilo, 2015).

Based on the above, the instrument called Scale of Values of Wellbeing and Nationalism (VSWN) was designed and implemented, and whose results led to consider that, even if differences between the wellbeing value and the nationalism value of civil and military are well perceived, a continuity is observed between different sectors which, in this case, was made by exclusively selecting civilians and military.

This means, the differences between civilian and military are not stated as polarized values but as part of the dynamics of Mexican society and of the organization and historical performance of the Mexican State.

This assumes that there is no discrepancy between the values of the military and civilians, but continuity between them that lets us point out differences that may be due to the identity defined by the institutions or the social dynamics.

The above is because although there is a joint social condition in the Mexican State, its historical development shows positive results, in the sense that the values obtained by civilians and military were above the theoretical average.

Education stands as factor of considerable importance to strengthen the functions of the State and the National Security. From this point of view, it is considered that Education should not only be addressed in the cognitive aspect, but also in the affective and emotional dimensions, but especially in the specific strengthening of the prescriptive values identified in this paper. It is presumed capable of substantially triggering development and national security.

It is important to continue research in relation to these values, so that they can disaggregate in different population sectors of the Mexican State, which would allow a better understanding of the national security panorama, from this psycho-philosophical and sociopolitical perspective, to identify the causes of the problematical issues in Mexico.

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**ANNEX 1**

***WELLBEING  
AND NATIONALISM SCALE OF VALUES (VSWN)***

Reg. Number: \_\_\_\_\_

Hello! Good afternoon. We are conducting a wellbeing and nationalism survey. We would appreciate if you could answer some questions. It will only take a few minutes of your time. The information you provide will be confidential and we do not need your personal data. Your opinion is very important to us. Thank you very much!

**SECTION A**

The following sentences are different opinions some people may agree with or disagree. Please answer (marking with an X on the column) the choice closest to your own opinion.

		Totally Agree	Agree	Not agree and not disagree	Disagree	Totally Disagree
1	I like to think about myself, about my life and about my actions.					
2	I find it difficult to say what I think.					
3	Human beings have the right to live in peace, justice and harmony.					
4	I handle my life and I don't let anybody influence me.					
5	I don't like helping others.					
6	I don't get involved with my country's affairs because it is useless.					
7	When I make a decision I accept the consequences.					
8	When life turns too complicated I feel like running away.					

9	I am an observer and I can see what is going on around.					
10	I find it difficult to finish things I start.					
11	I believe that we can build together a better Mexico.					
12	I foresee things and I like to act and solve things.					
13	I consider myself impartial and fair.					
14	I don't care about Mexico's development.					
15	All the world deserves my understanding and respect.					
16	I don't like to depend on anyone to do my stuff.					
17	I accept myself the way I am. I am happy with my life.					
18	I am not interested on helping others.					
19	I feel proud to be Mexican.					
20	It is difficult for me to understand what happens around me.					
21	Stealing is not that bad when you steal just a little bit.					
22	In Mexico everyone watches after his own interests.					
23	I am creative because I think of new ideas that are worth it.					
24	Up to now, I have no goals nor objectives.					
25	I would not put my life in risk for the defense of my country.					
26	I prefer to be with company even if it is just the TV.					
27	Cheating or telling lies is not a problem for me.					

**SECTION B**

Age: _____ years										Sex: Male ( ) Female ( )														
Marital Status: married ( ) single ( )																								
Place of birth: _____																								
Religion: _____																								
<b>In a 1 to 10 scale where 1 is very Little and 10 is a lot, How much do you practice your religion?</b>																								
1	2	3	4	5	6	7	8	9	10															
<b>Level of studies concluded:</b>																								
Elementary ( )					Junior High ( )					High School ( )					Bachelor's ( )					Postgraduate ( )				
<b>Citizen category:</b> Civilian ( ) Military ( )																								
<b>In case you are in the military:</b>																								
<b>Institution you belong to:</b>										<b>Rank:</b>														
Army ( )		Air Force ( )		Navy ( )		Cadet ( )		Crew ( )		Officer ( )		Captain ( )		General/ Admiral ( )										
<b>Profession:</b> _____										<b>Current Activity:</b> _____														
<b>Application Date:</b> _____										<b>Application Place:</b> _____														
<b>Interviewer:</b> _____										<b>Supervisor:</b> _____														

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