



THE LEVEL OF ANXIETY AND DEPRESSION AMONG SEAFARERS AND THEIR COPING STRATEGIES

In Partial Fulfillment of the
Requirements for the Degree of
Bachelor of Arts in Psychology

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ABSTRACT

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TITLE: The Level of Anxiety and Depression among Seafarers and their Coping Strategies

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OBJECTIVES OF THE STUDY:

A. GENERAL:

This study sought the level of anxiety and depression among seafarers and their coping strategies.

B. SPECIFIC:

This study attempted to answer the following questions:

1. What is the demographic profile of the selected seafarers in terms of:
 - 1.1 age,
 - 1.2 civil status,
 - 1.3 educational attainment,
 - 1.4 work designation,



1.5 number of work hours, and

1.6 number of years of onboard experience?

2. What is the level of anxiety of the respondents?

3. What is the level of depression of the respondents?

4. What is the coping strategy of the respondents?

SCOPE AND COVERAGE:

The selection of respondents were only limited to local seamen, specifically, thirty-five seamen ages 20 to 60 from three different inter-island motor tanker ships. The data gathering process were done using two sets of questionnaires; DASS (Depression Anxiety Stress Scale) and Coping Strategies Questionnaire.

METHODOLOGY:

This study was conducted in the port of Batangas Bay. The population consists of 35 seafarers from three different inter-island motor tanker ships; M/T Noble Job, M/T Molave, and M/T Narra with the age ranging from 20 to 60.

The sampling technique used to obtain the respondents was purposive method. All of the respondents were onboard which enabled the researchers to carry out the study conveniently.



DASS (Depression Anxiety Stress Scale) and Coping Strategies Questionnaire were administered and interpreted to determine the level of anxiety and depression and coping strategies of the respondents.

MAJOR FINDINGS:

Based on the data gathered the following were obtained:

- 1) Results showed that majority of the respondents are young adults, single, college graduates, deck cadets, work more than 10 hours, and their onboard experience ranges from 1 year to 10 years.
- 2) Results revealed that the level of anxiety of the respondents is normal.
- 3) Results revealed that the level of depression of the respondents is normal.
- 4) Results revealed that the respondents use emotion-focused coping strategy in dealing with anxiety and depression.

CONCLUSIONS:

- 1) The respondents have normal anxiety when faced with certain kinds and degrees of threat that are naturally anticipated with their work as seafarers.
- 2) The respondents have normal depression when there is an event or circumstance in which they react emotionally.
- 3) The respondents are flexible and adaptable in any kind of environment given that they have normal anxiety and depression despite the demands of their work.



- 4) The respondents who have minor responsibilities and strong support network are less prone to high levels of anxiety and depression.
- 5) The respondents use emotion-focused coping strategy to deal with normal anxiety and normal depression.

RECOMMENDATIONS:

- 1) **Focus Group Discussion.** A group of seafarers will communicate about their perceptions, opinions, beliefs, and attitudes towards the concept of anxiety and depression. Each one could also share their own stories on experiencing these psychological states and how they deal with it.
- 2) **Maintain benefits.** Shipping companies should maintain the compensation and benefits they are providing for their seafarers.
- 3) **Future research.** Future researchers could conduct a similar study on anxiety and depression among seafarers and their coping strategies using a bigger population.



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