



De La Salle University – Dasmariñas

**LIFE ON BOARD: SEAFARERS’ RESISTANCE TO SATISFYING
LIBIDINAL ENERGY**

An Undergraduate Thesis Presented to the Faculty

Behavioral Sciences Department

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Abstract

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Statement of the Problem

This study aimed to determine the life of seafarers specifically of their libidinal energy. The researcher sought to answer the following questions:

1. What is the demographic profile of seafarers in terms of:
 - 1.1 Age,
 - 1.2 Years of work,
 - 1.3 Marital status, and
 - 1.4 Monthly income?
2. What are the situation seafarers are most confronted with the urge to satisfy libidinal energy?



3. What do seafarers normally do when confronted with the urge to satisfy libidinal energy?
4. What are the activities seafarers do to resist these libidinal energies?

Scoop and Coverage

The main purpose of this study was to describe how to have resistance on satisfying libidinal energy of male Filipino seafarers. This study was conducted in the Philippines. The respondents were limited to Filipino seafarers only. The researcher used a set of survey and questionnaire in determining the activities of seafarers to divert libidinal energy. The respondents who agreed to comply with the researcher's requirements were purposively selected. This study limited the respondents to 30 male seafarers who had already worked overseas for a year up to thirty years and with ages ranging from 21 to 55 years. This study focused on the different activities seafarers do to resist and avoid unwanted outcomes by their libidinal energy.

Methodology

The study used the descriptive research design. According to Gravetter & Forzano (2003), descriptive research determines the usual occurrence of the variables being studied and aims to describe the current situation while the study is being conducted. Descriptive research methods include observation, surveys and interviews, standardized tests, and case studies (Santrock, 2005). The study identified the factors that influence



and provoke the seafarers' urge to satisfy their sexual desire and to determine the activities they do to divert the libidinal energy into more productive way rather than having sex. In descriptive research, researchers do not manipulate any variables and there is no correlation to be found. It only intends to observe and describe the behaviors occurring in a given natural situation (Heiman, 1995). An effective method to gather data from a huge number of respondents for descriptive research is the survey, also called as questionnaire. A standard set of questions is used to obtain people's self-reported attitudes or beliefs about a particular topic (Santrock, 2005). As a descriptive type of research, the researcher conducted a survey from the respondents to gather the appropriate data for the study.

Major Findings

The researcher considered four situations; sea, docking area, harbor and bars around the harbor. Based on the results, the harbor got the higher mean and was acknowledged to be the place or situation where seafarers are most confronted with the urge to satisfy libidinal energy. Researcher discovered that most of the respondents resist the urge to have sex with port girls; however, significant number of respondents said that they give in and take the advantage to engage in having sex with port girls.

Through the researcher's analysis on the obtained data, she found out that there are different kinds of activities the Filipino seafarers do to resist, divert and ignore the urge to satisfy their libidinal energy with port girls. The researcher found out many similar responses and these activities were classified into four main categories and these



are sexual activities, recreational activities, physical activities and spiritual activities. Sexual activities include masturbation and watching pornographic movies while recreational activities consist of watching television, listening to music and playing musical instruments, playing games, reading books and magazines, eating, and sleeping or just staying in their rooms. However, taking a bath, peeing and making themselves busy are what physical activities seafarers do to divert libidinal energy. Last category is spiritual activities which include praying, reading the bible, and thinking and looking to their family pictures. Other factors that affect the resistance of the seafarers to satisfy libidinal energy is the knowledge about the risk they will indulge themselves to having AIDS.

Conclusion

With the results from the data gathered and thorough analysis, the following conclusions were formulated:

1. Most of the seafarers resist the urge to satisfy libidinal energy with port girls.
2. Seafarers are most confronted with the urge to satisfy libidinal energy when they are at the harbor after the long time they have worked at mid sea.
3. Masturbation is the activity of the seafarers that stands out among the other activities revealed.
4. Seafarers fear of being infected by AIDS that keeps them on resisting in having sex with port girls.



Recommendations

The researcher formulated the following recommendations for each particular group or people.

1. **Seafarers and future seafarers.** They should be aware that there are many activities that are possible to divert libidinal energy on and can help them avoid the risk of being infected by AIDS to be more productive at work.
2. **Individuals.** They should understand that not all seafarers give in to having sex with port girls and should not stereotype the seafarers.
3. **Families of the seafarers.** They should be aware of the possible activities the seafarers can do aboard and can help on providing the needs of their seafarer relative.
4. **Manning and Shipping Agencies.** They should provide recreational activities to the seafarers while they are at mid sea and on their free time to help the seafarers release their energies productively. This may help the seafarers to loosen up the urge they are having and may relax their body to provide better labor.
5. **Future researchers.** They may use the data gathered in this research if they will to conduct a similar or related study. They may also focus on one of the categories to determine and understand deeper correlation between resistance, satisfaction and these activities.



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