

EVALUATING THE RELATIONSHIP BETWEEN ISOLATION DURATION AND STRESS-RELATED DISORDER IN SEAFARING POPULATION

ABSTRACT

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Seafarers are regularly exposed to extended periods of isolation and high-pressure work environments, which may contribute to the development of stress-related disorders. This study investigates the relationship between the duration of isolation and the occurrence of physical, mental, and emotional stress disorders among individuals in the maritime profession. By examining this correlation, the study aims to support the development of targeted mental health strategies and improved occupational conditions within the seafaring industry. This study utilizes a quantitative correlational research design. Data were collected from 20 active seafarers using a structured questionnaire comprising sections on demographic information, stress-related symptoms, and coping strategies. The convenience sampling technique was employed. Data analysis involved the use of frequency and percentage for demographic profiling, while Pearson's r was used to determine the correlation between isolation duration and indicators of stress-related disorders. The results revealed that most respondents reported experiencing significant stress-related symptoms during their work assignments. These included appetite changes, sleep disturbances, irritability, overthinking, emotional numbness, and a persistent sense of dread. A moderate positive correlation ($r = 0.5729$) was identified between the duration of isolation and the incidence of stress-related disorders. The p -value (0.08283) led to the rejection of the null hypothesis, confirming a statistically significant relationship between isolation duration and stress-related outcomes. The findings indicate that prolonged isolation negatively affects the physical, mental, and emotional well-being of seafarers. The study emphasizes the importance of implementing support mechanisms such as mental health training, onboard wellness programs, and improvements in working conditions. These interventions are crucial in reducing the impact of isolation-related stress and promoting holistic well-being among maritime personnel.

RECOMMENDED CITATION

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