

ASSESSING STRESS AND PSYCHOLOGICAL IMPACT OF MARITIME PIRACY ON FILIPINO SEAFARERS AT SEA

ABSTRACT

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Maritime piracy remains a persistent threat to the global shipping industry, with profound effects on Filipino seafarers, who make up a significant portion of the maritime workforce. This study investigates the psychological impact of piracy on these seafarers, focusing on mental health, well-being, and job performance. It also highlights the prevalence of stress-related conditions such as anxiety, depression, and burnout resulting from exposure to piracy-related threats. The study adopted a descriptive research design and employed a researcher-made, validated questionnaire as the primary instrument for data collection. A purposive sample of 20 seafarers—comprising individuals from both Marine Transportation and Marine Engineering—was selected to participate in the survey. The collected data were analyzed using statistical tools such as frequency, percentage, and weighted mean, taking into account the diverse years of experience among the respondents. The findings revealed that although most respondents disagreed with experiencing severe psychological impacts, symptoms affecting well-being—such as chronic fatigue, irritability, and decreased productivity—were reported. An increase in risk-taking behavior was noted, despite minimal perceived impact on job performance. Qualitative responses highlighted recurring issues such as fear for one's life, emotional exhaustion, and feelings of isolation. Challenges encountered during data collection included difficulty identifying respondents with piracy experience, language barriers, and age-related concerns such as poor eyesight and memory lapses. It concludes that while quantitative data did not strongly reflect direct psychological impacts, qualitative responses revealed significant underlying stress and emotional strain related to piracy. These results emphasize the need for improved communication tools, strategic respondent selection, and robust support systems to more effectively identify and mitigate psychological distress among seafarers. Future research should prioritize enhanced methodologies and targeted mental health interventions to support the overall well-being of maritime workers.

RECOMMENDED CITATION

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