Mental Health of Filipino Seafarers: The Contributory Factors and the Strategies Applied Onboard Ship

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ABSTRACT: Mental health is equally important with physical health. Many reports found out that poor mental health is one of the major factors of depression among seafarers. This study ascertains the factors affecting mental health and the strategies applied by Filipino seafarers to combat these issues. A survey was used as a research design. A total of 100 seafarers taken through convenience and snowball sampling answered the validated researcher-made questionnaire. The questionnaire was sent in the JBLFMU Alumni Portal, messenger, and Gmail. Frequency, percentage, and rank were used. Themes were used to classify the strategies applied by seafarers to counteract mental health issues onboard ship. The results revealed that the major contributory factor affecting the mental health of Filipino seafarers is stress, while they believed that a positive outlook in life makes one's self free from mental health problems onboard. The top three factors are stress, fatigue, and separation from families and friends. The top three strategies to counteract factors that affect seafarers' mental health onboard ship are staying positive, socializing with crewmates, and communicating with family.

1 INTRODUCTION

The International Maritime Organization (2017) [6] reported that more than 90% of the world's merchandise is transported by sea. As such, the shipping industry employs more than 1,500,000 seafarers originating from various countries [9]. Though seafaring is perceived to be a lucrative job, it is also subject to a stressful work environment [5] and can often be a dangerous occupation [7]. Seafarers are vulnerable to many types of work-related strain, including but not limited to mental health, physical, and social stressors. Mental health stress can be derived from confinement in the same environment during prolonged periods at sea, poor working conditions and low compensation, and lack of job security. Further, physical stress can arise from long working hours with short shift turnaround times, leading to sleep deprivation and fatigue, constant ship

motions, vibrations and noise, and limited access to medical aid onboard the ship. Finally, social factors such as separation from family and friends, harassment, bullying, and cultural differences combined with the potential threat of piracy attacks and criminal activity onboard contribute to a feeling of social isolation and lack of safety in the workplace. These contributing factors may lead to a considerable rise in anxiety and depression rates among crews of seafarers [7, 9]. If left untreated, this issue may result in alarming increases of suicide attempts [7, 9, 11–13]. If taken for granted, the deteriorating mental health of the crews may pose a greater monetary burden on shipping companies and charters down the line [7].

A comprehensive report written by Iversen (2012) [7], highlighted the striking number of cases of suicide in the seafarer population in Australia. From 1960 to 2009, 5.9% (1,011 deaths) of 17,026 reported deaths

resulted from suicide. Additionally, out of the 4,487 reported deaths due to illness, 13.1% (590 deaths) were attributed to suicide. These percentages could be higher if they accounted for the 50% of deaths due to seafarers disappearing at sea [7]. Moreover, Jensen and Oldenburg (2019) [8] conducted a study to assess the extent to which seafarers in 12 German ships were subject to traumatic events and the psychological effects on the individuals. From the sample population, 83.6% experienced after-effects, such as dreaming about a traumatic experience. According to the 12 shipping companies interviewed, 2 cases of suicide were noted out of 14 deaths in the last three years [8]. Lastly, Pocock, Nguyen, Lucero-Prisno III, Zimmerman, and Oram (2018) [10] also reported a high incidence of mental health issues among seafarers in various countries in Southeast Asia, particularly Cambodia and Myanmar. However, this study highlights the considerable lack of thorough research done in the region as most literature on seafarer's health issues is based on European or western seafarers [10].

Mental health has become a crisis across the maritime industry. Many shipping companies have taken notice of the huge surge in suicide cases and mental health issues among their crews and have advanced their efforts to enhance the overall health of seafarers [1, 2]. Different approaches such as daily exercise, proper nutrition, and psychological support have been implemented by various shipping companies [2]. However, new measures such as the creation of educational programs to remove the stigma associated with mental health and comprehensive initiatives to address the root causes of these problems directly need to be implemented [1]. For instance, Hayward (2019) [4] suggests ensuring a good quality Pre-Medical Employment Examination (PEME) before the start of a work term and adopting policies surrounding mental health could improve outcomes for shipping companies. Moreover, Sliskovic and Penezic (2015) [11] assert that ship owners, unions and international regulatory bodies should aim to enhance seafarers' lives onboard by decreasing working hours, reducing periods of separation form families, and improving telecommunications, recreational opportunities and team-building social events onboard, among other initiatives [11].

Consequently, organizations such as the International Seafarers' Welfare and Assistance Network and the International Council on Social Welfare have developed initiatives to combat the mental health crisis aboard ships. Through booklets and leaflets, information campaigns have proven to be effective in various cases where direct causes cannot be addressed [1, 2]. For instance, the Rotary Club of Melbourne South developed and distributed informative booklets and leaflets about depression to seafarers on 3,500-4,000 ships in 17 major Australian ports [7]. Additionally, the International Maritime Health Association proposed a comprehensive mental health promotion program that includes creating educational training resources (online courses, modules, etc.), small support groups for students at sea and onshore and training on peer support and de-escalation of stressful situations.

In brief, the available literature emphasizes the need for more comprehensive programs to improve working conditions and promote mental health support and training for seafarers at sea. It must also have highlighted the apparent lack of research on the strategies to combat mental health issues enforced by Southeast Asian shipping companies or whether these exist. The increasing rates of depression and anxiety have amplified concerns for the mental health issues that sailors consistently face as they lead to growing numbers of suicide reports onboard ships. According to existing literature, promoting mental health onboard ships would increase seafarers' work conditions and, in turn, work quality and safety. Hence, shipping companies should be encouraged to promote mental health alongside proper work safety to decrease and alleviate some of the contributing factors that lead to depression, anxiety, and ultimately suicide among crew members [1]. The following study was conceptualized to address the gap in available literature concerning seafarers' mental health and the growing need for mental health awareness and education among seafarers and shipping companies. Furthermore, this study is anchored on the Philippine Republic Act No. 11036 on Mental Health, where Filipino seafarers are covered in terms of saving their lives onboard ship and maintaining a healthy way of thinking.

This study aimed to ascertain the factors affecting the seafarers' mental health onboard ship and the strategies they apply to combat these issues. In particular, this investigation looked for answers to the main contributing factors that affect the mental health of seafarers' onboard ship and the strategies the seafarers apply to counteract these factors.

2 MATERIALS AND METHODS

2.1 Research design

This study employed a descriptive survey. A descriptive survey uses the same set of questions for large number of individuals [3]. In the present study, survey method was used to assess the perceptions of the target populations on the following two variables: the contributing factors that impact the mental health of Filipino seafarers and the strategies that seafarers utilized to counteract the factors that affect their mental health onboard ship.

2.2 Respondents

The total study respondents were 100 seafarers taken through convenience and snowball sampling techniques. Convenience sampling in the sense that the researchers took some of the respondents in the JBLFMU Alumni Portal and messenger. Snowball was also used because the identification of other seafarer respondents was based on the referral of other respondents. According to Fraenkel & Wallen (2010) [3], the minimum number of respondents in descriptive research is 100.

2.3 Instrument

The content validated researcher-made questionnaire emanated from available literatures aimed to determine the two variables such as factors affecting seafarers' mental health onboard ship and strategies used. Part 1 of the instrument includes the respondent's personal identification; Part 2 consists of 30 contributory factors affecting seafarers' mental health onboard ship; and Part 3 is a table where respondents answer the strategies they apply to counteract the factors that affect their mental health onboard ship.

2.4 Data collection

The questionnaire was distributed online through JBLFMU Alumni Portal, messenger, and Gmail. Data collection lasted for more than six months due to the availability of the seafarers, including their internet connections. The respondents were not identified by name, kept confidential, and not reflected in the final research report.

Mental health is a delicate subject matter; thus, the researchers have taken steps to ensure that the respondents are treated ethically, and the information they provide is collected with the utmost discretion.

Filipino seafarers received all necessary information pertaining to the purpose of the study and the data collection process. Then, respondents were invited to participate and fill out a consent form. The survey was kept anonymous, and no information that could be used to identify an individual was collected.

The survey contained general questions regarding factors that may affect mental health status. The survey does not ask the respondents to provide any information regarding specific traumatic events that could cause the respondents distress. A professional psychologist oversight the data collection process to ensure its adherence to safe and ethical practices.

The data collection started June 1, 2020 up to December 17, 2020 while there is a Covid-19 pandemic. Participation of respondents is also limited due to the availability of internet onboard ship and nature of work onboard ship during the data collection.

2.5 Data analysis

Frequency, percentage, and rank were used to determine the contributing factors and strategies applied by seafarers to counteract the factors that affect their mental health onboard ship. Meanwhile, themes were used to classify seafarers' strategies to counteract factors that affect their mental health onboard ship.

3 RESULTS AND DISCUSSION

Table 1 shows the contributing factors that affect the mental health of seafarers. The top 10 contributing factors of seafarers' mental health onboard ship include: stress (78%, Rank = 1) which is the same as the result of Hystad and Eid (2016) [5]; fatigue or temporary loss of power to respond (64%, Rank = 2) that is similar to the findings of Hystad and Eid (2016) [5], The Manila Times (2019) [2], Barker (2018) [1], and Iversen (2012) [7]; separation from families and friends (58%, Rank = 3) where it supports the findings of The Manila Times (2019) [2], Barker (2018) [1], Sliskovic and Penezic (2015) [11], and Iversen (2012) [7]; not enough sleep (57%, Rank = 4) that is similar to the results of Sliskovic and Penezic (2015) [11] and Iversen (2012) [7]; prolonged period of time at sea or long voyages (55%, Rank = 5) that supports the claims of Hystad and Eid (2016) [5] and Barker (2018) [1]; long working hours (54%, Rank = 6) that supports the result of Jensen et al. (2017) [9]; loneliness (44%, Rank = 7) that supports the results of Jensen et al. (2017) [9], Sliskovic and Penezic (2015) [11], and Iversen (2012) [7]; increased pressure (42%, Rank = 8.5) similar to the findings of Barker (2018) [1]; confined in the same environment (42%, Rank = 8.5) that supports the claim of Hystad and Eid (2016) [5]; and lastly, social isolation or far from home (40%, Rank = 10) that agrees to the findings of Hayward (2019) [4], Barker (2018) [1], and Sliskovic and Penezic (2015) [11]; and family problems (40%, Rank = 10) that supports the result of Hayward (2019) [4].

Table 1. Contributing factors that affect the mental health of seafarers (N=100)

Factors	f	%	Rank
Stress	78	78	1
Fatigue (temporary loss of power to respond)	64	64	2
Separation from families and friends	58	58	3
Not enough sleep	57	57	4
Prolonged period of time at sea or long voyages	55	55	5
Long working hours	54	54	6
Loneliness	44	44	7
Increased pressure	42	42	8.5
Confined in the same environment	42	42	8.5
Social isolation or far from home	40	40	10.5
Family problems	40	40	10.5
Lack of shore leave	37	37	12
High workload	35	35	13
Little contact with family and friends	34	34	14
Bullying	30	30	15
Ship motion	29	29	16
Cultural problems	26	26	17
Harassment	25	25	18
Poor working conditions	24	24	19
Threat to piracy attack	22	22	21
Lack of crew cohesion	22	22	21
Noise	22	22	21
Low salary	21	21	23.5
Limited medical aid onboard ship	21	21	23.5
Short ship turnaround times	20	20	25
Physical abuse	18	18	26.5
Criminalization	18	18	26.5
Work-role conflict	17	17	28
Vibration	13	13	29
Job security	12	12	30

The seafarers listed different strategies applied to counteract the identified 30 mental health problems onboard ship. Table 2 shows the strategies applied by seafarers to counteract the factors that affect their mental health onboard ship, particularly stress. The top three strategies are to pamper one's self, socialize with crewmates, and take a break. Figure 1 shows the values in percent.

Table 2. Strategies applied by seafarers toward stress onboard ship (n=63)

Strategies	f	%	Rank
Pamper one's self	28	44	1
Socialize with crewmates	9	14	2
Take a break	8	13	3
Stay positive	7	11	4
Communicate with family	5	8	5.5
Enjoy while working	5	8	5.5
Write a journal	1	2	7
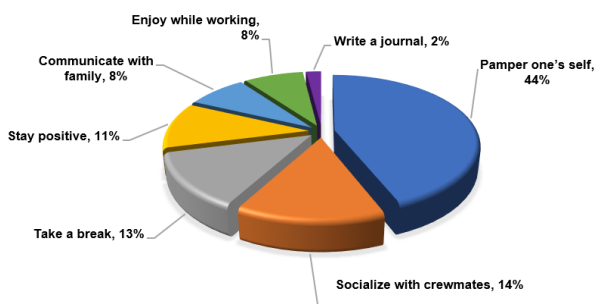
Figure 1. Strategies toward stress in percent

Table 3 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on fatigue. The top two strategies are to pamper one's self and take a break. Figure 2 shows the values in percent.

Table 3. Strategies applied by seafarers toward fatigue (n=49)

Strategies	f	%	Rank
Pamper one's self	40	82	1
Take a break	6	12	2
Talk to someone	2	4	3
Check one's health	1	2	4
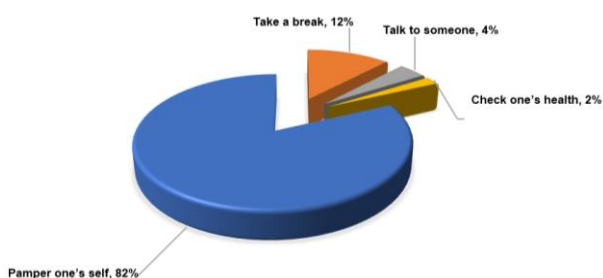
Figure 2. Strategies toward fatigue in percent

Table 4 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on separation from families and friends. The top strategy is to communicate with family. Figure 3 shows the values in percent.

Table 4. Strategies applied by seafarers toward separation from families and friends (n=40)

Strategies	f	%	Rank
Communicate with family	36	90	1
Stay positive	3	8	2
Think of my family as an inspiration	1	2	3
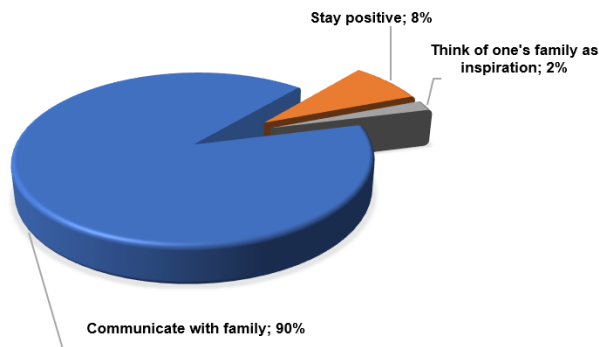
Figure 3. Strategies toward separation from families and friends in percent

Table 5 shows the strategies applied by seafarers to counteract mental health problems onboard ship particularly on lack enough sleep. The top strategy is to pamper one's self. Figure 4 shows the values in percent.

Table 5. Strategies applied by seafarers toward not enough sleep (n=44)

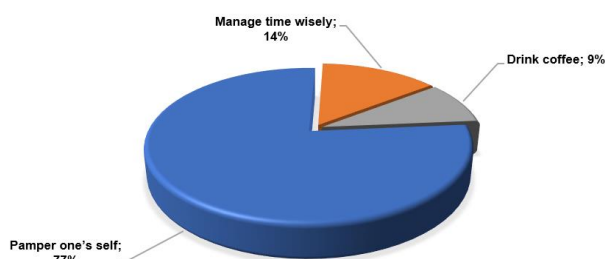| Strategies	f	%	Rank
Pamper one's self	34	77	1
Manage time wisely	6	14	2
Drink coffee	4	9	3

Figure 4. Strategies toward not enough sleep in percent

Table 6 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on the prolonged period of time at sea or long voyages. The top two strategies are to stay positive and pamper one's self. Figure 5 shows the values in percent.

Table 6. Strategies applied by seafarers toward prolonged period of time at sea or long voyages (n=46)

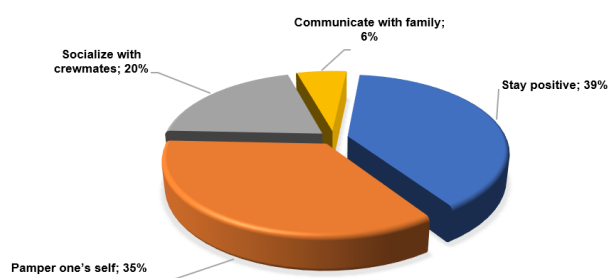| Strategies	f	%	Rank
Stay positive	18	39	1
Pamper one's self	1816	35	2
Socialize with crewmates	189	20	3
Communicate with family	183	6	4

Figure 5. Strategies toward prolonged period of time at sea or long voyages in percent

Table 7 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on long working hours. The top two strategies are to take a rest and enjoy while onboard ship. Figure 6 shows the values in percent.

Table 7. Strategies applied by seafarers toward long working hours (n=47)

Strategies	f	%	Rank
Take a rest	26	55	1
Enjoy while onboard ship	7	15	2
Manage time wisely	6	13	3
Think of one's family as inspiration	3	7	4
Stay focus	2	4	5.5
Communicate with crewmates	2	4	5.5
Drink lots of water	1	2	7
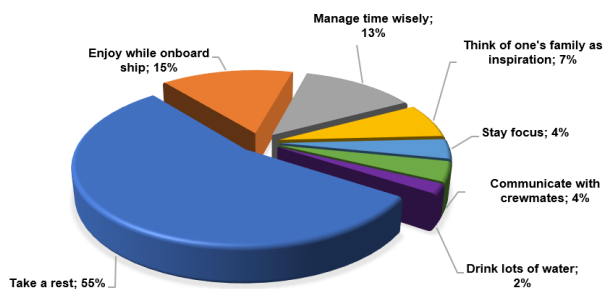
Figure 6. Strategies toward long working hours in percent

Table 8 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on loneliness. The top two strategies are to socialize with crewmates and communicate with family. Figure 7 shows the values in percent.

Table 8. Strategies applied by seafarers toward loneliness (n=41)

Strategies	f	%	Rank
Socialize with crewmates	26	63	1
Communicate with family	7	17	2
Pamper one's self	6	15	3
Stay positive	2	5	4
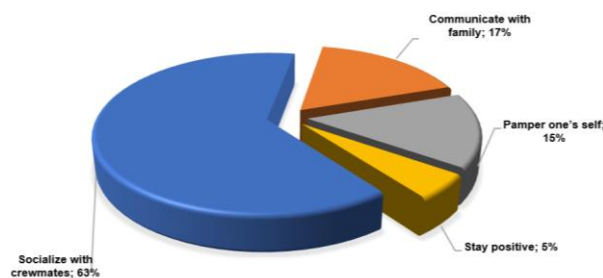
Figure 7. Strategies toward loneliness in percent

Table 9 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on increased pressure. The top two strategies are to stay positive and manage time wisely. Figure 8 shows the values in percent.

Table 9. Strategies applied by seafarers toward increased pressure (n=22)

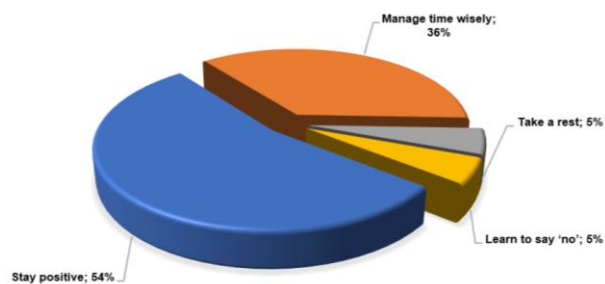| Strategies	f	%	Rank
Stay positive	12	54	1
Manage time wisely	8	36	2
Take a rest	1	5	3.5
Learn to say 'no'	1	5	3.5

Figure 8. Strategies toward increased pressure in percent

Table 10 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on the confined in the same environment. The top two strategies are to socialize with other crew and keep one's self busy. Figure 9 shows the values in percent.

Table 10. Strategies applied by seafarers toward confinement in the same environment (n=27)

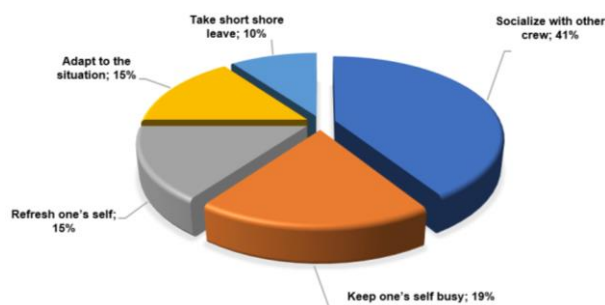| Strategies	f	%	Rank
Socialize with other crew	11	41	1
Keep one's self busy	5	19	2
Refresh one's self	4	15	3.5
Adapt to the situation	4	15	3.5
Take short shore leave	3	10	5

Figure 9. Strategies toward confinement in the same environment in percent

Table 11 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on social isolation or far from home. The top three strategies are to communicate with family, socialize with other crew, and pamper one's self; along with these is to think of one's family as inspiration. Figure 10 shows the values in percent.

Table 11. Strategies applied by seafarers toward social isolation or far from home (n=22)

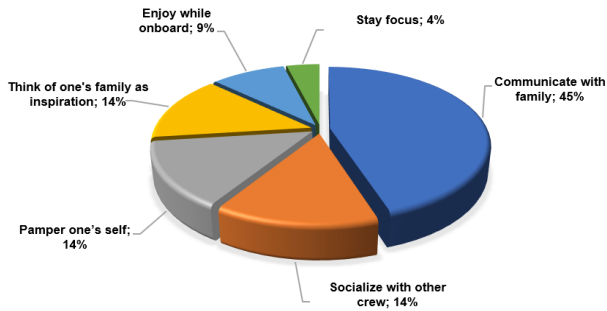| Strategies	f	%	Rank
Communicate with family	10	45	1
Socialize with other crew	3	14	3
Pamper one's self	3	14	3
Think of one's family as inspiration	3	14	3
Enjoy while onboard	2	9	5
Stay focus	1	4	6

Figure 10. Strategies toward social isolation or far from home in percent

Table 12 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on family problems. The top three strategies are to communicate with family, talk to someone onboard ship, and keep one's self busy. Figure 11 shows the values in percent.

Table 12. Strategies applied by seafarers toward family problems (n=22)

Strategies	f	%	Rank
Communicate with family	8	36	1
Talk to someone onboard ship	5	23	2
Keep one's self busy	4	18	3
Pray	3	13	4
Be patient	1	5	5.5
Ask advice from relatives	1	5	5.5
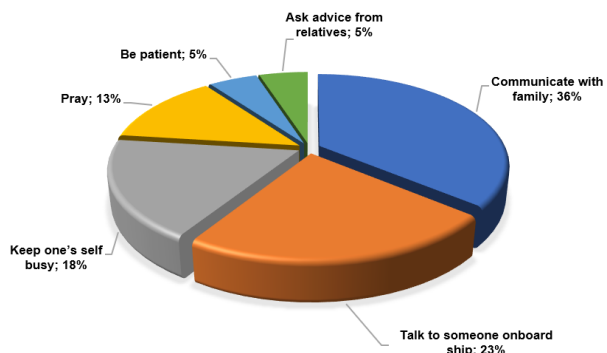
Figure 11. Strategies toward family problems in percent

Table 13 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on lack of shore leave. The top two strategies are to enjoy while onboard ship and pamper one's self. Figure 12 shows the values in percent.

Table 13. Strategies applied by seafarers toward lack of shore leave (n=19)

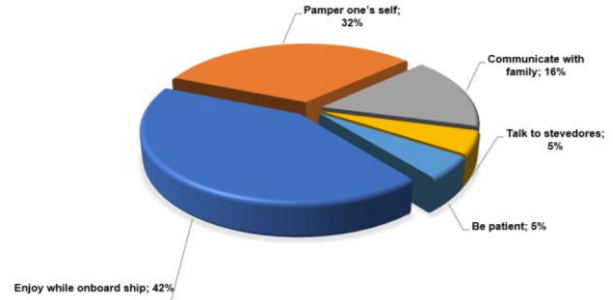| Strategies	f	%	Rank
Enjoy while onboard ship	8	42	1
Pamper one's self	6	32	2
Communicate with family	3	16	3
Talk to stevedores	1	5	4.5
Be patient	1	5	4.5

Figure 12. Strategies toward lack of shore leave in percent

Table 14 shows the strategies applied by seafarers to counteract mental health problems onboard ship particularly on high workload. The top three strategies are to be organized, have time management, and seeking help from officers. Figure 13 shows the values in percent.

Table 14. Strategies applied by seafarers toward high workload (n=19)

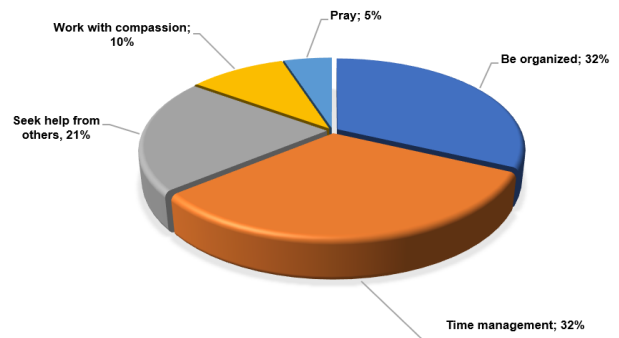| Strategies	f	%	Rank
Be organized	6	32	1.5
Time management	6	32	1.5
Seek help from officers	4	21	3
Work with compassion	2	10	4
Pray	1	5	5

Figure 13. Strategies toward high workload in percent

Table 15 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on little contact with family and friends. The top two strategies are to communicate with family and enjoy crewmates' company. Figure 14 shows the values in percent.

Table 15. Strategies applied by seafarers toward little contact with family and friends (n=16)

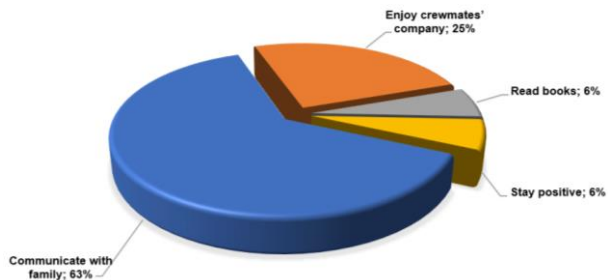| Strategies	f	%	Rank
Communicate with family	10	63	1
Enjoy crewmates' company	4	25	2
Read books	1	6	3.5
Stay positive	1	6	3.5

Figure 14. Strategies toward little contact with family and friends in percent

Table 16 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on bullying. The top strategy is to keep distant. Figure 15 shows the values in percent.

Table 16. Strategies applied by seafarers toward bullying (n=7)

Strategies	f	%	Rank
Keep distant	4	57	1
Stay positive	3	43	2

Figure 15. Strategies toward bullying in percent

Table 17 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on ship motion. The top strategy is to ignore and get used to it. Figure 16 shows the values in percent.

Table 17. Strategies applied by seafarers toward ship motion (n=6)

Strategies	f	%	Rank
Ignore and get used to it	3	50	1
Take medicine and rest	2	33	2
Breath fresh air	1	17	3
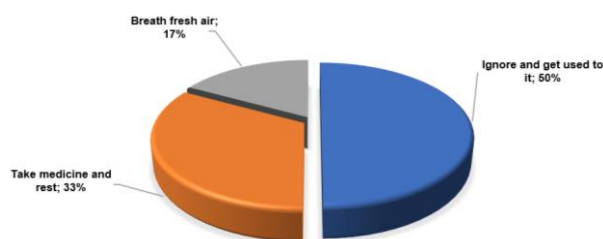
Figure 16. Strategies toward ship motion in percent

Table 18 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on cultural problems. The top strategy is to understand the situation. Figure 17 shows the values in percent.

Table 18. Strategies applied by seafarers toward cultural problems (n=17)

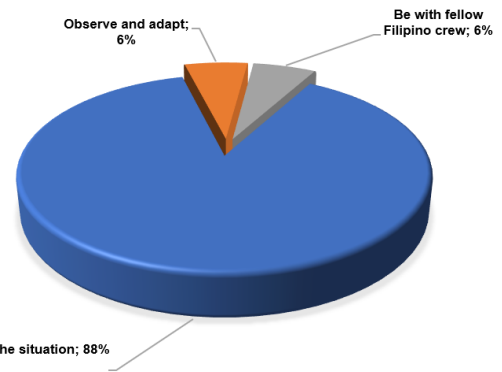| Strategies	f	%	Rank
Understand the situation	15	88	1
Observe and adapt	1	6	2.5
Be with fellow Filipino crew	1	6	2.5

Figure 17. Strategies toward cultural problems in percent

Table 19 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on harassment. The top strategy is to report to officer. Figure 18 shows the values in percent.

Table 19. Strategies applied by seafarers toward harassment (n=4)

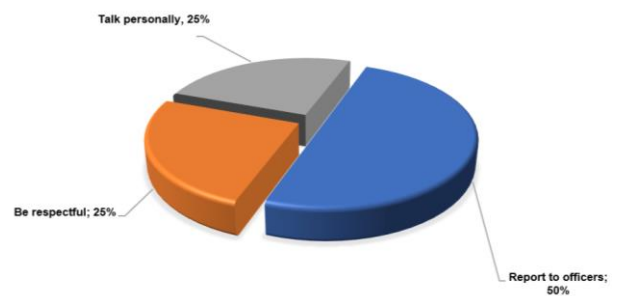| Strategies	f	%	Rank
Report to officers	2	50	1
Be respectful	1	25	2.5
Talk personally	1	25	2.5

Figure 18. Strategies toward harassment in percent

Table 20 shows the strategies applied by seafarers to counteract mental health problems onboard ship place, particularly on poor working conditions. The prevailing strategy is to keep one's self healthy. Figure 19 shows the values in percent.

Table 20. Strategies applied by seafarers toward poor working conditions (n=5)

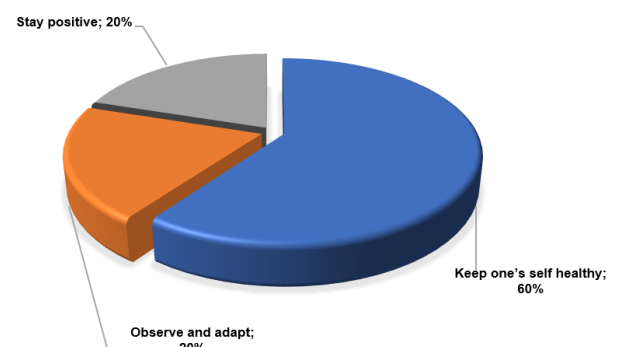| Strategies	f	%	Rank
Keep one's self healthy	3	60	1
Observe and adapt	1	20	2.5
Stay positive	1	20	2.5

Figure 19. Strategies toward poor working conditions in percent

Table 21 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on threat to piracy attack. The top three strategies are to be alert and prepared, pray, and educate one's self. Figure 20 shows the values in percent.

Table 21. Strategies applied by seafarers toward threat to piracy attack (n=15)

Strategies	f	%	Rank
Be alert and prepared	6	40	1
Pray	4	27	2
Educate one's self	3	19	3
Adhere to company protocols	1	7	4.5
Ask senior officers	1	7	4.5
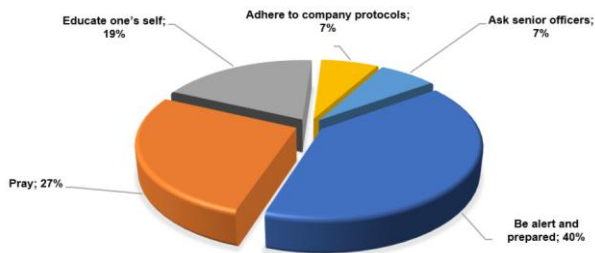
Figure 20. Strategies toward threat to piracy attack in percent

Table 22 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on lack of crew cohesion. The top strategies are to understand the situation and stay humble. Figure 21 shows the values in percent.

Table 22. Strategies applied by seafarers toward lack of crew cohesion (n=5)

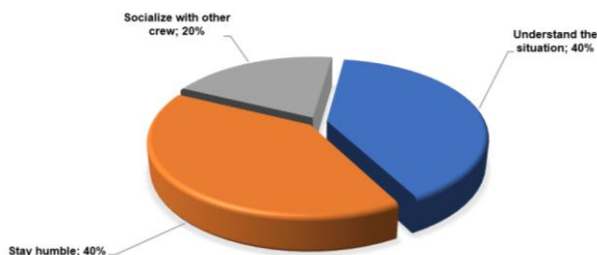| Strategies	f	%	Rank
Understand the situation	2	40	1.5
Stay humble	2	40	1.5
Socialize with other crew	1	20	3

Figure 21. Strategies toward lack of crew cohesion in percent

Table 23 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on noise. The top strategy is to adapt with the environment. Figure 22 shows the values in percent.

Table 23. Strategies applied by seafarers toward noise (n=5)

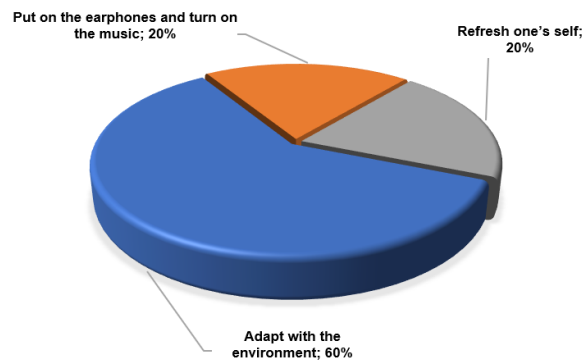| Strategies	f	%	Rank
Adapt with the environment	3	60	1
Put on the earphones and turn on the music	1	20	2.5
Refresh one's self	1	20	2.5

Figure 22. Strategies toward noise in percent

Table 24 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on low salary. The top strategy is to work harder for promotion. Figure 23 shows the values in percent.

Table 24. Strategies applied by seafarers toward low salary (n=8)

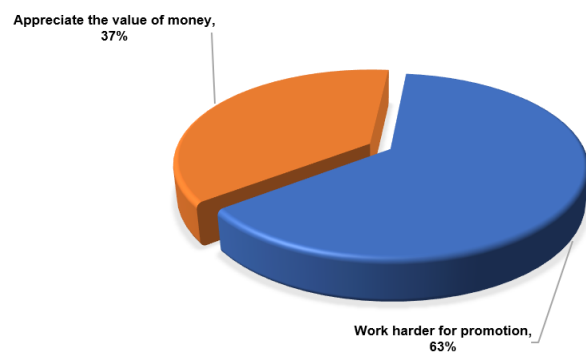| Strategies	f	%	Rank
Work harder for promotion	5	63	1
Appreciate the value of money	3	37	2

Figure 23. Strategies toward low salary in percent

Table 25 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on limited medical aid onboard supply. The top strategy is to bring one's own medicine. Figure 24 shows the values in percent.

Table 25. Strategies applied by seafarers toward limited medical aid onboard supply (n=8)

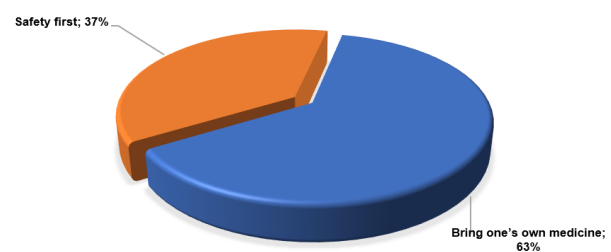| Strategies	f	%	Rank
Bring one's own medicine	5	63	1
Safety first	3	37	2

Figure 24. Strategies toward limited medical aid onboard supply in percent

Table 26 shows the strategies applied by seafarers to counteract mental health problems onboard ship,

particularly on short ship turnaround. The top two strategies are to manage time wisely and take a rest. Figure 25 shows the values in percent.

Table 26. Strategies applied by seafarers toward short ship turnaround (n=7)

Strategies	f	%	Rank
Manage time wisely	3	43	1
Take a rest	2	29	2
Cooperate with crewmates	1	14	3.5
Stay positive	1	14	3.5
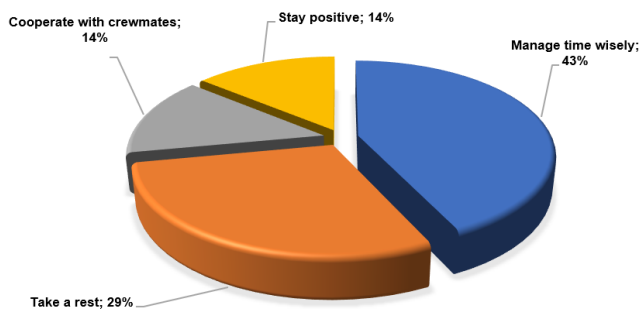
Figure 25. Strategies toward short ship turnaround in percent

Table 27 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on physical abuse. The prevailing strategies are to be respectful and report to senior officer. Figure 26 shows the values in percent.

Table 27. Strategies applied by seafarers toward physical abuse (n=4)

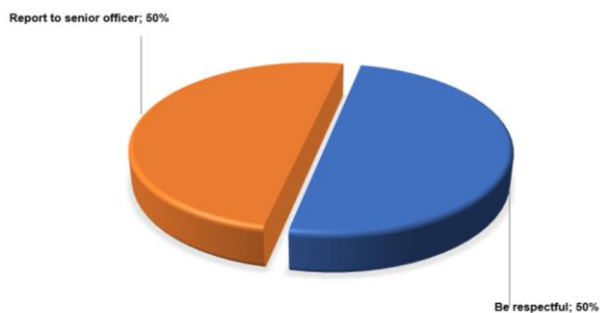| Strategies	f	Rank
Be respectful	2	50
Report to senior officer	2	50

Figure 26. Strategies toward physical abuse in percent

Table 28 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on criminalization. The top strategy is to calm down. Figure 27 shows the values in percent.

Table 28. Strategies applied by seafarers toward criminalization (n=3)

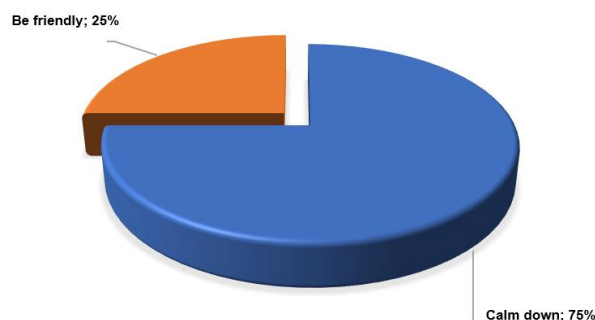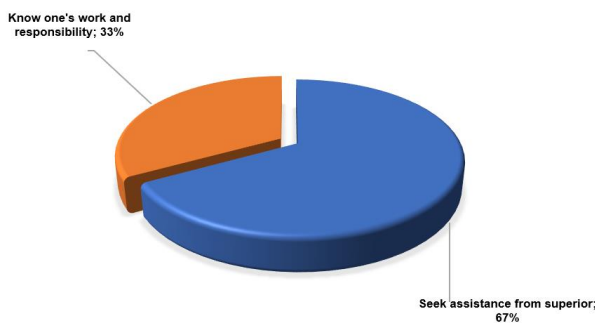| Strategies	f	%	Rank
Calm down	2	75	1
Be friendly	1	25	2

Figure 27. Strategies toward criminalization in percent

Table 29 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on work-role conflict. The top strategy is to seek assistance from superior. Figure 28 shows the values in percent.

Table 29. Strategies applied by seafarers toward work-role conflict (n=3)

Strategies	f	%	Rank
Seek assistance from superior	2	67	1
Know one's work and responsibility	1	33	2

Figure 28. Strategies toward criminalization in percent.

Table 30 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on vibration. The top strategy is to adapt with the environment. Figure 29 shows the values in percent.

Table 30. Strategies applied by seafarers toward vibration (n=4)

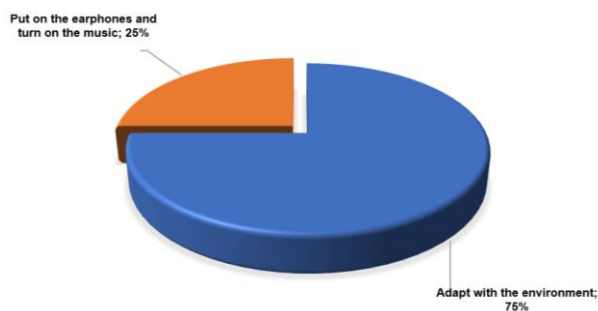| Strategies	f	%	Rank
Adapt with the environment	3	75	1
Put on the earphones and turn on the music	1	25	2

Figure 29. Strategies toward vibration in percent

Table 31 shows the strategies applied by seafarers to counteract mental health problems onboard ship, particularly on job security. The prevailing strategies

are to perform a job well done and do one's best. Figure 30 shows the values in percent.

Table 31. Strategies applied by seafarers toward job security (n=4)

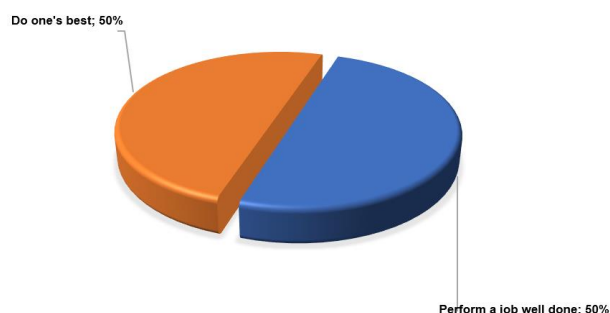| Strategies	f	%
Perform a job well done	2	50
Do one's best	2	50

Figure 30. Strategies toward job security in percent

4 CONCLUSIONS

This study concludes that the top three factors that affect the seafarers' mental health are stress, fatigue or temporary loss of power to respond, and separation from families and friends. This finding can be gleaned in the studies of Hystad and Eid (2016) [5], The Manila Times (2019) [2], Barker (2018) [1], and Iversen (2012) [7]. On the other hand, the top three common strategies to counteract factors that affect seafarers' mental health onboard ship are to stay positive, socialize with crewmates, and communicate with family. This finding can be gleaned in The Manila Times (2019) [2] and Barker (2018) [1].

Seafarers must focus mainly on their well-being. Numerous factors can affect one's mental health. With the workload onboard ship, the physical aspect is also affected. Thus, seafarers must help themselves to balance their life and work. One must have faith in God and have a positive outlook in life in order to survive onboard ship and be physically fit and mentally healthy.

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