

# Identifying Role Strain Experiences and Respective Coping Strategies among Selected Filipino Seafarers

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James P. Padroncillo<sup>1</sup>, Kelvin William D. Chavez<sup>1</sup>, Jerald G. Gaitan<sup>1</sup>, Alex Mervyn B. Maximo<sup>1</sup>, Mark Lester S. Taer<sup>1</sup>

<sup>1</sup>Bachelor of Science in Marine Transportation, Asian Institute of Maritime Studies, Pasay City, Philippines

## Abstract

Role strain among seafarers working in bulk carrier vessels is a common occurrence, with numerous challenges contributing to their physical and psychological pressures. With this observation, the researchers aim to analyze the roles played by Filipino seafarers across different ship environments and investigate the significance of coping strategies in mitigating role strain, thereby contributing to the well-being of seafarers worldwide. The study focuses on 60 Filipino seafarers engaged in bulk vessel operations for various Philippine companies with prolonged period of onboard experience from 6 months onwards. Utilizing a validated survey questionnaire, and administered both virtual (through Google Forms) and face-to-face, the study generated data on the Filipino seafarers' demographic profiles, role-related strains, and coping strategies. To analyze the data, frequency count, percentage, weighted mean, and Pearson  $r$  were employed. Notably, the strain experienced by the respondents in roles such as father or mother, co-worker, and friend showed significant relationships with coping strategies, as indicated by Pearson correlations. Specifically, strain in the parental role demonstrated a Pearson  $r$  of 0.58 with a  $p$ -value of 0.003, while strain as a co-worker displayed a Pearson  $r$  of 0.38 with a  $p$ -value of 0.003. Similarly, strain in the friend role exhibited a Pearson  $r$  of 0.45 with a  $p$ -value of 0.001, all indicating significant relationships. Conversely, roles like husband or wife, son or daughter, and seafarer did not show significant correlations with coping strategies, as evidenced by their respective Pearson correlations and  $p$ -values. These findings demonstrated the importance of understanding role-related strains and coping mechanisms among Filipino seafarers, particularly in familial, professional, and social contexts, to better support their mental well-being and overall resilience at sea.

**Keywords:** role strain, coping strategies, physical and psychological pressures, well-being



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## INTRODUCTION

Almost three years ago, the Covid-19 coronavirus has been declared a global emergency by the World Health Organization, as the outbreak continues to spread outside China. (British Broadcasting Corporation, 2020). The declaration has led to shipping delays, disrupting the cycle of crew changes and causing considerable strain for those wishing to return home. The ongoing disruptions have exacerbated existing challenges faced by seafarers, including neglected social lives, monotonous routines, disease outbreaks, and harsh working conditions.

Role strain among seafarers working in bulk carrier vessels is a common occurrence, with numerous challenges contributing to their physical and psychological pressures. These challenges include international crew compositions, language barriers, and team

dynamics, compounded by the reduction in onboard personnel. Such factors have been identified as significant sources of role strain among seafarers, impacting their well-being and performance.

Seafarers operate independently in the maritime environment, necessitating a diverse range of skills and responsibilities to fulfill their duties effectively. Despite their familiarity with the marine environment, seafarers encounter physical and psychological stressors onboard that can adversely affect their performance and overall productivity.

Filipino seafarers, in particular, often embark on maritime careers to support their families financially, assuming various roles onboard to meet their families' needs. The financial, emotional, and cultural responsibilities they bear underscore the importance of coping strategies in managing role strain effectively.

While discussions on role strain and coping strategies in the maritime industry have been ongoing, there remains a need for further research to explore the unique stressors faced by seafarers. Such studies can help seafarers identify their strengths and weaknesses, facilitating the development of effective coping mechanisms to navigate the challenges of life at sea.

With the above observation, the researchers aim to analyze the roles played by Filipino seafarers across different ship environments and investigate the significance of coping strategies in mitigating role strain, thereby contributing to the well-being of seafarers worldwide.

## LITERATURES

**Filipino Seafarers: Balancing Work, Family, and Well-being.** Filipino seafarers face a dual challenge of meeting the demands of their profession while maintaining familial ties and managing their well-being.

Seafarers endure extended periods away from home to provide financial support for their families (Manalo et al., 2015). Despite missing important milestones, they find solace in technology to stay connected with loved ones. One instance is social media. This gave them a sense of normalcy during these challenging times by helping them to stay connected with one another even when being physically isolated (Bazarova, 2020). Furthermore, emotional support from the seafarers' families is critical since it raises their morale and motivates them to work harder (Panganiban & Garcia, 2017).

The financial contribution of seafarers to their families is significant, often being the primary reason for joining the maritime industry (Manalo, et al., 2015). However, this commitment results in missed family events and milestones, causing strain on their employment as distractions from family matters can impact job performance.

**Challenges of Life at Sea.** The maritime industry presents unique challenges, including prolonged separation from family, demanding work schedules, and physical and emotional strain (Salazar et al., 2019). Henceforth, the study of Macia et al. (2021) underscores the positive contribution of high levels of resilience and an adaptive coping on participants' level of health.

Working on ships requires seafarers to be away from home for extended periods, creating complex scenarios exacerbated by factors like weather conditions and crew dynamics. Seafarers draw personal motivation to navigate these challenges, emphasizing the importance of coping mechanisms in managing role strain and ensuring safety onboard (Salazar et al., 2019).

**Importance of Coping Strategies.** Seafaring is still associated with relevant mental health risks. Information on known stress factors on board should be provided to seafarers to help them in lowering stress perception. Strategies for coping with "inevitable" stress conditions should also be investigated and developed (Carotenuto et al., 2012). Emotional support from family and engagement in leisure activities serve as vital outlets for relaxation and stress relief, emphasizing the significance of work-life balance (Gregorio, 2012).

## METHODOLOGY

**Population and Sampling.** The study's participants consisted of 60 Filipino seafarers working on bulk vessels for various companies in the Philippines, all of whom had experienced prolonged periods of onboarding from 6 months onward. The respondents were surveyed face-to-face from different areas of Metro Manila, as well as those who participated virtually. Purposive sampling was employed to select the participants of the study. During the survey, a sample member conducted the interviews, selecting respondents randomly and posing questions based on the survey questionnaire.

**Instrumentation.** The researchers utilized a researcher-made survey questionnaire as main

data gathering instrument. The questionnaire comprised three parts: the demographic profile of the respondents, exploration of various roles of Filipino seafarers and the extent to which these roles strain them, and inquiry into coping strategies categorized into task-oriented coping, emotional-oriented coping, and avoidance-oriented coping. With 80-item indicator statements, the questionnaire format was influenced by previous studies related to the research objective. All sections underwent validation by experts in the field maritime occupation. Additionally, the study underwent reliability testing using the Brief-COPE instrument, with pilot testing conducted on 10 sample respondents to assess the instrument's consistency. Statistical analysis using the Statistical Package for Social Science (SPSS-V.20) confirmed the instrument's high internal consistency, with an overall Cronbach Alpha coefficient of 0.992 indicating high reliability.

**Data Gathering Procedure.** The data gathering process adhered to a strict ethical protocol to ensure confidentiality and data privacy. Survey questionnaires were prepared and disseminated to selected respondents with the approval of the researchers' adviser. Full consent was acquired from the respondents to ensure their voluntary participation in the survey. Family members and friends of the researchers assisted in distributing the questionnaires, with respondents also invited to share personal onboard experiences during the survey. Filled questionnaires were retrieved by the researchers for data evaluation, and insights gathered from respondents' personal experiences contributed in strengthening the study's findings.

**Data Analysis.** Several statistical analyses were employed to analyze the gathered data. Frequency distribution was utilized to present the data in a comprehensible manner, providing an overview of its significance. Percentage comparison facilitated the comparison of different data series relative to one another. Weighted mean calculations were employed to determine the average value of the data, considering varying weights for each value. Pearson r was used to determine the extent of

relationship between the extent of role strain and coping strategies employed.

## RESULTS

**Table 1**  
*Extent of Strain brought about by being a father or mother*

4.1 Role as a father/mother	Weighted Mean	Descriptive Interpretation
4.1.1 My son/daughter always calls me for problems which strained me.	2.71	Sometimes
4.1.2 Absence of emotional and practical support from son/daughter strained me.	3.28	Sometimes
4.1.3 My son/daughter expectations towards my job and career strained me.	3.00	Sometimes
4.1.4 Being away from my son/daughter for extended periods strained me.	3.40	Sometimes
4.1.5 Feeling worried about my son/daughter's future strained me.	3.20	Sometimes
4.1.6 My son/daughter behavior strained me.	3.46	Sometimes
4.1.7 Expenses for my son/daughter put a strain on me.	3.16	Sometimes
<i>Average Weighted Mean</i>	<i>3.16</i>	<i>Sometimes</i>

Table 1 illustrates the extent of strain resulting from the roles of being a father or mother. The results indicate that all statements were marked as "sometimes," with "Expenses for my son/daughter put a strain on me" receiving the highest weighted mean of 3.46, followed by "Being away from my son/daughter for extended periods strained me" with a weighted mean of 3.40. Conversely, "My son/daughter always calls me for problems which strained me" obtained the lowest weighted mean of 2.71 (sometimes). Overall, respondents experience strain "sometimes" in their roles as fathers or mothers, as reflected by an average weighted mean of 3.16, interpreted as "sometimes." This finding suggests that expenses for their children are the primary source of strain, while being contacted for problems by their children is the least stressful aspect of parental roles.

**Table 2**  
*Extent of strain brought about by being a husband/wife*

4.2 Role as a husband/wife	Weighted Mean	Descriptive Interpretation
4.2.1 My husband/wife always calls me for problems which strained me.	3.29	Sometimes
4.2.2 Absence of emotional and practical support from husband/wife strained me.	3.54	Often
4.2.3 My husband/wife's expectations towards my job and career strained me.	3.38	Sometimes
4.2.4 Being away from my husband/wife for extended periods strained me.	3.71	Often
4.2.5 Feeling worried about my husband/wife's future strained me.	3.50	Often
4.2.6 My husband/wife's behavior strained me.	3.38	Sometimes
4.2.7 Expenses for my husband/wife put a strain on me.	3.33	Sometimes
4.2.8 My current relationship with my husband/wife strained me.	2.96	Sometimes
<i>Average Weighted Mean</i>	<i>3.39</i>	<i>Sometimes</i>

Table 2 depicts the extent of strain arising from the roles of being a husband or wife. The results indicate that most statements were marked as "sometimes," while three statements were marked as "often." Among these, "Being away from my husband/wife for extended periods strained me" received the highest weighted mean of 3.71, followed by "Absence of emotional and practical support from my husband/wife strained me" with a weighted mean of 3.54. Conversely, "My current relationship with my husband/wife strained me" obtained the lowest weighted mean of 2.96 (sometimes). Overall, respondents experience "sometimes" strain in their roles as husbands or wives, as reflected by an average weighted mean of 3.39, interpreted as "sometimes." This finding suggests that being separated from their spouses is the primary source of strain, while the current relationship with their spouses is the least stressful aspect of their marital roles.

**Table 3**  
*Extent of strain brought about by being son/daughter*

4.3 Role as a son/daughter	Weighted Mean	Descriptive Interpretation
4.3.1 My parents always call me for problems which strained me.	2.94	Sometimes
4.3.2 Absence of emotional and practical support from parents strained me.	2.98	Sometimes
4.3.3 My parent's expectations towards my job and career strained me.	3.17	Sometimes
4.3.4 Being away from my parents for extended periods strained me.	3.13	Sometimes
4.3.5 Feeling worried about my parent's future strained me.	3.23	Sometimes
4.3.6 My parent's behavior strained me.	2.79	Sometimes
4.3.7 My parent's expenses strained me.	2.91	Sometimes
4.3.8 My current relationship with my parents strained me.	2.55	Rarely
<i>Average Weighted Mean</i>	<i>2.96</i>	<i>Sometimes</i>

Table 3 presents the extent of strain resulting from the roles of being a son or daughter. The findings indicate that most statements were marked as "sometimes," while one statement was marked as "rarely." Specifically, "Feeling worried about my parent's future strained me" garnered the highest weighted mean of 3.23, followed by "My parent's expectation towards my job and career strained me" with a weighted mean of 3.17. Conversely, "My current relationship with my parents has strained me" obtained the lowest weighted mean of 2.55 (rarely). Overall, respondents experience "sometimes" strain in their roles as sons or daughters, as reflected by an average weighted mean of 2.96, interpreted as "sometimes." This

finding suggests that feeling worried about their parents' future is the primary source of strain, while the current relationship with their parents is the least stressful aspect of their filial roles.

**Table 4**  
*Extent of strain brought about by being a seafarer*

4.4 Role as a seafarer	Weighted Mean	Descriptive Interpretation
4.4.1 The sea conditions during voyage, as well as the possibility of an accident strained me.	3.28	Sometimes
4.4.2 The demand for too much effort strained me.	3.28	Sometimes
4.4.3 Physical hazards on board ship, such as noise, vibration, extreme heat, and cold and harmful solar radiation strained me.	3.22	Sometimes
4.4.4 The atmosphere of my workplace strained me.	3.15	Sometimes
4.4.5 Working under time pressure to finish my duties strained me.	2.98	Sometimes
<i>Average Weighted Mean</i>	<i>3.18</i>	<i>Sometimes</i>

The results in Table 4 reveal that all statements were marked as "sometimes," with statements such as "The sea conditions during voyage, as well as the possibility of an accident, strained me" and "The demand for too much effort strained me" both obtaining the highest weighted mean of 3.28. Following closely is the statement "Physical hazards on board ship, such as noise, vibration, extreme heat, and cold, and harmful solar radiation, strained me" with a weighted mean of 3.22. Conversely, "Working under time pressure to finish my duties strained me" received the lowest weighted mean of 2.98 (sometimes). Overall, respondents experience "sometimes" strain in their roles as seafarers, as reflected by an average weighted mean of 3.18, interpreted as "sometimes." This finding suggests that sea conditions during voyage, the possibility of accidents, and excessive physical demands are the primary sources of strain, while working under time pressure to finish duties is the least stressful aspect of their seafaring roles.

**Table 5**  
*Extent of strain brought about by being a co-worker*

4.5 Role as a co-worker	Weighted Mean	Descriptive Interpretation
4.5.1 Tension between crew and officers strained me.	3.25	Sometimes
4.5.2 Difficulties getting along with co-workers strained me.	2.98	Sometimes
4.5.3 My co-worker's opinion towards myself strained me.	2.88	Sometimes
4.5.4 Dissatisfaction of crew members toward facilities onboard strained me.	3.03	Sometimes
4.5.5 My co-worker's expectation towards my job and career strained me.	2.98	Sometimes
<i>Average Weighted Mean</i>	<i>3.03</i>	<i>Sometimes</i>

Table 5 presents the extent of strain resulting from the roles of being a co-worker. The findings indicate that all statements were



marked as "sometimes," with "Tension between crew and officers strained me" receiving the highest weighted mean of 3.25, followed by "Dissatisfaction of crew members toward facilities onboard strained me" with a weighted mean of 3.03. Conversely, "My co-worker's opinion towards myself strained me" obtained the lowest weighted mean of 2.88 (sometimes). Overall, respondents experience "sometimes" strain in their roles as co-workers, as reflected by an average weighted mean of 3.03, interpreted as "sometimes." This finding suggests that tension between crew and officers is the primary source of strain, while their co-workers' opinions towards them are the least stressful aspects of their co-worker roles.

**Table 6**  
*Extent of strain brought about by being a friend*

4.6 ____ I play as a friend. (If not played as friend, skip this part).	Weighted Mean	Descriptive Interpretation
4.6.1 My friend always asks for my help strained me.	2.33	Rarely
4.6.2 My friend always calls me for a problem which strained me.	2.29	Rarely
4.6.3 Absence of emotional and practical support from my friend strained me.	2.35	Rarely
4.6.4 Being away from my friend for extended periods strained me.	2.25	Rarely
4.6.5 My current relationship with my friend strained me.	2.22	Rarely
4.6.6 My friend's behavior over me strained me.	2.25	Rarely
4.6.7 My friend's opinion over me strained me.	2.31	Rarely
<i>Average Weighted Mean</i>	<i>2.29</i>	<i>Rarely</i>

In Table 6, the extent of strain resulting from the role of being a friend is illustrated. The findings reveal that all statements were marked as "rarely," with "Absence of emotional and practical support from my friend strained me" receiving the highest weighted mean of 2.35, followed by "My friend always asks for my help strained me" with a weighted mean of 2.33. Conversely, "My friend's opinion over me strained me" obtained the lowest weighted mean of 2.31 (rarely). Overall, respondents experience "rarely" strain in their roles as friends, as reflected by an average weighted mean of 2.29, interpreted as "rarely." This finding suggests that the absence of emotional and practical support is the primary source of strain, while their friends' opinions towards them are the least stressful aspects of their friend roles.

**Table 7**  
*Coping strategies in address of the strain brought about by being a father/mother*

4.7 As a father/mother	Weighted Mean	Descriptive Interpretation	Rank
4.7.1 I've been concentrating my efforts on doing something about the situation I'm in. PF	3.25	A medium amount	1
4.7.2 I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. AO	3.00	A medium amount	2
4.7.3 I've been accepting the reality of the fact that it has happened. EO	2.88	A medium amount	3
4.7.4 I've been getting help and advice from other people. PF	2.54	A medium amount	4
4.7.5 I've been getting emotional support from others. EO	2.54	A medium amount	4
4.7.6 I've been getting comfort and understanding from someone. EO	2.43	A little bit	5
4.7.7 I've been refusing to believe that it has happened. AO	2.04	Rarely	6
4.7.8 I've been saying to myself "this isn't real." AO	1.71	I haven't been doing this at all	7
<i>Average Weighted Mean</i>	<i>2.55</i>	<i>A medium amount</i>	

Table 7 above shows that most of the respondents have been concentrating their efforts on doing something about the situation they are in. This means that their coping mechanism is Task-oriented coping. At some point, they become avoidance. Also, sometimes their coping mechanism was Emotion-focused because they have been doing something to think about the situation less such as going to movies, watching TV, reading, etc.

However, by rank, most of them apply Problem-focused or task-oriented coping as their coping mechanism. If they feel strained as a mother/father, what they do is concentrate on doing something about their situation. The lowest rank is classified as Avoidant-coping, which means that Filipino seafarers do not run after their problems. It has nothing to do with their role as husband/wife.

**Table 8**  
*Coping strategies in address of the strain brought about by being a son/daughter*

4.8 Role as a son/daughter	Weighted Mean	Descriptive Interpretation	Rank
4.8.1 I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	3.02	A medium amount	1
4.8.2 I've been concentrating my efforts on doing something about the situation I'm in.	3.00	A medium amount	2
4.8.3 I've been accepting the reality of the fact that it has happened.	3.00	A medium amount	2
4.8.4 I've been getting comfort and understanding from someone.	2.62	A medium amount	3
4.8.5 I've been getting help and advice from other people.	2.60	A medium amount	4
4.8.6 I've been getting emotional support from others.	2.60	A medium amount	4
4.8.7 I've been refusing to believe that it has happened.	1.95	A little bit	5
4.8.8 I've been saying to myself "this isn't real".	1.89	A little bit	6
<i>Average Weighted Mean</i>	<i>2.59</i>	<i>A medium amount</i>	

Table 8 shows that most of the respondents have been doing something to think about less, such as going to movies, watching TV, reading, daydreaming, etc. This means as a

son/daughter they mostly use Avoidant Coping as their coping mechanism. Sometimes, they also become Emotion-focused which they've been accepting the reality of the fact it has happened. However, by rank, most of them apply Avoidant Coping. If they feel strained as a son/daughter what they do is they do something about it. The lowest is classified as Avoidant-coping, which shows that Filipino seafarers do not avoid their problem, but rather face it.

**Table 9**  
*Coping strategies in address of the strain brought about by being a seafarer*

4.9 Role as a seafarer	Weighted Mean	Descriptive Interpretation	Rank
4.9.1 I've been concentrating my efforts on doing something about the situation I'm in.	3.23	A medium amount	1
4.9.2 I've been accepting the reality of the fact that it has happened.	3.22	A medium amount	2
4.9.3 I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	3.20	A medium amount	3
4.9.4 I've been getting help and advice from other people.	2.80	A medium amount	4
4.9.5 I've been getting comfort and understanding from someone.	2.70	A medium amount	5
4.9.6 I've been getting emotional support from others.	2.62	A medium amount	6
4.9.7 I've been saying to myself "this isn't real".	2.17	A medium amount	7
4.9.8 I've been refusing to believe that it has happened.	2.15	A medium amount	8
<i>Average Weighted Mean</i>	<i>2.76</i>	<i>A medium amount</i>	

Table 9 shows that a seafarer mostly concentrates their efforts on doing something about the situation they are in. At some point, they become Emotion-focused. They have been accepting the reality of the fact that it has happened. Also, sometimes their coping mechanism is Avoidance coping. However, by rank, most of them apply Task-oriented coping as their coping strategy. If they feel strained as a seafarer, what they do is they concentrate of doing something about their situation. The lowest rank is an Avoidant Coping mechanism. This shows that the statement "I've been refusing to believe that it has happened" has nothing to do with a seafarer.

Table 10 illustrates the coping mechanisms employed by individuals in their role as a co-worker. The findings indicate that individuals engage in activities such as going to movies, watching TV, reading, and daydreaming to distract themselves from stress. Additionally, they sometimes utilize Problem-focused or Task-oriented coping strategies.

**Table 10**  
*Coping strategies in address of the strain brought about by being a co-worker*

4.10 Role as a co-worker	Weighted Mean	Descriptive Interpretation	Rank
4.10.1 I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	3.17	A medium amount	1
4.10.2 I've been concentrating my efforts on doing something about the situation I'm in.	3.15	A medium amount	2
4.10.3 I've been accepting the reality of the fact that it has happened.	3.10	A medium amount	3
4.10.4 I've been getting help and advice from other people.	2.73	A medium amount	4
4.10.5 I've been getting emotional support from others.	2.62	A medium amount	5
4.10.6 I've been getting comfort and understanding from someone.	2.67	A medium amount	6
4.10.7 I've been refusing to believe that it has happened.	2.10	A little bit	7
4.10.8 I've been saying to myself "this isn't real".	2.08	A little bit	8
<i>Average Weighted Mean</i>	<i>2.70</i>	<i>A medium amount</i>	

However, the most common coping mechanism, by rank, is Avoidant Coping. When feeling strained as a co-worker, individuals often take action to address the situation or concentrate their efforts on resolving it. Interestingly, the lowest rank is classified as Avoidant Coping, suggesting that this coping mechanism is not typically associated with their role as a co-worker.

**Table 11**  
*Coping strategies in address of the strain brought about by being a friend*

4.11 Role as a friend	Weighted Mean	Descriptive Interpretation	Rank
4.11.1 I've been accepting the reality of the fact that it has happened.	3.19	A medium amount	1
4.11.2 I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	3.10	A medium amount	2
4.11.3 I've been concentrating my efforts on doing something about the situation I'm in.	2.98	A medium amount	3
4.11.4 I've been getting comfort and understanding from someone.	2.63	A medium amount	4
4.11.5 I've been getting emotional support from others.	2.60	A medium amount	5
4.11.6 I've been getting help and advice from other people.	2.50	A little bit	6
4.11.7 I've been refusing to believe that it has happened.	2.02	A little bit	7
4.11.8 I've been saying to myself "this isn't real".	1.98	A little bit	8
<i>Average Weighted Mean</i>	<i>2.63</i>	<i>A medium amount</i>	

Table 11 presents the coping mechanisms utilized by individuals in their role as a friend. The findings indicate that individuals primarily cope by accepting the reality of the situation. Additionally, they engage in activities such as going to movies, watching TV, and reading to distract themselves from the stress. Sometimes, their coping mechanism involves concentrating their efforts on addressing the situation. However, by rank, the most common coping mechanism is Emotion-focused coping. Occasionally, individuals also employ Avoidant coping and Task-oriented coping strategies.

When feeling strained as a friend, individuals typically accept the reality of the situation, engage in activities to distract themselves, and concentrate their efforts to address the issue. Interestingly, the lowest-ranking coping mechanism is Avoidant Coping, suggesting that Filipino seafarers tend not to avoid their problems but instead confront them directly.

Table 12  
*Relationship between Extent of Strain and Coping Strategies Employed*

Variables Role and Coping Strategy	Pearson r	P-value	Interpretation
As a father/mother	0.58	0.003	Significant
As a Husband/Wife	0.33	0.114	Not Significant
As a son/daughter	0.19	0.197	Not Significant
As a seafarer	0.21	0.101	Not Significant
As a co-worker	0.38	0.003	Significant
As a friend	0.45	0.001	Significant

Table 12 presents the results of the analysis on the relationship between the extent of strain and coping strategies employed by the respondents. The table demonstrates that the extent of strain experienced in the roles of being a father or mother, co-worker, and friend is significantly related to the coping strategies employed, as evidenced by the computed Pearson correlations. Specifically, the strain brought about by being a father or mother exhibits a Pearson r of 0.58 with a p-value of 0.003, indicating a significant relationship. Similarly, the strain from being a co-worker shows a Pearson r of 0.38 with a p-value of 0.003, while the strain experienced as a friend displays a Pearson r of 0.45 with a p-value of 0.001, both indicating significant relationships. Conversely, the strain experienced in the roles of husband or wife, son or daughter, and seafarer does not show a significant relationship with the coping strategies applied, as indicated by their respective Pearson correlations and p-values.

In essence, the findings suggest that individuals facing higher levels of strain in their roles as a father or mother, co-worker, or friend are likely to employ higher coping strategies. This indicates that as the level of strain increases, individuals are compelled to utilize coping

strategies to effectively manage the stressors they encounter. On the other hand, roles such as husband or wife, son or daughter, and seafarer do not exhibit a significant relationship between the extent of strain and coping strategies employed. This implies that individuals in these roles may experience strain without necessarily adjusting their coping strategies accordingly.

## DISCUSSION

The research sheds light on the multifaceted nature of strain and coping strategies among Filipino seafarers across different roles. Findings provide insights into the specific sources of strain experienced by Filipino seafarers in their roles as parents, spouses, children, seafarers themselves, co-workers, and friends. These analyses reveal that seafarers encounter various stressors related to family responsibilities, work demands, and interpersonal dynamics aboard ships. For example, being away from their children for extended periods of time and financial burdens emerge as significant sources of strain for seafarers in their roles as parents.

Significant correlations between strain and coping mechanisms in specific roles, such as being a parent, co-worker, and friend were revealed. The findings indicate that seafarers experiencing higher levels of strain in these roles are more likely to employ coping strategies to alleviate stress and maintain psychological well-being. However, roles such as spouse, child, and seafarer itself do not demonstrate significant relationships between strain and coping strategies, suggesting that other factors may influence coping behavior in these contexts.

In conclusion, the findings presented emphasized the complexity of strain and coping among Filipino seafarers. These findings highlight the importance of tailored interventions to support their mental health and well-being. By understanding the unique stressors and coping mechanisms associated with each role, authorities can develop strategies to promote resilience and mitigate

the adverse effects of strain in the maritime occupation.

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