

JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO
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WELLNESS LIFESTYLE AND WORK PERFORMANCE AMONG SEAFARERS

A Research Presented to the
Faculty Members of the College of Engineering
John B. Lacson Foundation Maritime University-Molo
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Abstract

This the study aimed to find out the wellness lifestyle of the selected seafarers and their work performance. They were categorized as to their age, gender, civil status, and years of experience. Moreover this answers the following questions: 1) What are the seafarers' health problems? 2) What are the seafarers' lifestyles? 3) What is their daily dietary intake? 4) What are the goals the seafarers take to attain a better lifestyle? 4) Do the seafarers' health affect their work on board? In what way/s? 5) This study dealt on the health problems and wellness lifestyle among the selected seafarers. This study was conducted during the first semester of 2012-2013. The respondents were the selected seafarers who are currently on land and have training and vacation. To answer the questions advanced in this study, the seafarers were made to answer the standardized questionnaire, "Health and Lifestyle" which is borrowed from the Fitness Model for Personal Training and Massage Therapy. The descriptive method of research was employed in this investigation. The respondents of this study were the 10 seafarers who are currently on vacation and have their training at JBLFMU-Molo. They were purposively chosen for this study. The data gathered were subjected to analysis and interpretation. Each questionnaire was coded and the researchers used utilized frequency and percentage for descriptive analysis. No inferential statistics was utilized in this study. Results showed that 1) the five most prevalent health problems among the seafarers were high blood pressure, high cholesterol, shortness of breath, headaches/migraines, palpitations, and joint pain. 2) The three most prevalent lifestyles among the seafarers sleep between 6-8 hours a day, do not consider themselves under stress, and possess an active itinerary. They are involved in individual work outs and exercise on board. Not any of the interviewed seafarers smoke at least while on duty. 3) Their dietary intake includes: coffee, soda, water intake, alcohol (none to at least once a week for one seafarer), and portions of fruits. 4) The three most prevalent goals among the seafarers were "to be successful," "to achieve family security," and "to have their own family." 5) Majority agreed that work performance is affected by their health condition. The conclusions were: 1) Seafarers only have minor health problems. They are required to have their regular physical check up

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mandated by the ship companies. 2) Seafarers practice a good lifestyle evidenced by the results of the interview. They make sure that they are healthy while on board. 3) Seafarers make sure they eat a balanced diet with enough intake of water. 4) Work performance is related to the seafarers' health condition. Thus, the following are recommended. 1) Future seafarers have to be educated on the importance of maintaining a healthy lifestyle. 2) A workable wellness program can be a good move among seafarers to be able to function well on board. 3) Parallel studies related to this topic can be done to explore more on the lives of these seafarers and how their wellness can be improved.

The Study

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Scope of the Study

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Work-Program on Board

Effects of Fitness Training on Board

Summary

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