



Reflections on the Psycho-social Distress within the International Merchant Navy Seafaring Community

Lydia Carol-Dekker^{1*} and Sultan Khan²

University of KwaZulu-Natal, School of Social Science, Durban, South Africa 4001

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ABSTRACT The objective of this paper is to analyse texts mostly from the international scholarship on psycho-social distress that seafarers are faced within the international merchant navy. It is in the seafaring context that this paper explores some of the distressing situations which the seafarer is faced with in the workplace and the impact of this on their performance and personal wellbeing. Netography methodology was utilised as the primary source for data. In addition, primary data were sourced from maritime websites; maritime online newspapers; online journals; and social media. The secondary data was accessed from maritime books and maritime newspapers. The conclusion drawn was that distress; multiculturalism, cultural, language, gender diversity; lack of interaction with family and friends; loneliness; and fatigue all can have a negative impact on how seafarers cope in the merchant navy. The paper suggests access and intervention from the helping services profession such as social workers and psychologists to enhance seafarers coping capacity.