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# RECREATIONAL ACTIVITIES OF SEAFARERS ON BOARD

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John B. Lacson Foundation Maritime University-Molo, Inc.  
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In Partial Fulfillment  
of the Requirements for the Degree  
Bachelor of Science in Marine Engineering

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### Abstract

Recreation refers to the time spent in an activity one loves to engage in, with intent to feel refreshed. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle and involves an active participation in entertaining activities that one is interested in. Recreational activities give enjoyment, because while recreating one engages in something he likes. They are a source of joy and they provide relaxation to one's mind and body.

As seafarers someday, the researchers wanted to know the recreational activities of seafarers onboard for these activities will be helpful in contenting the boredom, sadness and even problems that a common seafarer might encounter along his cruising period at sea.

To answer the objectives of the study, the descriptive research design was used. The respondents were the 30 seafarers who had newly finished their contracts and are enrolled at John B. Training Center in preparation for a licensure examination to update their ranks and salaries. The study utilized a researcher-made questionnaire to gather data needed for the study. The instrument consisted of two parts. Part I dealt with personal data of the

respondents. Part II of the questionnaire was the questions on common recreational activities of seafarers onboard. The statistical tools employed were the mean, frequency counts and percentage.

Results of the study revealed that the seafarers onboard have "average" recreational activities. This means that they sometimes do recreational activities because usually they are occupied of their work. They often times do overtime onboard. When the common recreational activities were evaluated separately, the most common recreational activities among seafarers was "listening to music". They do this usually when they are about to sleep.

Seafaring job is so dangerous. In addition, it will keep them away from home, away from their families, friends and loved ones. Usually they suffer from loneliness, depression and homesick.

In order to help the seafarers cope up with stress, depression and loneliness onboard the following are recommended:

1. Recreational facilities and services should be reviewed frequently to ensure that they are appropriate in the light of changes in the needs of seafarers resulting from technical, operational and other developments in the shipping industry.

2. Furnishing for recreational facilities should as a minimum include a bookcase, and facilities for reading and writing.

3. Consideration would also be given to, including the following facilities at no cost to the seafarer, where practicable:



- a. a smoking room
  - b. television viewing and a reception of a radio broadcast
  - c. showing of films, the stock of which should be adequate for the duration of the voyage
4. Sport equipment including exercise equipment, table games and desk games.
  5. where possible, facilities for swimming
  6. a library containing vocational and other books, the stock of which should be adequate for the duration of the voyage and changed at reasonable intervals.
  7. facilities for recreational handicrafts.
  8. electronic equipment such as a radio, television, video recorders, DVD/CD player, personal computer and software and cassette recorder/player;
  9. where appropriate the provision of bars on board for seafarers unless these are contrary to national, religious or social customs;
  10. reasonable access to ship-to-ship telephone communication and email and internet facilities, where available with any changes for the use of these services bring reasonable in amount.

## 11. Review of Related Literature

### Recreational Activities

### Vocational Services

### List of Recreational Activities