

**Q: Like other employees on land, are the seafarers exposed to stress when they are on board?**

Yes, very much so if not more than the other employees on land.

Seafarers are continually exposed to several stressors that are related to different duties on board the ships. According to a research study, seafaring is associated with mental, psychosocial, and physical stressors. The most important factors were separation from family, loneliness on board, fatigue, multiple nationality, limited recreation activity, and sleep deprivation, says Dr Deepti Mankad in her presentation on 'Psychological Issues With Sea Farers'

Most seafarers are exposed to ongoing elevated stress levels something which has a negative impact on physical and mental health, not to mention that it can lower work performance. Of course, depending on the duties that have been assigned to someone there might be variations of stress levels due to the type and nature of the work. Unsurprisingly, one of the major sources of stress is the overlap between home and work. Stress is usually produced when the people have to cope with demands which exceed their ability to meet them.