Influence of Psychological Quality on Maritime Security and Control Path

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Abstract: The psychological quality of sailors is closely related to maritime security. The paper mainly studies the influence of the psychological quality of sailors on security of ship, analyzes the reason for the unhealth psychology of sailors, and puts forward the path to control. It turns out that favorable shipping environment should be built, training of psychological quality of sailors should be carried out in the whole process of shipping education, and the treatment of sailors should be improved so as to strengthen their psychological quality.

Introduction

Psychological quality is the academic concept of localization. Psychological quality is the comprehensive embodiment of human beings’ stamina, psychological activity and social response, it is perfected by congenital inheritance and nurturing. It is based on physiological qualities, takes practical activities as the media and the combination of inner thinking and behaviors, including people’s gnosia, emotions and emotional qualities, volitional quality, temperament and personality. Sailors’ psychological qualities have subtle influence on their psychological qualities and performance in daily work and potential, poor psychological quality can lead to unhealthy mental health of sailors and the final result will influence the achievement of team goals and the whole process of navigation. Sailors are easy to get nervous influenced by a certain working environment, this part of psychological experience, as the personal subjective experience of sailors, is the psychological phenomenon created by the interaction between human being’s nature and objective environment, it is also called mental stress. Sailors’ psychological activities run throughout the whole process of driving ships and directly influence the safety of navigation of ships, therefore, it is necessary to study the influence of psychological qualities on safety in the sea, meanwhile, certain measures shall be adopted to make it safer at sea.

Influence of Psychological Factors on Ship Safety

From a psychological point of view, including emotion, confidence, willpower and so on. Psychological qualities include cognitive quality, volitional quality, emotional quality, and personal psychological quality, etc. Sailors can only judge potential dangers through cognitive qualities, so as to adopt actions beneficial for reducing traffic accidents; The quality of will is an indispensable factor for sailors to deal with all kinds of sudden and complicated situations decisively which will may be briefly included Self-consciousness, decisiveness, self-control. Self-consciousness is embodied in making oneself an example, Decisiveness is manifested in courageous and resolute handling of problems, making prompt decisions and eliminating danger. Self-control is manifested in refusal to various seductions and eliminating potential danger. Sailors, especially senior sailors, shall be good at controlling emotions to make the right decision and avoid traffic accidents in the face of confusion and worry caused by various complicated factors. Emotional quality is beneficial for the maintenance of positive and healthy psychology at all times, keep good emotions while facing boring life in the sea, be happy in the process of communicating with others, and with good teamwork, the safety navigation of boats can be guaranteed, once there is any mistake in communication, discordant behaviors occur in the process of coordination, there will easily be mistakes in operation, bringing unstable factors to navigation; personal psychological
quality is the stable content shown by sailors in the navigation process, including ability, temperament and personality. If interpersonal relationship on the boat is tense with clear-cut hierarchy viewpoints, sailors will suffer from certain psychological pressure due to shift factor, social factor, work requirement factor and management factor, the pressure will easily cause panic in operating and controlling boats, and tends to be the cause of accidents. From statistics of accidents, insecurity caused by unqualified psychological qualities is mainly shown in the negligence at work. In accidents on the beach, sailors are always negligent due to unqualified psychological quality. In the process of driving, negligence caused by poor psychological qualities may sometimes be deadly. Sailors with bad psychological qualities may have cognitive mistake, judgement mistake, unstable emotion and unsuccessful communication in the face of danger. Domestic researchers hold that psychological qualities are the leading factor in the process of navigation, theoretical knowledge and application of practical skills are both based on psychological qualities. When psychological qualities become the shortcoming of sailors’ comprehensive qualities, sailors can’t employ theoretical knowledge and bring practical skills into play in a correct and flexible way, which will easily cause operation against rules and increase error rate. For example, on Sept., 28th, 1994, “Estonia” ferry met with wind and waves in the area of the Baltic Sea, workers on the ferry panicked, the head hatch cover dropped, and a large amount of water flew into the ferry without being discovered in the process of navigation, the reason for tilted ferry was not investigated, either, thus making blind turn caused a disaster, over 900 people died, making it the severest beach in Europe since World War II.

Causes of Psychological Problems
There are many factors causing the mental health of sailors. In general, The mental health of sailors is mainly related to their professional characteristics. Sailors living on the deck for a long time, less contact with the outside world, away from society and family for a long time, live a single life, lack of vegetables, often suffered terribly from seasickness, and often face typhoons or pirate attacks, these are important causes of mental ill-health, Specifically, the following are the general causes of mental illness of the sailors:

Environmental Factors
Poor environment leads to great mood swings. When sailors first arrive to work at sea, because of the big difference between life on board and life on land, and need to spend energy to be familiar with the equipment and shipping environment at the beginning of boarding, this is when mood swings tend to occur. After living on the ship for a while, gradually adapted to life on board, but loneliness and missing of family on the ship lead to decreased physiological activity indexes of sailors, and the emotional fluctuations will further increase. The change of bipolarity in the sea environment can easily lead to extreme changes in the sailors’ psychology and out of control of emotions.

Social Factors
As early as the last century, the sailors’ income was several times as much as the shore staff, and the sailors’ life was relatively superior. Sailors’ life is relatively superior, so this profession is also widely recognized by society. However, with the development of economy and the continuous depression of the shipping industry in recent years, there was not much difference between the sailors’ income and that of the shore staff and the sailors’ sense of professional honor is seriously lacking. In this case, the public's understanding of the shipping industry is generally low and the working conditions of sailors are not understood, which directly affects the social status of sailors. As a result, fewer and fewer people are engaged in this profession, and there are problems in social support, which makes the social relations of sailors become very tense, psychological also will be more sensitive.


**Occupational Factors**

Sailors are a highly skilled profession. It is obvious that the concept of hierarchy on board and the individual division of labor is fixed. Once the job is identified, the scope and nature of the work will be determined. Sailors live on board 24 hours a day. They are confronted with dozens of people every day, unable to meet with their families, lacking entertainment activities and unable to get timely comfort when something goes wrong. In addition, during the period of living on board, sailors must remember their duties and responsibilities whether spare time or time to work. Every time they play the same role, which contradicts the role change advocated in the theory of psychology and will lead to a single mode of psychological activity of sailors, then it is easy to lead to psychological many problems.

**Personal Factors**

Some sailors lack the ability to communicate with others, but they cannot objectively know themselves and reality, and they will have psychological problems when they encounter things that are greatly different from their ideal. Working on board is not like working on land. Sailors will not only be hit by typhoon or pirates, but encounter emergency situations such as mechanical failure, which all increase the pressure on the sailors to work. Everything need sailors to adjust the physical and emotional, but may sometimes beyond their ability to adapt, which can lead to delayed response and disorientation from panic disorder. In fact, a number of sailors suffer from symptoms such as insomnia, loss of hair and loss of appetite after working on board for several months, and then they don’t get relief for a long time, gradually forming nervous syndrome.

**Influence of Psychological Quality of Sailors on Ship Safety**

The psychological quality of sailors is the soul of navigation safety. Surveys of many maritime disasters around the world suggest that 80% of them are caused by human factors. But among the human factors, the most common one is the psychological quality of the sailors. For example, The Titanic disaster is one of the deadliest in peacetime and is considered one of the top 10 disasters on earth in the 20th century. The Titanic was built in Britain in the early 20th century as the world's largest luxury liner, known as the "unsinkable ship". It is also because of this sense of security that the sailors was negligent and did not see the iceberg, which caused the ship to hit the iceberg. In fact, with the load-bearing structure of the Titanic at that time, if the collision was detected in time and it should be no problem to save most people. Unfortunately, because of the paralysis of the sailors and fluky bad psychological quality, finally led to the occurrence of the tragedy.

**Mental Quality Control**

Because sailors are always in the closed living environment, they should keep a positive and active mind, paying attention to the mental health. It's also the prerequisite for safe navigation of ships. It's extremely necessary for sailors to be used to dealing with different people and to integrate into the collective actively. Otherwise, they will become autistic in the isolated environment. What are sailors need to develop are the qualities of keen cognition, positive emotions, stable emotional habits, indomitable will and healthy personality psychology. Sailors must maintain the best mental state to adapt to the sea life. However, the current research shows that many sailors have psychological problems of different degrees, which need to be addressed from various aspects.

**Make Reasonable Arrangements for Sailors**

Coordinate and balance shore breaks and on-board work hours. However, the fact is that some sailors either have too much time off on shore or too much time on the ship. According to the research of psychologists, which proves it is not the work itself that causes the greatest psychological pressure on sailors, but the lack of periodical relaxation of their work. Therefore, the ship company should be more humane, pay high attention to the psychological quality of the crew, and reasonably allocate the crew's work and vacation.
**Appropriate Psychological Intervention**

Psychological intervention is indispensable as an emergency measure, which is a way to cultivate psychological quality when the sailors are depressed. Above all, we should start from the cognitive quality and encourage the release of psychological pressure through talking. At this time, we should seek the source of bad emotions, seize the source of stress to communicate with them, and change the unreasonable part of cognitive quality. Next, Adjust using music. Sailors can choose some soothing music in their free time to relax themselves. Thirdly, the benefits of emotional support include greater solidarity, friendship and working together. With proper intervention, the emotions of the sailors can be greatly improved, which is also conducive to the safety of the ship.

**Strengthen the Psychology of Sailors**

Nautical colleges are the cradle of navigators training. It should not only cultivate students’ professional quality, but also attach importance to their psychological quality. So in the process of the cultivation of psychological quality, nautical colleges should take the lead. Sailors should not only be aware of the seriousness of their psychological problems, but also help other sailors with their bad psychology while learning to regulate themselves. In addition, they have to receive regular psychological counseling and training after on board.

**Improve the Treatment of the Sailors**

From the perspective of the whole society, the salary of the sailors is relatively low, which leads to the low attraction of this career and the low social status of the sailors. In order to improve the sailors’ sense of professional honor, the most effective suggestion is to greatly improve the sailors’ treatment. Only by greatly improving the income of sailors can they increase their professional interest and cultivate their psychological quality.

**Improve Public Awareness of Sailors**

Strive for broad social support. Surveys have shown that social support plays a significant role in the mental health of sailors. It can relieve or adjust the psychological symptoms caused by work pressure, improve the adaptability of individuals, and help sailors to be less affected by anxiety and depression symptoms. The positive image of the crew can be propagated through some films, lectures and other means to deepen the public awareness.

**Conclusion**

The psychological quality of the sailors has a direct impact on the ship team spirit and is closely related to the safety of the ship. From this, the cultivation of sailors’ psychological quality should be emphasized. We should pay attention to creating a good navigation environment, combining the psychological quality training of the sailors with navigation education and improving the treatment of the sailors to cultivate the good psychological quality of the sailors.

**References**


