

PSIHOLOGIA CLINICĂ

DESTRUCTIVE MANIFESTATIONS IN THE EMOTIONAL AND BEHAVIORAL SPHERE OF SEAFARERS

MANIFESTĂRI DISTRUCTIVE ÎN SFERA EMOȚIONALĂ ȘI COMPORTAMENTALĂ LA MARINARI

УДК: 159.9:616.006

DOI: 10.46728/pspj.2023.v42.i1.p41-46

Rosina Petrovna SHEVCHENKO

doctor of Psychological Sciences, Associate Professor, Odessa National Maritime University, head of the department „Practical Psychology” (Ukraine)

<https://orcid.org/0000-0003-2515-6717>

Victor Anatolyevich PAKHMURNY

Candidate of Medical Sciences, Associate Professor, Odessa National Maritime University (Ukraine)

<https://orcid.org/0000-0002-6015-0452>

Yuliia CHUMAIEVA

Phd, docent Department of Practical Psychology, Odessa National Maritime University (Ukraine)

<https://orcid.org/0000-0001-6145-9585>

Dmitry Ivanovich GROSHEV

Director of the Maritime Agency „Ukraine”

<https://orcid.org/0009-0005-9895-966X>

Abstract

The article analyzes the destructive manifestations in the emotional and behavioral spheres of seafarers in a sample of 40 seafarers. In the research we studied the behavioral patterns of sailors according to their professional status: senior officers, officers, deck crew, engine crew, and support staff. We also examined the correlation between the characteristics of destructive manifestations and the professional status of seafarers.

Statistical analysis revealed unfavorable assertiveness scores in all five study groups. This suggests that the sailors in the studied sample, as representatives of an extreme profession, have a constant willingness to enter into conflictual interaction. For people in the seafaring profession, who operate in extreme conditions, it is necessary to develop and implement developmental and psychotherapeutic psychological intervention programs.

Keywords: navigators, psycho-emotional state, adjustment disorders, extreme conditions.

Rezumat

În articol se analizează manifestările distructive în sferile emoțională și comportamentală a navigatorilor; pe un eșantion de 40 de navigator. În cercetare am studiat tipajele

comportamentale ale marinarilor în funcție de statutul lor profesional: ofițeri superiori, ofițeri, echipaj de punte, echipaj motor; personal de sprijin. De asemenea am evidențiat relația dintre caracteristicile manifestărilor distructive și statutul profesional al marinarilor.

Analiza statistică a depistat scoruri nefavorabile de asertivitate în toate cele cinci grupuri de studiu. Acest lucru sugerează că navigatorii din eșantionul studiat, ca reprezentanți ai unei profesii extreme, au o disponibilitate constantă de a intra în interacțiuni conflictuale. Pentru persoanele din profesia de navigator, care activează în condiții extreme, este necesar să fie elaborate și implementate programe psihoterapeutice de dezvoltare și intervenție psihologică.

Cuvinte-cheie: navigatori, stare psiho-emoțională, tulburări de adaptare, condiții extreme.

The relevance of research. Destructive manifestations are interpreted in modern scientific literature as forms of behavior that are formed under the influence of the social and cultural environment. Such patterns of behavior are manifested in causing harm to oneself or others. They are aimed, as a rule, at the destruction of objects of the material world, they can manifest themselves as protest forms of behavior against socially approved norms and rules. Destruction in the behavior of the subject is more often observed when a person is experiencing psychobiological crisis periods, and can also be associated with a person's stay in difficult circumstances associated with economic, political, social reasons that arise both due to personal circumstances and objectively existing conditions and events taking place in the state, in a single society, etc. [9, 10].

Extreme professions often act as an additional pathogenetic hazard affecting an individual, as well as groups of people become the causal basis for the development of professional deformations.

Thus, a modern person, whose professional activity is associated with extreme types of labor, is under pressure because of the unstable political, socio-economic situation in the hussar where he lives. On the other hand, he is affected by professional hazards that exist in his activity.

A number of modern authors interpret destructive behavior as abnormal [4; 5;]. According to their research, destructive behavior is characterized as a deviation from several points of view: social, medical and psychological, etc.

In their writings, they emphasized that the destructive behavior of a person can often be within the norm and pathology, which makes this problem especially important from the point of view of the medical prognosis of deviation; social manifestations - which may have dangerous forms for others; legal - from the point of view of the degree of responsibility and the actual ability to control one's behavior and the degree of legal responsibility that arises as a result of destruction in behavior.

Thus, the study of the peculiarities of the formation of the state of loneliness in seafarers as a factor in the violation of adaptation is an important issue that requires in-depth study.

The purpose of the research: to identify the features of destructive manifestations depending on the occupational status.

Research hypothesis: qualitative indicators of manifestations of destructive behavior will depend on the professional status of a seafarer.

Theoretical and methodological essence of the study consisted of scientific research on the peculiarities of the state

of loneliness in seafarers, as well as the development in connection with this manifestations of adaptation disorders explored in the studies of such authors as Aminov U.K., Gasanova P.G., Omarova M.K., Goldberg K., Dolinskaya L.V., Lobenko O., Mamaenko Yu.V., Melnikova I.P., Panchenko A.A., Titova K.V., Khamitov N.V., Kharash A.U. etc. [1-3; 8-10;].

The work was carried out within the framework of the educational and professional program „Practical Psychology of the Maritime Industry” on the basis of the Department of Practical Psychology of the Odessa National Maritime University, within the framework of the fundamental scientific and practical topic of the Department „Practical Psychology”, state regis-

tration number 0119U002263 (fundamental scientific and practical topic of the Department of Practical Psychology Odessa National Maritime University).

The contingent of subjects was recruited at the crewing company „Ukraine”. The study was conducted on the basis of the Odessa National Maritime University with the implementation of biotic standards.

The research batch: A contingent of **40 subjects** was recruited at the crewing company „Ukraine”. The study was conducted on the basis of the Odessa National Maritime University with the introduction of bioethical standards.

The formed groups of respondents on the basis of professional affiliation are shown in Table 1.

Table 1.

Quantitative indicators of groups studied by professional status

Position, total number of respondents Professional affiliation	Job Title	Total number of respondents
Senior command staff	Captain, Chief Officer, Chief Engineer, Second Engineer	7
Command staff	Second Mate, Third Mate, Third Mechanic, Fourth Mechanic, Electrician	8
Deck crew	Boatswain, Sailors	10
Machine command	Minders	8
Support staff	Cook, Cook Assistant, Cadets	7
Total		40

The techniques used: to conduct a study of the features of the manifestation of destructive behavior depending on the professional status of a sailor, the Methodology „Personal aggressiveness and conflict” was used (according to E. P. Ilyin and P. A. Kovalev).

Research results.

The numerical data obtained in the study groups, as well as data in percentage form, are presented in Table 2.

Percentages are based on the number

of respondents in a given subgroup.

Thus, characterizing the data obtained in group 1, which included the captain, chief assistant, chief engineer, and second engineer, it should be noted that the highest indicators were found on the scales „Offensiveness”, „Intransigence”, „Suspiciousness”. The indicators on the marked scales amounted to **71% of the total** number of subjects in this diagnostic category.

These subjects in disputes tried to seize the initiative. The opinion was often

held that attack is the best defense. Entering into an argument with someone, they could afford to interrupt the interlocutor.

Discussing any topics with an ambiguous context, they always confidently defend their innocence.

Table 2.

Quantitative indicators of destructive behavior according to groups studied by professional status

Scale \ Professional Status	1 group		2 group		3 group		4 group		5 group	
	Nr	%	Nr	%	Nr	%	Nr	%	Nr	%
Iracibility	1	14	2	25	5	50	6	75	4	57
Offensiveness	5	71	5	62	7	70	7	87	5	71
Touchiness	2	29	1	12	4	40	6	75	5	71
Intransigence	5	71	4	50	7	70	7	87	4	57
Uncompromising	3	43	3	37	6	60	5	62	4	57
Revenge	4	57	3	37	6	60	5	62	4	57
Intolerance	3	43	4	50	4	40	5	62	3	43
Suspicion	5	71	4	50	6	60	5	62	4	57
Total	7 pers		8 pers		10 pers		8 pers		7 pers.	

In any projects or interactions, they tend to attack rather than defend themselves. They do not hesitate to criticize anyone. They agree that they cannot listen carefully and completely to the arguments of an arguing opponent.

The next indicator that scored maximum is the scale was suspiciousness. Respondents in this group expressed the opinion that people around them often speak badly about them. They are wary of people who are excessively kind and responsive. Often, in response to praise, they react with distrust.

They are also often afraid of tricks from other people. They suspect that many people maintain acquaintance and friendship with them, out of selfish reasons. Doubt the sincerity of the words of most people.

Characterizing the second group - command staff - which included such official statuses as second assistant, third assistant, third mechanic, fourth mechanic, electrician, it is necessary to note the scales that scored the maximum number of points. The maximum number of respondents - **62% of the total number** of surveyed in this group - demonstrated a significant

number of points on the scale of offensiveness. The indicator shows that the subjects of this group are characterized by the desire to seize the initiative. They are often of the opinion that offense is the best defense. Entering into communication with someone, they often interrupt the interlocutor and impose their point of view.

A slightly smaller number of subjects in this diagnostic group - **50% of the total number** of respondents - scored a significant number of points on the scales of intransigence, intolerance, and suspicion, which indicates that they have the following characteristics: In difficult professional or everyday domestic situations, they are not inclined to give in on some issues that were of value to them. They are critical in assessing the need to comply with any regulatory standards or rules. They are critical of authorities and the need for thoughtless submission. They are not inclined to transfer responsibility for solving an issue that is important for everyone. They are critical of the need not to object during important negotiations with seniors.

Indicators on the scale of intolerance indicate a tendency to experience a state

of anger towards people and situations that do not meet the expectations of the subject. Critical attitude to the advice of others in situations where decisions have already been made by the subject. The respondents of this group were characterized by the opinion that the leader should not take into account the opinion of his subordinates, because, in the end, he himself is responsible for everything. Suspiciousness scores signaled that members of this group are wary of entering into any kind of trusting relationship. Often suspect others of the insincerity of intentions.

The indicators found in the third group - the deck team - which included representatives of such positions as boatswain and sailors, signal the maximum indicators - **70% of the total number** studied in this diagnostic group - on the scales of offensiveness and intransigence.

In disputes, these respondents are inclined to seize the initiative, they are sure that their opinion was correct. They are inclined to interrupt the interlocutor, to impose their point of view. They do not show a desire for compliance in disputes. They critically assess situations when they need to perform a task that seems to them irrational or incorrect. They rarely allow others to take responsibility for important projects. They note that they often experience certain suffering in situations where it is necessary to obey the order of a senior officer if they themselves have a different opinion.

Characterizing the data obtained in the fourth group - which included minders - it is necessary to note the maximum indicators in **87% of the respondents** of this group - on the scales of offensiveness and intransigence. These subjects are characterized by a desire to seize the initiative in controversial dialogues. They insist on the need to always defend their innocence. They note that they often interrupt the interlocutor in communication, and do not allow him to

express his thought to the end. In situations where the respondent of this group does not like the established rule, he tries not to comply with it. It is hard for them to give in, especially in situations where they are deeply convinced that they are right.

Characterizing the data obtained in the fifth research group - support staff - which included official positions - cook, cook assistant, cadets - it is necessary to note the maximum indicators - **71% of the total number** of respondents in this diagnostic group - found on the scales of offensiveness and resentment. These respondents always try to take an active position in disputes. They are inclined to always confidently defend their innocence. In communication with colleagues and relatives, they often behave persistently, show pressure in defending their interests. They do not regard it as tactless not to give the other side the opportunity to speak. They agree that they often cannot organize their attention in such a way as to carefully listen to the opponent, to understand his position. It has been argued that circumstances are almost always more favorable to others. Often offended by the comments of others, even if they understand that they are fair. Thus, certain regularities can be seen in the detected indicators. Thus, high rates of offensiveness, intransigence were recorded in almost all research groups, which characterizes representatives of this profession as ready to enter into conflict interaction in defending their rights and interests; distinguished by irreconcilability in disputes; not ready to transfer their powers in cases where they are keenly interested in the result of interaction.

Conclusions. The conducted research indicates the presence of a number of features of the manifestation of destructive behavior depending on the professional status of a sailor.

In the first group, (positions: captain,

chief assistant, chief engineer, second engineer) 71% of the studied respondents had unfavorable indicators on the scales „Offensiveness”, „Intransigence”, „Suspiciousness” ($\rho\phi < 0.05$).

In the second group (positions: second assistant, third assistant, third mechanic, fourth mechanic, electrician), 62% of the studied have a high number of points on the scale of offensiveness, 50% have a significant number of points on the scales of intransigence, intolerance, suspicion ($\rho\phi < 0, 05$).

In the third group (positions: deck crew - boatswain, sailors) the maximum indicators are 70% on the scales of offensiveness, intransigence ($\rho\phi < 0.05$).

In the fourth group (positions: minders) - the maximum indicators for 87% of respondents - on the scales of offensiveness, intransigence ($\rho\phi < 0.05$).

BIBLIOGRAPHY

1. HAAN N. *Coping and defending*. / N. Haan. N.-Y.: The free press, 2007. 237p.

2. YOUNG J. E. *An instrument for measuring loneliness*. Paper presented at the annual meeting of the American Psychological association. New York, 2009. P. 75–90.

3. KOCH Ph.J. *Loneliness without objects* // The Southern journal of philosophy. – Mtmphis. vol. 21. № 2, 2003. P. 193 – 209.

4. Seafarers journal *CONVENTION No. 164 of the International Labor Organization „On health and medical care for seafarers”* (Adopted in Geneva on 08.10.1987 at the 74th session of the ILO General Conference) [Electronic resource] // <https://www.lawmix.ru/abro/10922/> <https://www.seafarersjournal.com/sociaty/problema-rasstrojstva-adaptatsii/>

5. *On the approval of the Regulations on the titles of members of the command staff of sea vessels and the procedure for their assignment* (MINISTRY OF INFRASTRUC-

In the fifth research group (positions: support staff - cook, assistant cook, cadets) - the maximum indicators are 71% on the scales of offensiveness and touchiness ($\rho\phi < 0.05$).

In conclusion, it should be noted that in the results obtained as a result of the study, the discovered patterns are visible. Unfavorably high scores for assertiveness were revealed in all five groups under study. This suggests that the studied sailors, as representatives of an extreme profession, have a constant readiness to engage in conflict interaction. They often enter into disputes, defend their rights and interests.

The profession of a seafarer itself, therefore, requires more attention, more research should be conducted for its representatives, psychocorrective supporting psychological programs should be developed.

TURE OF UKRAINE, order 07.08.2013 No. 567.

6. *Registered in the Ministry of Justice of Ukraine on August 23, 2013 under No. 1466/23998* // <http://zakon.rada.gov.ua/laws/show/z1466-13>

7. TSAHAEVA A.A., GASANOVA P.G., DAUDOVA D.M., AMINOVA J.K., KABIEVA R.A. *Professional motivation of the doctrine as subject of scientific research* European Journal of Natural History. № 5, 2016. C. 125-127.

8. TSAHAEVA A.A., AMINOVA J.K., AMINOV U.K., GASANOVA P.G., DAUDOVA D.M. *Emotional burn-out of the young psychologist while performing job functions*. European Journal of Natural History. № 3, 2016. C. 136-139.

9. ZIMMERMANN J.G. *Über die Einsamkeit*. Troppau. T. 1, 1785–1786.

10. *UK P&I Club* // <https://www.ukpandi.com/> York. 2009. P. 75–90.

Primit la redacție 26.04.2023