



JOURNAL OF SCIENTIFIC RESEARCH IN ALLIED SCIENCES



Contents available at: www.jusres.com

SPIRITUAL EDUCATION: A MISSING LINK IN MARITIME EDUCATION & TRAINING IN INDIA

Dr Deepchand Dhankher

Asst professor Tolani Maritime Institute , Induri , Pune

ARTICLE INFO

Article History

Received: December 2022

Accepted: February 2023

Keywords: Meditation, Mindfulness, Corruption, Stress, Stress Management, Spirituality, shipping Industry

ABSTRACT

Merchant Navy being challenging and stimulating, provides vast employment opportunity and financial stability to the aspiring seafarers. Career in Merchant Navy carries high promotional prospects, achievement scope but also vast occupational work pressure, stress & fatigue which if not dealt well leads to anxiety, stress, depression, etc. According to WHO. every 40 seconds, someone in the world loses their life to suicide, and merchant navy is no exception to this. In the recent times, cases of suicides, stress, and depression are on an increase on Board Merchant vessels. Apart from mental issues there are reported cases among ship's crew to have generated unethical practice cases of crew bullying are increasing as being reported by ISHWAN news marine insight (Feb 2020). Although shipping industry is most regulated and govern by national and international shipping laws which have enabled seafarers to live a comfortable life on board, but yet Today ship's crew are far from experiencing true peace and satisfaction of mind. This indicates that our efforts including manila convention 2006 mandatory rest hours are totally inclined towards the provision of relaxation or comfort to the human body (physical comfort), neglecting the inner needs or the spiritual needs of human mind and intellect. It is well known fact that mental health is an essential part of overall wellbeing, however cases of mental distress have been reported. The fact the seafarers work in isolated water with unknown and multi-nationality crew which can further trigger anxiety, fear and sense of security & safety. There is an urge to raise the spiritual acumen of the seafarers. A number of multinational shipping companies all around the world are now paying attention towards this science of meditation, spirituality and ethics for helping seafarers, to save them from burnout and to for improving their efficiency and character. Hence, this article touches the note that while ensuring steady material progress, it is equally essential to maintain spiritual progress. Spirituality frees the individual from sorrow, suffering, misery, pain, depression, fear, anxiety, illness, disease, insecurity and phobias and enables to experience constant true peace, true happiness, true love and lasting health, wealth and prosperity. It increases the potential of human mind to perform better in all respects.

ORIGINAL RESEARCH ARTICLE

Corresponding Author

*Dr. K. Hemamalini

2023, www.jusres.com

INTRODUCTION

A survey conducted by IOSH on seafarer's mental health and wellbeing observed that there is evidence of an increase in recent-onset anxiety and depression among serving seafarers. The survey reported that there is evidence in some roles seafarers may be particularly prone to emotional exhaustion and 'burnout' indicating that mental health problems are generally higher among seafarers than non-seafarers and that recent-onset psychiatric disorders have become more common on-board cargo vessels in recent years (IOSH)

It is now being increasingly realized by the sailor's society, ISWAN and others that the shipping industry and the world needs coordination between both science and spirituality. Gone are the days when there was antagonism between Science, religion and environment. Now, apart from science and technology, we need ethical and spiritual values for promoting self from within, the inner aspects of our nature and that blind faith and irrational dogmas that cause social violent conflict on board ships and in the society at large to be discarded for creating family friendly spiritual environment. Both in the past and present, there have been numerous attempts for promoting spirituality and spiritual orientation among the seafarers.

What seafarers do to get rid of from mental issues?

Most often on board a ship all crew get together in a messroom like on Sunday or whenever they have time and play cards, cricket, table tennis, ludo and carom board. This type of games help reduce the mental stress and home sickness.

Also, crew sing songs and dance away their tension and fatigue on some festive occasions, chief cook will prepare good food based on the festival and all crew have together and enjoy the lunch/dinner.

All crew often speak and discuss among themselves about their lives on board and try to weed out their stress by cracking some jokes just to refresh.

All ships have gym facility, just whenever crew have time, they can go to the gym either alone or in the group. A few crews choose to go on upper decks after dinner for a walk while some may go around monkey deck /bridge on some occasions crew put on movie in the recreation room with all crew members just to enjoy. Main purpose is to make crew laugh and just make jokes on each other like leg pulling but in a gentle way. on some ships there are facilities of swimming pool and enjoy there and play the festival like Holi.

When a new crew member joins any fleet that is new there are many things that he encountered many things: Like some smart guy on board will start bullying the newcomer on board. Some will try to humiliate the new joiners in front of other by asking questions to check professional knowledge about company policies and requirements to show that he knows everything, instead of help the new crew is put under pressure and sometime such lack of knowledge is reported to master or chief engineer to put the new joiner down in the eyes of master / chief engineer make him and then humiliate like you don't know this and that bla-bla-bla and start comfortable and give some knowledge and company system they pulling leg of new crew and do the mentally harassment. The main reason of illness is stress, among all seafarers of on board. It is said that stress is the cause for poor output and retention levels among the lower ranks, senior ranks equally suffer from depression, stress, anxiety. Seafarers are suffering from a serious problem in shipping industry. Out of all the factors affecting workplace stress in shipping includes "immense work load", "Pressure", "ambitious targets deadlines" quick turnaround between ports and two voyages, "unresolute interpersonal conflicts", "poor effective communication", "lack of feedback" and "lack of privacy".

This clearly bulges out weakness of top leadership from shore company office to captain on the bridge and chief engineer in the engine room and individual's inner/mental strength.

Stress, the major issue of concern for the shipping industry is proving to worsen the pre-existing famous slogan join the merchant navy and enjoy at different ports seems to be losing its impact

What is Spirituality?

The quality of being concerned with the human spirit or soul as opposed to material or physical things. Spirituality- a better tool to enhance output/performance.

Spiritual education and professional education and training is generally kept in different facets of our lives. These two facets might be used only during conversations during ethics sessions, but, in reality, in our lives, the coordination and combination of spiritual education and professional training nautical./marine engineering subjects is never tried out. Research scholars have been raising this issue in their finding but the suggestions and scope of utility have not been honoured by the stakeholders including the stake holders of Indian Maritime education and training

Spirituality for ethical empowerment of Seafarers

Today's professionals are running after money because of unmanageable desires. In the present-day world, money is the main consideration of people. Man's status is measured by in terms of money. A man is considered a great man if he has amassed great wealth. One's standard of living is determined in terms of one's show off of wealth rather than his moral greatness.

People, who possess to be engaged in social service or those who are asked to help in public welfare work, generally do so for considerations of some monetary gains only. Almost everyone has become so mean and money minded that people have started saying it openly that God cannot be worshipped if one has an empty stomach and that in order to acquire something for one's livelihood one need not bother about the question whether one is doing it by fair or unfair means.

Money has become everything and everything is valued in terms of money. Even

moral values have lost their importance and we commonly hear, "Everybody is dishonest", "making little money out of the way won't make things worse".

In Modern day in fact, the entire corporate society lays more emphasis on materialistic progress. It has neglected the spiritual health of human personality, which forms the very basis of human existence and everything linked to it. Although developments of civil engineering have enabled mankind to have an extensive material progress and a comfortable life, people are far from experience of true mental peace and contentment. This demonstrates that while we have become totally preoccupied with the provision of comfort to the physical body, we have neglected the inner needs and mind's spiritual needs. Therefore, maintaining static material progress and maintaining inner/spiritual progress are equally important. If both professional nautical or engineering and spirituality can play a complementary role, without any way negating the other's role, this imperfect world can be definitely transformed into a paradise on the sea.

A mind filled with divine virtues of peace, happiness, and love can be referred to a tree, a tree that is abounded with leaves, blossoming with beautiful flowers and fruits, providing unselfish shade, solace and sustenance to everything and everyone linked with it.

For recultivation of this mental state, we need the power of self-awareness. Knowledge of the self, our true identity of being a soul, filled with light and might. meditation is the way by which we can teach the prospective seafarers the art and craft of spirituality Presently, what we observe is that people's mind is agitated and is unstable, the intellect is dull and contracted, and the traits are constantly impure. Only by purifying the samskaras or re samskara engineering, purifying the intellect and controlling the mind can have established a link with the supreme soul is made possible.

It is a direct process utilizing thought energy. This linking or union is called raj yoga mediation. Through this spiritual communion,

each soul is once again able to experience its true identity, and regain its true original potential and power.

The purpose of this is freeing the individual soul from the grievous bondages of sorrow, suffering, misery, pain, depression, fear, anxiety, illness, disease, insecurity and phobias and enabling the soul to experience constant, un interrupted and continuous true peace, true happiness, true love and lasting health, wealth and prosperity. It increases the potential of human mind to perform better in all respects and progress towards a perfect condition.

The benefits of Spirituality

- We can have more control on own thoughts, feelings and behavior
- We can become a better leader through self-understanding.
- We can take more responsibility for own life and stop blaming others or circumstances.
- We can take more personal responsibility for your mind's state and emotions.
- We can develop the art to communicate well with people
- We can help ourselves to manage major life changes.
- We can Increase productivity and efficiency is by getting the body and the mind in perfect coordination
- We can control, monitor and regulate our own thoughts, emotions/feelings and traits/behaviour (approved medically).
- We can be leader by understanding the self and by applying principles and applications of spirituality.
- We become strong enough to hold responsibility for own life, without blaming other people or circumstances.
- We can take complete responsibility for own mind's state and emotions.
- We can effectively communicate with others, being impartial, love and light.
- We can cope up with dynamicity and major changes in life.
- spiritual value-based education will boost productivity and efficiency, as the body and the mind get in perfect coordination.

6. The Void Gap: From Physical Quotient to Spiritual Quotient

The importance of spirituality has been historically neglected in the education including maritime education and training. Professional branches like medicine, nursing, psychiatry, and psychotherapy also lack spirituality teaching in their respective curricula.

From the primitive days the Employers & owners used to consider the physical quotient as the main criteria for selecting seafarers as the main shipping business of loading and unloading of cargo was done by manual means i.e. the derrick and union purchase the importance of Emotional Intelligence gained importance as automation and safety as she gained importance. with code of safe working practice international safety management system (ISM) and ships safety management system a remarkable progress has been made in bringing the zero accidents however spirituality at work place needs be practiced. this can happen only when it it to be taught and imbibed during the pre-sea training and the responsibility rest with the maritime training institutions

Today shipping industry had acknowledged that the human element, what land lubbers refers it as 'human resource' is not simply intellectual property consisting of human knowledge skills and attitude but also the human spirit, which is the missing link

Shipowners & employer have realized that there is need to nurture their ship' screw not only in field of professional knowledge, skill and attitude but also in the human spirit which is now said to an integral part of leadership. Spirituality is not a mere element to be used in discussions during board meeting but it needs to be practiced from ship's captain to the messman. Practice and application of spirituality on board ship will reduce commotion and misconduct to a greater extent. Hence a lot of awareness and self-realization needs to be developed among the trainee during pre-sea training which is the prime responsibility of the maritime training institution in India

7. CONCLUSION

The study has found that polluted mind is the root cause of major problems that the most workplace faces today including shipping industry. Increasing cases of mental health on board and absence of spiritual education in the curricula should be the cause of concern for all major stakeholders in maritime education and training in India. To find a solution to a safety issue, as a general practice the seafarers always look for a root cause. on the same line the root cause of increasing no of metal health issues on board is absence of spiritual education at pre sea level.

Present day professionals including seafarers are running after money because of unmanageable desires. On the other hand, the tight work schedule and deadlines impairs serious ailments to the seafarers. Spirituality gives us the proper, right philosophy of life would, therefore, be appropriate to include in the syllabus during pre-sea training, only then a sea going aspirant know how to be self-satisfied with the current income to fulfil one's need but not get mad after them. If one can fulfil one's daily need and do not have any greed then only, crew will have neither to suppress their desires nor give them a lose rope.

With spiritual backup in mind stored during the pre-sea training days, crew should understand that all rewards and punishments or pleasures and pains that come to them are a result of their own actions. So, crew should neither be angry nor have any fear. The only focus on part of each shipboard crew should be in improving the quality of his/ her actions. Practicing this is the real path to happiness and health and safety security on board

Spirituality comes out as a solution for the problem. Spirituality is the key to resolve the serious problems shipping industry is facing today like crew bullying, stressful environment, increase in suicide anxiety, depression, etc. Changing mindset is the main prescription to all further changes. Spirituality enables us

REFERENCES

1. Revati c. Deshpande [2012], A healthy way to handle work place stress through yoga, meditation and soothing humor, International Journal of Environmental Sciences, 2(4).
2. Davidson, r., et al. [2003]. Alterations in brain and immune function produced by mindfulness Meditation. Psychosomatic medicine, 65, 564-570
3. Lutz, a., et al. [2008],” Regulation of the neural circuitry of emotion by compassion meditation: effects of Meditative Expertise
4. B.K. Jagdish Chander[1998] ,Science and spirituality, Brahmakumaris World Spiritual University, Pandav Bhawan, Mount Abu
5. B.K. Jagdish chander[1994], Do you know your real self”, Brahmakumaris World Spiritual University, Pandav Bhawan, Mount Abu, Rajasthan, 1st Edition
6. Confino, J. [14 May 2014]. Google's head of mindfulness: Goodness is good for business. The guardian. [http://www.theguardian.com/sustainable-business/google-meditation-mindfulness-technology]
7. Essig, T. [30 April 2012]. Google teaches employees to “Search Inside Yourself.” Forbes. [http://www.forbes.com/sites/toddesig/2012/04/30/google-teachesemployees-to-search-inside-yourself/]
8. Baer, D. [05 August 2014]. Here's what Google teaches employees in its “Search Inside Yourself” course. Business Insider. Retrieved from http://www.businessinsider.com/search-inside-yourself-googles-life-changingmindfulness-course-2014-8.
9. .http://googleweblight.com/?lite_url=http://onlinemba.com/blog/10-bigcompanies-that-promote-employee-meditation/&ei=GM57sNP2&lc=enIN&s=1&m=119&host=www.google.co.in&ts

- =1464760556&sig=APY536zZF9j
88RUTp5ltSCYtfpelQ20VVA
10. Zohar, Danah & Ian Marshall, [2000], SQ: Spiritual Intelligence, the Ultimate Intelligence, Bloomsbury Press, New York.
 11. Sherlos V., Dadashi KH. S [2012], Effect of SQ of managers on performance of employees of public organizations, Ebtakar and Innovation in Humanities Journal, 2nd series, No. 3.
 12. Kale, S.H. And Shrivastava, S. [2003] The Enneagram System for enhancing Workplace Spirituality. Journal of Management Development, 22[4]. p.308.
 13. Calandra, B. [2003] Does your CEO's Spiritual Leadership Go To Far? Human Resource Executive Magazine. [Online].
 14. A healthy way to handle work place stress through Yoga, Meditation and Soothing Humor Revati C. Deshpande [2012], International Journal of Environmental Sciences 2(4)
 15. Impact of Spirituality on Stress: With the Special Reference of Engineering Students of Indian Institute of Technology by radha yadav and ashu khanna[2014], Research on Humanities and Social Sciences ISSN [Paper]2224-5766 ISSN [Online]2225-0484 [Online] Vol.4, No.25
 16. The Language and Practice of Spiritual Management Development. Unpublished Paper presented at the inaugural conference of the British Association for the Study of Religions
 17. Gooding, W. [1998]. Spirituality is sprouting out all over. Editor's Notebook. The Financial Post Magazine, June: 6.
 18. WHITE, G. [2000] Soul Inclusion: Researching Spirituality and Adult Learning. Paper presented at annual SCUTREA Conference
 19. SHERIDAN, M. and HEMERT, K. [1999] The role of Religion and Spirituality in Social Work Education and Practice: A Survey of Student Views and Experiences. Journal of Social Work Education. Vol. 35[1]. p.125
 20. Engineering and Engineering Education as Spiritual Vocations, Julia d Thompson, Mel Chua, Cole H Joslyn, 121st ASEE Annual Conference and Exposition, Indianapolis, [June 15-18, 2014], paper ID-
 21. Bonde, J. P. E. [2008]. Psychosocial factors at work and risk of depression: a systematic review of the epidemiological evidence. J Occup Environ Med, 65[7], 438-445. DOI: 10.1136/oem.2007.038430