

Assessment of Psychological Well Being and Quality Of life among Fishermen Community in a select Edrural Community Area, Chengalpattu District, Tamil Nadu

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Abstract

Background: Fishermen community is a group of people geographically located in the coastal areas and have their own way of life and a distinctive culture, A variety of stressors that have an effect on physical and mental health are experienced by commercial fishermen. However, there is limited research on the level of mental ill-health among fishers and In certain monsoon season mostly, fishermen cannot go to the sea due to bad weather condition, Because of this, fisherman typically have low-quality jobs that are dependent on the weather. When we look at the association between various stressor categories and psychological distress, we see that fishers who perceive “traditional risks” and “modern uncertainties” as being more intensely are more likely to experience psychological distress.

Objectives\aim: To assess the psychological wellbeing among fishermen community, To assess the quality of life among fishermen community, To find out the association between the psychological wellbeing and quality of life among fishermen community with their selected demographic variables, To find out the correlation between psychological wellbeing and quality of life among fishermen community.

Materials and Methods: Quantitative descriptive research approach was used in this study.140 fishermen were selected by using randomized sampling technique in kokilamedu, Chengalpattu district. A valid study questionnaire was used to collect data on socio-demographic characteristics of fishermen, psychological wellbeing was assessed by using genral health questionnaire and quality of life was assesses by using WHO QOL BREF scale among fishermen community.

Results: The study shows that most of the fishermen were not affect with mental illness (98.6%) whereas remaining 1.4%were affect with mental illness, majority of the fishermen were had average quality of life (94.3%) whereas 5.7%of fisherman had good quality of life.**Conclusion:** Assessment on psychological wellbeing and quality of life among fishermen shows that most of the fishermen were not affect with mental illness and the most of the fishermen had average quality of life.

Key Words: Assessment, psychological wellbeing, quality of life, fishermen community.

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Introduction

Psychological wellbeing has two important facets. The first of these is how much joy and other positive emotions people experience. Subjective wellbeing is a term that has been used to describe this component of psychological wellbeing. A population's or an individual's wellness in terms of both positive and negative facets of their existence at a certain time is referred to as their quality of life (Azid, A et al.,2015)¹

The management of fishermen's issues falls within the purview of the Department of Fisheries Malaysia, a division of the Fisheries Development Authority of Malaysia (LKIM). The fishing industry contributes 1.47 % of the Gross Domestic Product (GDP). Although this is considered small, the fisheries sector is a major producer of protein for the population of this country. The government's role is seen as one effort to help the fishermen and farmers as well as livestock farmers to be competitive with the other sectors, thus helping them to increase their household income. The People's Welfare Development Scheme (SPKR) and a few other programmes have been specially prepared to diversify their sources of income. The majority of the fishing community's economic situation is still poor despite the fact that the fisheries sector has seen significant changes in terms of technology and landings. In addition to the government's efforts to increase their income, the impact of development in surrounding residential areas also affects the level of the fishing community's welfare. The improvement of the fishermen's quality of life is also aided by development in the tourism and industrial sectors. Their standard of living is impacted by the facilities the government has put in place (kuala mohd zain et al., 2018)³.

A variety of pressures that fishermen encounter have an effect on their physical and emotional wellbeing. There is, however, little information on the extent of mental illness among fishermen and the kind of stresses that fuel their psychological suffering. The focuses on the experiences of commercial wild-catch fishers and analyses the results of an Australian national survey conducted Patricia (Crisan Szabo, 2020)⁵

In certain monsoon season mostly, fishermen cannot go to the sea due to bad weather condition.

Fishermen are weather-dependent; in good weather, they will go out in search of food; in bad weather, they will be unable to work for several months until the conclusion of the monsoon season. Because of this, fishermen typically have low-quality jobs that are dependent on the weather. (HayrolAzriletal.,2013)⁶

Materials and methods

A quantitative descriptive study approach was used for the study. The aim of the study was to assess the psychological well-being and quality of life among fishermen. Quantitative descriptive survey research design was adopted for this study, which is a non-experimental research design used to obtain data with regard to its prevalence, distribution and interrelations. The study was conducted in kokilamedu situated in pooncheri near Mahabalipuram, Chengalpattu district, Tamil Nadu. The target population for this study was people in the fishermen community, who were in the age group of 18 years to above 60 years. Both male and female were taken for the study, who were available during the time of data collection period were included in the study. Whereas, people who were sick and known to have any mental illness were excluded from the study. 140 fishermen, who met the inclusion criteria were considered to be the part of the study population. Random sampling technique in which the participants were selected as per choice of the researcher was utilized in the study. The study tool contains three parts. Part 1 consist of the personal information of the participants such as age, gender, education, marital status, income, types of life, religion, occupation, hours of working, boat ownership. Part 2 was a General Health Questionnaire to assess the psychological wellbeing among fishermen community. Which is standardized tool 4 point ratingscale consisting of 28 items and stratified into domains for each consist of 7 questions. It includes options such as not all time, no more than usual, rather more than usual, and much more than usual which is scored as 0, 1, 2, & 3 respectively in which scores will be given based upon the response of the participants. Based on the scores obtained by the participants, their psychological level will be assessed. Part 3 is a WHO QOL BREF SCALE which is a standardized tool, it is a 5-point rating scale consist of 26 items and stratified into physical (7), psychological (6), social relation (3) and environment

(8) domains. It includes options such as not at all, not much, moderately, great deal and completely which is scored as 1,2,3,4 and 5 respectively. The total score ranged from 26-130. Item number 13 had reverse scoring. The quality of life of the participant was assessed through their responses and classified them into poor QOL, average QOL, good QOL based on the total scores obtained by each of them.

Data collection:

Prior formal permission was obtained from the head of the department of Mental Health Nursing, Institutional Human Ethics Committee Clearance was obtained from Chettinad Academic of Research and Education for conducting the study. Consent was obtained from the ethical committee and from the samples. Samples were selected using random sampling and demographic variables were obtained followed by level of mental health and quality of life using general health questionnaire and WHO quality of life respectively. In the next phase the data collection procedure was done in a rural fishermen community area, Chengalpattu district. The data was collected for a period of 1 week from 140 samples. Prior permission and consent was obtained from participants before conducting the study. In this study the researcher conducted interview for samples who met the inclusion criteria, for 20 minutes to collect data in personal information and general health questionnaire and WHO quality of life to assess the level of mental health and quality of life among the fishermen community. The collected data was analyzed and interpreted. The data was analyzed using statistical instruments.

Analysis:

It deals with the analysis and interpretation of data collected to assess the level of mental health and quality of life in a selected rural community area. Statistical analysis was done by using descriptive and inferential statistics. Data were entered into Microsoft Excel and all entries were cross-checked against the questionnaire. The categorical data was expressed as percentage, whereas the continuous data were expressed as mean \pm standard deviation. Chi-square test was used to test the association of different variables with socio demographic data of the participants. A probability value of < 0.05

was considered as statistically significant. The data was presented under the following headings, Fig 1: percentage distribution of income of fishermen community, Fig 2: percentage distribution of occupation of fishermen community Table 1: Frequency and percentage of demographic variables of fishermen community, Table 2: Frequency and percentage distribution of psychological wellbeing of fishermen community, Table 3: Frequency and percentage distribution of quality of life of fishermen community, Table 4: Association of psychological wellbeing with their selected demographic variables among fishermen community, Table 5 Association of quality of life with their selected demographic variables among fishermen community, Table 6: correlation between the psychological wellbeing and quality of life among fishermen community.

Findings

Frequency and percentage of demographic variables of fishermen community In a total of 140 respondents, the significant percentage of fishermen community aged were 20-30yrs(50.7%) followed by 25% of fishermen were aged between 41-60years, the least percentage of fishermen were 24.3%, Most of the fishermen community gender were female(70%) and 30% of fishermen were male, Majority of the fishermen were illiterate(42.1%) followed by 30.7% were primary school, 22.1% of fishermen had educational qualification of higher secondary and the least percentage(5%) of fishermen had degree, most of the fishermen were married(88.5%), remaining percentage of 11.4% were unmarried, the significant percentage of monthly income for fishermen were above 5000(50.7%), followed by 1000- 5000 were 30.7% and 18.6% of fishermen were getting only 1000. most of the fishermen were living in nuclear family (78.6%) whereas 21.4% were living in joint family, majority of fishermen had no child (52.9%) whereas 35.7% of fishermen had 1 child, least percentage of fishermen had 2 child (11.4%), most of the fishermen were selling fishes of (81.4%) remaining 18.6% of fishermen were active fishing, majority of the fishermen were working an hour of < 3 hrs and 3-8hrs of same percentage of 29.3% whereas 41.4% were working for 9-12hours. the significant percentage of fishermen had their own boat 67.9% whereas remaining 32.1% of fisherman had rent boat. Frequency and percentage distribution of

psychological wellbeing of fishermen community: Most of the fishermen were not affected with mental illness (98.6%) whereas remaining 1.4% were affected with mental illness. Frequency and percentage distribution of quality of life of fishermen community: Majority of the fishermen had average quality of life (94.3%) whereas 5.7% of fisherman had good quality of life. Association of psychological wellbeing with their selected demographic variables among fishermen community: There is no significant association of demographic variables with the psychological wellbeing of fishermen

community: Association of quality of life with their selected demographic variables among fishermen community: There is a significant association of demographic variables such as age($p=0.023$), marital status($p=0.017$), no of children($p=0.042$) with the level of quality of life. correlation between the psychological wellbeing and quality of life among fishermen community: The correlation between the level of psychological wellbeing and quality of life had score of $r=0.030$ it indicates positive correlation between psychological wellbeing and quality of life hence hypothesis is strongly accepted.

Table 1: Frequency and percentage of demographic variables of fishermen community

S. No	Demographic variables	frequency	percentage
1	Age		
	20-30 yrs	71	50.7
	31-40 yrs	35	25
	41-60 yrs	34	24.3
	Above 50 yrs.	0	0
2	Gender		
	male	42	30
	female	98	70
	transgender	0	0
3	Education		
	Illiterate	59	42.1
	Primary	43	30.7
	Higher secondary	31	22.1
	Any degree	7	5.0
4	Marital status		
	Married	124	88.5
	Unmarried	16	11.5
	Divorced	0	0
5	Types of family		
	nuclear	110	78.6
	joint	30	21.4
6	no of children		
	0	74	52.9
	1	50	35.7
	2	16	11.4
	More than 2	0	0

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7	Hours of working		
	<3 hours	41	29.3
	3-8 hours	41	29.3
	9-12 hours	58	41.4
	>12 hours	0	
8	Boat ownership		
	Own	95	67.9
	Rent	45	32.1

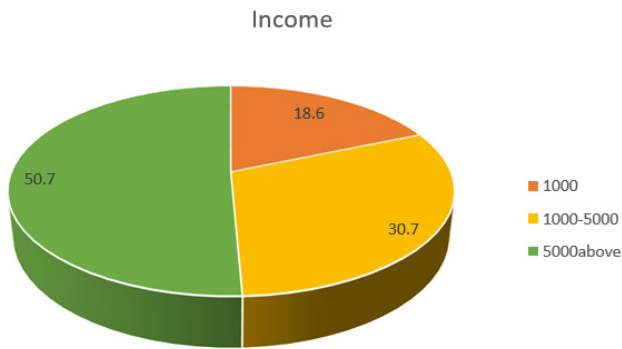


Fig 1: percentage distribution of income of fishermen community



Fig 2: percentage distribution of occupation of fishermen community

Table 2: Frequency and percentage distribution of psychological wellbeing offishermen community.

Psychological well Being	Frequency	Percentage
Affect with mental health	2	1.4
Not affect with mentalhealth	138	98.6

Table 3: Frequency and percentage distribution of quality of life of fishermencommunity

Quality of life	Frequency	Percentage
Poor QOL	0	0
Average QOL	132	94.3
Good QOL	8	5.7

Table 4: Association of psychological well being with their selected demographic variables

S. No	Demographic variables	Category	No of samples (n)	Psychological well being		X2	P value
				Affected(M) health	Not affectd(M) health		
1	Age in years	20-30 yrs	71	1	70	1.000	df=2 0.606 (NS)
		31-40 yrs	35	1	34		
		41-60 yrs	34	0	34		
		Above 50 yrs	0	0	0		
2	Gender	Male	42	0	42	0.870	df=1 0.351 (NS)
		Female	98	2	96		
		Transgender	0	0	0		

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3	Education	Illiterate	59	0	59	1.913	df=3 0.591 (NS)
		Primary	43	1	42		
		Higher Secondary	31	1	30		
		Any degree	7	0	7		
4	Marital status	Married	124	2	122	0.262	df=10 0.609 (NS)
		Unmarried	16	0	16		
		Divorced	0	0	0		
5	Income	1000	26	0	26	0.623	df=2 0.732 (NS)
		1000-5000	43	1	42		
		5000 above	71	1	70		
6	Types offamily	Nuclear	110	1	109	0.984	df=1 0.321 (NS)
		Joint	30	1	29		
7	No of children	0	74	0	74	3.830	df=2 0.147 (NS)
		1	50	1	49		
		2	16	1	15		
		More than 2	0	0	0		
8	Occupation	Active Fishing	26	0	26	0.483	df=1 0.496 (NS)
		Selling Fishing	114	2	112		
		Other fish related work	0	0	0		
9	Hours of working	<3 hours	41	1	40	0.927	df=2 0.629 (NS)
		3-8 hours	41	0	41		
		9-12 hours	58	1	58		
		>12 hours	0	0	0		
10	Boat ownership	Own	95	1	94	0.297	df=1 0.583
		Rent	45	1	44		

S significant NS Non-significant

Table 5: Association of level of quality of life with their selected demographic variables

s.no	Demographic variables	Category	No of samples (n)	Quality of life			X2	P Value
				Low QOL	Average QOL	GOOD QOL		
1.	Age in years	20-30 yrs	71	0	70	1	7.545	df=2 0.023(S)
		31-40 yrs	35	0	33	2		
		41-60 yrs	34	0	29	5		
		Above 50 yrs	0	0	0	0		
2	Gender	Male	42	0	38	4	1.616	df=1 0.204(NS)
		Female	98	0	94	4		
		Transgender	0	0	0	0		

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3	Education	Illiterate	59	0	57	2	4.163	df=3 0.244 (NS)
		Primary	43	0	38	5		
		Higher	31	0	30	1		
		Secondary						
		Any degree	7	0	7	0		
4	Marital status	Married	124	0	119	5	5.698	df=1 0.017(S)
		Unmarried	16	0	13	3		
		Divorced	0	0	0	0		
5	Income	1000	26	0	23	3	4.475	df=2 0.107 (NS)
		1000-5000	43	0	43	0		
		5000above	71	0	66	5		
6	Types offamily	Nuclear	110	0	106	4	4.114	df=1 0.043(S)
		Joint	30	0	26	4		
7	No of children	0	74	0	70	4	6.340	df=2 0.042(S)
		1	50	0	49	1		
		2	16	0	13	3		
		More than 2	0	0	0	0		
8	Occupation	Activefishing	26	0	25	1	0.2071	df=1 0.649 (NS)
		Selling	114	0	107	7		
		Fishing						
		Other fish related work	0	0	0	0		
9	Hours ofworking	<3hours	41	0	37	4	3.878	df=2 0.144 (NS)
		3-8hours	41	0	41	0		
		9-12hours	58	0	54	4		
		>12hours	0	0	0	0		
10	Boat ownership	Own	95	0	91	4	1.240	df=1 0.265(NS)
		Rent	45	0	41	4		

S significant NS Non significant

Table 6: correlation between the psychological wellbeing and quality of life among fishermen community.

S.no	Variables	Correlation
1	Psychological wellbeing	0.030
2	Quality of life	

Conclusion

The purpose of this study was used to assess the psychological wellbeing and quality of life among fishermen findings shows that fishermen community

not affect with mental illness and had average quality of life which is assessed through tool of GENERAL HEALTH QUESTIONNAIRE and WHO QOL scale, By prioritizing the psychological well-being of the fishermen community, we can contribute to their overall quality of life and enhance their resilience in the face of the numerous challenges they encounter. Further research is needed to explore additional factors that may impact psychological well-being among fishermen and to evaluate the effectiveness of interventions aimed at improving their mental health and quality of life.

Conflict of Interest: Nil

Source of Funding: Self

Ethical Clearance:

The UG Committee clearance and Institutional Ethical Committee clearance was obtained from CARE. Permission was from the HOD of Mental Health Nursing Department, Chettinad College of Nursing as well as from the HOD of Community Health CHRI. The purpose of the study was explained to the participants and their written consent was obtained before the beginning of the study. The participants were informed that they were free to withdraw from the study during any stage of the study period and the confidentiality of the data collected for the research purpose will be maintained and will be utilized only for the study purpose.

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