

**SOURCES OF STRESS, COPING STRATEGIES AND SOCIAL SUPPORT
AMONG SEAFARERS OF LEON, ILOILO**

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ABSTRACT

Batin, Hazel C. and Torilla, Hanna Mae C. (March 2009). **Sources of stress, coping strategies and social support among seafarers of Leon, Iloilo.** A research Project submitted to Division of Social Sciences, University of the Philippines Visayas Miagao, Iloilo.

The study sought to determine the sources of stress, coping strategies and sources of social support of seafarers while they are on board. Twenty three (23) male seafarers served as respondents, they were chosen using the convenience sampling.

Questionnaires were utilized to study the variables under investigation. Results showed that seafarers faced problems on board related to their work, emotions, family and their work environmental adjustment. When it comes to managing stress on board respondents used emotion-focused coping rather than problem focused. They revealed that they received support from their friends and significant others but their families were their primary social support.