

Abstract

Mental well-being is receiving increasing attention nowadays, and rightfully so: it not only influences an individual's mindset but also plays a vital role in both mental and physical health. For seafarers, this wellbeing is challenged daily by their unique working and living environments, characterized by prolonged absence from family, work pressure, and limited social interaction.

The COVID-19 pandemic marked a significant turning point in this regard. In addition to the existing challenges, seafarers faced additional stressors including delayed crew changes, fear of infection, and extreme isolation, all of which placed considerable strain on their mental well-being.

Given the importance of mental health, it is essential to examine whether the pandemic still exerts influence today, and how the mental state of seafarers has evolved since then.

This research, supported by a literature review, is based on qualitative and quantitative data, collected through a survey distributed among seafarers via pilots, a magazine and a welfare organisation. Although the target of 385 respondents was not reached, it can cautiously be concluded that mental well-being deteriorated during the pandemic, but recovered and stabilized afterwards. No evidence suggests a lasting or significant impact on mental well-being.

Future studies should explore more accessible data collection methods.