

Seafarers Happiness Index

Quarter 3 2024



The
Seafarers
Happiness
Index



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Seafarers Happiness Index Quarter 3

The Seafarers Happiness Index (SHI) is a quarterly survey conducted by the Mission to Seafarers, designed to assess the well-being of those working at sea globally. The latest report, based on data collected in Quarter 3 of 2024, reveals a slight increase in the overall index score to 7.16 out of 10, up from 6.99 in the previous quarter, indicating a gentle upward trend in seafarer happiness.

While seafarers express some positives about life at sea, they continue to emphasise the need for improved support systems, recognition, respect and rewards. Key concerns persist, and include inadequate internet connectivity, which hinders communication with family, and limited shore leave, contributing to feelings of isolation and overwork. Wages remain a mixed topic, with some seafarers feeling underpaid and occasionally unpaid, while food quality is positively noted, albeit with a desire for more variety.

Although fitness facilities are available, the latest findings reveal that fatigue often leads crews to prioritise rest over exercise. Additionally, there is a call for training programmes that are more relevant and practical. Strong camaraderie among crew members bolsters morale, yet high stress levels related to workload and time zone challenges persist. Mixed reviews of initiatives from shore highlight the need for more effective support.

These insights provide a foundation for a broader discussion on enhancing seafarer well-being and addressing the critical areas that need improvement.

Unintended Positive Consequences

An unexpected consequence highlighted in the latest SHI data is the impact of longer transit routes, particularly for those navigating the West African coast instead of the Red Sea. Some seafarers reported that the extended sailing time – averaging around two additional weeks – has provided them with significant benefits in terms of rest, recuperation, and overall morale.

This additional time at sea has allowed crew members to establish more structured routines, fostering a sense of normalcy amidst the demands of their work. Many seafarers have embraced opportunities for leisure activities, such as organising barbecues and engaging in sports, which have been instrumental in enhancing camaraderie and team spirit on board.

Furthermore, there was feedback that the longer voyages have encouraged senior officers to take a more active role in supporting their crew. Many have been reported to step in to hold watches, allowing for a more balanced workload and enabling them to devote additional time to training and skill development for junior crew members.

One seafarer reflected positively on this shift, stating, “We have time to enjoy being at sea. It feels like a relief.” This sentiment underscores a significant shift in the work environment, transforming what could be seen as a challenge into an opportunity for growth and improved well-being among seafarers.

These findings suggest that longer transits can serve as a catalyst for enhancing seafarer satisfaction and fostering a more supportive and enriching onboard experience, pointing to the potential for structural changes in route planning.

Key Takeaways



General Well-being and Happiness On Board:

Seafarers express overall contentment with life at sea, but there is a clear desire for better support systems to enhance their well-being.



Food Quality and Variety:

Feedback on food quality is generally positive, though seafarers are calling for greater variety and consideration of dietary preferences to improve their dining experience on board.



Training and Development Opportunities:

There were some calls for more practical and applicable training that meets the real-world challenges faced at sea. Some seafarers reported feeling inadequately trained in the use and maintenance of efficiency and emissions-reducing technologies.



Communication with Family and Friends:

Frustration with internet connectivity remains a significant concern, especially on vessels which have Starlink but are trading in waters which do not allow its use. Improved communication is seen as vital for boosting morale among crew members.



Fitness and Recreational Facilities:

Although fitness facilities are often available, many crew members prioritise rest over exercise, suggesting that fatigue is a persistent issue. There were also reports of inadequate recreational facilities to entice or encourage seafarers to mix.



Interpersonal Relationships and Social Environment:

Strong camaraderie among crew members is a notable strength, contributing positively to overall morale and creating a supportive social environment.



Shore Leave and Recreation Opportunities:

Limited shore leave opportunities continue to be a pressing issue, with many seafarers feeling overworked and isolated. This highlights the need for better work-life balance.



Compensation and Benefits:

There are mixed feelings regarding compensation; while some seafarers feel satisfied, others express concerns about being underpaid relative to their responsibilities, indicating a need for review in pay structures. There is also growing tension about non or delayed payments.



Gains from Longer Transits:

Extended sailing times on certain routes have unexpectedly provided some seafarers with opportunities for rest, routine establishment, and social activities, fostering a more supportive onboard environment. Senior officers are increasingly stepping in to support junior crew members enhancing overall morale.



Initiatives from Shore:

Responses regarding initiatives from shore are mixed, with some seafarers feeling programmes are not always hitting the mark. Continuous dialogue between seafarers and shore management is crucial to ensure seafarers welfare needs are being met.



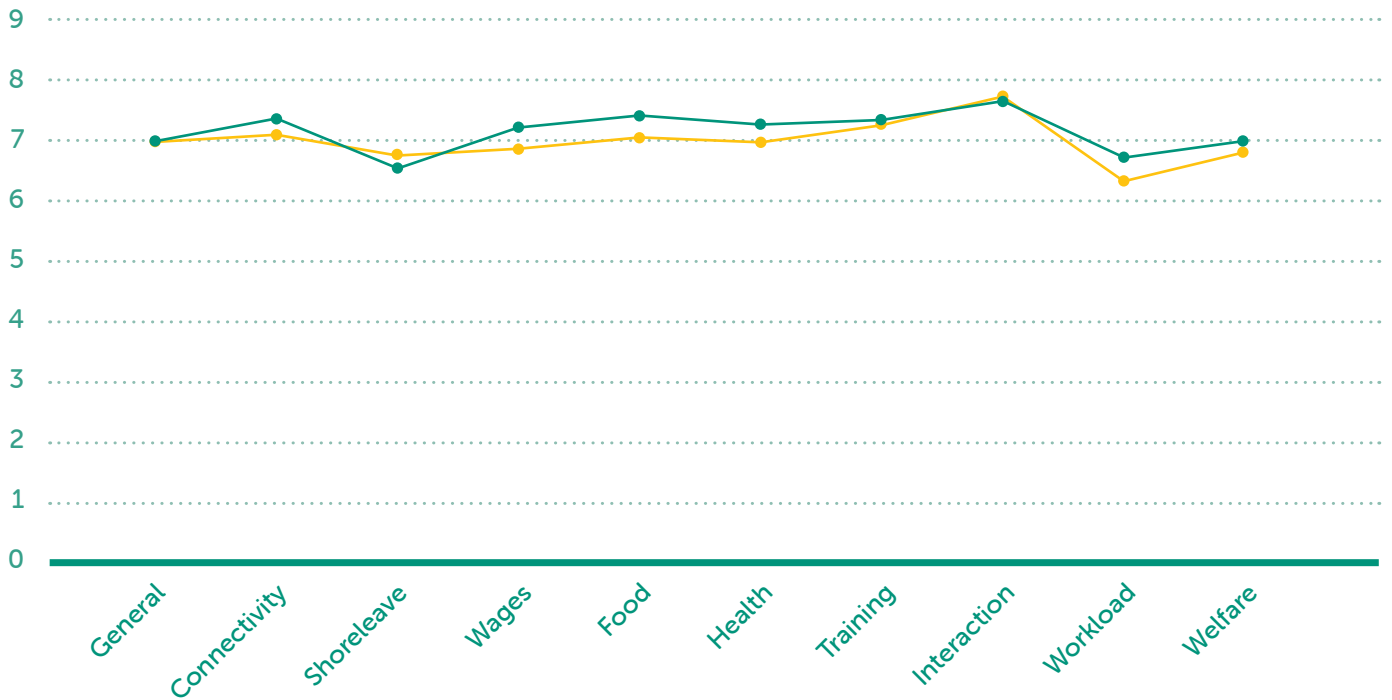
Workload and Stress Management:

High levels of stress related to workload were reported, particularly due to watchkeeping duties and time zone challenges, necessitating better workload management strategies. There was also concern about the removal of engineering ranks, which is negatively impacting maintenance times.

Happiness Data

Q3 2024 v Q2 2024

Q3 2024 Q2 2024



The chart illustrates seafarer satisfaction between Q2 2024 and Q3 2024, revealing both progress and persistent challenges. Overall happiness has seen a slight uptick, suggesting that many seafarers are finding greater contentment in their lives at sea.

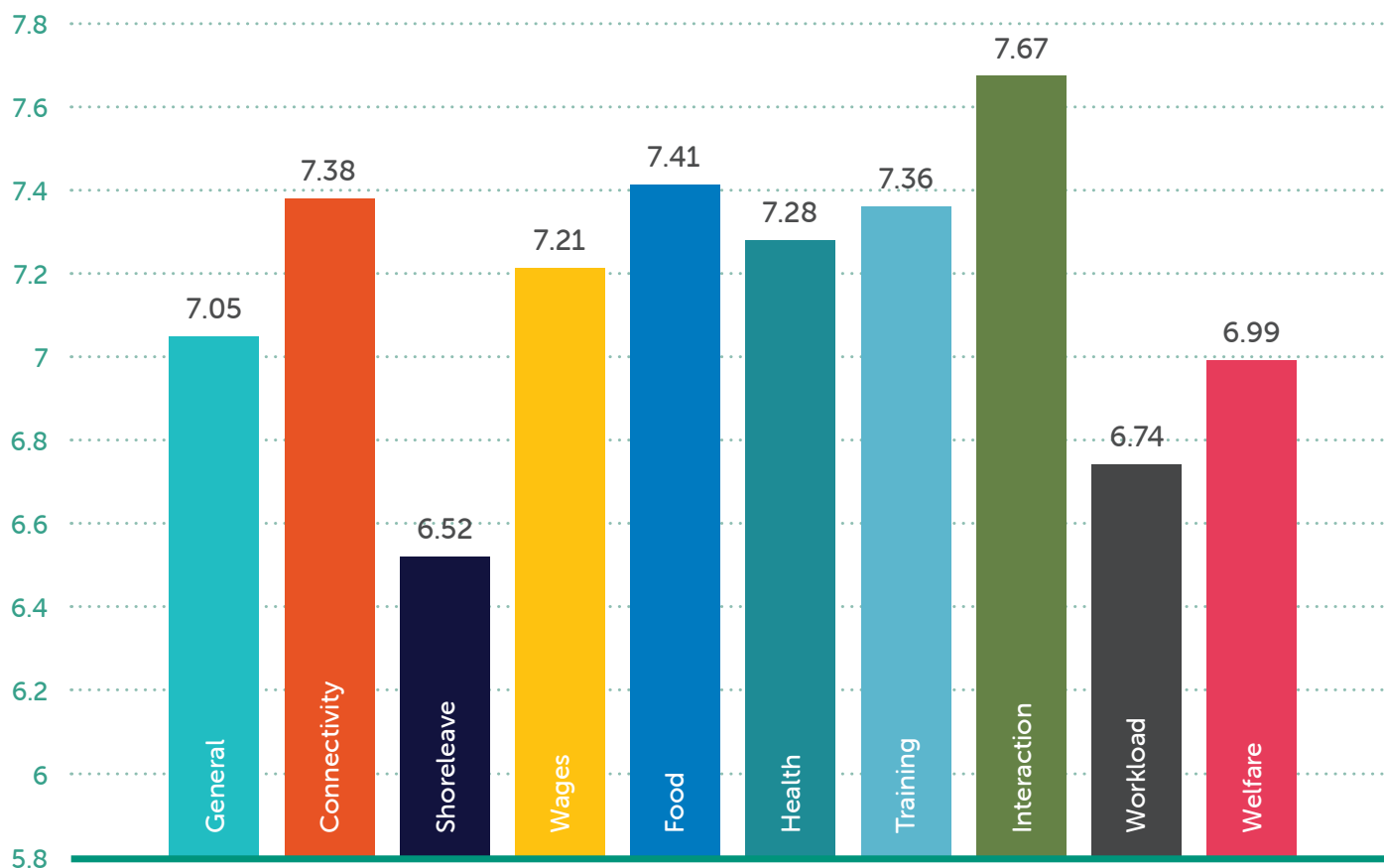
Improvements in connectivity highlight a growing recognition in the industry of the importance of communication for morale. However, this is contrasted by a decline in satisfaction regarding shore leave, underscoring ongoing concerns about work-life balance and the need for adequate opportunities to recharge.

While wage satisfaction has improved, there remain underlying issues, particularly in relation to workload and welfare. The data points to a complex interplay between satisfaction in various areas, with strong camaraderie and support among crew members serving as a vital counterbalance to stressors like high workloads and bureaucratic pressures.

In summary, while the overall trends suggest a positive direction, significant areas for improvement remain, particularly in ensuring that seafarers have sufficient time for rest and recreation. Addressing these concerns is essential for fostering a healthier and more supportive maritime environment.

Quarter 3 2024

Question by Question



Overall, the **General Happiness** score increased slightly, indicating a marginal improvement in contentment with life at sea.

Connectivity saw a rise too, suggesting improved internet access and communication capabilities, which can significantly enhance morale, though there were seeds of discontent where Starlink is not available.

In contrast, **Shore Leave** experienced a decline, revealing yet further growing concerns about limited opportunities for rest and recreation, contributing to feelings of isolation among seafarers.

Wages also improved, suggesting that some seafarers feel more satisfied with their compensation, although concerns about fair pay persist.

Food Quality ratings rose, indicating that seafarers appreciate the quality of meals, though there is still a call for greater variety.

Health and Fitness saw a small rise, suggesting that while facilities exist, we have not yet seen a universal ability to make best use. The reality of life at sea continues to impact crew members' willingness to engage in physical activities.

Training Opportunities saw a slight increase, with comments about the power of mentorship on board, and the role of each seafarer in passing on knowledge and skills.

Social Interaction remained high at 7.36, emphasising the strong camaraderie among crew members, which positively influences overall morale.

The scores for **Workload** and **Welfare** reflect ongoing challenges, with workload satisfaction dropping slightly to 6.74 and welfare remaining relatively low at 6.99.

Overall, while there are positive trends in several areas, significant concerns remain, particularly regarding shore leave and workload, indicating that further attention is needed to enhance seafarers' quality of life at sea.

General Happiness

7.05 ↑ from 7

The well-being and happiness of seafarers are intricately linked to their work environment, but there are many surrounding issues which can impact too. One which came to the fore in this quarter's feedback was the challenge of financial stability.

In this general question area, seafarers provided an unusual degree of focus on finances in their written responses.

Respondents shared their thoughts on the stress and anxiety stemming from ongoing pay disputes and concerns about delayed payments. It seems that the uncertainty surrounding compensation not only affects individual morale but also creates an atmosphere of insecurity that permeates through the entire crew.

Seafarers are acutely aware of the financial implications of their roles, and when pay concerns arise, it leads to heightened anxiety. This financial instability can diminish overall happiness and well-being, making it challenging for crew members to focus on their tasks.

The psychological toll of worrying about timely payments and equitable compensation can erode the positive aspects of life on board.

Addressing these issues is paramount for improving seafarer well-being. Shipping companies must prioritise transparent and fair compensation structures, ensuring that pay issues are resolved swiftly and effectively. By establishing clear communication regarding wages and fostering a culture of trust, companies can alleviate the financial concerns that weigh heavily on crew members.

Moreover, timely payments not only enhance morale but also contribute to a healthier work environment. When seafarers feel secure in their financial situation, they are better equipped to enjoy the camaraderie and support of their colleagues. Ultimately, prioritising financial stability is essential for cultivating a positive atmosphere on board and enhancing the overall well-being of seafarers.



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The good is spending time with my crew, but we have been pressing for more pay which is a stressful time. Each day feels like a struggle to make ends meet, and it's hard to feel happy when you're worried about your next paycheck.

Contact with family

7.38 ↑ from 7.14

Connectivity is a crucial aspect of life at sea, significantly impacting seafarers' emotional well-being. Many crew members express frustration with internet access, often describing it as "spotty," which can leave them feeling isolated and disconnected from their loved ones.

The ability to maintain regular contact with family and friends is vital for emotional support, and not having reliable communication facilities can lead to mental health challenges.

Seafarers are increasingly aware of the importance of staying connected, and while some vessels have made strides by incorporating technologies like Starlink, the reality can still be frustrating.

In many cases, these advanced systems are rendered ineffective when operating in waters where their use is restricted or banned. This inconsistency not only undermines the potential benefits of improved connectivity but also exacerbates feelings of isolation among crew members who rely on these systems to communicate with their families.

The emotional toll of inadequate connectivity cannot be overstated. Seafarers often spend months away from home, and without consistent internet access, they struggle to share their experiences, joys, and challenges with those they care about. As the feedback shows, this lack of communication can lead to feelings of loneliness and depression, further complicating the already demanding nature of life at sea.

To address these challenges, investment in reliable and consistent internet access is essential. By ensuring that crew members have the tools they need to stay connected, it is possible to foster a sense of community and support, ultimately enhancing the overall quality of life at sea.



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Being away from home is tough, especially when I can't reach my loved ones. The internet connection is often spotty, leaving me feeling isolated. I just want to hear my children's voices, but instead, I feel like I'm sailing alone.

Shore leave

6.52 ↓ from 6.76

Shore leave is a critical component of seafarer well-being, providing essential opportunities to recharge and reconnect with the outside world. However, many crew members express deep frustration over the limited availability of shore leave, often describing it as making them feel like “prisoners on my own ship.”

This sentiment highlights the emotional strain caused by prolonged periods at sea without the chance to step ashore and experience life beyond the vessel.

The constraints on shore leave can lead to feelings of confinement and detachment. Indeed, the psychological impact of being isolated from the outside world for extended periods can be profound, contributing to stress, anxiety, and a sense of disconnection from everyday life.

Without the opportunity to enjoy recreational activities or simply relax on land, seafarers may struggle to maintain their mental health, exacerbating the challenges of their demanding work environment.

Enhancing shore leave policies is vital for addressing these concerns. Shipping companies must prioritise providing crew members with sufficient time on land, allowing them to unwind, explore new cultures, and maintain vital personal connections. Furthermore, ensuring access to recreational activities during shore leave can enrich the seafarer experience, promoting relaxation and rejuvenation.

By fostering a culture that values shore leave and recognises its importance for mental health, maritime employers can support their crews more effectively. A commitment to improving shore leave policies can also contribute to higher morale, greater job satisfaction, and ultimately, a more productive and engaged workforce at sea.



After months at sea, I want to step onto solid ground and some fresh air. The lack of shore leave often makes me feel like a prisoner on my own ship.

Wages

7.21 ↑ from 6.88

Wages and compensation are central to the overall satisfaction and well-being of seafarers, yet many express deep frustration regarding the disconnect between their earnings and the growing profits of shipping companies.

As one seafarer noted, "It's frustrating to see the profits of shipping companies grow while we struggle to pay our bills." This sentiment underscores a pervasive feeling of being undervalued, despite the critical role that seafarers play in the global shipping industry.

Across this question and the question on general happiness, seafarers talked about heightened anxiety over their personal financial stability. Many seafarers reported feeling that their hard work and dedication are not adequately recognised through their pay checks. This disconnect can create a sense of disillusionment and resentment, ultimately affecting morale and job satisfaction.

Fair compensation practices are essential not only for addressing these frustrations but also for fostering a more equitable work environment. Ensuring that seafarers receive wages commensurate with their responsibilities is vital for enhancing their sense of worth and motivation. Transparent pay structures and regular reviews of compensation packages can help bridge the gap between company profits and seafarer earnings.

By prioritising equitable pay, shipping companies could see improved retention rates, increased productivity, and a more positive culture on board. Ultimately, addressing compensation issues is crucial for enhancing seafarers' quality of life and ensuring their vital contributions to the maritime industry are recognised and rewarded.



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Some of us are still fighting for fair wages. It's frustrating to see the profits of shipping companies grow while we struggle to pay our bills. The Magna Carta for seafarers is a step forward, but actions speak louder than words.

Food

7.41 ↑ from 7.03

Food quality and variety are fundamental aspects of life at sea, significantly influencing seafarers' overall satisfaction and well-being. Many crew members express dissatisfaction with the repetitive meal options available on board, with one noting, "The monotony can be draining."

This sentiment highlights the negative impact that limited food variety can have on morale, making it challenging for seafarers to maintain a positive outlook during long voyages.

The lack of diverse meal options not only affects enjoyment but can also have implications for health. Proper nutrition is essential for seafarers who face demanding physical and mental challenges at sea. When meals lack variety and fail to meet dietary preferences, it can lead to dissatisfaction and even health issues over time.

It is vital to recognise the critical role that food quality plays in crew morale and overall well-being. By investing in improved catering services that offer a range of nutritious and varied meal options, the dining experience can be enhanced for seafarers. This could include accommodating different dietary needs and preferences, as well as introducing regional dishes that allow crew members to experience different cultures while at sea.

Ultimately, a focus on food quality and variety can significantly impact seafarers' enjoyment of life on board. By ensuring that meals are not only nutritious but also diverse and appealing, shipping companies can foster a more positive work environment, contributing to the overall happiness and health of their crews.



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I appreciate the effort put into our meals, but the monotony can be draining. Sometimes it feels like we are treated as afterthoughts. A little variety would make a world of difference, especially on long voyages.

Ability to keep fit and healthy

7.28 ↑ from 6.99

Fitness and recreational facilities play a vital role in the well-being of seafarers, yet despite the modest uptick in sentiment data, crew expressed dissatisfaction with the resources available on board. As one seafarer noted, "The facilities on board are often inadequate."

The nature of life at sea can be physically taxing, and without proper fitness and recreational facilities, seafarers often struggle to engage in regular exercise and stay active. The lack of adequate facilities can lead to increased fatigue and stress, further complicating the demanding nature of their jobs.

To promote a healthy lifestyle among seafarers, shipping companies must prioritise investment in fitness and recreational facilities. This includes ensuring that gyms are well-equipped and safe, as well as providing spaces for relaxation and leisure activities. By creating an environment that encourages physical activity, companies can help crew members manage stress and improve their overall well-being.

Moreover, fostering opportunities for social interaction through recreational activities can enhance camaraderie among crew members, further contributing to a positive onboard atmosphere. When seafarers feel supported in their physical health, they are likely to experience greater job satisfaction and improved morale.

There were also suggestions that Wi-Fi access has been throttled back to, in effect, force interaction and encourage seafarers to spend less time in their cabins. This is a very unfortunate approach, and it would be far better to focus on making recreation areas which are attractive, and which seafarers want to spend time in.

Investing in fitness and recreational facilities is essential for promoting the health and well-being of seafarers. By addressing these needs, the industry can create a more supportive environment that enhances both individual and collective well-being on board.



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We're expected to stay healthy, but the facilities on board are often inadequate. After long hours of work, exercise feels like another chore. We need better support to maintain our physical and mental well-being.

Training

7.36↑ from 7.28

Training and development opportunities are crucial for seafarers, yet there remains a significant gap between available training programmes and their real-world application.

Many crew members express a desire for relevant, practical training that directly addresses the challenges they encounter at sea. As one seafarer succinctly put it, "Training feels irrelevant to our actual work." This sentiment reflects a broader concern that existing training initiatives do not adequately prepare them for the realities of their roles.

Seafarers greatly appreciate when senior personnel on board take the time and show the willingness to pass on their skills and knowledge. This mentorship not only enriches the learning experience but also fosters a culture of collaboration and support. However, without structured training that aligns with the actual demands of their work, seafarers may feel underprepared and undervalued.

Training programmes should be designed with input from those who work at sea, ensuring that they cover practical skills and scenarios relevant to everyday operations. Additionally, incorporating hands-on training sessions and simulations can significantly enhance the learning experience and better equip seafarers for their roles.

By prioritising relevant training and creating opportunities for skill transfer from senior personnel, shipping companies can empower their crews and improve overall job satisfaction. Ultimately, investing in effective training not only benefits individual seafarers but also enhances operational efficiency and safety across the maritime industry.

In addition, with the growing array of efficiency and emissions reducing technologies being placed on vessels, there were seafarers who felt not only removed from the decision-making loop, but also inadequately trained in their use and maintenance.



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Training is crucial, but too often it feels irrelevant to our actual work. We need programs that equip us for real-life challenges at sea, not just theoretical knowledge. It's about ensuring our safety and the safety of our crew.

Interaction with crew

7.67 ↓ from 7.75

Interpersonal relationships and the social environment on board are fundamental to the well-being of seafarers. As one crew member emphasised, “The bonds we form on board are vital.”

Strong relationships not only enhance the overall work atmosphere but also provide essential support during times of stress or danger. This is particularly crucial in high-risk situations, such as recent incidents in the Red Sea, where having a solid support network can make a significant difference in crew morale and safety.

On vessels where crews have more time to spend together, the bonds formed are notably stronger. This increased interaction fosters a sense of community and belonging, making it easier for crew members to support one another through challenges. Furthermore, social and team-building activities can greatly enhance these relationships, creating opportunities for crew members to connect outside of their usual work responsibilities.

Initiatives should be encouraged that focus on improving camaraderie among crew members. Organising regular social events, whether it be team sports, meals, or recreational activities, can help strengthen interpersonal connections and improve overall morale. Fostering a supportive social environment can both enhance the quality of life for crew and promote teamwork and cooperation.

By encouraging bonding opportunities and team-building activities, shipping companies can create a more cohesive workforce, ultimately leading to improved safety, satisfaction, and productivity on board.



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The bonds we form on board are vital. It's comforting to know that in the face of danger—like the recent attacks in the Red Sea—we have each other. A strong social environment can make even the toughest days bearable.

Workload

6.74 ↑ from 6.32

Workload and stress management are critical factors in the overall well-being of seafarers, directly influencing their health and job satisfaction. In the latest set of responses, many crew members noted the positive impact of changing trade patterns, particularly since rerouting vessels from the Red Sea.

One seafarer remarked, "Since sailing past West Africa, we actually have more time to relax. We had a BBQ this week, and the routines feel better." This shift appears to have allowed for a more balanced approach to work, enabling crew members not only to fulfil their duties but also to take the time needed to unwind and reflect.

The benefits of having adequate time for relaxation are significant. It helps seafarers' recharge physically and mentally, fostering a healthier work environment. However, the reality of high workloads remains a pressing concern. As one crew member expressed, "The pressure is immense, especially during busy seasons."

Implementing reasonable work hours and ensuring adequate rest periods to alleviate stress are vital. By creating a structured schedule that allows for downtime, companies can help seafarers maintain their health and well-being while performing their duties. This can not only enhance individual resilience but also contribute to overall operational efficiency.

The evolving patterns of trade may present unexpected benefits for crew well-being, highlighting the importance of effective workload management. By fostering a culture that values both work and relaxation, shipping companies can support their crews in achieving a healthier balance, ultimately enhancing job satisfaction and performance at sea.

On a negative note, there were responses which stated that the removal of engineering ranks were having a very worrying impact. The increase in time being taken for maintenance was a cause for concern.



The pressure is immense, especially during busy seasons. Workload management is critical; without it, we risk burnout. We're not just numbers; we're human beings who deserve respect and understanding.

Access to welfare facilities

6.99 ↑ from 6.8

While the usual focus of this question is on shore-based facilities, there were a number of responses relating to industry welfare initiatives. These are seen as essential for supporting seafarers, but there was also feedback that such programmes often miss the mark. More specifically, there was a perception that the support focus is often on a small minority of seafarers, meaning existing seafarers feel they are missing out on vital resource when it comes to welfare.

As one seafarer expressed, “they feel disconnected from my time at sea.” This sentiment underscores the need for welfare initiatives to be rooted in the actual experiences and challenges faced by those working at sea.

Effective welfare programmes must be informed by genuine engagement with seafarers, ensuring that policies reflect their unique needs and circumstances. Often, those ashore may not fully grasp the realities of life on board, leading to initiatives that lack relevance or effectiveness.

To bridge this gap, continuous dialogue between seafarers and shore management is crucial. Regular feedback mechanisms, surveys, and open communication channels can help management understand the pressing issues seafarers’ encounter.

By fostering a culture of collaboration, the industry can develop welfare initiatives that truly resonate with their crews. This could include tailored mental health support, access to recreational activities, and programmes addressing specific concerns related to life at sea. When seafarers feel that their voices are heard and their needs are prioritised, it creates a more supportive environment that enhances overall well-being.

Where the responses were focused on actual facilities ashore, such as seafarer centres, then the feedback was very positive. There was real gratitude for the provision of these services, and seafarers were relieved to be able to make use of them.



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Thank you for efforts to help our conditions, but I am unsure about some as they feel disconnected from my time at sea. We need help from those ashore.

Q3 2024 Conclusions

The latest survey once again reveals a complex picture of satisfaction and underlying challenges for seafarers. Overall happiness has shown a slight improvement, which reflects some positive developments; however, several key areas require urgent attention to enhance the quality of life for seafarers.

While there are positive trends, significant challenges remain. Addressing these issues comprehensively is essential for fostering a healthier, more supportive work environment, ultimately enhancing the overall happiness and productivity of seafarers at sea. Prioritising financial stability, effective communication, comprehensive training, and robust welfare initiatives are key.

Financial Stability

A significant concern among crew members is financial stability, which plays a critical role in overall morale. Many seafarers express anxiety regarding ongoing pay disputes and the stress associated with delayed payments. This financial insecurity not only affects individual crew members but also creates an atmosphere of uncertainty that can affect the entire team.

Shipping companies must prioritise transparent compensation structures and ensure timely payments to alleviate these concerns and foster a supportive work environment.

Connectivity Issues

Connectivity remains another crucial factor affecting well-being. Although satisfaction with internet access has improved, many crew members still encounter frustrations with inconsistent connectivity, particularly when advanced technologies like Starlink are rendered illegal in certain waters. Reliable communication is vital for maintaining connections with family and friends, and greater investment in this area is essential.

Training and Development

Training and development opportunities remain a concern, with many seafarers feeling that existing programs do not adequately prepare them for the real-world challenges they face. Collaborating with industry experts to develop practical training initiatives that resonate with the needs of seafarers is crucial for empowering the workforce and enhancing job satisfaction.

With the increasing number of efficiency and emissions-reducing technologies on vessels, some seafarers feel excluded from decision-making and inadequately trained in their use and maintenance.

Food Quality and Health

While satisfaction with food quality has improved, many crew members still experience a lack of variety in meal options. Investing in diverse and nutritious catering services is essential for enhancing morale and overall well-being. Similarly, although fitness facilities received some positive feedback, dissatisfaction with available resources persists.

Shipping companies need to invest in proper fitness and recreational facilities to promote physical health and social interaction among crew members.

Shore Leave Opportunities

Shore leave satisfaction saw a decline, highlighting the emotional strain caused by limited opportunities to step ashore. Many seafarers voiced feelings of confinement during extended periods at sea. Enhancing shore leave policies is vital for allowing crew members to recharge and reconnect with the outside world, which is essential for mental health.

Interpersonal Relationships

Interpersonal relationships on board are fundamental to crew well-being, yet there was a slight decline in satisfaction in this area. Strong relationships provide essential support during stressful situations, and fostering team-building activities and social events can greatly enhance camaraderie among crew members.

Workload

Workload management has shown some improvement, particularly due to changes in trade patterns. However, high demands during busy seasons remain a concern, emphasising the need for reasonable work hours and adequate rest periods to prevent stress and burnout.

There were also concerns raised about the removal of engineering ranks, which is negatively impacting maintenance times.

Shore-Based Welfare Initiatives

While satisfaction with shore-based welfare initiatives has improved, many crew members feel these programmes often fail to address their realities. Continuous dialogue between seafarers and shore management is essential to ensure that welfare initiatives genuinely reflect the needs of the crew. The industry needs to ensure that in the drive for progress, everyone is included in the debate.

Q3 2024 Demographics

Regional Happiness

Data shows that Africa, North Asia, and the Middle East reported the highest happiness scores this quarter, indicating greater job satisfaction among employees from these regions.

Gender Happiness

Despite a slight drop in overall responses, female seafarers continue to report higher happiness levels than their male counterparts.

Role-Based Happiness

Happiness varies significantly by job role. The Electrical Department ranks as one of the happiest sectors, though it is underrepresented. In contrast, Captains and Second Officers report lower satisfaction, reflecting the pressures of leadership roles that may require additional support.

Vessel Type Impact

Dredger crews exhibit high happiness levels, while container ship crews report significantly lower satisfaction. This suggests that the nature of the work greatly influences crew morale.

Contract Duration

Longer contracts of 9 to 12 months correlate with lower happiness scores, indicating a preference for shorter rotations to reduce feelings of isolation and fatigue.

Regional Variations

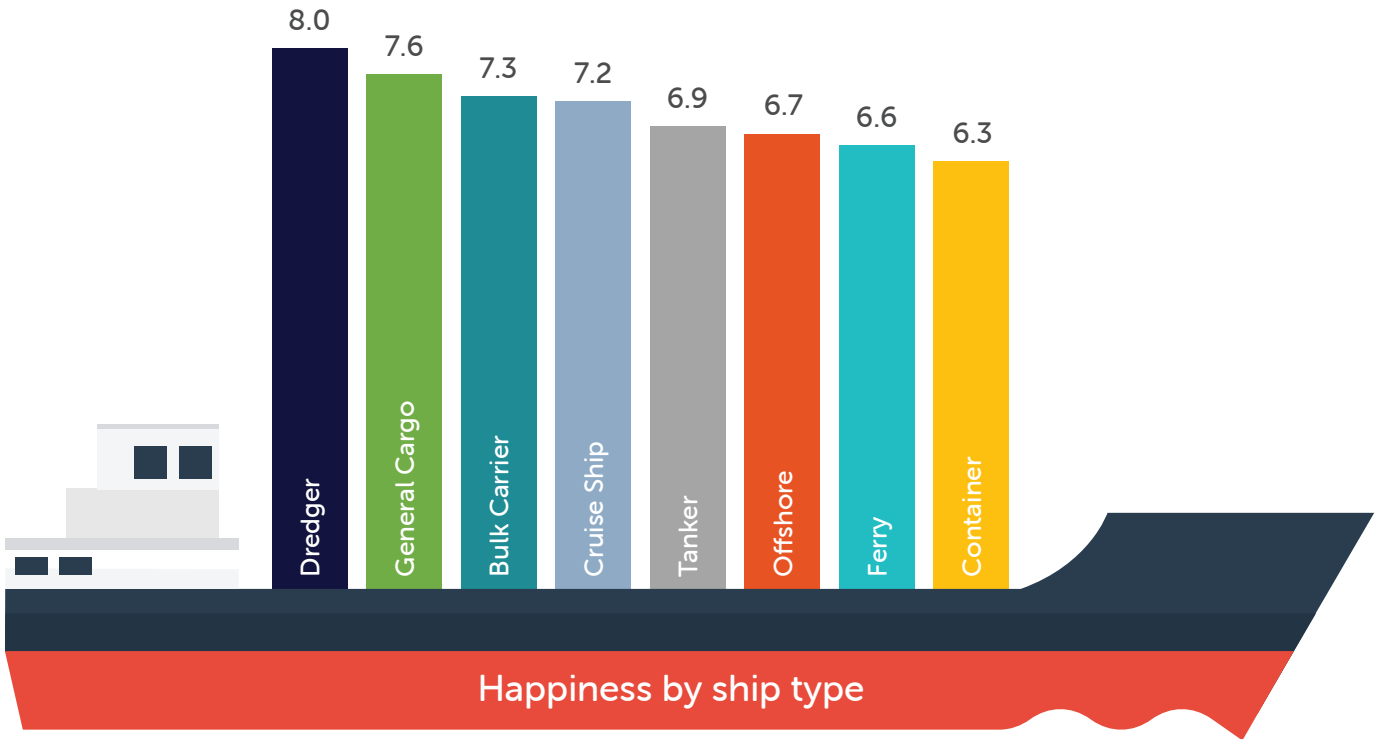
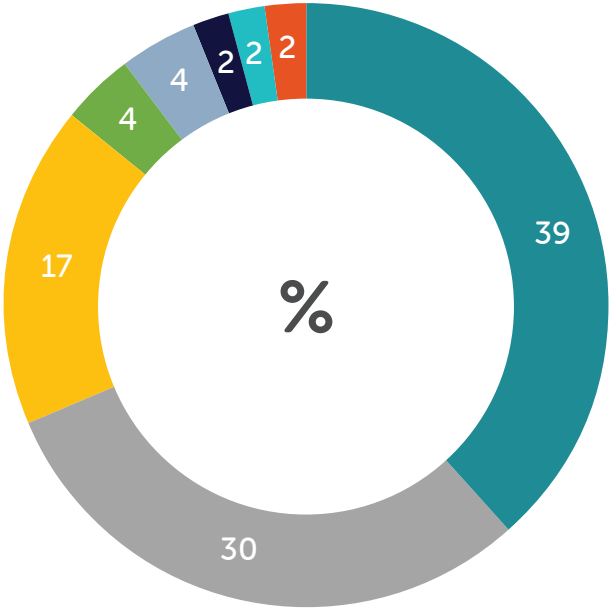
Western Europe shows lower satisfaction compared to Africa and Asia, highlighting the need to consider local conditions and cultural factors impacting seafarer well-being.

The Happiest Crew

The happiest profile, based on this latest data, is likely a female in the Electrical Department on a dredger vessel from Africa or North Asia. Conversely, the least happy profile may be a male Captain or Second Officer on a container ship in Western Europe, especially on a long contract.

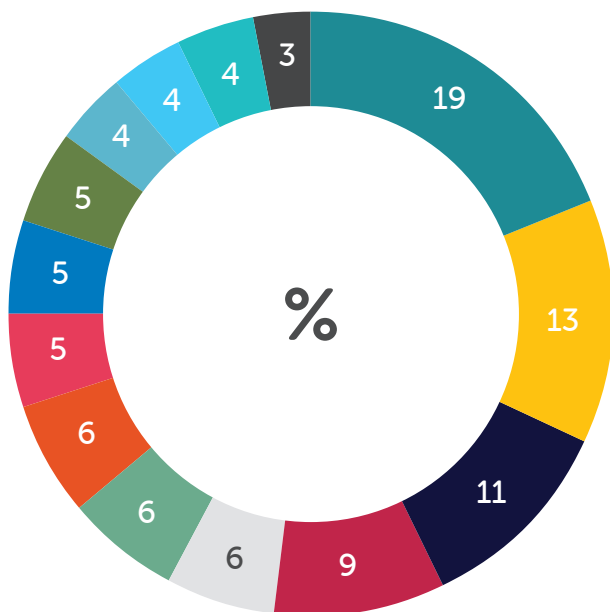
Ship Type

- Bulk Carrier
- Ferry
- Container
- Cruise
- General Cargo
- Offshore
- Dredger
- Tanker



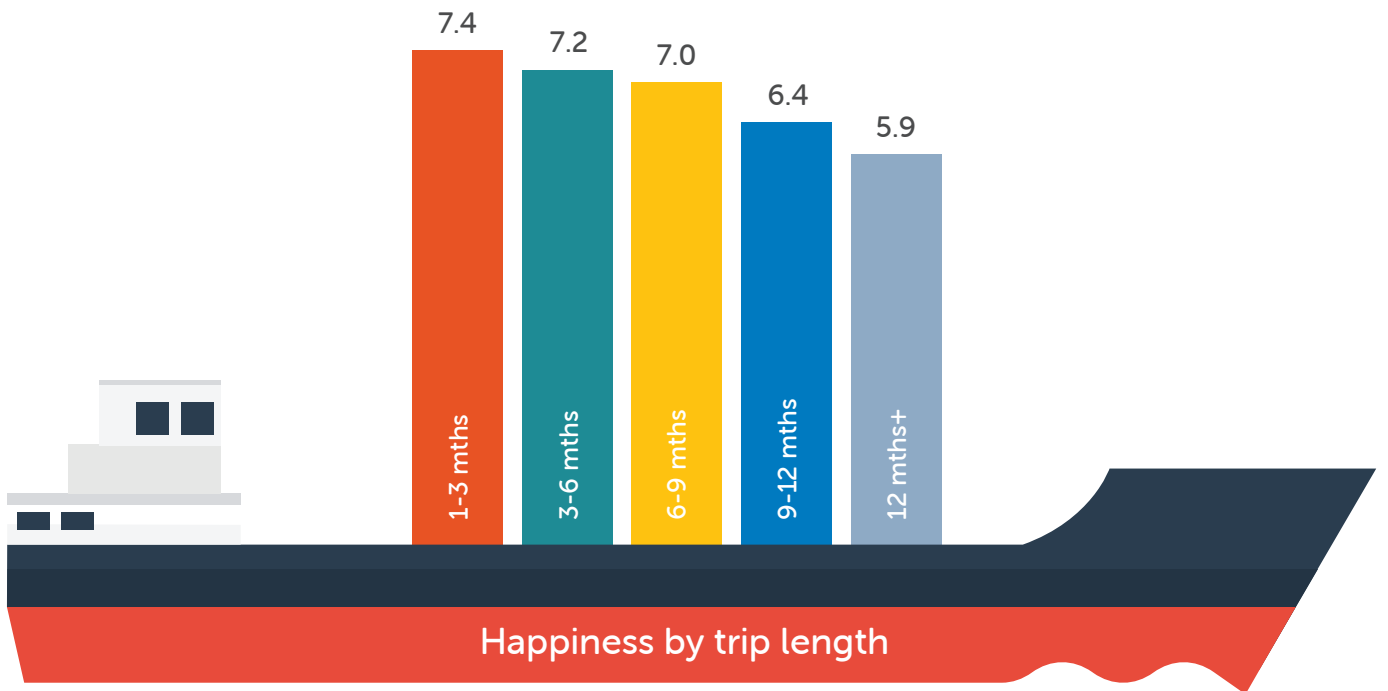
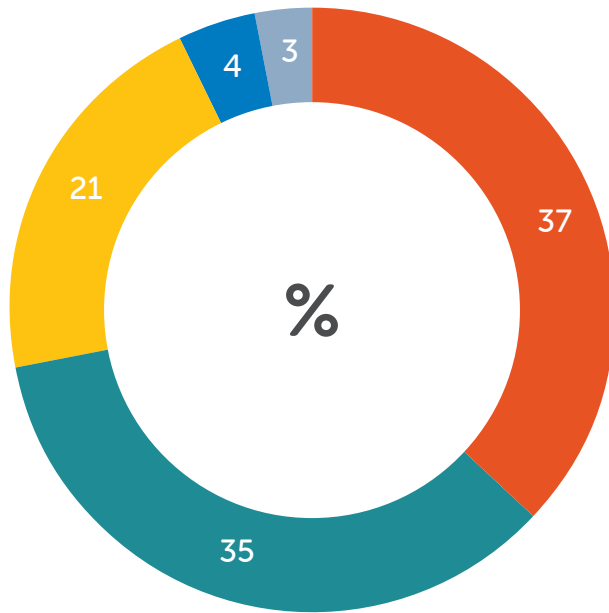
Rank

- Captain
- Catering Department
- Chief Engineer
- Chief Officer
- Deck Cadet
- Deck Crew
- Electrical Department
- Engine Cadet
- Engine Crew
- Fourth Engineer
- Second Engineer
- Second Officer
- Third Engineer
- Third Officer



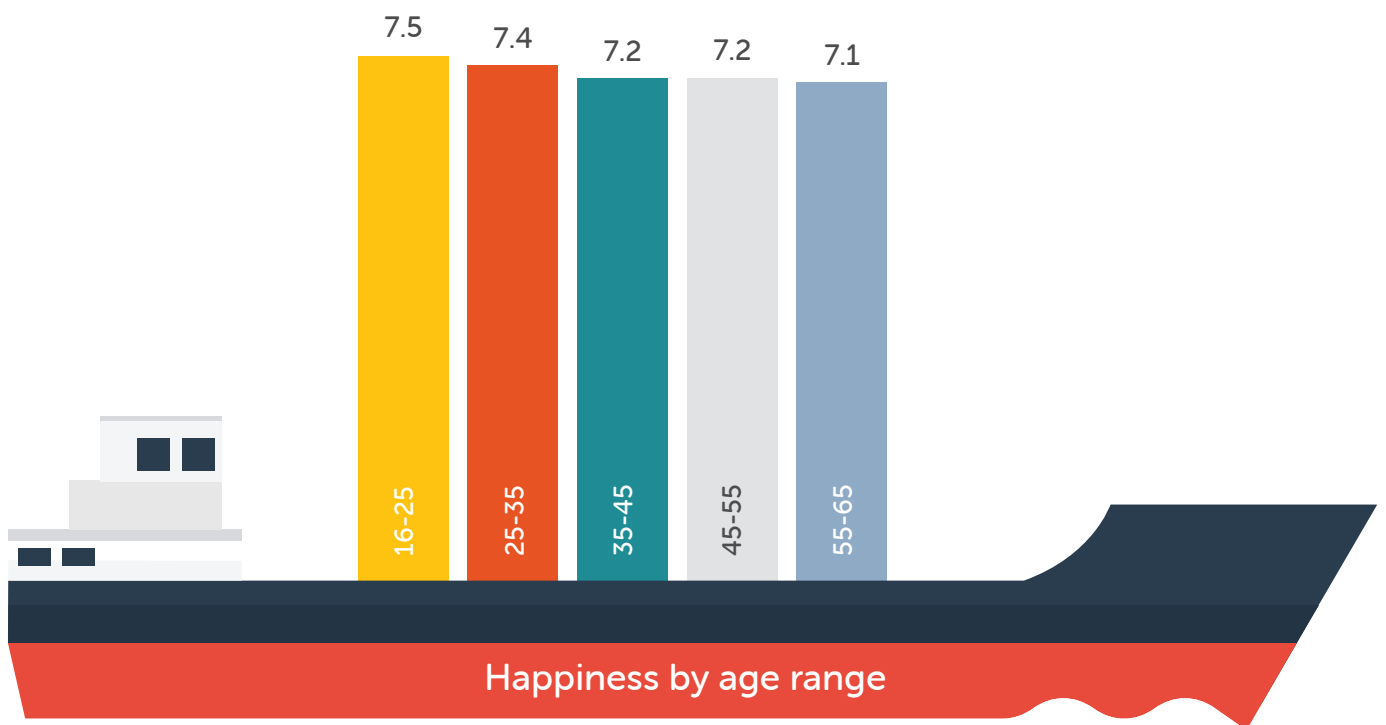
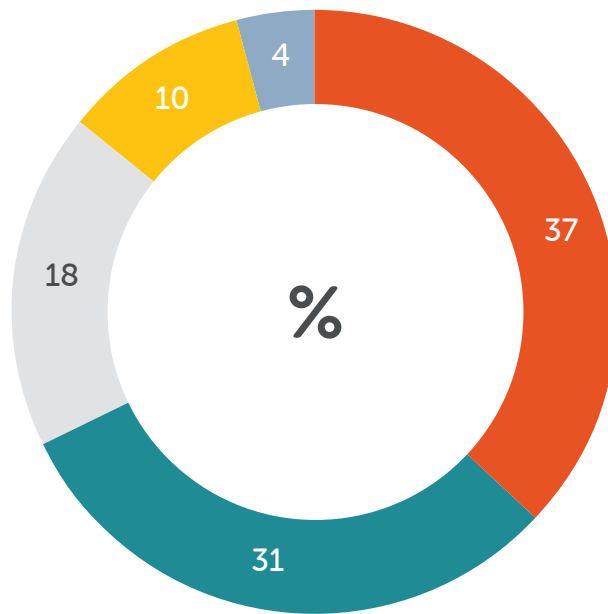
Trip Length

- 1-3 months
- 3-6 months
- 6-9 months
- 9-12 months
- Over 12 months



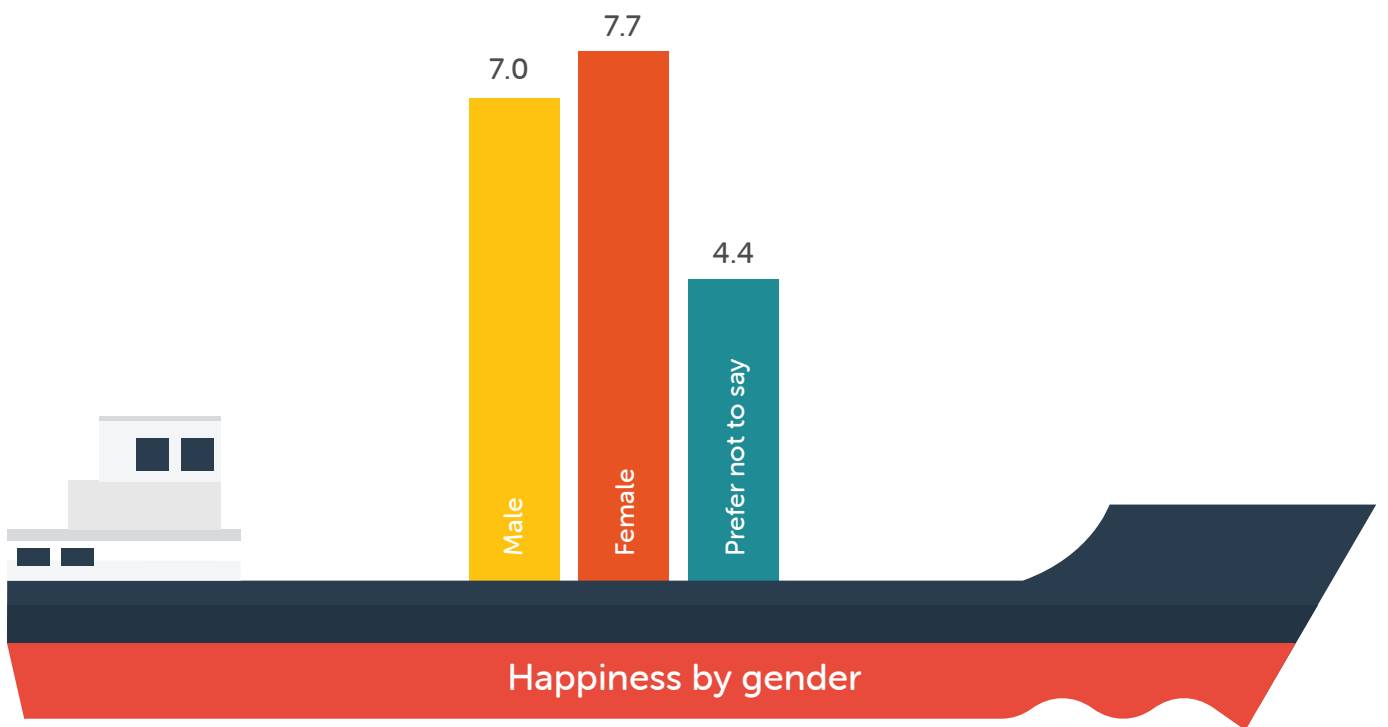
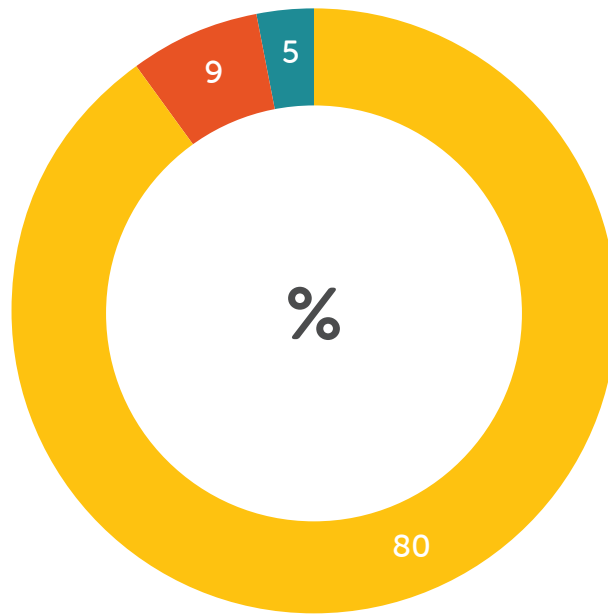
Age Range

- 16-25
- 25-35
- 35-45
- 45-55
- 55-65

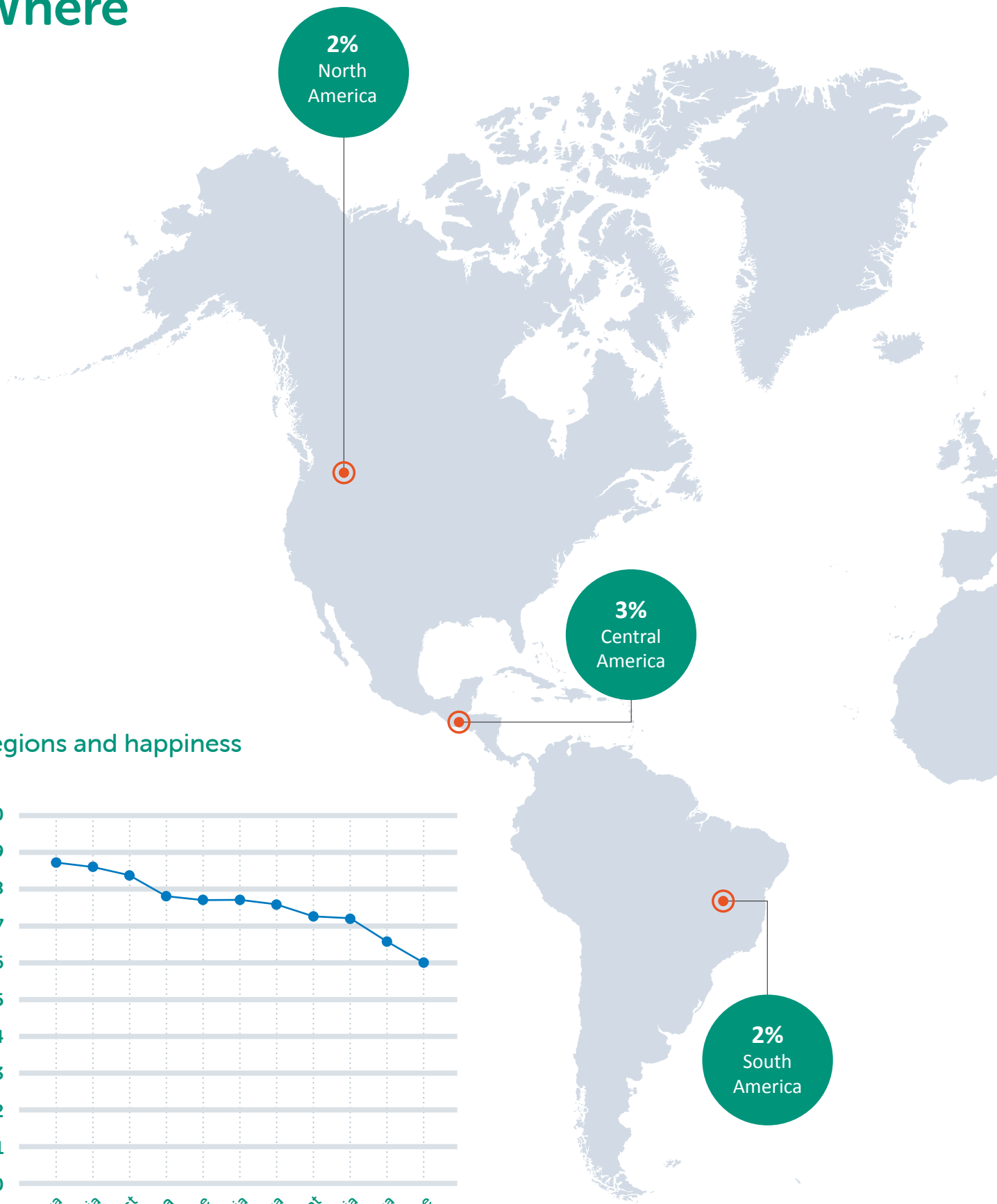


Gender

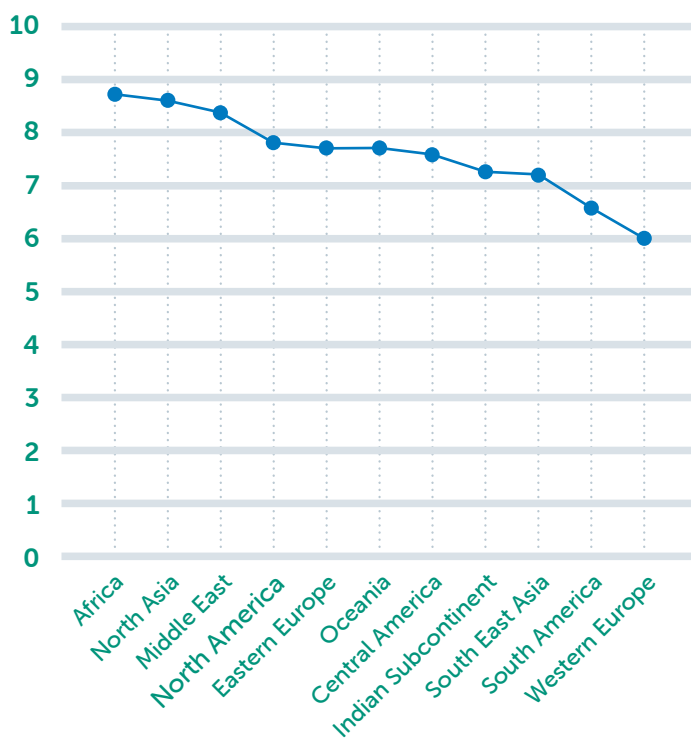
- Male
- Female
- Prefer not to say



Where



Regions and happiness





Thank you

We would like to express our heartfelt gratitude to the seafarers who generously share their experiences and insights with the Seafarers Happiness Index. Their feedback is invaluable, enhancing our understanding of the challenges faced at sea and revealing potential areas for improvement. These first-hand accounts are the foundation of our recommendations and play a crucial role in shaping more effective policies and practices.

We also appreciate the support from shipping companies and shore managers who have facilitated and encouraged participation in this survey. Their commitment to transparency and improvement sets a commendable example for the industry. We encourage more organisations to follow their lead, recognising that open dialogue is vital for meaningful progress.

As we move forward, we strongly urge broader participation from seafarers across all sectors of the industry. Every voice adds depth to our understanding and strengthens our capacity to advocate for meaningful change. To shipowners and operators, your ongoing support in promoting and enabling crew participation in these initiatives is essential.

The path ahead requires a concerted effort from all stakeholders. By prioritising seafarer happiness and well-being, we not only address immediate challenges but also establish a foundation for a more resilient, efficient, and innovative maritime industry.

To complete the survey, visit:

www.seafarershappinessindex.org

