Summary

The primary aim of the present investigation was to do a comparative study of Depression, stress, Quality of life, Job Satisfaction and subjective well-being among Deck and Engine merchant navy officers. A pilot study was conducted on 20 merchant navy officer and 20 company employees (working at the managerial level) of the same merchant navy companies. It was found that sailors scored higher on Depression and stress and lower on Quality of Sleep, Quality of life, Job Satisfaction and Satisfaction with life than the non-sailors. Based on the findings of pilot study, a further comparison between Deck and Engine officers was done, keeping in view their varied nature of work.

The sample included 300 officers and they were selected randomly from both the departments (150 from Deck department and 150 from Engine department). Only middle ranked officers were included, keeping in mind the homogeneity of working conditions, age, salary and work timings of these officers. Within the distribution of 150 officers from Deck wing, 75 officers from each branch namely chief officers and second officers and within the distribution of Engine wing, 75 officers from each branch namely second Engineers and third Engineers constituted the sample.

Both the groups were compared on the measures of Beck’s Depression Inventory (BDI) by Beck, Steer and Brown (1961), Perceived stress scale (PSS) by Cohen, Kamarck and Mersmeltein (1983), World Health Organization Quality of life scale (WHOQOL-BREF) viz Physical, Psychological, Social relation and Environmental, Generic Job Satisfaction scale by Macdonald & Maclntyre (1997) and to measure Subjective well-being two scales were used namely Positive and Negative Affect Schedule (PANAS) by Watson, Clark and Tellegen (1988) and Satisfaction With Life Scale by Diener, Emmons, Larson and Griffin (1985). They were also compared on Pittsburgh Sleep Quality index (PSQI) by Buyssee, Reynolds, Monk, Berman and Kupfer, (1989) for their Quality of Sleep.

All subjects were explained about the purpose of the study and their role in the study. The informed consent was taken before they were enlisted as subjects. All the above mentioned scales were applied to drive results. The raw scores consisted of...
scores on all the above mentioned variables and sub variable: Depression, perceived stress, Quality of life (Quality of physical, psychological, social and environmental life), Quality of Sleep, Job Satisfaction and Subjective well-being (positive and negative attitude and Satisfaction with life). The raw scores were analyzed using appropriate statistical analysis i.e. Descriptive statistics (Mean, standard deviation and t-test), Discriminant Functional Analysis, Inter correlations, Two-way Analysis of Variance and Multiple Comparison analysis.

**t-ratio**

A comparison of mean scores and t-ratio of Deck and Engine officers revealed that significant differences exists between both on the following variables: Depression, stress, Quality of Sleep, Physical Quality of life, Psychological Quality of life, Social Quality of life and Environmental Quality of life, Subjective Well being, Satisfaction with life, Positive affect, Negative affect and Job Satisfaction.

Significant rank differences were also found among the officers from both the departments between Senior and Junior officers and differences emerged on following variable: Job Satisfaction, Quality of Sleep, Positive affect, Physical Quality of life, Psychological Quality of life and Environmental Quality of life.

**Two-way analysis of variance**

Analysis of variance was conducted with groups and ranks. 2x2 ANOVA was employed with two groups viz. (Deck and Engine) and two ranks viz. (Senior officers and Junior officers).

Analysis of variance for the groups Deck and Engine officers, revealed that significant results were found on following variable: Depression, Quality of Sleep, Job Satisfaction, Stress, Physical Quality of life, Psychological Quality of life, Social Quality of life, Environmental Quality of life, Subjective Well being, Satisfaction with life and Positive affect.

Analysis of variance for the ranks Senior and Junior officers revealed that significant results were found on following variable: Physical Quality of life, Psychological Quality of life, Environmental Quality of life, Positive affect, Sleep and Job Satisfaction.
Summary

Multiple comparisons (Scheffe Test)

Further interaction between both groups and ranks was also found on following variable: Depression, Psychological Quality of life and Quality of Sleep. For this purpose multiple comparison Scheffe test was applied.

Mann-Whitney U-Test

To assess significant differences in the components of Sleep measured on an ordinal scale, Mann Whitney U test was applied on the components: Subjective Sleep Quality, habitual Sleep efficiency, Sleep disturbances, use of Sleeping medication, daytime dysfunction and significant differences were found between Deck and Engine merchant navy officers.

Stepwise Discriminant functional analysis

The number of predictor variables used for Deck and Engine officers was 9. Results revealed that a set of 6 variables emerged as significant predictors that clearly discriminated between the two groups. The predictors that emerged significant in order of importance were Subjective Well being, Psychological Quality of life, Social Quality of life, Environmental Quality of life, Quality of Sleep and Stress.

Inter-Correlation analysis

Pearson’s Correlation analysis was applied to find significant positive and negative correlates of Subjective Well being and Quality of Life with Depression, Stress, Job Satisfaction and Quality of Sleep.

Simply stated the results indicated that the Deck officers experience more adverse life events as compared to Engine merchant navy officers.