

Psycho-social working environment – trawlermen

A questionnaire answered by
100 Faroese trawlermen after
a long voyage in the Barents
Sea in 2004

1. Quantitative demands

		Always	Often	Sometimes	Occasionally	Never
18a.	Do you have to work quickly?	38,5(6,6)%	38,5(35,6)%	20,9(44,1)%	2,2(10,1)%	0,0(3,6)%
18i.	Are your shifts unevenly distributed?	4,4(3,9)%	14,3(31,7)%	27,5(39,2)%	30,8(16,9)%	23,1(8,3)%
18o.	Do you frequently experience not to be able to complete your workload?	1,1(2,2)%	2,2(12,6)%	8,7(23,9)%	35,9(40,7)%	52,2(20,6)%
18t.	Do you have to work overtime?	13,5(2,6)%	5,6(21,1)%	44,9(42,9)%	25,8(20,9)%	10,1(12,1)%

2. Cognitive demands

Always Often Sometimes Occasionally Never

18d.	Does your work require focusing on many things at the same time?	34,8(20,6)%	30,4(43,8)%	18,5(19,1)%	10,9(6,6)%	5,4(0,8)%
18j.	Are you required to make difficult decisions in your work?	3,3(5,1)%	7,8(22,0)%	27,8(34,4)%	21,1(24,9)%	40,0(13,6)%
18k.	Are you required to have a good memory in your work?	15,2(33,4)%	23,9(41,7)%	23,9(16,0)%	20,7(5,6)%	16,3(3,2)%
18p.	Does your work require you to use your initiative?	16,3(18,1)%	19,6(36,6)%	31,5(26,8)%	21,7(12,1)%	10,9(6,5)%

3. Emotional demands

Always Often Sometimes Occasionally Never

18e. Does your work affect you emotionally?

1,1(2,6)% 1,1(17,0)% 30,1(30,7)% 31,2(31,2)% 36,6(18,6)%

True Quite True Unsure Quite False False

19a. Is your work emotionally draining?

1,1(5,3)% 6,6(14,3)% 25,3(26,1)% 35,2(29,0)% 31,9(25,4)%

19h. Are you emotionally affected by your work?

1,1(5,1)% 5,6(13,5)% 22,2(31,5)% 36,7(26,4)% 34,4(23,5)%

4. Demands on hiding emotions

		Always	Often	Sometimes	Occasionally	Never
18f.	Does your work require no expression of opinion?	4,5(2,2)%	5,7(8,3)%	22,7(25,2)%	29,5(30,3)%	37,5(33,9)%
18s.	Does your work affect you emotionally?	1,0 %	1,0 %	31,0 %	31,0 %	36 %

5. Sensoric demands

Always Often Sometimes Occasionally Never

18c. Does your work require you to be able to see clearly?	46,2(24,7)%	25,3(30,5)%	22,0(21,3)%	4,4(16,0)%	2,2(7,5) %
18l. Does your work require controlled movements, e.g. of hands and feet?	48,2(25,6)%	23,5(22,3)%	12,9(14,1)%	5,9(15,3)%	9,4(22,7)%
18q. Do you have to be alert?	56,0(32,5)%	27,5(36,8)%	9,9(18,9)%	4,4(8,0)%	2,2(3,8)%
18u. Does your work require much precision?	41,9(26,4)%	29,1(34,4)%	25,6(24,2)%	3,5(9,7)%	0,0(5,3)%

6. Influence

Always Often Sometimes Occasionally Never

18g. Do you have any influence on the desicion-making in your work?	16,5(17,9)%	13,2(42,1)%	30,8(24,7)%	15,4(11,1)%	24,2(4,3)%
18m. Do you have any influence on with whom you work?	18,9(10,7)%	8,9(21,8)%	20,0(21,8)%	20,0(22,7)%	32,2(23,0)%
18r. Do you have any influence on how much you work ?	30,2(14,7)%	22,1(21,1)%	20,9(24,4)%	9,3(24,0)%	8,2(15,8)%
18ø. Do you have any influence on the tasks assigned to you?	33,0(24,7)%	28,6(30,8)%	22,0(24,7)%	8,8(14,0)%	7,7(5,8)%

7. Scope of work

Always Often Sometimes Occasionally Never

18b. Is your work varied? 12,2(32,2)% 20,0(42,8)% 42,2(14,0)% 18,9(7,5)% 6,7(3,6)%

True Quite true Unsure Quite False False

19b. Do your work demands enthusiasm? 28,6(21,6)% 56,0(39,5)% 12,1(29,3)% 0,0(5, 8)% 3,3(3,8)%

19n. Do you have opportunity to learn new skills in your work? 9,8(22,7)% 26,1(42,6)% 32,6(23,0)% 21,7(8,2)% 9,8(3,6)%

8. Freedom in work

Always Often Sometimes Occasionally Never

18h. Do you choose when to have a breake?	15,4(32,5)%	11,0(29,6)%	23,1(16,2)%	15,4(9,5)%	35,2(12,1)%
18n. Do you choose when to take your summer holiday?	23,3(21,5)%	27,8(34,4)%	28,9(19,4)%	11,1(11,8)%	8,9(12,9)%
18s. May you leave your work temporarily without permission?	52,2(40,5)%	12,2(15,8)%	16,7(10,1)%	10,0(8,7)%	8,9(24,9)%
18v. Are you allowed to chat with colleagues?	27,5(49,6)%	15,4(24,5)%	38,5(16,7)%	12,1(5,8)%	6,6(3,4)%

9. Meaningful work

True Quite True Unsure Quite False False

19c. Your work is important	49,5(29,3)%	33,0(47,9)%	15,4(18,9)%	2,2(2,6)%	0,0(1,4)%
19i. You feel that you play a vital part in your work	22,8(42,1)%	40,2(45,5)%	30,4(11,6)%	3,3(0,7)%	3,3(0,2)%

10. Commitment to the workplace

True Quite True Unsure Quite False False

19d. You would like to work at this workplace
for the rest of your life

15,2(17,6)% 13,0(21,8)% 35,9(35,3)% 9,8(11,2)% 26,1(14,1)%

19j. You like to tell people about your
workplace

9,8(10,2)% 12,0(25,7)% 43,5(41,2)% 19,6(17,9)% 15,2(4,9)%

11. Predictability

True Quite True Unsure Quite False False

19e. You are kept well informed about future changes in advance	6,5(14,3)%	9,8(25,4)%	26,1(35,6)%	31,5(16,4)%	26,1(8,3)%
19k. You receive all the necessary information to perform at work	22,0(11,9)%	44,0(38,2)%	26,4(39,2)%	4,4(8,5)%	3,3(2,2)%

12. Working role

True

Quite True

Unsure

Quite False

False

19f. You know how much control
you have over your job

14,3(22,7)% 18,7(47,2)% 31,9(25,2)% 16,5(3,4)% 18,7(1,5)%

19m. Your work have fixed goals

23,9(21,3)% 59,1(54,3)% 11,4(21,5)% 2,3(2,4)% 0,0(0,5)%

13. Contradictory demands

True Quite True Unsure Quite False False

19g. You receive contradictory demands from your superior	2,2(2,7)%	8,9(6,0)%	17,8(26,9)%	30,0(38,5)%	41,1(25,9)%
19l. You do any work which is approved by some of your colleagues and not by others	9,2(3,4)%	11,5(15,3)%	39,1(36,5)%	21,8(27,1)%	18,4(17,7)%

14. Management quality

21. To what extent does the management –

	Always	Often	Sometimes	Occasionally	Never
a. – ensure that the employees have the opportunity for self-development?	6,7(10,1)%	20,2(32,6)%	31,5(37,5)%	30,3(13,3)%	11,2(6,5)%
b. – give priority to job satisfaction?	7,9(13,0)%	38,2(26,3)%	29,2(34,1)%	14,6(10,4)%	10,1(6,2)%
c. – lay emphasis on future planning of the company?	5,6(6,5)%	19,1(29,6)%	49,4(43,6)%	14,6(13,5)%	11,2(6,8)%
d. – lay emphasis on solving disagreements?	8,9(7,3)%	17,8(26,9)%	44,4(40,9)%	17,8(16,0)%	11,1(8,9)%

15. Social support

Always Often Sometimes Occasionally Never

20a. Do you need support from you colleagues? 4,3(18,4)% 7,5(35,5)% 37,6(30,3)% 30,1(11,4)% 20,4(4,4)%

20c. Do your colleagues want to listen to your problems? 15,4(38,0)% 28,6(41,9)% 25,3(14,4)% 14,3(4,3)% 16,5(1,4)%

20d. Do you receive help and support from your superiors? 16,1(18,6)% 20,4(27,2)% 29,0(29,0)% 18,3(17,0)% 16,1(8,2)%

20e. Do your supperiors want to listen to your work-related problems? 31,1(41,2)% 24,4(32,3)% 22,2(14,8)% 11,1(8,4)% 11,1(3,3)%

16. Feedback

True

Quite True

Unsure

Quite False

False

20b. You talk to colleagues about
how you go about your work

3,2(3,2)% 15,1(18,4)% 43,0(31,1)% 24,7(30,1)% 14,0(17,2)%

20f. You talk to superiors about how you go
about your work

3,3(2,9)% 19,6(15,4)% 28,3(31,7)% 30,4(30,5)% 18,5(19,5)%

17. Social relations

True Quite True Unsure Quite False False

18w. You work in isolation	9,9(8,1)%	7,7(13,9)%	13,2(15,3)%	23,1(19,0)%	46,2(43,7)%
18x. You are allowed to talk with colleagues while you work	38,7(40,8)%	28,0(28,7)%	18,3(17,0)%	11,9(7,1)%	3,2(6,5)%

18. Interrelations

Always Often Sometimes Occasionally Never

18y. Is there a good atmosphere between colleagues?	44,1(51,4)%	47,3(42,1)%	8,6(5,4)%	0,0(0,7)%	0,0(0,5)%
18z. Do you have a good working relationship with your colleagues?	54,8(35,5)%	43,0(46,4)%	2,2(14,1)%	0,0(2,6)%	0,0(1,5)%
18æ. Do you have a sense of being a part of a community at work?	61,3(52,9)%	32,3(31,8)%	5,4(9,3)%	1,1(3,2)%	0,0(2,8)%

19. Job insecurity

23. Are you afraid –

	Yes	No
a. – of becoming unemployed?	20,4(21,5)%	79,6(78,5)%
b. – of unemployment due to technological progress?	7,5(5,6)%	92,5(94,7)%
c. – of the difficulty of finding a new job if you become unemployed?	27,2(27,4)%	72,8(72,6)%
d. – of being moved to a different position within your work?	19,6(15,5)%	80,4(84,5)%

20. Job satisfaction

22. Are you satisfied with –

	Very satisfied	Satisfied	Unsatisfied	Very unsatisfied
a. – the prospects of your work?	17,6(16,9)%	72,5(65,3)%	9,9(14,2)%	0,0(3,6)%
b. – your physical working environment?	8,6(17,3)%	74,2(61,8)%	15,1(16,6)%	2,2(4,3)%
c. – the utilization of your skills?	13,3(21,1)%	78,9(67,2)%	7,8(9,2)%	0,0(2,5)%
d. – your work in general?	18,7(29,4)%	78,0(63,5)%	3,3(5,8)%	0,0(1,2)%

21. Self-estimated health

26. Perception of current state of health

1. 10,8(19,0)% Excellent
2. 28,0(41,7)% Very Good
3. 57,0(34,1)% Good
4. 2,2(4,6)% Not Bad
5. 2,2(0,6)% Poor

29. How true or false are the following statments for you?

	True	Quite True	Unsure	Quite False	False
a. You get probably more easily ill than others	1,1(0,7)%	6,6(4,9)%	16,5(7,8)%	27,5(17,4)%	48,4(69,2)%
b. You feel just as fit as others	56,7(53,5)%	34,4(25,6)%	6,7(12,8)%	2,2(4,8)%	0,0(3,4)%
c. You feel your health is deteriorating	1,1(1,7)%	6,7(6,5)%	52,8(22,8)%	19,1(15,8)%	20,2(53,1)%
d. You feel your health is excellent	29,3(28,8)%	33,7(52,0)%	28,3(9,7)%	7,6(6,5)%	1,1(3,1)%

22. Mental health

30. The following questions are about your mental condition the last 4 weeks.

How frequently the last 4 weeks -

	All the time	Most of the time	Some of the time	Occasionally	Never
b. – have your felt nervous?	1,1(0,0)%	2,2(1,2)%	6,5(3,4)%	23,7(35,8)%	66,7(59,6)%
c. – have you felt so depressed that nothing could cheer you up?	0,0(0,0)%	1,1(0,3)%	1,1(2,2)%	8,7(15,2)%	89,1(82,3)%
d. – have your felt at ease and relaxed?	21,5(8,0)%	60,2(33,6)%	12,9(25,9)%	5,4(31,2)%	0,0(2,2)%
f. – have you felt miserable?	0,0(0,3)%	1,1(1,0)%	5,4(4,4)%	50,0(53,5)%	43,5(40,7)%
h. – have you felt happy and contented?	18,3(8,5)%	62,4(45,8)%	14,0(18,9)%	5,4(25,6)%	0,0(1,2)%

23. Vitality

30. The following questions are about your mental condition the last 4 weeks.

How frequently the last 4 weeks -

	All the time	Most of the time	Some of the time	Occasionally	Never
a. – have you felt in the mood, lively?	23,7(3,6)%	60,2(34,8)%	9,7(22,3)%	5,4(36,6)%	1,1(2,7)%
e. – have you felt full of eneregy?	10,9(3,2)%	58,7(29,1)%	19,6(25,7)%	9,8(38)%	1,1(3,9)%
g. – have you felt exhausted?	0,0(0,3)%	1,1(3,1)%	15,1(9,4)%	29,0(51,8)%	54,8(35,4)%
i. – have you felt tired?	0,0(2,4)%	4,3(7,7)%	29,0(12,1)%	48,4(69)%	18,3(8,9)%

24. Stress symptoms - behaviour

31. How well does each of the following statements reflect your state of mind the past 4 weeks?

	True	Quite True	Fairly well	Quite False	False
a. Haven't had the energy to care for others	2,2(0,5)%	7,5(2,0)%	12,9(6,0)%	14,0(16,4)%	63,4(75,1)%
b. Haven't felt able to relax and have fun	1,1(1,9)%	9,7(10,2)%	19,4(10,4)%	25,8(24,0)%	54,8(53,5)%
c. Have been easily irritated	4,3(2,6)%	7,5(5,6)%	9,7(9,5)%	39,6(45,0)%	40,9(37,3)%
d. Have lacked initiative	0,0(1,4)%	3,3(3,4)%	6,7(6,1)%	20,0(23,2)%	70,0(65,9)%

25. Stress symptoms - somatic

32. How often the past 4 weeks has the following occurred to you –

	All the time	Often	Some of the time	Occasionally	Never
a. – Experienced abdominal pain	0,0(0,5)%	1,1(6,8)%	7,5(15,5)%	17,2(24,2)%	74,2(53,0)%
b. – Experienced chest thightness	0,0(0,2)%	0,0(2,2)%	7,6(9,0)%	12,0(11,9)%	80,4(76,7)%
c. – Experienced dizziness	0,0(0,2)%	1,1(2,9)%	6,5(9,4)%	12,9(17,0)%	79,6(70,5)%
d. – Experienced muscle tension	2,2(3,6)%	8,7(15,7)%	26,1(32,5)%	21,7(24,0)%	41,3(24,2)%

26. Stress symptoms - cognitive

32. How often the past 4 weeks has the following occurred to you –

	Always	Often	Some of the time	Occasionally	Never
e. Suffered poor concentration	0,0(0,2)%	1,1(4,3)%	8,0(17,2)%	20,5(34,2)%	70,5(44,1)%
f. Had difficulty making decisions	0,0(0,3)%	2,2(2,2)%	8,7(16,0)%	28,3(32,2)%	60,9(49,2)%
g. Had poor memory	1,1(0,8)%	2,2(4,6)%	14,0(20,3)%	29,0(31,4)%	53,8(42,9)%
h. Had trouble thinking clearly	0,0(0,2)%	1,1(2,9)%	4,3(11,8)%	28,0(32,0)%	66,7(53,1)%

24. Bullying

24a. Have you noticed anyone being bullied or teased on the latest trip?

Yes

27,2%

No

72,8%

24c. Have you personally been bullied or teased on the latest trip?

Yes

11,8%

No

88,2%

Conclusion

- There were only few indications of stress in the questionnaire response among Faroese long voyage fishermen on large trawlers in the Barents Sea the first three months of 2004
- Stress-hormone analysis and blood pressure do not suggest a state of stress either