

# Awareness on Medical Examinations and their Importance to Maritime Students

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## ABSTRACT

*This research work sought to gain insights on the level of awareness on medical examinations and their importance to maritime students. This study could be a help to determine if maritime students are aware on the medical examinations given to seafarers and to know their insights on how important medical examinations are in relation to their chosen profession. This study applied a descriptive research method with two hundred forty (240) Maritime students that were chosen on the basis of random sampling. After tallying the results, the researchers came to a conclusion that the respondents of the study are aware about the medical examinations given to seafarers. The medical examinations cited helped them to get insights which they will face in the near future. Furthermore, the respondents are also aware that medical examinations are important in determining if they are fitted for their chosen profession, which is in accordance to the research's general objective which is to imprint into the students' minds how important health is to a seafarer and to encourage them to take care of their health.*

**Key words:** *Maritime students, medical examinations, health, awareness, imprint*

## INTRODUCTION

The term "physically fit" often conjures the image of an individual who attends to his daily routines with alertness and vigor and also at the same time, maintains adequate energy for leisure activities. To be physically fit means to have a sufficient amount of energy needed to perform your daily routines and activities alertly and with vigor while also maintaining an adequate energy for leisure activities at the same time (Ibach, 2010). Furthermore, being physically fit also means being healthy mentally, socially and emotionally. These aspects have to give off positive outcomes to coin an individual well fit. Being healthy and physically fit is very important to everyone, especially to students, for this may determine their lifetime profession and conclude if they are fit for the job.

Each profession requires a certain medical standard that has to be met by the students in order to pursue their preferred career. There are different fields which require minimum health standards while there are those which implements very strict health standards. The latter is where the field of Marine Transportation falls. To be able to pursue this career, a Deck Cadet has to maintain and assure that he is physically fit and capable of doing the chores, duties and responsibilities that will be assigned to him when on-board. To be able to attest this, medical examinations are being conducted and this is where this research will focus. (Synergy Group, 2013; Petrick, n.d.)

Merchant seafaring is an occupation which differs from other occupation in many aspects. Not like the others, seafarers live in their workplace for several weeks, months, or even years depending on