Effectiveness of the Discipline Training Program to Maritime Students

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Abstract – *Discipline is a thought that everyone must be aware of, but only few truly understand it. This study aims to determine the effectiveness of the discipline-training program to the maritime students and tested it significant difference imposed to the students when grouped according to their profile. Descriptive type of research method was utilized in the stud with 226 student cadets as respondents. Result revealed that discipline-training program imposed to the students' cadets are effective and it has significant difference to the issues and attitudes on the effectiveness of discipline to students. Through this result, the researchers recommend conducting orientation and training on how this discipline-training program be more effective to the maritime students.*

Keywords – *discipline, maritime, training-program*

INTRODUCTION

Discipline Training Program is a vital aspect for an institution to produce a competitive and well-disciplined cadet. Maritime Academies implements this act to improve the essential performance of every cadet for them to be ready when they go onboard. It is implemented to improve their capabilities and performance to awaken their potential leadership. Being a leader comes with strength, confidence, flexibility, and moral authority. It acts as a pillar of being a role model to others; the source of being a disciplined individual.

Discipline defined and interpret as an essential in an individual's life and act in a certain objective with a right manner [1]. Thus, it aids the person to possess moral standards and etiquette that is vital for daily life [2]. Having discipline to oneself or having self-discipline is one of the factor that an individual must ensure. Self-discipline will help achieving goals and objectives [3]. An effective discipline as well as leadership will show great performance to work and performance [4].

Leadership is described as moving people towards common goal, it also influences, inspire followers. A person with leadership knows how to analyze, observe, and make decision based on the given situation [5]. Leadership can be mold and enhanced a person's knowledge and capability to lead with proper skills and ability through training [6]. To be an effective leader, one must have character, competence, and a role model. For seafarers, it is an essential to have an effective leadership to make a right action. point here is the complete information of the citation [7].

In maritime institution it is vital that camaraderie and leadership exist [8]. Having teamwork is one of the need aspects to have in the student's future profession [9]. While having an effective leadership will affect the performance and well-being of the followers [10]. Teamwork between cadet members and having effective leadership will ensure the safety of the vessel [11]. Another aspect is that future seafarers must be ready to face hardship and challenges through health and unexpected events.

Teachers know how to discipline students in the maritime schools. Most schools implemented new rules and regulations for the students to follow and also to maintain the discipline or maintain positive environment [12]. Implementing discipline will guide students to have more self-control [13]. Having self-control affects the competency of the students [14]. Implementation of discipline is essential for the prevention of low self-control that triggers negative impact in mental health [15].

In this paper, maritime discipline programs are an interdisciplinary academic field that embraces ship management, humankind's critical monolithic skills, and knowledge for being management trainees in companies and deck cadets on board. High quality

education and training are vital to preserve the quality, practical skills, and competence of qualified seafarers – keeping vessels safe, protecting the environment, and keeping trade flowing to meet the ever rising national and international standards within maritime industry. Indeed, students should be equipped with the desired skills and proper knowledge and professional attitudes for the maritime industry. Although the demand of maritime studies programs keeps on growing rapidly, the reasons for such demand remain rather unclear.

OBJECTIVES OF THE STUDY

The study aimed to determine the effectiveness of Discipline Program to Maritime Students. It also sought to test the significant difference imposed to LIMA students when grouped according to profile; and proposed an enhanced training program for maritime students.

MATERIALS AND METHODS

Research Design

This study used a descriptive analysis which aims to gives the researcher on how to conduct or distributes data. It also helps researchers to identify associations among variables and guiding researchers to conduct more further statistical analysis This type of research method does not simply gather but includes proper analysis, interpretation, comparison, identification of trends and relationships.

Participants of the Study

The respondents of the study were 226. It comprises of LIMA cadets ranging from Senior I to Senior IV. There were 32 respondents from Senior I; 98 respondents coming from Senior II; 8 respondents from Senior 3; and 88 respondents from Senior 4. Survey was used to gather information needed by the researchers to conduct and gather the data needed to strengthen their studies.

Data Gathering Instruments

The researchers used an adapted questionnaire from Steinberg and Lacoi [16] and revised them according to the purpose of the study. The questionnaire was the most effective way to collect gathered data, it is the main instrument and to acquire concrete answer to a complicated problem. The questions formulated uses fixed choice response formats and are designed to measure attitudes or opinions using a Likert Scale.

Data Gathering Procedures

The researchers started the procedure by preparing the questionnaire for their respondents using a Google form link. The researchers virtually administered the questionnaires to the respondents after the approval of their adviser. The respondents are informed about the purpose of the study in which they participated and assured that all the information given in the survey were kept with outmost confidentiality. Instruction and rules were clarified before distributing the said questionnaires. The questionnaires were retrieved after it reached the minimum respondents for the questionnaires. The answers were tallied, tabulated, and submitted to the statistician for statistical treatment.

Data Analysis

The gathered data were tallied, encoded and interpreted by the use of statistical tools such as weighted mean, ranking and frequency or percentage, which were based on the objective of the study. To explain furthermore, all the data were treated using Microsoft Excel 2019.

Ethical Considerations

In addressing ethical considerations, the researchers asked for the consent, through a letter, of the respondents to gather the needed data. The selected Cadets of BSMT and BSMarE of Lyceum of the Philippines University – Batangas were the chosen respondents. An intact number of 226 respondents which ranges from 16-25 years old; the anonymity and confidentiality of the responses were ensured. The data gathered from the questionnaires were used for research purposes only. The researchers secured permission from the Dean of Maritime Studies and to their thesis adviser. After the distribution of the questionnaires, they clearly explained the purpose of the study.

RESULTS AND DISCUSSION

Table 1 presents the implementation of school rules and regulation. The composite means of 3.53 indicates that the rules and regulations were highly effective. The result observed that the schools are highly effective in implementing student's dressing code and wearing ID's, greeting properly the higher officers, proper grooming and community services or physical training as punishment.

This is a manifestation that the OCC has strict implementation to the cadets when it comes to their uniform and proper grooming as well as how to respect their officials. They advised the guards to not let cadets enter the academy with improper dress code and without their ID's or else the cadets will receive

demerits and punishment when they are seen not following this rule.

Table 1
Implementation of School Rules and Regulation

	Indicators	WM	VI	Rank
1.	The academy is strict on student's dressing code and wearing of School IDs.	3.61	HE	1
2.	The class officers ensure that noise making in the classrooms is kept to minimum	3.42	E	7
3.	The school provides a written copy of rules to all students on admission	3.48	E	6
4.	Cadets follow the "Single File" every time in the corridors.	3.39	E	8
5.	Cadets greet properly the higher officers or faculty	3.59	HE	2
6.	Students are aware of consequences of breaking school rules and regulations	3.57	HE	5
7.	Proper Grooming of cadets is observed	3.58	HE	3.5
8.	Community Service or physical training as punishment for the cadets	3.58	HE	3.5
	Composite Mean	**3.53**	**HE**	

Legend: 3.50 – 4.00 = Highly Effective (HE); 2.50 – 3.49 = Effective(E); 1.50 – 2.49 = Less Effective(LE); 1.00 – 1.49 = Not Effective (NE)

Study says that when students go to school in uniforms and good in grooming, it develops discipline, and which can leads to academic excellence. Wearing of uniforms and proper grooming shows that a student is part of an organization and is staying in one community and it also promotes the professionalism expected from the students as it is a preparation to the profession or the work they chose upon their graduation When a student wears a uniform, it also demonstrates neatness and orderliness inside the classroom [17].

Cadets should know how to greet higher ranks and faculties by rendering salute. It is the highest form of military courtesy because it is a way of showing respect to the officers and faculty. The way the salute is made should manifest pride in yourself and that you have the confidence with the skills as a soldier [18]. According Salute is a courteous exchange of greetings, with the junior cadet always saluting first to someone who has a higher rank that him [19].

The cadets are aware that once they do violations, they will be asked to do touring or community services in different parts of the academy. There are ordinary disciplinary actions that have non-judicial procedures intended to correct minor violations done by cadets. There are also major disciplinary actions when cadets violate multiple or repetitive violations and may lead to physical training or community services with. In a classroom setting, punishment should be used to decrease undesirable behaviours of the students. Before implementing any punishment strategies, it is important to check with your school's policy on appropriate classroom management strategies and what is and is not permitted in your specific school [20].

On the other hand , the results shows effective on implementing the class officers ensure that noise making in the classrooms is kept to minimum and following the "single file order" It indicates that when there are no professors or faculty inside the classroom, cadets tend to make uncontrollable noise because they do different things that may cause noise in the classroom.

The impact of the noise generated inside the classroom may bring physiological impact to the students and this is in a form of dizziness for the student. It also affects the communication process since the teacher cannot be heard clearly because of the disturbances [21]. Students have less knowledge of language and fewer listening experiences that is why they are less able to rely on the redundancy of speech signals. Some students may also have a hard time in listening to what the teacher is saying because of hearing problems, that is why if there will still be noise inside the classroom it will lessen the communication between the student and teacher [22].

When there was still face to face classes, officers would always remind the cadets to walk in single file but some of the cadets do not give importance to this regulation and usually, cadets tend to walk in groups in order to talk while walking along the hallways. Discipline or positive behaviour policies should include a code of conduct for students and Rules on conduct can apply during the school day and even before and after school. Students should also respect other people who uses or stays near the corridors and Noise should also be lessened to avoid too much commotion. The hallways are considered a non-classroom setting. Having staff greet students at the door and providing brief and often positive interactions with students may be one way to efficiently increase emotional support for students. The hallways are the extension of the classrooms that is why, whatever the student may learn when there are addressed in the hallways it can improve the student's performance [23].

Table 2
Student's Issues on Rules and Regulations

Indicators	WM	VI	Rank
1. Students are not fully oriented about the school rules and regulations.	2.66	E	4
2. Students disregard the existence of rules and regulation.	2.61	E	5
3. Students only follow rules and regulation to prevent the sanctions.	3.07	E	3
4. Disciplinary action to those students leaves the school compound while the class is still on going.	3.26	E	2
5. Student's views concerning exam time table are taken seriously	3.27	E	1
Composite Mean	**2.97**	**E**	

Legend: 3.50 – 4.00 = Highly Effective (HE); 2.50 – 3.49 = Effective(E); 1.50 – 2.49 = Less Effective(LE); 1.00 – 1.49 = Not Effective (NE)

Table 2 displays the issues of students about the rules and regulations of the academy. The composite mean of 2.97 indicates the effectiveness of cadets following the rules and regulations of the academy. Among the items given, the student's views concerning exam timetable are taken seriously with. This implies that the student's views concerning exam timetable are taken seriously because in this profession you must always be on time and therefore, they are practicing the discipline of the cadets.

In community college late registration was a common thing, due to this practice the student's success is weaker than is commonly believed [24]. Estimating the effects of class scheduling on students, success, student's age, prior knowledge, overall performance, and complexity of educational topics must be considered. Time management is very important in this profession. Students must always be on time and be discipline enough to take your responsibilities seriously [25].

The disciplinary action to those students who leaves the school compound while the class is still on are also observed as effective as well as following the rules and regulations to prevent sanction. This means that the punishment that is been given to those students is being conducted and will continue to implement to remove that kind of traits from the students.

Punishment causes pain to the defiant, it can also be described as any deliberate act used by teachers or parents to correct and return the defiant learner to proper behaviour. Punishment is more precise and concrete, discipline was different and more abstract. Besides any obvious resistance to the use of punishment, which is seen as evil within a school environment, the researcher's concern was to explain the idea that punishment is used for the purpose of prevention and formation of wrong doers within the school system [26]. Individuals with good self-control can behave in a disciplined manner. Furthermore, students' discipline is generally fine, implying that they can direct themselves to behave in the way that is expected of them, based on rules and valid norms. Differences in race, ethnicity, and gender, as well as openness, parental attention, self-adjustment, parental encouragement, peer control, inadequate parenting, learning difficulties, personal stress, and damaged health conditions, are all factors that affect students' discipline. To prevent undisciplined actions, students' self-control must be improved [27].

Students' knowledge of school rules and regulations, parents' educational levels, civics and ethical education ratings, and students' attitudes toward encouraging good behavior were all found to have major effects on perceptions of good behavior promotion. Learning institutions, on the other hand, have been plagued by cases of student discontent and indiscipline, all of which impede quality education. Despite the presence of school regulations, many secondary schools are experiencing a variety of potentially disruptive activities in and around the classrooms. This needs an immediate action; the school must conduct a program that talks about the rules and regulation of the school to educate the students. Finally, to make them realize how important it is for the development of their discipline [28].

Table 3
Attitudes of Students

Indicators	WM	VI	Rank
1. Students like the existing rules in our school.	3.24	E	2
2. Students don't like being told what to do.	2.70	E	5
3. Students concern about breaking school rules	3.20	E	3
4. Students don't like being supervised during examination.	2.84	E	4
5. Students don't like to be scolded about rules and regulations after committing a violation.	3.25	E	1
Composite Mean	**3.05**	**E**	

Legend: 3.50 – 4.00 = Highly Effective (HE); 2.50 – 3.49 = Effective(E); 1.50 – 2.49 = Less Effective(LE); 1.00 – 1.49 = Not Effective (NE)

Table 3 presents the attitudes of students about the rules and regulation of the academy which reveals to be effective. The results show that the students are aware on the existing rules and regulations implemented by the schools. They are also aware that they will get reprimand or punishment in breaking the rules and regulations.

Humiliation or scolding cadets and students is never going to be okay. Every student deserves the right way to be scolded and to be taught about the right

and wrong about the action that has been made. Giving disciplinary actions while mad at something may lead to embarrassment of students; making it more students to follow rules and regulation in the academy. Talking and explaining more about the errors of students won't change the situation make it more specific and straight to the point; be careful about the words that will be taken by the students because it may result to mental disorder of one character [29].

Table 4
Difference of Responses on Implementation of School Rules and Regulation, Issues and Attitudes of Students When Grouped According to Profile

Age	F-value	p-value	I
Implementation of school rules and regulation	2.014	0.113	NS
Issues	0.657	0.580	NS
Attitudes of students	0.375	0.771	NS
Program			
Implementation of school rules and regulation	1.003	0.317	NS
Issues	2.083	0.038	S
Attitudes of students	2.899	0.004	S
Year Level			
Implementation of school rules and regulation	1.144	0.332	NS
Issues	0.526	0.665	NS
Attitudes of students	0.239	0.869	NS

Legend: Significant at
p-value < 0.05 Not Significant(NS), Significant (S)

Table 4 presents the responses on implementation of school rules and regulation, issues and attitudes of students when grouped according to profile. It was observed that there was a significant difference on issues and attitudes of students when grouped according to program.

This means that there was a signifcant difference observed and based from the test conducted, BSMT students have greater assessment on issues and attitudes of students.

The result shows that the issue significantly affects the effectiveness of the discipline program; the academy lacks the distribution of information in order for the cadets to be aware of the rules and regulation inside the academy.

People are more cognitively efficient when they are aware of the information. This means that the reason many cadets are not following the rules and regulation of the academy is that they are not aware of the rules [30]. The Office of The Crew of Cadets of LIMA must

disseminate information about the school rules and regulation in order for the cadets to be aware and prevent unconscious mistake. Awareness of the school rules and regulation achieve the understanding of how the students would act and behave [31].
On the other hand, the attitude of the students was also revealed to have a significant towards the effectiveness of discipline program and on the greater assessment of BSMT students, it shows that students don't like being told what to do; cadets have their ego and pride, and it will be difficult to shape cadets due to lack of training and lack of leadership of OCC officers.

Cadets are discharged in the academy due to poor results, negligence, and violations. With training, it improves the behaviour skill and knowledge with consistency. Consistency of leadership and training leads to preparedness, confidence, engagement, and public speaking skills .It shows that implementing more training to cadets and training for leadership of officers were needed to mold the character of both persons [32].

Table 5
Proposed Plan of Action to Enhance the Effectiveness of Discipline Training Program to Maritime Students

Key Results Area	Activities/Strategies	Persons Involved
A. Issues Objective: to address the issues on discipline training program of maritime students	1. Online Orientation 2. Post to social media 3. Online distribution of rules and regulations	OCC CATC LIMA DEPT DEAN
B. Attitude of The Students Objective: to address the attitude of the student on discipline training program of maritime students	1. Online leadership camp. 2. Online consultation about online class problem 3. Extra-curricular online activities	OCC LIMA'S FINEST LIMA ENGLISH SOCIETY LSC LIMA DEPT CATC

CONCLUSION AND RECOMMENDATION

Majority of the respondents state that the effectiveness of discipline to maritime student is effective. There is also a significant difference on the issues and attitude on the effectiveness of discipline to maritime students. A plan of action was proposed to enhance to discipline program of LIMA. The researchers recommend that the must conduct orientation showing the school rules and regulation of LIMA academy. They may also conduct more training program focusing on enhancing the discipline of the cadets. The faculty may also strengthen the discipline training program during the classes with the students. The Cadets of LIMA must also be more aware of the different rules and regulations of the Academy for them to enhance the discipline they should have. This is study is limited on the effectiveness of Discipline Program to Maritime Students, hence future study may conduct on the impact on the pandemic to the maritime student's behavior and attitude.

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