

*Health &
Wellness
Seminar Series*

* **Maritime
Relationships**

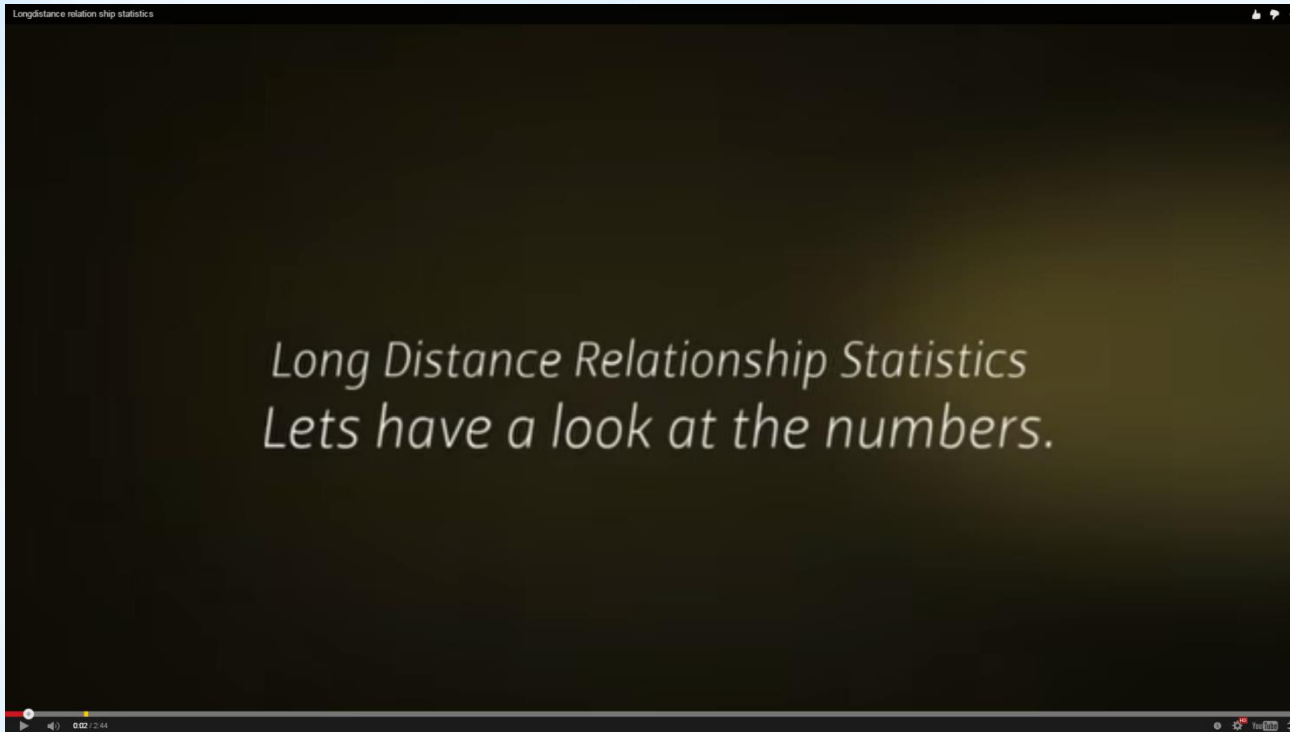
Ian Wallace, PhD, CAPS

Dan Lintz, Chief Mate, TSGB

February 12, 2015

- * Introduction
- * Scholarly Research on Long Distance Relationships
- * Deployment Cycle Comparison
- * gCaptain: Qualitative Analysis
- * Dan's Story
- * Pitfalls and Trouble Spots
- * Recommendations
- * Q & A

* **Outline**



* Introduction: Long Distance Relationship Statistics

- * Long distance versus geographically close relationships
 - * “Few differences existed between long-distance dating relationships and geographically close relationships...These results indicate that individuals in long-distance dating relationships are not at a disadvantage and that relationship and individual characteristics predict relationship quality.” (Dargie et al., 2015)
 - * Evidence suggests that break ups and infidelity are based on individual and relationship characteristics
 - * Trust, communication, closeness and bonding

* Scholarly Research on Long Distance Relationships

- * Long distance versus geographically close relationships
 - * “Individuals in long-distance relationships generally reported higher levels of relationship quality on a number of relationship quality variables, as well as higher levels of dedication to their relationships and lower levels of feeling trapped (i.e., felt constraint)... Although individuals in long-distance relationships perceived a lower likelihood of breaking up with their partner at the initial time point, they were as likely as the individuals in close-proximity relationships to have broken up by the follow-up assessment.” (Kelmer et al., 2014)
 - * Negative emotions, negative self-concept, and relational security (Cameron & Ross, 2007)
 - * Men with these characteristics in LD relationship = greater breakup

* Scholarly Research on Long Distance Relationships

- * Pre-deployment (“physically present and psychologically absent”)
 - * Notification, Preparation, and Training
 - * Communication about expectations, schedules, plans, etc.
 - * Deployment (“psychologically present and physically absent”)
 - * Departure, Sustainment, Combat and Conflict
 - * Independence, communication
 - * Return from Deployment (“physically present and psychologically absent”)
 - * Reunion and Reintegration
 - * Possibly anticlimactic
 - * Role confusion
 - * Unresolved issues remain
- * from the Center for Deployment Psychology

* Deployment Cycle Impact on Families



***The Flying Dutchman
of Relationships:**
Are mariners doomed to an eternity
of being single?

- * Acceptance

- * “I mean, that’s pretty much how it is. Your schedule is your schedule and you just deal with it. Your spouse just deals with it. Your kids just deal with it. Internet and phone service may or may not be good... and you deal with it. Celebrate Christmas when dad comes home..”

- * Cost-benefit analysis

- * “Most people have more time at home to spend with family than 9-5 people. Example is my wife (with a flexible schedule also) and I ski weekdays, go out to drink on weeknights, and when we have kids can take them to do activities that would otherwise be crowded and chaotic on weekdays rather than weekends. My experience is it’s a better lifestyle, we don’t annoy the shit out of each other every day of the year.”

- * “I think that most families (of mariners who have been successful at making it work)... try to concentrate on the good (paycheck, time home from the boat).. and not dwell on the bad (missing occasions like birthdays, holidays etc). Our armed forces do it.. and generally their deployments are much longer.”

- * “Yes it’s tough being gone for long stretches of time but the money is good and we get lots of time off.”

- * Flexibility

- * Having a spouse with a flexible schedule helps because then you can spend more time together when you are home.”

- * Impact on children

- * “I don’t think it’s really a big deal. For the most part kids are born into families where a parent already goes away on a boat, it’s all they know from day one. Kids cry and bitch but that’s what they do.”

- * Independence

- * “This set up might work well for some people, especially if the spouse is a more independent type of person. If you have a spouse who can’t do much for themselves..

- * “women folk have gotten adept at using the lawn mower and weed eaters.”

* gCaptain: Qualitative Analysis

* Infidelity

- * “The sad truth is that many people do cheat and infidelity comes in many levels... There is also no denying the fact that the profession we have tends to bring many hardships on our personal lives. Not only do you need an exceptional spouse/significant other, but the relationship itself has to be a lot stronger than most.”
- * “Even a good woman/man who would never cheat, if put into certain circumstances, could and might. It happens.”

* Living apart

- * “I work in Cartagena [Columbia] and my wife lives in Rio de Janeiro, I haven't seen her since September and won't see her until mid March. Yeah, it sucks”

* Similar to other long distance relationships

- * Our personal lives are no different than many office-workers that travel for extended work, or a truck-driver away from home for weeks, except we get paid more(sometimes), and sometimes e-mail service is shitty.
- * “Generally, it isn't much longer than 28 day shifts for a lot of guys.. “

* Support from Others

- * “If there's an issue with the house, car, whatever the wife calls me for advice, if she can't get ahold of me she has a father, father in law, brothers Etc close to home to help out. I return the favor when I am around.”
- * “hope you have a lot of family around to get them through I guess...”

* gCaptain: Qualitative Analysis

- * Impressions from a psychologist and outside
 - * “Relationship” posts were in response to documentary inquiries (rather than title threads)
 - * It’s tough but what can you do about it.
 - * Full of jokes interspersed with serious comments
 - * “ Never marry your first wife. Never, ever, ever. It's as simple as that. I even told my three sons Chip and Ernie and Whazzizname the same thing.”
 - * Lack of expression about emotional pain
 - * E.g., sadness, loneliness, anxiety, worry, distress, etc
 - * Coping method or male alexithymia?
 - * Mixed advice
 - * Communicate as much as possible. Only communicate in emergencies.
 - * “No guy needs the wife/girlfriend calling every day with some "emergency" and trying to get him to come home early. It might even make some relationships stronger.. not as much "togetherness"..lol.”

* gCaptain; Qualitative Analysis

- * By The Numbers
 - * Decades in the industry
 - * Decades at sea
 - * Married 41 years
 - * 2 children
 - * Grandchildren

* Dan's Story

- * Early Years (1960s and 70s)
 - * Relationship started while at CMA
 - * Graduated CMA in May 1978, married 7 months later, birth of son 11 months later Nov 1979. Daughter born 2 1/2 years later May 1982
 - * Maritime schedule at that time:
 - * Drill ship: 1mo on, 1mo off
- * Challenges: break up during college, 3 family members compared to 1
- * Keys for Success: Clear understanding of path ahead (honesty w/ partner), planning, communication, agreement

* Dan's Story

- * Middle Years (1980s and 90s)
 - * Working for Mobile Oil on tankers
 - * 4 month stints at sea, then later down to 3 and 2 months
 - * 1 conversation per port:
 - * Line for the pay phone
 - * “Unless it’s life or death”, Nikki didn’t call
 - * Challenges
 - * Missing most birthdays and holidays
 - * One and a half parent family
 - * Transitions at home
 - * Who was dan at home if not the captain? Define role as parent/father/husband
 - * Keys to Success:
 - * Liking Independence (both partners)
 - * Appreciating and making the most of honeymoon at home
 - * Culture of shipmates in lasting relationships

* Dan’s Story

- * Recent Years (2000s and 10s)

- * Challenges: Less sea time, less quality time off

- * Keys to Success: Follow your bliss.

* **Dan's Story**

* Conclusions

- * Core Values: Compassion, love, honesty, openness, no judging
- * Shared Experience
- * Separate Experiences
- * Communication: talk about everything and come to mutual understanding and agreement,
- * Consistency: relationship values reflected in how you raise children → adaptation and independence

* **Dan's Story**

- * Generational Differences
- * Changes in Technology
 - * Interferes with clean (and healthy) separation
- * Lifestyle tradeoffs
 - * Benefits: \$\$\$ to support family at home, quantity and quality of time when home, travel and flexibility
 - * Drawbacks: Missing annual events (birthdays, anniversaries, holidays), impulse spending


* Themes

- * Technology
- * Potential Deal Breakers
 - * Infidelity, alcohol and drugs
- * Lack of preparation, foresight, anticipation
 - * Don't rush in
- * Transitions
- * Unclear or unagreed upon expectations, rules and norms of the relationship

* Pitfalls and Trouble Spots

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Sea Captain Date

SEA CAPTAINS NEAR YOU

NiceGuy2002
74 | M | Straight | Single
Boca Raton, Florida



I am a gentle, sincere, considerate, affectionate, non-smoker who loves female companionship. Mature enough that I do not need to go farther than cuddling. Actually, I have ED but love to caress, cuddle, and kiss, and love to "spoon" even more without sex. Depending on what your definition of sex is!

[message him...](#)

RedBeardDude
62 | M | Straight | Single
Portland, Oregon



I'm looking for a woman who likes to be in charge. Someone who I can serve in public and in private. Someone who will give my life the structure and discipline I need. Right now I feel lost outside of work on my boat. I am willing to accept a very subservient role within the structure of a long term relationship.

[message him...](#)

PopEye22



START A NEW SEARCH

I am a: Seeking:

Woman Sea Captains

Who are looking for:

Dates

Within 25 nautical miles of: ZIP code

[search](#)




THIS IS A LIMITED PREVIEW

Members Get Access to
* FULL Sea Captain Profiles

* Pitfalls and Trouble Spots

- * Technology
- * Be patient
 - * Wait to get married, wait to have kids
- * Anticipate and plan for transitions
 - * “At home I’m not the captain”
 - * Address role confusion
- * Foster Independence
- * Separation
 - * Psychologically severe ties when at sea
- * Foster Partnership
 - * Parents as leaders
- * Seek and listen to success stories

* Dan's Recommendations

10 Ways to Deal with Long Distance Relationships in Merchant Navy (marineinsight.com)

1. Be honest and transparent
2. Snail mail
3. Understanding and empathy
4. Keep a diary or journal
5. Take advantage of company benefits that promote healthy relationships
6. Work out a schedule and plan, plan, plan
7. Get involved in other things
8. Communicate as much as possible in every way possible
9. Build trust and communicate trust
10. Bring back gifts

How to make a long distance relationship work (wikihow.com)

1. Communicate often
2. Support each other from a distance
3. Create trust
4. While apart, Have shared experiences
5. While apart, Learn together
6. Set boundaries and expectations
7. Talk about the future
8. Talk about doubts, uncertainty, fear
9. Keep a piece of them with you
10. Stop listening to the haters

* Recommendations



* Q & A

NEXT WEEK, February 19

Revisit Your New Year's Resolution: Fitness Tips to Keep You on the Right Track

with Athletic Trainer Jeff Ward

Attendees will learn essential tips for fitness, including goal setting, that will help maintain healthy habits and keep New Year's resolutions.

**Health &
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Remaining Schedule

2/26 Preventing Violence Against Women (SafeQuest Solano Spokesperson) *

3/5 Nutrition, Health, and Wellness (Christine Smith, NP from Student Health Services) *

3/12 Improve Relations with Difficult Coworkers (Dr. Ingrid Williams, Director of HR) *

3/19 Reducing Binge and Problematic Drinking (ATOD Member) *

3/26 Suicide Prevention: QPR (Kate Kimble, Director of Housing) *

4/2 Resilience and Grit as Stress Management (Commandant Staff) *

4/9 Counselors on Cruise-2014 Report *

* Qualifies for ELDP Credit; ^a For Faculty and Staff Only

*Thank You

Ian Wallace, x1174, iwallace@csun.edu

Dan Lintz, x1394, dlintz@csun.edu