



A STUDY ON THE QUALITY OF LIFE AND THE SOCIOECONOMIC STATUS AMONGST FISHERMEN WITHIN THE GAMPAHA DISTRICT -WESTERN PROVINCE

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ABSTRACT

Occupations such as fishing is of high importance to the country's economy. Not much is known about the daily routine and quality of life of fishermen. The objective of this study was to assess the daily routine of fishermen. Their mental, emotional and physical wellbeing was understood and the availability of expendable income was investigated. Likewise, if the fishermen were able to grant their basic needs through their current income was sought upon through scholastic exploration. The methodology of the study consisted of a qualitative, triad interview basis. The study population consisted of 15 participants, as the point of saturation was met. The sampling method used being purposive sampling. The results portrayed that most fishermen follow a strenuous routine with harsh sleeping patterns; includes 5 hours of sleep per night and diets that consist mainly of carbohydrates. Water consumption is however, adequate. Many fishermen believe that although their jobs impact their health both mentally and physically, but they would not exchange their occupation with another. The majority of fishermen do not believe in substantial improvement, they believe that fishing as an occupation would end with their generation. The lifestyle of fishermen allows income to be variable daily. Moreover, the catch is dependent on the weather patterns. Minorities of fishermen are exposed to financial trouble and are not insured. According to their point of view, the quality of life amongst fishermen was sufficient. Most fishermen support larger families. Almost all children were educated and received a primary education. Family life is substantially managed. Moreover, the discussion of the results portrayed, the scarcity with regards to future development could be a result of incoherent census and the lack of awareness by the governing bodies. Supplying improved equipment may also help combat and reduce the effect of the varied income on a daily basis. In conclusion the quality of life was better than expected with regards to their physical and emotional wellbeing, but the socioeconomic status requires more focus.

Keywords: Lifestyle, Fishermen, Socioeconomic status, Routine, Income