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BUILDING A SYSTEM FOR THE ASSESSMENT AND DEVELOPMENT OF PROFESSIONALLY RELEVANT QUALITIES OF MARITIME PROFESSIONALS. POSSIBILITIES OF INCORPORATING APPARATUS METHODOLOGIES⁶

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Abstract: Each profession has requirements demands on the health, physical and mental state of the people who practise it. Maritime professionals are a large group of people exercising professions related to the sea, including divers, rescuers, seafarers, etc. The development of compulsory qualities necessary for the performance of the duties is carried out through the familiar triad of knowledge acquisition, skills development and habit formation. This requires a clear assessment of the individual's abilities and resources to cope with the specific demands imposed by the marine professions. Good physical condition is a prerequisite for the development of optimal physical endurance and the skills to maintain a high level of situational alertness, crucial in the work of marine professionals. At the beginning of the training of marine professionals such as lifeguards, divers, etc., physical fitness assessment is required. This enables subsequent training to focus on building, maintaining and upgrading the necessary professional skills, taking into account the individual characteristics of the trainees. A clear assessment is also needed of the individual's mental resources to cope with high stress, conflict resolution skills and speed of decision making, qualities important in the activities of marine professionals. This provoked the development of a system for assessing the physiological and psychological functioning of marine professionals, who are continuously being developed and upgraded. In this summary, we present the results of years of working and researches conducted with marine professionals to assess and develop professionally relevant qualities. The system includes the examination of body fat, spirometry, stress resistance, derivation of individual stress profile, assessment of the current mental state of the examined person. Experience has shown that incorporating feedback and illustrating the results obtained through the use of instrumental methodologies (biofeedback) motivates marine professionals. The display of individual results allows each examinee to obtain a realistic assessment of their available resources and this helps to focus on an individual level on developing and upgrading professionally relevant qualities. This provides a justification for incorporating new instrumental methodologies in future research orienting towards the assessment of professionally relevant qualities.

Keywords: Assessment, Development, Professionally Significant qualities, Maritime Specialists.

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