

Figure 17 Obedience to Authority

to the chair. The agonizing pain on his face was all a show. On the other hand, the subject asking the questions was actually a volunteer and rather was made to undergo a kind of mental torture. The purpose was to measure the proportion of subjects who could endure up to 30 mistakes (450 volts).

It was assumed that this would only be around 1~2%, however, in practice, the percentage was 30% when the subjects were in front of the respondents and could actually see them in agony. And, when the subjects could only hear the respondents on the other side of a wall, it reached 60% (85% in Germany). Subjects who stopped in the middle of the experiment apparently felt the most stress. Nowadays, such human experiments that inflict stress or mental duress on subjects are discouraged. Thus, this experiment and its results can be said to be valuable.

In a company, is it often the case that the president, while officially saying "safety first", frequently shows a "profit- first" mentality ?

From a psychological point of view, this is thought to be influenced by the Gain-loss effect and the fact that it encourages obedience to authority is clearly apparent because of the social power.

= Gain-loss effect =

When there is a too great a gap between two standards, show the negative impression first and then the positive impression next. With this, people have a more positive impression.

There is a huge gap between Safety First and Profit First. Normally, safety is not directly connected to salary on most occasions. On the other hand, when pursuing profit, one may be awarded more (Reinforcer appearance) and if one does not pursue profit, one may be called out (Punisher appearance). Therefore, human beings tend to choose "Profit First". Please refer to page 71 of the Loss Prevention Bulletin No.46, "Psychological Approach to Safety Behaviour".

= Social power =

After the Murder of Kitty Genovese, the power that causes obedience to authority was studied by French, J.R.P. & Raven, B.H. (1959).

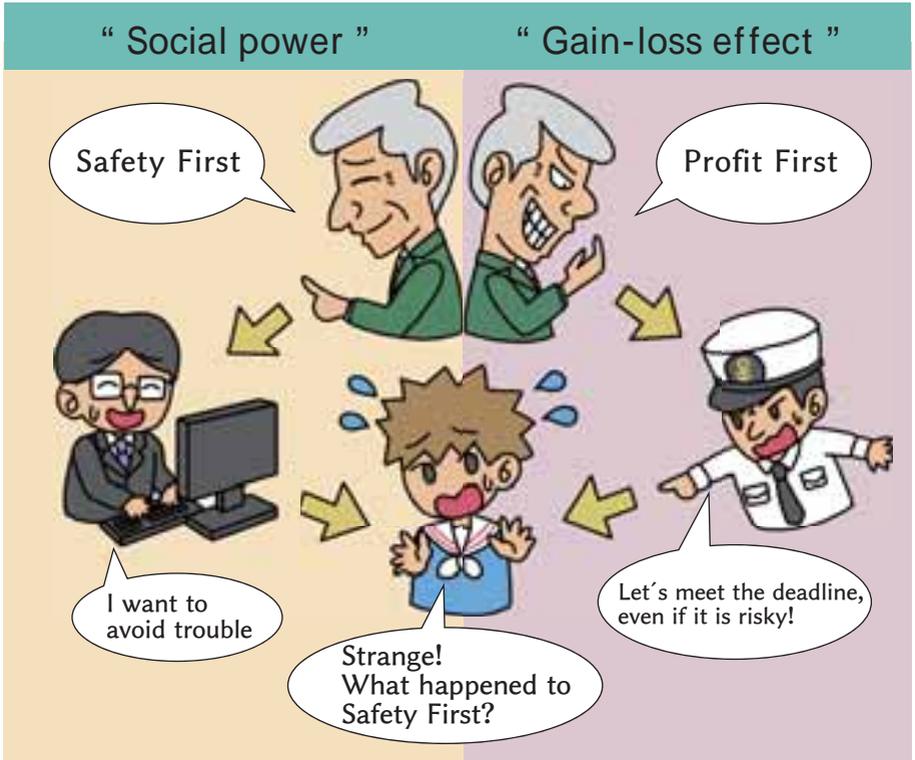


Fig. 18 Gain-loss effect and Social power

Their work is titled: Basis of Power, this means “Human beings are prone to be strongly influenced by those in authority”. In order to have a social influence, one needs to have social authority. In the field of psychology, the social influence of authority is called “social power”. How is social power defined, then?

Regarding their findings, the following 5 different influencing aspects were concluded.

**Reward Power** : The target subject complies in order to obtain rewards controlled by the agent.

**Legitimate Power** : The target complies because he/she believes the agent has the right to make the request and the subject has the obligation to comply.

**Referent Power** : The target complies because he/she admires or identifies with the agent and wants to gain the agent's approval.

**Expert Power** : The target complies because he/she believes that the agent has special knowledge about the best way to do something.

**Coercive Power** : The target complies in order to avoid punishments controlled by the agent.

= “ Obedience to Authority ” that inhibits safe behaviour =

Are not managers in companies or those in charge such as masters or chief engineers in the vessels saying this?

Although the president says, “ safety first ” , does he really mean it?

When port entry is delayed for the sake of safety, does not the sales manager say, “ It is always hard to clean up afterwards, and we are always the ones to be doing this? ”

Also, when the crew are behaving carefully, does not the Master say, “ Hurry up! Don t just stand there! ” or “ You are always so cloddish. ” ?

Although, in the JR Fukuchiyama Line accident, it was revealed that methods for training personnel and economical pressure as a backdrop were thoroughly investigated and the cause and effect of the accident was clarified, however, in the case of Vessel H such an investigation doesn't appear to have been taken seriously.

In the Transport Safety Board Report, the following were pointed out:

How were the business attitudes of the Shipowner and Management Company?

What was the quantity, quality and the effectiveness of educating seafarers like?

How was the cargo owner's attitude (strictness and penalty regarding management such as operating time, cargo loading etc.)?

Quality of system of shift personnel and on-board transportation organization (instructions given to senior personnel by younger personnel)

What was the process of decision making like? (it only seems that the Master made all decisions in this case)

The lecturer heard that the age of the Master was the youngest (in his 40s) in the crew arrangement. Although the Master was not mature enough, the lecturer believes that he selected the best choice. This investigation does not address the environment directly influencing the choice of action or specific actions.

In order to prevent recurrence, it will be necessary to further investigate the economical and social background along with the environmental factors which led such decisions being taken.

In addition, there is a high possibility that recurrence may not be mitigated through technical solutions alone such as prohibiting anchoring within 3 miles and encouraging the use of two-anchor mooring etc. As the Loss Prevention Bulletin repeatedly warns, the “grave-post type recurrence preventative measure” is not realistic as a form of recurrence prevention. But instead, we must construct a “preventative-type recurrence preventative measure” by paying attention to BRM and the quality of communication.

Figure 19 illustrates the sheltering condition of anchorage in Osaka Bay at 13:54 on the 15th of August in 2019, following anchorage restrictions. We can see that each vessel adheres to the rule of anchoring offshore in a restricted area near Kansai and Kobe Airports.

Although there were no reports of a collision or contact damage, the lecturer can only sympathise with the Masters who were seeking refuge during rough weather.

Is it that only the lecturer thinks this is true to the proverb: “*Atsumono ni korite namasu wo fuku*” (A burnt child dreads the fire.)”?



Fig. 19 Osaka Bay on the 15th of August, 2019

## § 5 Anger management

Among all of the various human emotions, we are now going to look at “anger” which can be the most troublesome.

In recent years, it has become a necessary requirement that we learn to manage anger and realize a society where people do not hit people and people do not allow anger to restrain us.

Using various references, we are going to look closer at “anger” from the viewpoint of the following:

- Human individuality is formed depending on the surrounding environment.
- At the same time, human beings also influence their environment.
- Your emotions and physical conditions are shown in your attitude and facial expression.
- We may not always express preferences easily, but it is often easy to know when someone dislikes something because it shows right away.
- Negative feelings can be transmitted.
- Smiles make a comfortable human relationship.
- Humans shall be able to make the best decisions

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## 5 - 1 Mechanism of anger

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Professor (Associate) NOMURA, Michio, of Kyoto University defines “anger” as follows:

= Definition of anger =

“Negative emotion which was generated by feeling as if one’s own mind and body had been assaulted or violated physically and socially.” (Provisional translation)

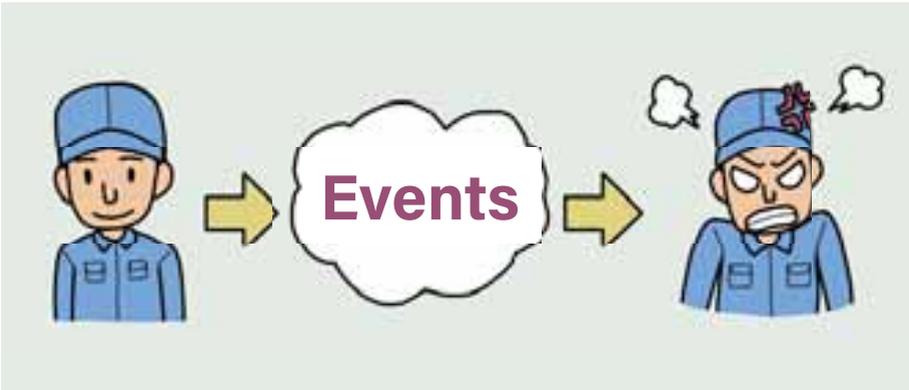


Fig. 20 Mechanism of Anger

Namely, there is an event and it is this that leads to anger. When the amygdala in the brain senses a threat to itself, it causes the body to secrete hormones that cause a stress response (Anoradrenaline and Noradrenaline). The action causes an increase in heartbeat, blood pressure, respiratory rate, blood flow to skeletal muscles, sweating and so on. And, in order to fight (being ready to erupt angrily) or escape, a “fight-or-flight response” is triggered to move the blood in the body to the muscles. As long as the event that caused the anger does not disappear, Noradrenaline keeps being released and the angry emotion increases further.

**= Anger hormone =**

**Noradrenaline** affects thinking, consciousness and mentality.

**Adrenaline** influences parts of the body such as muscles and organs.

**= Positive side of anger =**

Anger brings not only negative aspects but positive ones too; frustration and provocation sometimes inspires us. It brings us adaptive behaviour which tells us to do our best at resolving a problem. Also, by releasing anger in any way, you will also release stress.

**= Negative side of anger =**

However, erupting angrily may lead to the following problems: Compared with the positive aspects, the negative ones are more remarkable. Therefore, it is necessary not to erupt angrily.

Human relationships deteriorate. As the negative emotion continues between one another, it is sometimes exacerbated.

Once erupted angrily, one will feel stressed and this will affect the body.

As a result, the atmosphere will be at its worse.

If publicized on the internet, via video or a tweet, it will be disadvantageous from both a personal and business point of view.



Fig. 21 Anger Mechanism

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## 5 - 2 Ways to cope with anger (Anger management)

(Source: How to exercise Anger management “ Mochirabo ” )

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As can be seen in Fig.22, How to cope with one’s anger (Anger management), it is suggested that there are three methods.

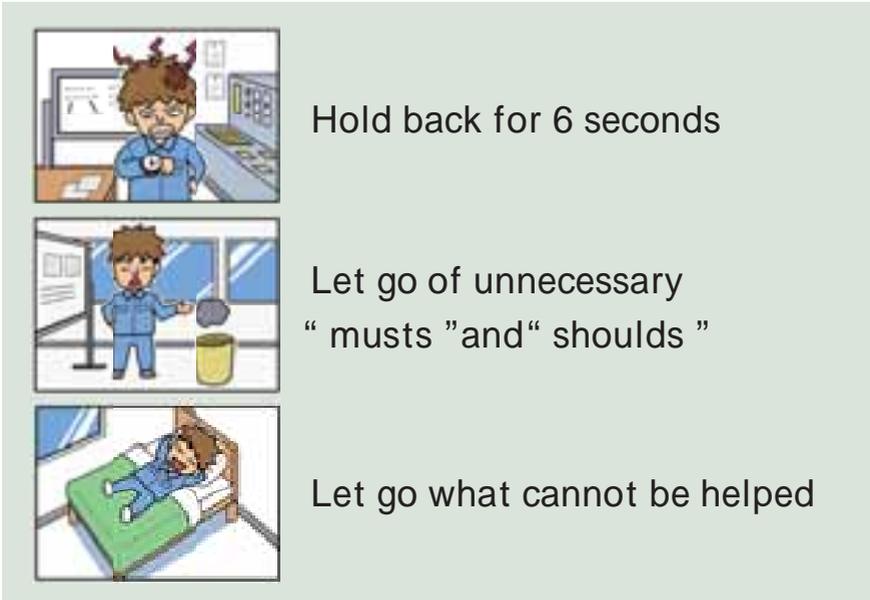


Fig. 22 Ways to cope with anger(Anger management)

= Hold back the urge to get angry for 6 seconds =

**Noradrenaline** induces an elevated mood and passion, but only lasts 6 seconds!  
Impulsive angry behaviour can be suppressed in just 6 seconds.

**Only 6 seconds of Patientce**  
or  
**Regret it your whole life**

### = Let go of unnecessary “ musts ” and “ shoulds ” =

Anger is awoken when the values that one believes in “this should be” are broken. It will be useful to have an understanding of our sense of values such as “I should do this” or “it must be this”.

For example, everyone has different values even when waiting to meet someone. When someone else forces their assertions onto another, he/she may get angry. This is because it is necessary for him/her to release his/her own “should” and “must”.

“ I absolutely must be there at least 5 minutes early “. Crew are instilled with this value.

“ If he/she is delayed no longer than 5 minutes, I can accept that ”

“ I do not mind for waiting for 30 minutes, as long as he/she lets me know in advance. ”

Because there are various criterion depending on the individual, it is necessary to avoid thinking about these things selfishly. And, even if you get angry when the other person is delayed, neither the time you wasted nor your anger cannot be undone.

### = Let go what cannot be helped =

It is also important to understand that there are things that can and things that cannot be changed by anger. For example, no one can change the weather even if it may be irritating, all we can do is complain “why is it raining today, even though it’s my precious holiday!” It is important to stop clinging to the same thought and change your way of feeling ASAP.

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## 5 - 3 Ways to cope with anger both during conversation and not during a face-to-face conversation

(Source: How to get along with “ anger ” from “ Nikkei Gooday ” )

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### = During a conversation =

In the event of you getting angry with someone during a conversation, the following technique to help defuse anger will be effective.

To repeat or ask what the other person said. However, please note that the other person will get if you do it excessively.

You can ward it off by saying “ Yes... ” or “ Right... ” However, if you show what you are honestly feeling, the other person may get angry, too.

If the situation permits, it will be effective to clear your throat/cough.

### = Not during a face-to-face conversation =

The following is an effective way to get through the situation when not during a face-to-face conversation.

Try drawing three quick but deep breaths.

Step out for a while

Drink some water

Fasten a tie

Go to a window and open it to let some fresh air in.

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## 5 - 4 Happy hormones

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As can be seen in Fig. 23, you can stop eliciting anger or calm your anger through the secretion of a good number of happy hormones. There are two different types.



2 kinds of “ Happy hormone ”

 **Serotonin**

Plays a role in modulating the autonomic nervous system and relieves insomnia  
Reduced serotonin also affects depression

 **Oxytocin**

Functions as a stress relief and helps prevent infectious diseases  
Decreases urge to threaten others and enhances trust and affection

Fig. 23 Happy hormones

= How to increase the level of serotonin in the body =

It is said that one is able to increase their level of serotonin by doing the following:

- Wake up in bright and natural light
- Take 30 minute walks both in the morning and in the evening
- Take five deep abdominal breaths a day
- Take a long soak in a warm bath

= How to increase the level of oxytocin in the body =

- Communicate with your family and partner proactively
- Initiate physical contact with your pet
- Watch or read moving films or books

= As for the lecturer =

The lecturer practices the following activities in order to increase his level of happy hormones mentioned above.

Regular exercise (running, playing softball etc.)

Checking facial expressions in front of the mirror (training expression muscles)

Kneels down in the bath + breathes abdominally (four times per minute for five minutes) (This is used in yoga, too.)

Break out of the same old routine (change commute route and communicate with outside-of-work friends etc.)

Shout out in a loud voice (when refereeing softball in his spare time, this is something that he doesn't usually do in his everyday routine)

Also, it is important to laugh (he often goes to a storytellers ' hall for yose and rakugo.)

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## 5 - 5 Psychopath (Antisocial Personality Disorder ASPD)

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This is a kind of mental defect, recently, and “tailgating” while driving has been often cited as an example. A psychopath can be characterized as follows:

Has an abnormal lack of conscience

Does not display sympathy and is callous towards others

Is chronically comfortable with lying

Is not responsible for his/her behaviour at all

Lacks guilt

Is overconfident, boasts and is selfish

Has charm that is superficial along with insincere and chatty speech

In particular, when tailgating is caused by someone driving an expensive car, it is said that the driver is prone to be boastful because he/she can identify him/herself with the value of his/her car. (According to Tatsunari Iota, a psychology counsellor)

In order not to fall victim to such individuals or the above mentioned “grumpy old man/men”, the appropriate way to handle such difficult people is as follows:



Do not confront him/her and avoid direct eye contact



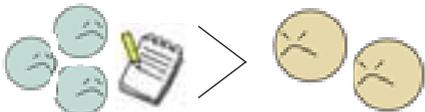
Put a wide space between yourself and your opponent's range of view



Maintain a distance of one meter or more



Do not place an ashtray, flower vase and so on near him/her



Have witnesses in the room when keeping a record, don't be alone with him/her



Video or record after obtaining permission



**Decide on the time**  
Inform the police (about forcible obstruction of business, extortion, unlawful trespass etc.)

## §6 Conclusion

We have described SOC (Sense of Coherence), and analysed maritime casualties from a psychological viewpoint; we also looked at anger management. This can be summarized as follows:



**SOC enhancement cannot be avoided. Let's start today.**



**Human error is deeply related to Confirmation bias.**



**When being "obedient to authority",  
we cannot expect to see free and just behaviour.**



**Let's hold back the negative emotion "anger" .**



**By understanding our brain physiology and our psychological actions,  
let's build a safe and spiritually rich society, workplace and home  
where hurting one another is a thing of the past!**



### **It is important to be “critical”**

Such critical thinking skills ( 疑 術 力 ) will be required over an exclusive devotion to technical skills ( 技 術 力 ). Also, “*Shin-Gi-Tai*”(mind, body, and spirit) as a Japanese concept that describes the importance of a holistic approach in life that encompasses mental, technical, and physical training, is necessary. The lecturer created a new approach to “*Shin-Gi-Tai*” which consists of believing (trusting), being critical and well-being (sense of security).



**Please be safe by calming down  
and letting drop both your anger  
and the anchor.**

# Adult Developmental Disorder Diagnostic Test

Please circle those applicable. When finished, add up the numbers for each block.



## Diagnostic Test -A

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Do you act without considering the outcome of something dangerous or risky?

Do you interrupt someone while they are speaking?

Do you talk about yourself frequently and do others mention that you talk for a long period of time?

Do you find it difficult to wait in a queue? Do you find yourself wanting to cut-in?

While you may have no ill intention, do others tell you that you get in the way?

On feeling frustrated, have you ever struck someone on impulse?

Do you feel that you need to be the first person to enter a shop, even when there is no need?


## Diagnostic Test -B

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Even when seated, do you find that your legs fidget and that you twiddle your fingers?

When you were a child, did you find that you could not stay seated and preferred to walk around during class?

On days off or when free, do you find yourself itching to go outside rather than stay in?




Would you say that it is not that you dislike silence, but that you feel the need to say something even if out of context?

In short periods of time, do you prefer to do repetitive tasks over more complicated ones?

When working on something for an extended period of time, do you find that you lose concentration and make mistakes?

Do you find that if a part of your body is not moving that you can't relax? Does it relax you to fidget?

Do you find yourself thinking about something else when talking to someone?

### Diagnostic Test -C

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Do you find yourself dozing off when talking with a superior or during important meetings?

Do you try to not forget something, only to find that you end up forgetting?

Do you pay careful attention in order to not make a mistake, only to find yourself making a careless mistake?

Do you often loose important items such as a key, wallet or mobile phone?

Even when looking around you, do you have a tendency to bump into objects or drop and break things?

Do you keep a record to make sure that you won't miss an appointment, only to find that you clean forget about it and end up missing the appointment?

On believing that you accomplished something perfectly, is it that you actually missed something?

Total

## Diagnostic Test

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On receiving instructions on how to do something at work, do you make repeated mistakes because you have not understood something?

Even though you may have something that you want to say or are thinking, do you find it difficult to collect your thoughts well enough to express yourself?

Do you take an extended amount of time to read difficult documents and meeting minutes etc.?

When reading papers or a book, do you find yourself losing your place?

Can you not perform simple addition quickly without the need for a calculator?

Are you unaware of written words that you are mispronouncing?

Do you look at letters and find that the way they are pronounced is seemingly unrelated?

Do you find yourself reading the same sentence over?

When reading something, do you change the words or make grammatical alterations?

Have you been picked up on using punctuation inappropriately?

Is your handwriting untidy and do you often misspell words?

Total


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## Diagnostic Test

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Do you find it difficult to read between the lines and make inappropriate remarks?

Do you have difficulty in understanding people and have you ever been told that you are insensitive?

Is it difficult for you to accept things that are different from your everyday routine or out of the ordinary; do you find yourself rejecting them?

When told that you are free to do as you please, do you find yourself doing the same regardless? Do you feel uneasy in a place where you are free to do as you please?

Are you ever told that you are too particular and selfish?

Have you ever been scalded for not understanding a person's feelings when talking with them; were you scalded in such a way that it made you cry?

When talking, do you stand straight, with little gesture, free from expression?

Do you find it difficult to understand jokes?

Do you find it difficult in understanding someone's real intentions or what they may be hinting at?

Do you have an aversion to loud noises, and find that you cannot listen to someone in a noisy place?


Can you not wear coarse or clothing that rustles?

Do you dislike mixed rice or a number of ingredients that are mixed?

Even if someone places their hand on your shoulder, do you feel as though you have been hit?


Total

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## Adult Developmental Disorder Diagnostic Test: Results

### Diagnostic Test

#### ADHD Attention Deficit / Hyperactivity Disorder

A	If you selected YES more than 3 times, it could be that you are ADAD impulsive.
B	If you selected YES more than 4 times, it could be that you are ADHD hyperactive.
C	If you selected YES more than 3 times, it could be that you are ADHD attention deficient.

### Diagnostic Test

#### LD Learning Disability

If you selected YES more than 3 times, it could be that you have a learning disability.

### Diagnostic Test

#### Autism spectrum, Asperger's Syndrome

If you selected YES more than 7 times, it could be that you have autism spectrum disorder.

<http://haltutatusyougai.net/genin-3/>



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