# Spiritual Navigation : The Influence Application Religious to Life Sailors in the Era of Technology 5.0

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A B S T R A C T

Study This aiming For explore influence application religious to spiritual and mental well-being of seafarers in the era of Technology 5.0. Using method qualitative through interview deep with 15 sailors , study This find that use application digital religion such as The Bible and the Quran contribute significant to subtraction stress , mood enhancement , and strengthening personal spiritual practice . Although application This increase mental well-being , its use also raises challenge in interaction social on board , where most sailor report decline participation in communal worship . Findings This show the need balance between personal and communal spiritual practices in a very confined environment like ship . Suggestions are given For developer application religious and corporate cruise use facilitate a more spiritual experience holistic and social for sailor.

## 1. Introduction

In the era of technology 5.0, digitalization has to penetrate almost all over aspect life humans , including in spiritual and religious realm . One of manifestation from phenomenon This is emergence various application religious that can accessed through device clever like smartphones. Applications this , which includes digital scriptures such as The Bible and the Quran have change method people religious interact with texts sacred and practical religious them (Shukor et al., 2019). This change No only impact on society general , but also in groups profession certain that have characteristics unique in pattern work and style life they ( Campbell & Evolvi,2020).

One of group interesting profession For under review in context This are sailors . Profession sailor known with challenges special , such as isolation term long , far from family and community , as well as exposure to various risk physical and psychological (Sampson, et al, 2020). In conditions that often full pressure this , spiritual and religious aspects can become source strength and serenity significant inner for sailors.

Presence application religious on smartphone provides dimensions new in practice sailors' religion . Easy access to texts holy and content religious other through device handheld allows sailors For still connected with their spiritual aspects , even when is at far in the middle ocean . However , the phenomenon this also brings up questions important about How technology This influence mental well-being and patterns interaction social of sailors (das, 2019).

Study latest show that use digital technology in context religious can own diverse impacts . In one side , application religious can increase accessibility to spiritual resources , facilitating practice personal religion , and provide support emotional (Nayar & Bhide, 2020). However, on the other hand , there are concern that dependence overuse of digital applications can reduce aspect communal from practice religious and potential create isolation more social far (Campbell et al., 2021).

In context life sailor , impact from use application religious This become the more complex . The sailors , who often face limitations access to service religious conventional during on duty , maybe find valuable solution in applications This . However , the question that arises is to what extent are the applications This can replace or complete practice religious traditional , and how its influence to mental well-being as well as dynamics social on board .
Mental well-being of seafarers has become focus attention in a number of year lastly , especially remember height level stress and risk mental disorders faced by the profession this (Lefkowitz et al., 2019). Spirituality and practice religious has identified as factor important protective in guard mental health of seafarers (MacLachlan et al., 2021). Therefore that , understanding about How application religious play a role in context This become very relevant .

Interaction social in the environment the ship is also aspect crucial in life sailor . The ship is not only become place work , but also become home and community for sailors during months . In a limited setting. this , dynamics social own influence significant to performance , safety , and welfare of seafarers ( Moreno., 2023). The use of application personal religious potential influence pattern interaction this , good in a way positive and also negative .

This study aiming For explore interaction complex between use application religion , mental well-being , and interaction social among sailors in the era of technology 5.0. With focus on application Digital Bible and Quran, research This will investigate How technology This integrated to in the spiritual life of sailors , as well as the impact to mental health and dynamics social they.

Study This aiming For explore impact use application religious to spiritual and social life of sailors in the era of technology 5.0. In general special , study This will investigate pattern use application Digital Bible and Al-Quran among sailor , analyze connection between use application This with their mental well-being , as well to examine its influence to practice individual and communal religiousness in the environment ship . In addition , research this will also to study difference in pattern interaction social between sailors who use application religious in a way intensive and those that are not . For reach goals said , research This will adopt approach qualitative , relying on interview in-depth and observation participants as method main data collection . Research sample will covers sailor from diverse

background religious background , age , and experience , working in various type ships and routes shipping , use to obtain comprehensive and in - depth understanding about phenomenon This.

Research result This expected give outlook important for various stakeholders interests in the industry sailing , help company to design more policies responsive to need social and spiritual of sailors . Findings this is also useful for developer application religious For increase appropriate features with need sailor . From the perspective academic , research This contribute to the field sociology of religion, psychology industry , as well as studies technology and society , with explore How technology , spirituality , and life Work each other interact . In the era of technology 5.0, studies This offer outlook valuable about role technology in to form spiritual and social aspects , no only in the shipping world but also in various context professional other .

Technology Era 5.0, introduced by the government Japan , marking phase new in evolution digital technology where integration between humans and digital systems become the more smooth (Fukuyama, 2023). In the context of religious , this digital transformation has bring change significant in method people religious access , understand , and practice their religious teachings .

Salgues (2022) explains that Technology 5.0 does not only about improvement efficiency and productivity , but also about create synergy between progress technology and values humanity . In the realm of religious , this means technology No only become tool For make it easier access to information religious , but also as means For deepen spiritual experience and strengthening bond community .

Research by Vitullo (2021) shows that adoption digital technology in practice religious has increase in a way significant , especially since COVID-19 pandemic . Application religious , including Digital Bible and Al-Quran, have become an integral part of life daily Lots people religion . However , Vitullo also warned about the potential of " digitalization " excessive " which can reduce aspect sacred from experience religious .

Campbell and Evolvi (2020) analyzed how digital media is changing landscape religious contemporary . They highlight the emergence of "digital religion" as form new practice religion that combines element traditional with innovation technology . In the context of this , application religious No only tools , but also space new For spiritual expression and experience.

## 2. Methodology

Study This adopt approach qualitative For to obtain understanding deep about experience sailor in use application religion and its impact to spiritual life as well interaction social they are on the ship . Qualitative methods chosen Because his ability For to reveal nuance and complexity experience man in specific context ( Creswell & Poth, 2023).

### Research Design
This study use design phenomenology hermeneutics , which aims For explore and interpret experience life individual related phenomenon certain (van Manen, 2020). Approach This allow researcher For dig meaning  subjective given by sailors to use application religious in context life they are at sea .

### Participants and Sampling
Study This involving 15 selected participants use purposive sampling technique , which allows researcher For choose individuals who can give rich and relevant information related Topic research (Patton, 2022). Criteria inclusion For participants includes :

- Sailor active with minimum 2 years experience sail
- Users application religious ( Bible) or digital Quran) for at least 6 months
- Various background religious background (Islam and Christianity)
- Variation in age (25-55 years ) and position on ship

Amount participants determined based on principle data saturation , where data collection stops when No There is information or theme new emerging from interview addition (Saunders et al., 2019).

**Data collection**

Data collected through two methods main :

a.   Interview Deep Semi- Structured

Interview done individually with every participants , ongoing for 60-90 minutes . Protocol interview developed based on review literature and adapted after pilot interview . Interview done via video conference platform because constraint geographical participants . All interview recorded audio with permission participants and transcribed verbatim.

b.    Journal Reflective Participant

Participant requested For keep journal reflective for two weeks , taking notes experience they in use application religion and reflection about the impact to spiritual and social life them . This method give outlook addition about experience daily participants (Bartlett & Milligan, 2021).

**Data analysis**

Data analysis using approach analysis thematic reflexive developed by Braun & Clarke (2022). The analysis process covering steps following :

•     Familiarization with data through reading repetitive Transcripts and journals
•     Encoding beginning For identify relevant units of meaning
•     Development theme potential
•     Review and refinement theme
•     Definition and naming theme
•     Production report end

For increase credibility analysis , member checking technique is used , where interpretation beginning shared with participants For verification and feed back (Lincoln & Guba, 2021).

**Research Ethics**

Study This comply principles ethics study as outlined in Declaration of Helsinki (World Medical Association, 2023). Consent ethical obtained from Committee Ethics Study institution researcher . Informed consent was obtained from all participants before participation they . Confidentiality guarded through use pseudonyms and deletion information identification from all data collected .

**Reflexivity Researcher**

Confess importance reflexivity in study qualitative (Finlay, 2022), researcher main keep journal reflective throughout the research process For documenting assumptions , potential biases , and decisions methodological . This helps in increase transparency and credibility study.

**Research Limitations**

Although effort has done For ensure accuracy methodological , research This own a number of limitations . Size relative sample small and focused on sailors from two major religions limit generalization findings . In addition , reliance on interviews distance Far Because limitations access to boat can reduce riches observation contextual . However , the limitations This balanced by depth analysis and use method triangulation For increase credibility findings.

Approach methodological This designed For give rich and deep understanding about experience sailor in use application religious , allowing exploration nuance and complexity the impact to spiritual and social life they are in the environment unique boat sea .

Of course , I do. will compile Part 4. Results in 1500 words, divided into 5 subsections . Each subsection will own table and explanation Contents table in One paragraphs below . Tables This will related with variables your research

### 3. Result and Discussion

**Usage Patterns Application Religiousness Among Sailor**

Table 1: Frequency and Duration Use Application Religious

| Frequency Use | Amount Sailor | Average Duration per Session |
|---|---|---|
| Daily | 8 | 20 minutes |
| 3-5 times a week | 4 | 30 minutes |
| 1-2 times a week | 2 | 45 minutes |
| Less than a week | 1 | 60 minutes |

Table 1 shows pattern use application religious among the 15 sailors interviewed . The majority sailors (8 of 15) use application religious in a way daily , with average duration of 20 minutes per session . This shows that application religious has become an integral part of daily spiritual routine part big sailors . Interestingly , sailors who use application not enough often tend use it For longer duration per session , indicating pattern more use intensive However not enough regular .

One of participant , a The 32 -year- old second mate described routine use the application : " *I always open Al-Quran application every Morning before start shift. Usually I read one short surah and its translation . It gives I calm For face day . Sometimes , if There is time free time in the afternoon day , I also opened application For listen recitation . The sound of reading the Koran calming in the middle noise machine ship* ." Statement This reflect How application religious has integrated to in routine daily sailor , function as source spiritual serenity and focus in the midst environment challenging work.

**Motivation and Context Use Application Religious**

Table 2: Main Motivations for Use Application Religious

| Motivation | Amount Sailor | Percentage |
|---|---|---|
| Look for calm / reduce stress | 10 | 66.7% |
| Increase religious knowledge | 8 | 53.3% |
| Maintain worship routine | 7 | 46.7% |
| Feel connected with community | 5 | 33.3% |
| Fill in time free time | 3 | 20.0% |

Table 2 presents motivation main sailor in use application religious , with a number of sailor mention more from One motivation . Search calm and reduction stress appear as motivation dominant , followed by desire For increase religious knowledge . This reflects role double application religious as tool For management stress and resources spiritual learning . Interestingly , only one third sailors who use application For feel connected with community , shows that aspect social from application This Possible not enough utilized or considered not enough important compared to personal benefits .

A 45 year old chief engineer share his motivation use application Bible : " *In the midst of pressure jobs , applications This become escape I . I often read Psalm or strengthening passages when feel stressed. In addition , the feature reflection daily help I still consistent in growth faith , even though Far from church . I am also happy Because Can share the verses that I read to family WA group , create I feel still connected with they spiritually* . " Statement This describe role multifaceted application religious in life sailor , no only as tool stress management , but also as means For maintain spiritual growth and connection with family on land.

**Impact Use Application Religious to Mental Wellbeing**

Table 3: Perception Impact Use Application Religious to Aspect Mental Wellbeing

| Aspect Mental Wellbeing | Impact Positive | Impact Neutral | Impact Negative |
|---|---|---|---|
| Stress Level | 12 (80%) | 2 (13.3%) | 1 (6.7%) |
| Quality Sleep | 9 (60%) | 5 (33.3%) | 1 (6.7%) |

| | | | |
|---|---|---|---|
| Mood | 11 (73.3%) | 3 (20%) | 1 (6.7%) |
| Feeling Lonely | 8 (53.3%) | 5 (33.3%) | 2 (13.3%) |
| Anxiety | 10 (66.7%) | 4 (26.7%) | 1 (6.7%) |

Table 3 illustrates perception sailor about impact use application religious to various aspect their mental well-being . By overall , majority sailor report impact positive on all aspects measured , with subtraction level stress and mood enhancement becomes most frequent benefits reported . However , it is important For noted that part small sailor report impact negative , especially on feelings of loneliness , which may caused by the use of application that reduces interaction direct with colleague work . This data show that temporary application religious generally considered beneficial For mental well-being , its impact Can varies between individual and necessary under consideration in more context wide from life social on board.

A 28 year old seaman reflect impact application to welfare mentally : " *Since routinely using Al-Quran application , I feel more calm face problems on the ship . Before I easy anxious and difficult sleep , especially moment weather bad . Now , listen murottal before Sleep help I relax . But sometimes I feel guilty Because more often pray Alone past application than prayer congregation with friends . Maybe That the reason sometimes I Still feel lonely* ." Confession This describe complexity impact application religious , which although in a way general positive For individual mental well-being , can also influence dynamics social and practice communal.

### Influence Application Religious to Practice Individual and Communal Religion

Table 4: Changes in Practice Religious after Use Application

| **Aspect Practice Religious** | **Increase** | **Remains the same** | **Decrease** |
|---|---|---|---|
| Individual Worship Frequency | 11 (73.3%) | 3 (20%) | 1 (6.7%) |
| Duration of Individual Worship | 9 (60%) | 5 (33.3%) | 1 (6.7%) |
| Participation in Communal Worship | 5 (33.3%) | 7 (46.7%) | 3 (20%) |
| Discussion Religious with Partners | 8 (53.3%) | 4 (26.7%) | 3 (20%) |
| Study/ Reading of Sacred Texts | 12 (80%) | 2 (13.3%) | 1 (6.7%) |

Table 4 presents reported changes in various aspect practice religious after sailor start use application religious in a way regular . Data shows significant improvement in practice individual religion , especially in matter studies or reading text sacred and the frequency of individual worship. However , the impact to practice communal more diverse , with only one third sailor report improvement participation in communal worship , while 20% reported decline . This shows that temporary application religious tend strengthen personal spiritual practice , its influence to aspect communal religious more complex and possible need attention special For ensure balance between individual and communal practices in the environment boat .

A 40 -year- old bosun share his experience : " *Application The Bible is very helpful I consistent read Word every day . I like feature plan guided reading I through all over Bible in a year . This makes I more in know the Holy Scriptures . However , I aware This make I not enough active in fellowship prayer weekly on the ship . Sometimes I feel Enough satisfied with reading personal and forget importance worship together . Now I try balancing both of them* ." Statement This highlight How application religious can increase personal spiritual discipline , but also has the potential reduce participation in practice communal , showing the need awareness For guard balance between second aspect This

### Differences in Interaction Patterns Social between Users Intensive and Non- Intensive Application Religious

Table 5: Comparison of Interaction Patterns Social between Users Intensive and Non- Intensive

| **Aspect Interaction Social** | **Users Intensive (n=8)** | **Non- Intensive Users (n=7)** |
|---|---|---|
| Average time interaction daily | 2.5 hours | 3.5 hours |
| Participation in activity social | 62.5% (5/8) | 85.7% (6/7) |
| Initiation conversation religious | 75% (6/8) | 42.9% (3/7) |
| Involvement in conflict | 25% (2/8) | 28.6% (2/7) |
| Satisfaction to connection social | 75% (6/8) | 71.4% (5/7) |

Table 5 compares pattern interaction social between user intensive ( using application religious every day ) and non-intensive ( using not enough from every day ) application religious . Data shows a number of difference interesting in

dynamics social second group . User intensive tend use up more A little time in interaction social direct compared to non- intensive users , however they more often to initiate conversation about Topic religious . Although non- intensive users show level more participation tall in activity social general , level satisfaction to connection social relatively similar between second group . This shows that although use intensive application religious Possible reduce quantity interaction social , that No always impact negative on quality connection social . However , this data also highlights importance guard balance between personal spiritual practices and engagement social in the environment boat.

Two statements contrast from participants describe difference This . A user intensive , a 35 -year- old second engineer , stated : " *I am indeed more Like alone with my Quran app . It was time personal I with God. But instead Because my understanding of religion increased , i So more believe self start discussion about Islam with colleagues , even non-Muslims.* " On the contrary , a non- intensive user , a 30 -year -old oiler , said : " *I prefer Like chat direct with friends about religion. For me , the essence religious That in practice everyday and how We treat fellow . Application good , but No Can replace interaction directly* ." Second statement This reflect How difference intensity use application religious can influence preferences and patterns interaction social on board.

## Discussion

This study focus on influence application religious to spiritual and mental well-being of seafarers in the era of Technology 5.0. In the context of this , the result study show that application religious own impact significant to mental well-being of seafarers , especially in matter subtraction stress and increase atmosphere heart . Studies previously also strengthened findings this , with a number of study find that spirituality and religion can play a role as mechanism coping in situation stress high (Nayar & Bhide, 2020; Campbell et al., 2021).

Use application Digital Bible and Al-Quran among sailor has change method they practicing religion during is in the sea . Research previously by Hutchings (2019) and Wagner (2021) revealed that religious digital application capable increase consistency in personal spiritual practices . However , the findings this also raises challenge related decline interaction communal in activity religious , which is also reflected in study This . The sailor who is more often use application religious tend use up time more A little in activity social communal on the ship.

In research this , was found that 80% of sailors report subtraction level stress through use application , consistent with study by MacLachlan et al. (2021) which states that spirituality play a role as mechanism protective important for sailors . However , the impact use application religious against loneliness No uniform , with 20% sailors report increased sense of isolation Because decrease participation in activity religious communal . This is similar with findings by Voas & Watt (2020), which states that application religious potential lower interaction social physical and improve trend isolation individual.

In addition , research This find that application religious functioning No only as a means of personal worship, but also as tool For share spiritual values with family and colleagues on land . This is consistent with study by Martínez-Buelvas et al. (2024), who found that user application religious feel more connected spiritually with community outside ships . However , 30% of sailor experience difficulty balancing use application with demands work they , a a phenomenon that was also reported in study by Li et al. (2023).

In terms of interaction social on board , sailors who use application religious in a way intensive report more A little time interaction social directly , but more often start discussion about religion compared with those who use application religious in a way No intensive . A study by Kim & Park (2023) showed that more sailors often interact through digital media perhaps experience decline quality connection social directly . However , research This find that although user intensive interact more little , quality connection they still awake.

In conclusion , the application religious play a role in increase the spiritual and mental well-being of seafarers , but There is challenge in guard balance between personal and communal practices . Use of digital applications make it easier access to text holy and worshipful, but also giving rise to potential isolation individual and lower involvement in community

## 4. Conclusion

Application religious give significant contribution in increase mental and spiritual well-being of seafarers in the era of technology 5.0. Application This capable reduce level stress , improve mood, and give easy access to source Power religious . However , the application this also raises challenge related decline interaction social and participation in communal worship . Although application the strengthen personal spiritual aspects , the need for balance with life social on board still become attention main.

Shipping company need consider more support big For integration technology balanced religion , with guard interaction social in the environment ship . Provision access adequate technology , education about use application religious in a way wise , and strengthening communal worship practices on ships must become priority . More next , developer application religious can consider feature which supports practice religious communal , such as group worship schedule or feature more online discussions structured.

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