

# DELIVERABLE D4.1.2

## *ALL for fisheries guidelines*

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# ALL for Fisheries guidelines

## D4.1.2

Draft guidelines to make ALL a regular offer and to extend them to the whole fishery sector

The following report summarizes some elements of psychological and relational analysis that have been derived from the direct and participant observation of group activities, on the day of 21/11/2019, with Italian fishermen.

## **THEORETICAL REFERENCE APPROACH**

A clinical psychologist and systemic-relational and family psychotherapist, dott. Obbili Simona, was present during the ALL held in Italy. She used the observation of interactions and analysis of relationships as a key to understanding any phenomenon within a system with a psychotherapeutic approach.

A system is each membership group or each aggregation of people, more or less lasting over time, with characteristics in common and that has its own rules and habits, implicit and explicit. Another particular focus of the systemic-relational approach is the analysis of the enlarged context, which highlights the links between the system object-of-study and the other systems with which it interacts, embracing an increasing complexity, ranging from micro to macro, in an integrative and understanding perspective.

Time and life cycle variables are also considered, so the individual characteristics and the expectations of the "individual" are essential from the present context and from its past history, which took place within its different belonging systems.

Thus, the systemic relational approach is well suited to the study of systems that are also very different from each other (such as a company, a community, a particular category of workers, a school, a class, a family, a couple, a sports team, etc.) as long as they are analysed in their peculiarity.

On the basis of the preliminary analysis of the context and the reports, it is possible to carry out ad hoc interventions aimed at the empowerment, the acquisition of useful and functional strategies in that precise context, the resolution of particular problems, with the ultimate aim to:

- promote the improvement of contextual conditions, of productivity and of the quality of life of both the individuals and the system;
- prevent potential risks.

## **ANALYSIS OF REPORTS and CONTEXT**

### **Pre-activity interactions**

(spontaneous dialogue groups and information about attendee's arrival)

Looking at the interactions in the pre-activity moments, it was possible to see that some participants had known each other before.

Prior to the presentation of the project and the explanation of the activities, some participants were slightly hesitant and exhibited attitudes of perplexity, which vanished almost immediately with the onset of group activities.

### **During the activity**

#### **Introduction**

Information was collected about each participant about:

- individual characteristics about his personality;
- the prevailing relational and communication styles;
- content related to past and present experiences of life and work (including "typical day"); positive and negative considerations; expectations and desires for the future;
- informal and formal social networks.

Starting from the individual profiles and merging the data, it was possible to define "an average profile" of the typical fisherman residing in this territory.

#### **The profile of the typical fisherman and his background**

Generational aspects:

In most cases, "the fisherman's work" is the result of the generational transmission of four generations: "my grandfather"- "my father"- "I" -" my son". Most of them, are currently married and with children. Those who have young children, on the one hand, hope that their children, growing up, will choose to devote themselves to the same work "because a fisherman never dies of hunger", on the other hand they hope the exact opposite, because of the "practical difficulties of this work".

Personality characteristics and group relational aspects:

Considering the prevailing relational ways, at first, the participants seem to divide almost exactly between two types "Up" and "Down".

The "Up" mode includes features of extroversion and sharpness, with an effective and clear communication, which can sometimes be assertive, other times it can impose itself on others, not taking into account their wills. It is the typical way of leaders, who express courage in taking initiatives and carrying out their wills.

On the contrary, the "Down" relational type includes characteristics of introversion, avoidance of conflict, greater insecurity, propensity not to take initiatives and to follow the will of others. As the group activity progressed, those who initially showed themselves as "Down", then manifested increasingly "Up" behaviors, until they reached an assertive communication style, in terms of their own desires and expectations. This change could be linked to a component of defensive personality and initial distrust of the next.

Distrust and closure are particularly useful and protective in a highly competitive living environment.

Another peculiar characteristic seems to be individualism, which often excludes cooperation, especially in the workplace.

Overall, they show strong personalities and characters, with an inclination to action and practical problem-solving.

Positive and negative aspects, of the past and present declared:

Many say that they appreciate their work and do it with passion; they claim to enjoy the moments of solitude and loneliness on their boat.

Equally numerous are those who complain about practical aspects such as: nightly working hours, physical fatigue, the monotony of "always the same" days, the lack of relationships in addition to family ones and few "intimate and trusted" friends, often also fishermen.

From an economic point of view, contrasting and very subjective aspects coexist, so some report "to ear well"; others complain about "coming with difficulty at the end of the month". From the accounts, some would earn around 5,000 € per month, others around 1,000 €.

An adverse issue concerns illegality. Verbally, they express and seem to all agree in criticizing illegal actions, however many affirm that they are the first to not fully comply with the rules. They agree that past misconduct has caused environmental disasters, which have now reduced catches.

Informal social network:

Mainly formed by their own (enlarged) family unit. Relations are mainly superficial with neighbors and other citizens.

Formal network:

Associations and cooperatives of the working category of fishermen.

Expectations for the future:

Awareness of the consumption of fresh fish among the population, with also projects in the school canteen;

To have an institutionalised leader who can guide them in policies that are favourable to them, according to the specifics of their ownland, defined as "very variable" even after a few kilometres; development of tourism.

### **After the two ALLs, it seems important to value the following strengths**

At the beginning of the lab it is important to provide a clear explanation of the project and its objectives: this conveys a general feeling of reliability and seriousness. Subsequently, the simple and informal communication skills of the operators (perfect for this kind of participants) allowed to quickly break the ice and create a proactive attitude in the participants for the start of the cooking activity.

The group work proposed to fishermen triggered their practical abilities, within a framework of concrete collaboration. This practical approach gave an added value to the whole activity, respect to a solely theoretical approach, where "just listening" would have been less engaging.

The participation of the operators in the cooking activities, which took place only at a secondary moment, made it easier to observe the relational properties of fishermen and their interactions during the free organization of cooking activities. Precisely, in these spontaneous moments, it is possible to capture more information about the personological and relational characteristics of the group members.

The fact that, in a second phase, the operators started cooking with the fishermen allowed to establish an "equal" relationship, in an atmosphere of lightness and conviviality, perfectly

suitable for the conversation. The openness to dialogue of the users involved was truly remarkable and allowed operators to gather information about the objectives set in a fluid and smooth way, not forced.

Quite significant were also the moments of shared lunch and during the closing. The latter, in particular, allowed to clarify and deepen some points that have already emerged during the day, to summarize the needs and expectations of fishermen. The final team comparison allowed the operators to integrate and enrich the data that each had collected individually.

No critical aspects or special measures emerged during the assessment. Perhaps, during the initial explanation of the activities, it is important to underline how the group activities are not competitive at all: this precaution could increase even more the sense of cooperation and mutual aid, even among members of different groups.

In conclusion, the semi-structured ways of investigation, mentioned above, proved to be optimal:

- they enabled operators to fully achieve the data collection targeted for that day;
- they allowed the integration of quality data that probably would not have emerged if users had not really felt comfortable and listened to.