













































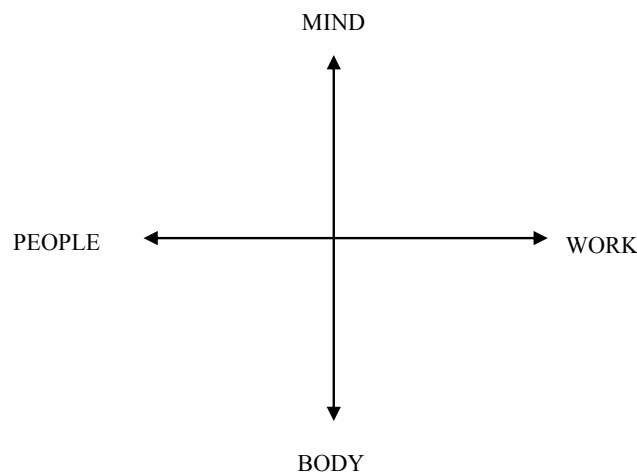


### 3.2 The lived experiences of fishermen.

A list of lived experiences was derived from a random sample of fishermen interviewed during the period June-August 2012 in the same fishing organizations as used for the QOL survey. Three basic questions were used to prompt each respondent to yield a list of lived experiences and activities. The questions were: 1. Which activities were enjoyed in the last 2-3 weeks and activities that would like to continue in the coming weeks; 2. Which activities were undertaken in the last 2-3 weeks which were not enjoyed, but felt some responsibility, obligation or duty to undertake; 3. Which activities that filled some of their time in the last 2-3 weeks were not included in the first two categories.

From the list of responses we prepared a four basic dimensions diagram that was used for data collection following the methodology developed by Massam *et al.* [24]. Four dimensions were identified, namely *Mind* (intellectual/thinking and reflection), *Body* (state of being, health), *Work* (activities, paid or unpaid, that require effort and some degree of commitment to be busy) and *People* (interactions with others) (Figure 17).

Fig. 17. Template to display data on lived experiences. From Massam *et al.* [24].



The protocol proposed by Massam *et al.* [24] was used to collect information from a sample of willing volunteers of 12 fishermen. A brief preamble on the concepts of *lived experiences* and *activities* was offered to each interviewee and an overview of the variety of responses derived from the long list. Then the list of activities for each of the four dimensions was presented and discussed. Each respondent was asked to identify some relevant activities that apply to their unique lived experiences, and to add others in order to identify the sets of activities for the individual for each cluster that suited their particular case and life style.

Figure 17 and the 4 clusters/dimensions of lived experiences/activities, were explained to each volunteer. For each axis the respondent was asked to reflect and think about the activities that fitted into each cluster for a specific time period namely the last 2-3 weeks. The implications of placing the mark at the center or the edge of each axis were discussed with each respondent.

For each axis the respondent was asked to suggest a level of engagement (marked with a 0) with the set of activities in each cluster: ranging from low (center) to high (edge): this point was marked on each axis.

Here the respondent had to make a judgment about the selected level in terms of satisfaction: was the level to their liking or not? Was it too low or high? By how much was it too high or low? It was pointed out by the interviewer that there was neither a right nor a wrong answer to each question.

Each individual was asked to look at the gaps between the actual level of activities and the desired level for each of the four dimensions and reflected on the significance, if in the opinion of the respondent the gap should be closed, whose responsibility is it to close the gap and further, what are some of the reasons why the desired level is not actively sought. The results for all the fishermen in the survey were interpreted and summarized.

#### **4. Conclusions**

Quality of life of fishermen is perceived as very acceptable and excellent, family is the most important factor in their life.

An inverse moderately strong relationship between catch, marginalization and QOL score was found, while income and QOL score were directly related. In general, future and past are not better than the present.

Lived experiences analysis showed that *Mind* and *Work* dimensions are consistently important but the most unsatisfied in these communities, probably related to their poor catch perception and economic instability. Fishermen recognized their own responsibility for closing gaps but also to the government. This is an important fact in terms of sustainability to should be included in public policies. Sustainable fishing should reflect a high QOL and no gaps or very small ones in the significant dimensions elected by themselves.

Although there are social problems in the fishermen's villages along the coast of Jalisco, the assessed quality of life and lived experiences can be considered as indicators of sustainable fisheries in the region.

For future research we recommend to include the women living with fishermen in these communities to get a wider knowledge of the QOL and lived experiences of individuals.

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## Conflict of Interest

The authors declare no conflicts of interest.

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