

Exploring Youth–Family Relationships, Diet, Health, and Social Challenges Among Families in Madolenihmw, Pohnpei

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ABSTRACT

Good youth-family relationships, healthy diets and good social relations are very important for effective and productive rural communities on the island of Pohnpei. The research focuses on understanding how the quality of family relationships influences youth well-being, particularly in terms of physical health, emotional stability, and social behavior. It is hypothesized that youth with stronger Family relationships are more likely to maintain healthier diets, experience better emotional health, and encounter fewer social difficulties than those with weaker family bonds. To test this hypothesis, the study will employ structured questionnaires that allow for informative interviews and focus group discussions to gather qualitative and quantitative data from the local community of Madolenihmw and other potential areas of interest that will benefit in the progression of the study. Comparative analysis with other municipalities in Pohnpei such as Kitti and global contexts will also be included in the study to give better insight and understanding of the topic at hand. Ultimately, the research's principal objective is to determine whether stronger familial support correlates with improved health outcomes and reduced social challenges for youth in Madolenihmw. Findings from this research aim to contribute to community-level strategies that strengthen family involvement in youth development, promote mental and physical health, and guide culturally relevant interventions in Pohnpei and similar island communities.

KEY WORDS: Youth-Family Relationships, Emotional Well-being, Family Support, Social Challenges, Local Community, Madolenihmw, Micronesia, Health

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