

Agricultural Producer Stress: Federated States of Micronesia Territory Report

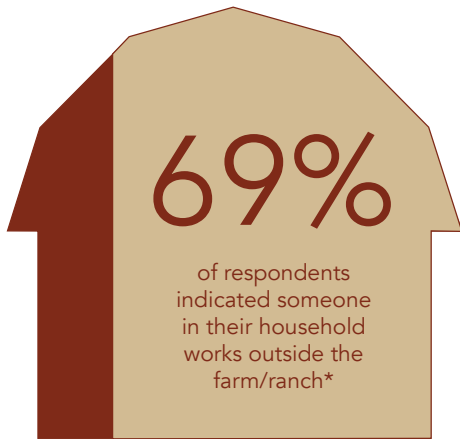
Western Regional Agricultural Stress Assistance Program (WRASAP) Baseline Survey Data

This baseline survey project is part of a larger USDA-funded grant initiative called WRASAP (to learn more visit farmstress.us). The aim of this survey was to better understand the types of stressors that agriculture producers are currently facing, as well as what types of stress management topics and dissemination strategies they would most prefer. These results will help to inform future WRASAP outreach and programming.

Who were our survey respondents?

97

Federated States of Micronesia (FSM)
residents completed the survey

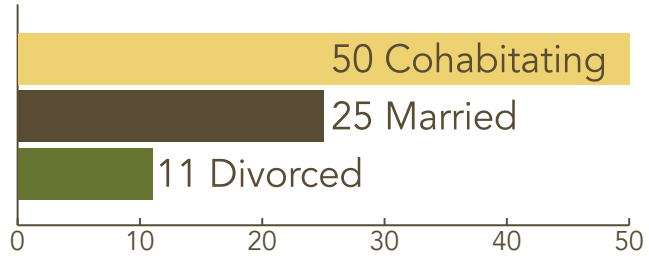


*most commonly in the field of education

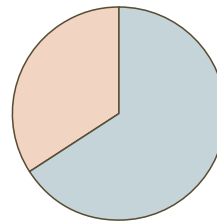
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Average number of years respondents have worked in agriculture

Marital Status



11 respondents declined to answer this question

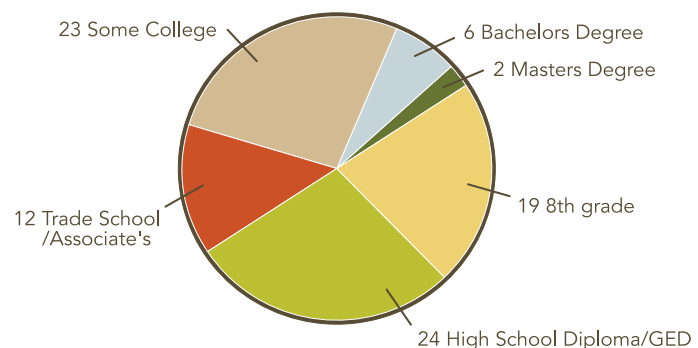


66% Male
34% Female

Ethnicity

- White 65%
- Native American 11%
- Bi-racial 5%
- African American 4%
- Hispanic 1%
- Asian American 1%

Highest Level of Education Completed (# of respondents)



11 respondents declined to answer this question

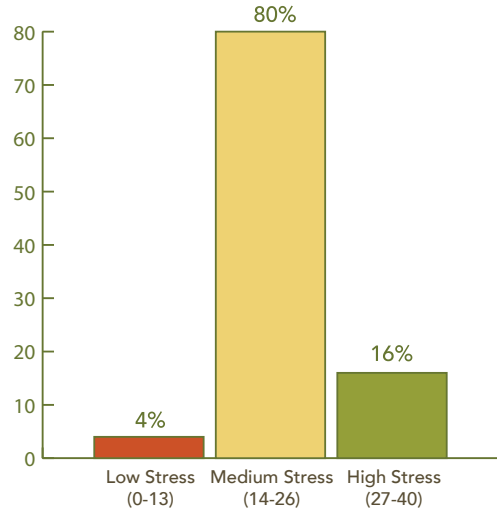
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– Average age of respondents

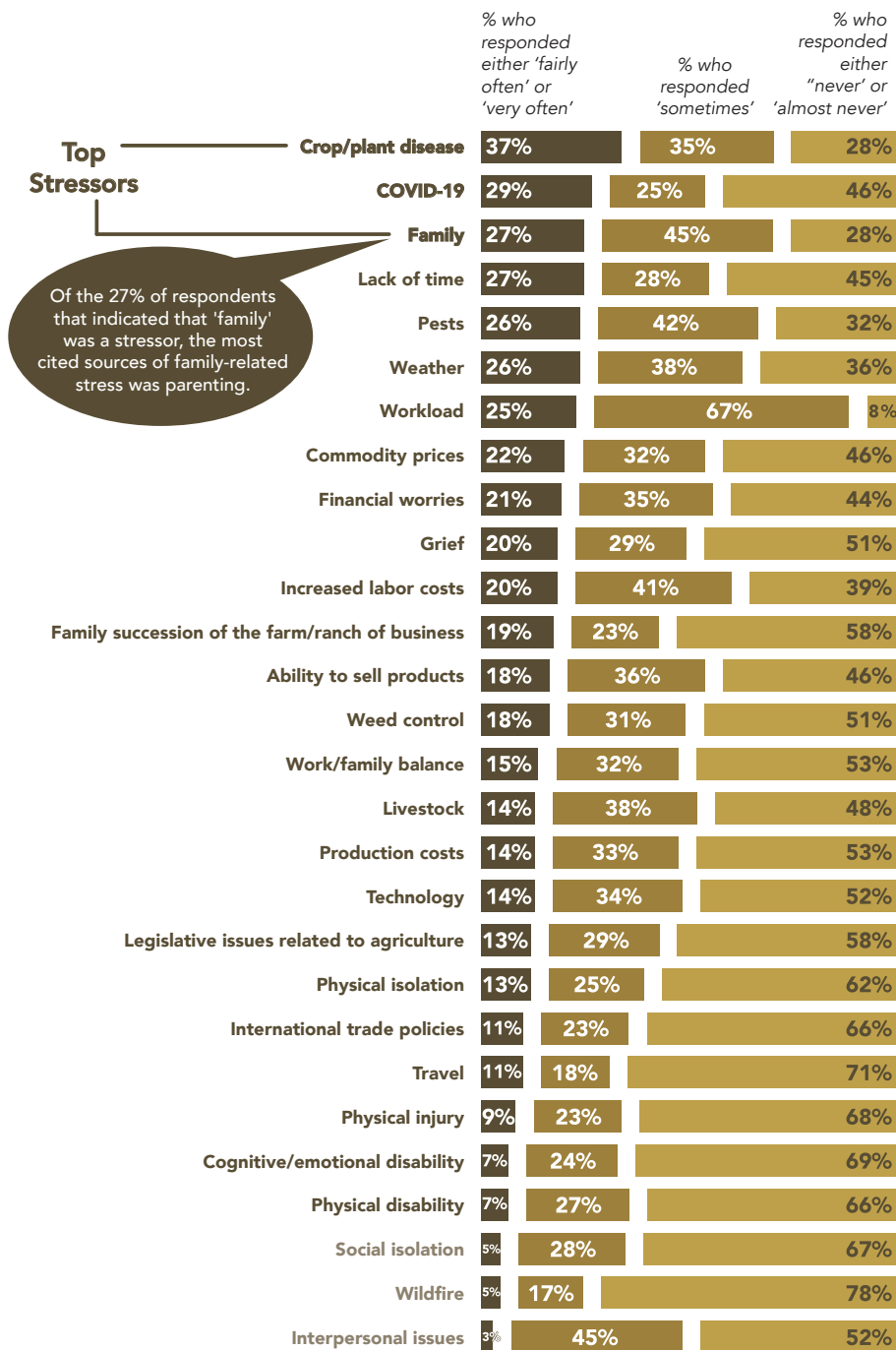
This survey utilized the Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are considered stressful.

Based on their PSS scores, on average, FSM agricultural producers are experiencing a **MEDIUM LEVEL** of stress (average = 15)

Perceived Stress Score (PSS)



Within the last year, please indicate how often the following led you to experience stress?



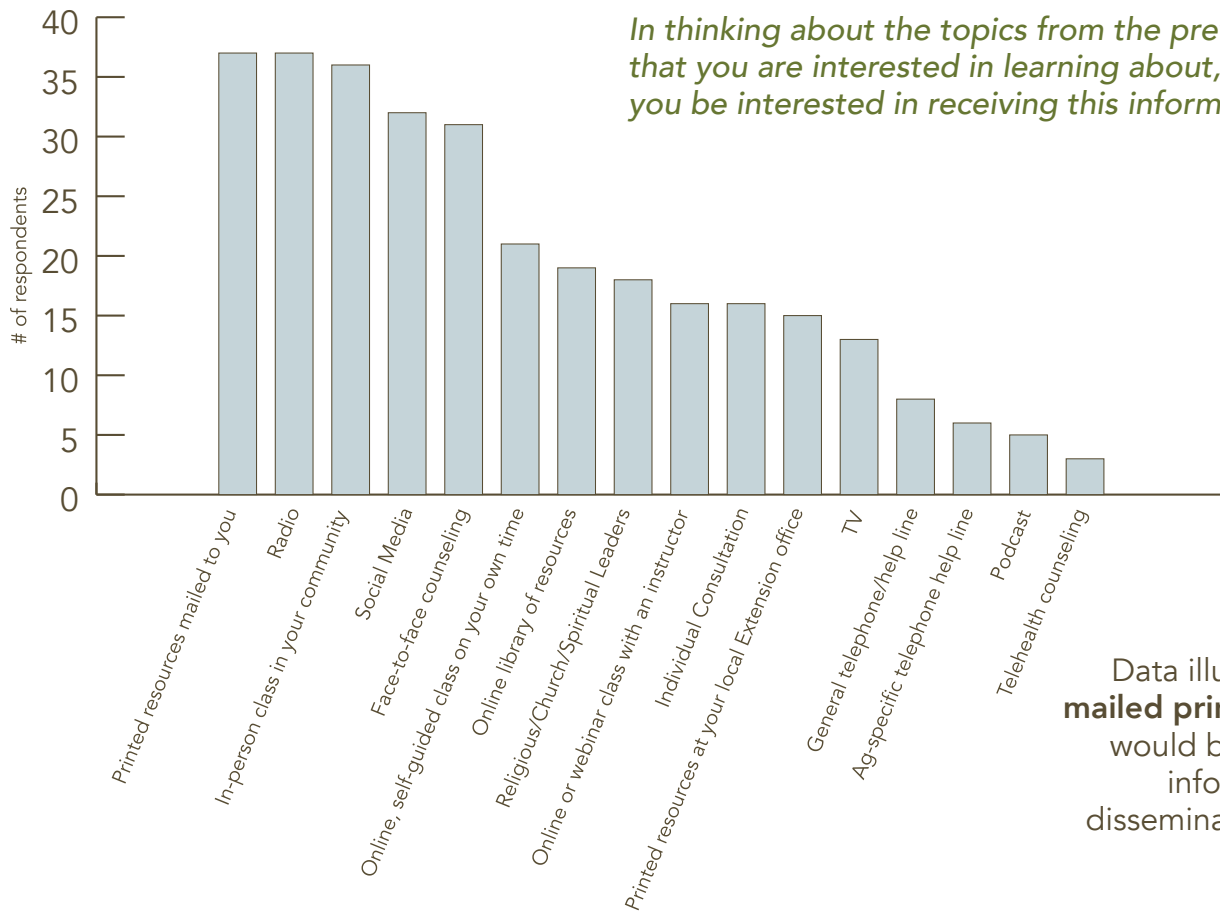
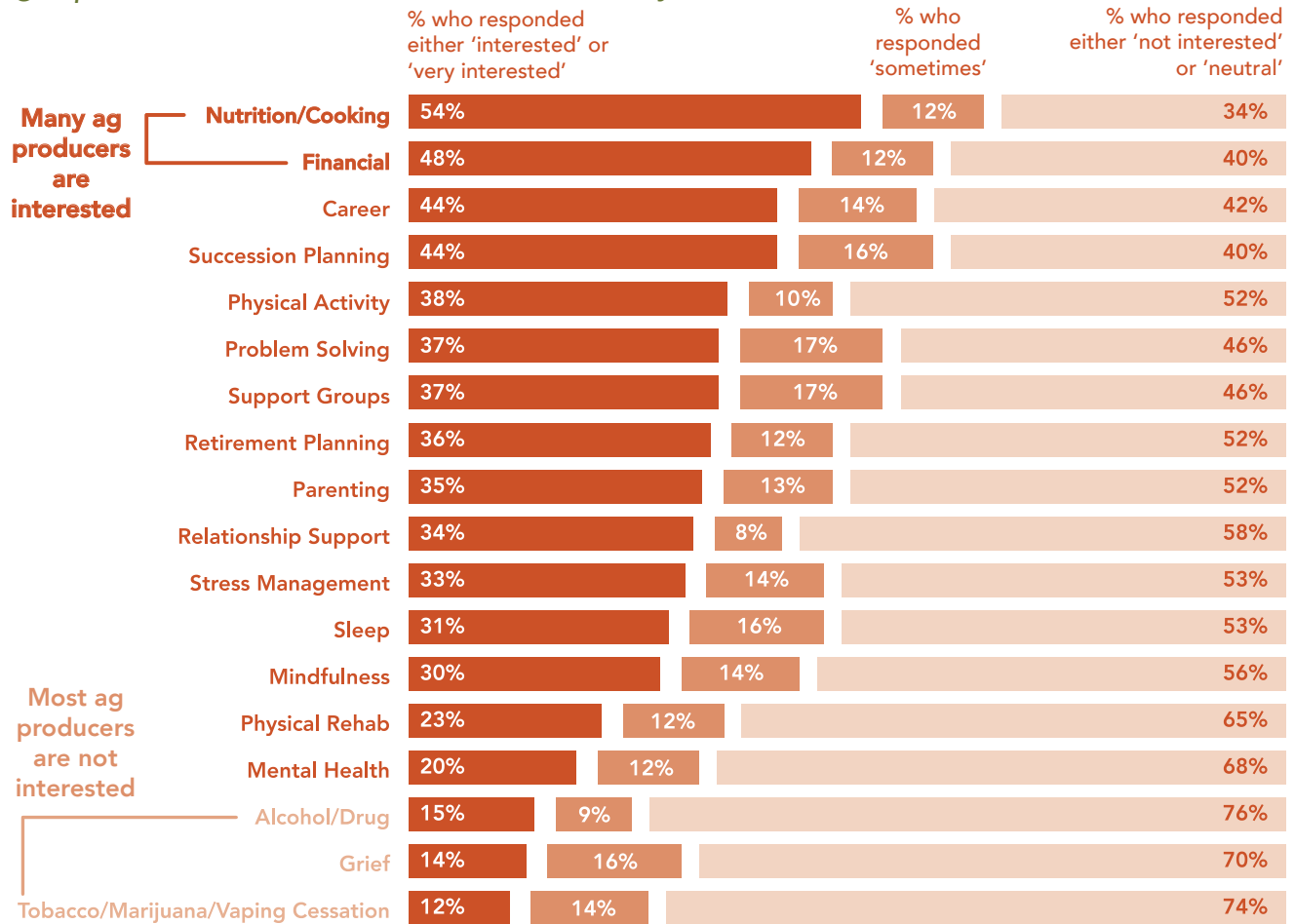
Top Stressors

Of the 27% of respondents that indicated that 'family' was a stressor, the most cited sources of family-related stress was parenting.

Of the 26% of respondents who indicated that 'weather' was a stressor, the most cited sources of weather-related stress were climate change, heat, rain and wind.

Data illustrates that the top three stressors for FSM ag producers are **crop/plant disease**, **COVID-19** and **family**.

To help you manage and/or cope with your stress, how interested would you be to learn about the following topics if the content was made available to you?

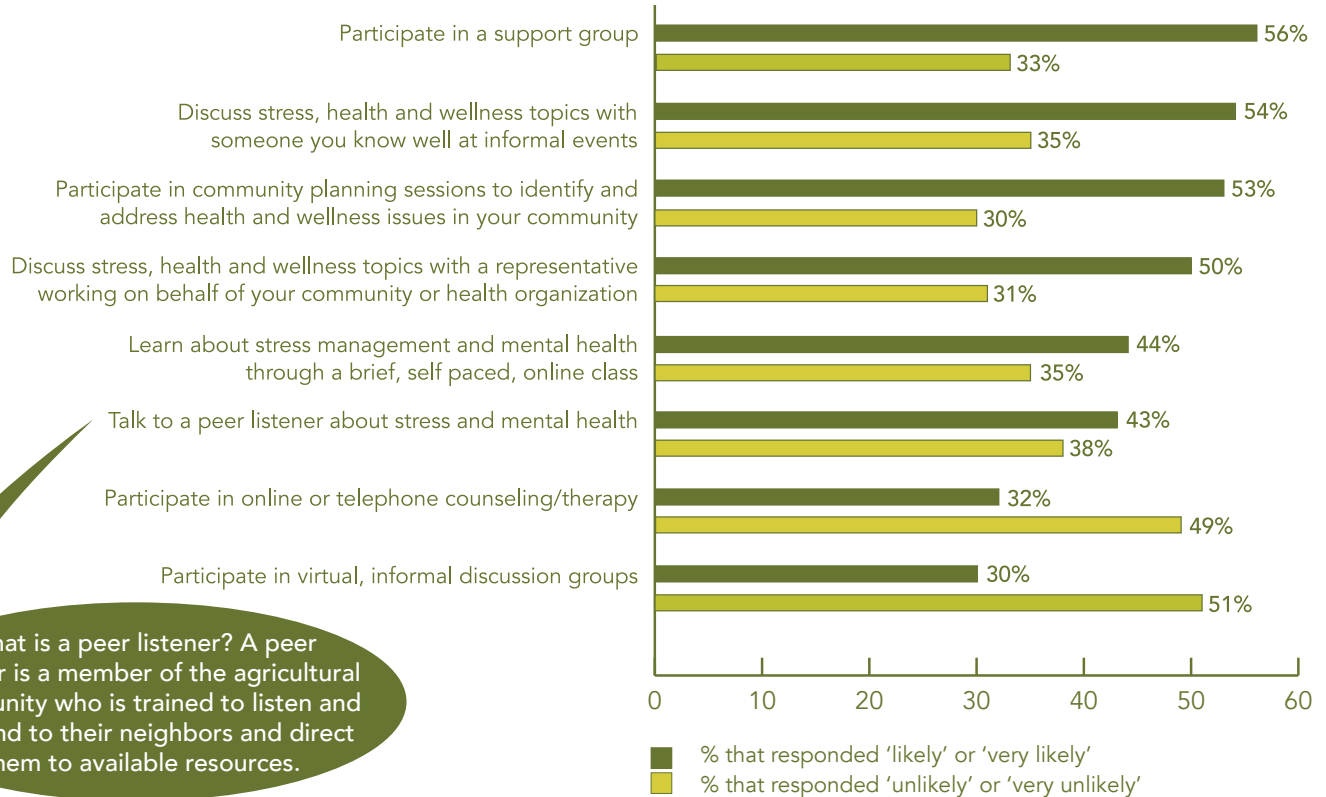


In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in receiving this information?

Data illustrates that **mailed printed resources** would be a popular information dissemination strategy.

This grant initiative also involves specific outreach and education projects. In order to gauge interest in some of the projects that have already begun, we asked ag producers throughout FSM how likely they would be to participate in such a project if it were made available in their communities.

Likelihood of Participation in Specific Education and Outreach Projects



What is a peer listener? A peer listener is a member of the agricultural community who is trained to listen and respond to their neighbors and direct them to available resources.

Comments from survey respondents

In times of need, support from not only family members, but from the community is very important.

I used to have balanced time with my family, but now I find myself absorbed with the farm.

For more information on the data in this report, please contact Dr. Kuan-Ju Chen, chenkj@triton.uog.edu, or Dr. Michelle Grocke, michelle.grocke@montana.edu. Please also visit farmstress.us.

This report was compiled by Steven Young-Uhk, Dr. Kuan-Ju Chen, Mary Catherine Wiley, Dr. Michelle Grocke, Dr. Alison Brennan, Dr. Brenda Freeman, Dr. Lorann Stallones, and Kara Erickson. Design by Lori Mayr.



WRASAP
Western Regional Agricultural Stress Assistance Program



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