

# Culture immersion

[Countries](#), [United States](#)



Pacific Islanders live a very social lifestyle steeped in family hierarchy both immediate and extended family. Pacific Islanders' cultures follow ways of life based on very old philosophies that promote living a principled and dignified lifestyle. These cultural aspects are passed for one generation to the next thru traditional storytelling along with music and dance. While Pacific Islanders had no form of written communication for many centuries music was a crucial mean of expression. They used drums made of logs and small guitar made of gourds. A flower worn behind the right ear means the man or woman is available. When placed behind the left ear, the wearer is spoken for. It is observed that Pacific Islanders tend to do better with oral instruction. It is considered rude to touch a Fijian on the head. Another custom of the Fijian's is fire walking. This is the practice of walking across hot coals without burning the feet of the Fijian. For centuries many Pacific Islanders believed that the Gods controlled their lives. But in this day and time many Pacific Islanders practice Christianity. Pacific Islander cuisine includes numerous types of fish, fresh fruit like bananas and coconut, breadfruit, and sweet potatoes. Corned beef is also popular. Pacific Islanders have a difficult time dealing with the pressure of American competitive nature of academia and workforce due to their traditional laid back attitude. Pacific Islanders have a high incidence of alcohol and drug use within their ethnic group. Also Pacific Islanders have been found to have problems with obesity, which is considered a sign of wealth or nobility. This excess weight can lead to diabetes along with hypertension which in many cases goes untreated. This population was nearly wiped out due to its exposure with Western civilization due to disease that they had never been exposed to and

immunity unable to combat. Throughout my research I found that many of the Pacific Islanders which come to what they call the mainland assimilate to the customs of the area that they call home now. A lot of this is due to the fact that there is not a high concentration of their ethnic group in the area they have chosen to live. Therefore my research will be limited to one person that does not have any other family or friends of their ethnic background in this area. So I will not be able to obtain experiences from a wide range of prospective. (n. d.). Retrieved May 24, 2012, from <http://education.byu.edu/diversity/culture.html> American Psychiatric Association. (n. d.). Retrieved May 22, 2012, from Healthy Minds. Healthy Lives: <http://healthyminds.org/More-Info-For/Asian-AmericanPacific-Islanders.aspx> American Samoa. (2012, May 23). Retrieved from [http://www.pacificislandtravel.com/samoa/about\\_destin/culture\\_as.asp](http://www.pacificislandtravel.com/samoa/about_destin/culture_as.asp) Countries and their cultures. (2012, May 25). Retrieved from Pacific islander americans: <http://www.everyculture.com/multi/Le-Pa/Pacific-Islander-Americans.html> Wergowske, G., & Blanchette, P. L. (n. d.). Retrieved May 23, 2012, from <http://www.stanford.edu/group/ethnoger/nativehawaiian.html>[pic]