

# RELAXATION TECHNIQUES IN MIDDLE SCHOOL STUDENTS



Center of Excellence  
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## Background/Abstract

- 50% of American middle schoolers report feeling depressed, stressed, or anxious (Prothero, 2022).
- Identified 6th and 7th grades as being key times in experiencing stress.
- Yoga and art have been proven to reduce stress (Shohani et al., 2018; Sherrell, 2022).

## Project Setting/Target Population

- Jackson City High School 6th and 7th graders (n=50)



## Project Goal or Research Question

- Implement yoga and art as relaxation techniques.
- Investigate changes in confidence and relaxation practices.

## Project Activities

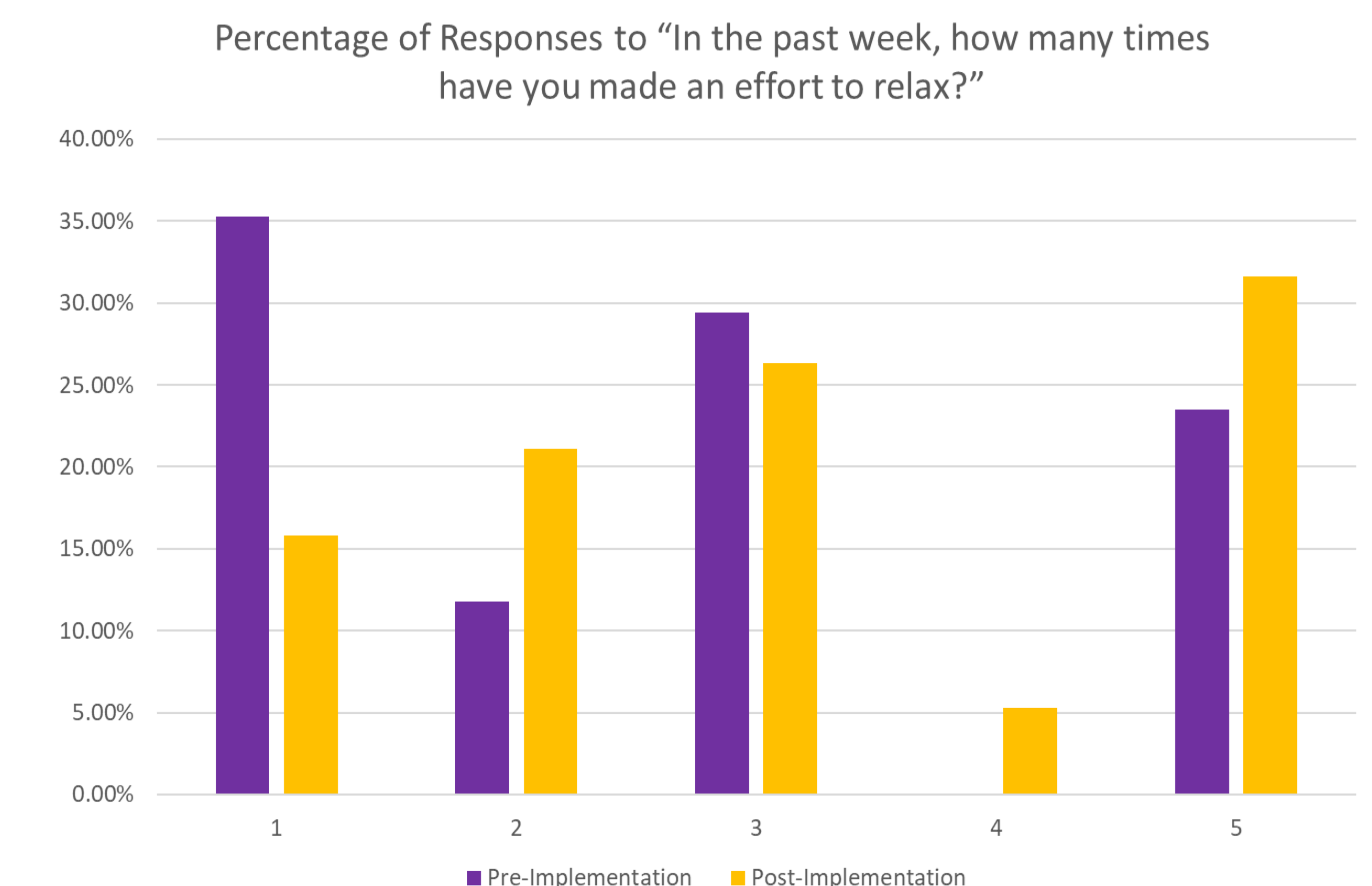
- Self-care flyers disseminated
- Yoga class hosted in the gym
- Art class hosted in the library

## Evaluation

- Pre-intervention survey administered 3 days before intervention:
- Number of successful relaxation attempts, openness to learning techniques, confidence in ability to relax, number of relaxation skills used per week.
- Post-intervention survey administered 3 days prior to intervention.

## Outcomes

- Students report feeling more confident in ability to relax (57.9% vs 68.4%).
- Students reporting making an effort to relax 4 or 5 times a week increased from 23.5% to 36.9%.
- Openness to trying new relaxation techniques increased from 47% to 57.9%.



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The project described is solely the responsibility of the authors and does not necessarily represent the official views of the UK Center of Excellence in Rural Health.

Prothero, A. (2022). Students say depression, anxiety are holding them back. But they can't find help at school. *Education Week*. Retrieved from <https://www.edweek.org/leadership/students-say-depression-anxiety-are-holding-them-back-but-they-cant-find-help-at-school/2022/10>

Sherrell, Z. (2022). What to know about anxiety and drawing. *Medical News Today*. Retrieved from <https://www.medicalnewstoday.com/articles/anxiety-and-drawing>

Shohani et al. (2018). The effect of yoga on stress, anxiety, and depression in women. *Int J Prev Med* 9(21). DOI: 10.4103/ijpvm.IJPVM\_242\_16