

Recreational Sports De-Stress Fest March 2023

Purpose of Assessment

Recreational Sports (Rec Sports) partnered with various offices across campus to host De-Stress Fest. This program was held on March 23, 2023, and the program was designed to teach participants the importance of self-care, participate in activities to lower stress, and learn about campus resources.

Participants were assessed at the event after engaging in the activities to gauge what students learned about self-care and the resources that were present at the event. Student Affairs Planning, Assessment & Research (SAPAR) has provided demographic information for the event in the past, but this is the first time since 2019 that SAPAR has created an assessment for the event.

Method and Sample

The assessment was developed using Qualtrics®, a survey design software that creates web-based forms and databases. The survey contained two quantitative questions and three qualitative questions. Data from the assessment were analyzed using SPSS®, a statistical software package.

Participants were asked to complete the assessments after participating in the event via a QR code to scan on their phones. Of those participating in the event, 51 participants completed the electronic survey. It is unclear if all students leaving the event were told about the QR code or if they scanned it, therefore a response rate cannot be determined.

Recreational Sports also provided a list of participants that swiped into the event via MaroonLink, an event database used by Texas A&M University. SAPAR utilized this attendance list to provide demographic information.

Key Findings with Recommendations

Student Affairs Planning, Assessment & Research identified several key findings and developed actionable recommendations the department may take based on the results. However, Rec Sports staff may identify other findings using their knowledge and understanding of the community. Staff members are strongly encouraged to read all the results and qualitative comments to gain a fuller understanding of students' experiences.

- Of the 51 participants, 98% were either satisfied or very satisfied with their experience at De-Stress Fest.
- When asked what participants would add or change for next year's events, they shared that additional advertising and changing the table layout would be helpful.
- SAPAR recommends revisiting outreach and advertising strategies based on the feedback from the participants. Perhaps trying to increase the number of male participants in future events as most participants that attended this year were female.

Results

Results are reported as means, standard deviation (sd), and frequency percentages for the number of people (n) who responded to the question. For ease of reading, frequency percentages have been rounded to the nearest whole percent, so totals may not add up to exactly 100%. Tables are in descending mean or frequency order unless otherwise specified. Summary themes are contained in this report; the entire list can be found in a separate document.

Participants were asked to share their level of satisfaction or dissatisfaction with their experience at De-Stress Fest. Table 1 shows that 98% of respondents were either satisfied or very satisfied with their experience.

	Very Satisfied (4)	Satisfied (3)	Dissatisfied (2)	Very Dissatisfied (1)	Mean (sd) N=51
Rate your level of overall satisfaction with your experience at De-Stress Fest.	65%	33%	2%	-	3.63 (.53)

Table 1: Satisfaction with Experience at De-Stress Fest

Next, participants were asked what they would recommend adding or changing for next year's De-Stress Fest. Of the 31 responses, approximately half answered that it was a good event or that they did not have feedback. A couple of responses suggested doing more advertising, having dogs at the event, changing the table arrangements, and having more food.

Participants were asked to share one behavioral change that they would like to implement as a result of attending this event. Of the 29 that responded, participants described getting better sleeping habits, taking more time to relax, and taking mental health days.

Participants were asked to select two campus resources that they learned more about as a result of attending De-Stress Fest. Table 2, on the next page, shows that the top two resources that participants learned about were Recreational Sports and Counseling and Psychological Services. Participants were asked to select more than one resource; as a result, the percentage total in Table 2 exceeds 100%.

Resource	Percent of Cases n=50
Recreational Sports	58%
Counseling and Psychological Services	26%
Student Health Services	18%
Aggie Mental Health Ambassadors	16%
The Libraries	16%
Residence Life	14%
Office of Sustainability	14%
Physical Education Activity Program	12%
Health Promotion	10%
Women's Resource Center	10%
The Leach Teaching Gardens	4%
Healing Circle	2%

Table 2: Resources Learned about at De-Stress Fest

Lastly, participants were asked to share their Texas A&M email address if they wanted to be entered to win a giveaway. There were 36 participants that shared their email addresses; these can be found in a separate document.

SAPAR provided demographic information for participants who swiped into the event on MaroonLink using their Unique Identification Numbers. Demographic information can be found in Tables 3 through 7 below and on the next page.

Classification	Percent of Cases n=189
Sophomore	25%
Senior	23%
Junior	19%
Freshman	16%
Masters	12%
Doctoral	4%
UG Nondegree	1%

Table 3: Attendee Classification

College	Percent of Cases n=189
Arts and Sciences	39%
Engineering	24%
Agriculture	11%
Business	8%
Education	5%
Bush	5%
Architecture	5%
Public Health	2%
Other	1%
Performance and Visualization	1%

Table 4: Attendee College

Sex	Percent of Cases n=189
Female	68%
Male	32%

Table 5: Attendee Sex

First Gen Status	Percent of Cases n=189
Not First Generation	59%
First Generation	26%
Unknown	15%

Table 6: Attendee First Generation Status

Live On/Off Campus	Percent of Cases n=194
Off-campus	62%
On-Campus	38%

Table 7: Attendee Residential Status

Department Background

According to its website (<http://recsports.tamu.edu/about-us-2/>), the mission of Recreational Sports is "To promote activity, wellness, and development by providing high quality, inclusive experiences and facilities for the students and community of Texas A&M University."

Project Details

The Department of Student Affairs Planning, Assessment & Research provides quality assessment services, resources, and assessment training for departments in the Texas A&M University Division of Student Affairs and student organizations. Services by Student Affairs Planning, Assessment & Research are funded, in part, by the Texas A&M University Advancement Fee. Results of this project and other assessment projects done through Student Affairs Planning, Assessment & Research can be found at <https://sapar.tamu.edu/results/>. Additionally, anyone can follow Student Affairs Planning, Assessment & Research on Facebook.

To work with Student Affairs Planning, Assessment & Research for future assessment projects, please fill out the Assessment Questionnaire at <https://sapar.tamu.edu/aqform/>.

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