

Recreational Sports

De-Stress Fest

March 2024

Purpose of Assessment

Recreational Sports (Rec Sports) partnered with various offices across campus to host De-Stress Fest. This program was held on March 6, 2024, and the program was designed to teach participants the importance of self-care, participate in activities to lower stress, and learn about campus resources. Rec Sports had the following two outcomes for De-Stress Fest:

1. Participants will identify at least two resources that could help increase their wellness.
2. Participants will create one behavior change goal as a result of attending De-Stress Fest.

Participants were assessed at the event after engaging in the activities to gauge what students learned about self-care and if the two outcomes were accomplished. Student Affairs Planning, Assessment & Research (SAPAR) worked with Rec Sports since 2018 to assess De-Stress Fest either through providing demographics of student attendees or administering a survey.

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.

- Almost all respondents (99%) reported they were satisfied or very satisfied with their experience at De-Stress Fest.
- One program outcome for De-Stress Fest was for participants to identify at least two resources that could help increase their wellness, and 64% of students selected two or more resources they learned about through attending De-Stress Fest.
 - Rec Sports staff members may look at the program and explore options for students to engage with more resources participating in De-Stress Fest.
 - Additionally, staff members may look at the assessment to determine how many students knew of the resources before attending De-Stress Fest and felt they did not learn about that resource because they already knew about it.
- When asked what participants would add or change for next year's events, they shared that additional advertising, providing bags, having more physical/hands-on activities, and providing more food would be helpful.
 - Rec Sports may consider asking how students learned about De-Stress Fest to identify what marketing strategies are the most effective.
 - Additionally, Rec Sports staff may explore options for target marketing to increase the number of student populations (such as male participants) in future events.

Method and Sample

The assessment was developed using Qualtrics®, a survey design software that creates web-based forms and databases. The six-question survey contained two quantitative questions and four qualitative questions. Data from the assessment were analyzed using SPSS®, a statistical software package, Microsoft Excel®, and Tableau®, a data visualization software.

Participants were asked to complete the assessment after participating in the event using a Quick Response (QR) code to scan on their phones. Of those participating in the event, 82 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 who swiped into the event via MaroonLink, an event database used by Texas A&M University. SAPAR utilized this attendance list to provide demographic information gathered from the student information system.

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 for 2024 unless otherwise specified. Summary themes are contained in this report; the complete 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 99% of respondents were either satisfied or very satisfied with their experience.

	Very Satisfied (4)	Satisfied (3)	Dissatisfied (2)	Very Dissatisfied (1)	2024 Mean (sd) [n=78]	2023 Mean (sd) [n=51]
Rate your level of overall satisfaction with your experience at De-Stress Fest.	85%	14%	--	1%	3.82 (.48)	3.63 (.53)

Table 1: Satisfaction with Experience at De-Stress Fest

Attendees were asked what they would recommend adding or changing for next year's De-Stress Fest. Of the 35 responses, 14 answered that it was a good event or that they did not have feedback. A couple of responses suggested doing more advertising, providing bags, having more physical/hands-on activities, and having more food.

Participants were asked to select campus resources that they learned more about as a result of attending De-Stress Fest. Table 2, on the following page, illustrates that most of the participants learned about The Gardens. Last year participants were only allowed to select two options, not all that applied, and therefore comparable data is not available.

Please select the campus resources that you learned more information about as a result of attending De-Stress Fest.	2024 Frequency Percentage [n=78]
The Gardens	54%
University Health	38%
Fitness and Wellness	37%
Aggie Mental Health Ambassadors	35%
Intramural Sports	30%
Outdoor Adventures	30%
Libraries	28%
Changing Health Attitudes and Actions to Recreate Girls	27%
Personal Training	25%
Office of Sustainability & Campus Enrichment	20%
Residence Life	17%
Gift of Life	17%
American Campus	13%
None	4%

Table 2: Resources Learned about at De-Stress Fest

One of the program outcomes was for participants to identify at least two resources that could help their wellness. Table 3, in order of number of resources selected, reveals that 64% met this outcome by learning about at least two resources.

Number of resources selected	2024 Frequency Percentage [n=80]
0 Campus Resources Selected	5%
1 Campus Resources Selected	39%
2 Campus Resources Selected	4%
3 Campus Resources Selected	11%
4 Campus Resources Selected	8%
5 or More Campus Resources Selected	41%

Table 3: Number of Resources Learned about at De-Stress Fest

Participants were asked to share one behavioral change that they planned to implement as a result of attending this event. Of the 52 who responded, participants described establishing better sleep habits, taking time to de-stress, being more active/involved, and spending more time in nature.

When asked what prizes they would like to see as giveaways for De-Stress Fest next year, 44 provided ideas. Participants shared ideas such as electronics, fitness gear, food, gift cards, clothes, and plants.

Lastly, participants were asked to share their Texas A&M email address if they wanted to be entered to win a giveaway. Sixty-eight participants shared their email addresses, which can be found in a separate document.

Demographic information for students who swiped into the event was gathered from the Student Information System based on their Universal Identification Number (UIN). Demographic information can be found in Table 4, on the following page in descending order for each category.

Demographics	2024 Frequency Percentage [n=86]
Classification	
Junior	22%
Masters	21%
Sophomore	17%
Freshman	16%
Senior	15%
Doctoral	6%
Post-Bachelor Undergrad	1%
Pharmacy Fourth Year	1%
College	
Arts and Sciences	31%
Engineering	23%
Education	12%
Agriculture	9%
Business	8%
Performance and Visualization	6%
General Studies	5%
Public Health	1%
Pharmacy	1%
Bush	1%
Architecture	1%
Other	1%
Sex	
Female	77%
Male	23%
First-Generation Status	
Not First-Generation	51%
First-Generation	24%
Unknown	24%
Ethnicity	
White	49%
Hispanic or Latino	21%
International	14%
Asian	12%
Black/multi-racial with Black	3%
Unknown	1%
Living On or Off Campus	
Off-Campus	77%
On-Campus	23%

Table 4: Student Demographics

Department Background

According to its website (<https://recsports.tamu.edu/about-us/>), 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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