Mindfulness in Human Development

https://bassconnections.duke.edu/project-teams/mindfulness-human-development-2016-2017

Background & Goals

- Interdisciplinary team of UNC-CH and Duke students and faculty studying the effects of yoga and mindfulness practices in K-12 educational settings
- Partnership with local community organization Y.O.G.A. for Youth and Orange County and Chapel Hill-Carrboro Public Schools
- Our goals include sparking conversations about mindfulness in US education systems and expanding yoga accessibility to underserved communities

2017 Embodied Learning Summit

- Day-long community event held on Duke’s East Campus that included yoga practice, workshops, lunch, and a keynote presentation from Dr. Chelsea Jackson Roberts
- Participation from 100+ students, educators, community members, yoga teachers, and educators from the Triangle and beyond
- Our event focused on creating conversations about the connections between yoga, mindfulness, and racial justice

Research in Action

Quantitative & Qualitative Approaches

Quantitative Measures:
- Pre- and Post-Questionnaires
- Social Stress Scale
- DASS2 (Depression, Anxiety, and Stress scale)
- MAAS (Mindful Attention Awareness scale)
- Pre-Yoga & Meditation History Questionnaire
- 5-minute mood measure questionnaires administered before and after 2 individual classes for each sample group
- Control Group (students doing homework)
- Review of academic and behavioral records (de-identified)

Qualitative Measures:
- Pilot Focus Group for students (post study - conducted Fall 2016)

Preliminary Findings

Preliminary data from Spring 2016: Students who participated in the Y.O.G.A for Youth group (n=38) and students in an alternate activity (n=5) completed the Mindful Attention Awareness Scale (MAAS) before (“pre”) and after (“post”) the after school program. A Mixed Design ANOVA analyses revealed that there was a significant interaction between type of after-school activity and time, F (1, 41)= 12.71, p=.001. The yoga program increased the students’ mindful attention, while the control activity reduced it.

ACKNOWLEDGEMENTS

We would like to thank Bass Connections and our other partners for helping make our vision for yoga accessibility in education possible! Sat Nam!

2016-2017 Mindfulness in Human Development Team

TEAM: Kibby McMahon (Graduate Team Member-Duke); Moriah Glenn (Community Team Member); Matthew Kaplan (Undergraduate Team Member-Duke); Sarah Jeffries (Undergraduate Team Member-UNC); Dr. Michele T. Berger (Faculty-UNC); Marah Jolibois (Undergraduate Team Member-Duke); Sue Leichliter (Undergraduate Team Member-UNC); Professor Keval Kaur Khalsa (Faculty-Duke); Liz Harden (Faculty)