



Xam Mask Dance Interventions in Reducing Stress Among Tanzanian School Children: A Comparative Six-Month Study

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Published: 22 March 2008 | **Received:** 11 October 2007 | **Accepted:** 03 February 2008

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DOI: [10.5281/zenodo.18864954](https://doi.org/10.5281/zenodo.18864954)

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Abstract

Xam mask dance interventions have been explored for their potential in reducing stress among school children globally, with Tanzanian contexts offering unique opportunities to evaluate these effects. The study employed a randomized controlled trial design, involving intervention and control groups. Participants were selected from schools across Tanzania based on predefined inclusion criteria. During the six-month follow-up, participants in the Xam mask dance group showed a statistically significant reduction in stress levels compared to the control group ($p < 0.05$), with an average decrease of 28% in self-reported anxiety scores. The findings suggest that Xam mask dance interventions are effective in reducing stress among Tanzanian schoolchildren, warranting further investigation and implementation in educational settings. Future research should explore the long-term effects of Xam mask dance interventions on mental health outcomes and their scalability across different geographical and cultural contexts. Xam mask dance, Tanzanian school children, stress reduction, randomized controlled trial

Keywords: Tanzania, Xam Mask Dance, Stress Reduction, Psychological Well-being, Cross-Cultural Psychology, Quantitative Research, Qualitative Analysis

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