



Yoga and Meditation in Kenya's Coastal Cities: Reducing Stress Among Secondary School Teachers

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Abstract

Kenya's coastal cities host secondary school teachers who often face high levels of stress due to environmental challenges and administrative pressures. A quasi-experimental design was employed with a pre-test/post-test control group approach. Data collection included self-reported measures at baseline and post-intervention. Teachers who participated in the intervention showed a significant reduction in perceived stress levels ($p < 0.05$, Cohen's $d = 0.8$), indicating a moderate effect. Yoga and meditation classes appear effective in mitigating stress among secondary school teachers in Kenya's coastal cities. Further randomized controlled trials are recommended to validate these findings with larger samples.

Keywords: *Kenya, Coastal, Yoga, Meditation, Stress, MentalHealth, Intervention*

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