

AKTION Club Theatre of Mankato

Collaborative community theatre focusing on issues of disability:
Where people, art, and community partner for a brighter, more inclusive future for all

1. This document is a summary of the key findings of the research evaluation completed in Fall 2015 for AKTION Club Theatre.



2. Research Terms Defined:

Quality of Life: What everyone needs in order to have happiness and a good life.

Quality of Life Domains: Examples of what people need for happiness and a good life.

1. **Emotional wellbeing, happiness:** AKTION Club Members shared; “Everyone talks to each other with respect and supports and encourages each other when we try new things; we all motivate each other”
2. **Interpersonal relations, friendships.**
3. **Personal development, skills:** AKTION Club Members shared; “more outgoing,” “more comfortable expressing myself,” & “become a better leader.”
4. **Physical wellbeing, being active.**
5. **Self-determination, making decisions.**
6. **Social inclusion, community involvement.**
7. **Rights, being respected:** AKTION Club Members shared; “People all love each other here and they are all equal to each other and they don’t get judged”

3. Steps in the Research Evaluation:

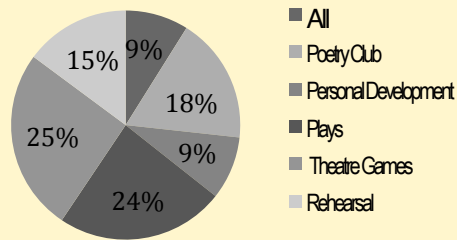
1. Create Research Question:

Does participating in AKTION Club Theatre contribute to your Quality of Life?

2. Visit AKTION Club Theatre and meet members.
3. Create questionnaire & complete survey.
4. Plan focus group & ask more questions.
5. Review research data and analyze the key findings.
6. Write a report & share with AKTION Club.

4. Key Findings: The results of the research

Favorite Activities



1. In all Quality of Life Domains studied, being a member of Aktion Club promoted the quality of life of all members:

Interpersonal relations: AKTION Club member shared: “They let you talk about your problem, they listen, they let you do your own thing.”

Social inclusion: AKTION Club members shared: “like having a role helping in the community” & “feel more comfortable in talking in front of a large group of people. I participate in more group activities.”

2. There is a relationship between people who volunteer and how many years they have been a member. **This could mean the longer you are a member the more likely you are to volunteer!**

3. There is a relationship between people who are members in other community groups and how many years they have been a member. **This could mean the longer you are a member the more likely you are to participate in other community groups!**

4. Members shared what they didn't like at times:

- When people didn't listen during the good news
- Missing all of practice for poetry club

5. Members shared what they would like to do:

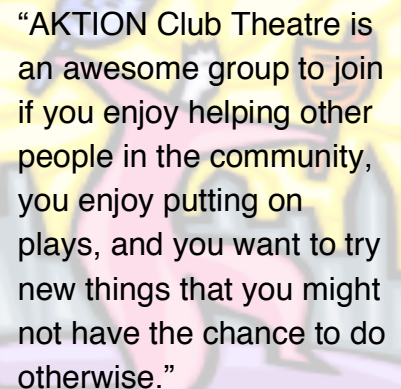
- Be a greeter or door person



5. Why the research is important:

AKTION Club Theatre provides individuals with opportunities to contribute to and participate in their community:

1. Through volunteering
2. Providing opportunities for members to advocate on social justice issues
3. Having opportunities for personal, social, and emotional development
4. Raising money to support their community
5. Having creative opportunities through theatre and writing



“AKTION Club Theatre is an awesome group to join if you enjoy helping other people in the community, you enjoy putting on plays, and you want to try new things that you might not have the chance to do otherwise.”