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Do arts subjects matter for secondary school students' wellbeing? The role of creative engagement and playfulness

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Highlights

- KS3 engaged in PA had lower wellbeing, playfulness & academic motivation
- KS4 engaged in PA had significantly higher wellbeing & playfulness
- No difference in academic motivation of KS4 comparing PA to non-PA pupils
- Mediation shows positive relationship between play in PA, wellbeing and connectedness
- These findings imply creative engagement in PA positively impacts student wellbeing

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