

The Impact of Mindfulness on Adolescent Anxiety

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Abstract. This article explores the effects of mindfulness practices on reducing anxiety levels in adolescents. Through a longitudinal study, we measured anxiety indicators before and after mindfulness interventions. Results suggest significant improvements in mental well-being and reduction in anxiety symptoms. The study highlights the potential for mindfulness as a practical tool in adolescent mental health strategies.

Keywords: mindfulness, adolescent anxiety, mental health, longitudinal study, non-pharmaceutical interventions

Introduction

Adolescent anxiety is a growing concern in modern psychology, with increasing numbers of young individuals experiencing significant stress. Mindfulness, a practice grounded in Buddhist meditation, has been adapted in Western psychology as a means to improve mental health. This study investigates the potential of mindfulness to reduce anxiety in adolescents. By conducting a longitudinal study over six months, we evaluated anxiety levels in a cohort of adolescents before and after engaging in mindfulness exercises. The findings reveal a notable decrease in anxiety symptoms and improved mental clarity among participants. This research contributes to the ongoing discussion on non-pharmaceutical interventions for anxiety management in youths.

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