

The Impact of Mindfulness Meditation on Emotional Regulation in Adolescents

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Abstract. This study explores the effects of mindfulness meditation on emotional regulation among adolescents. A randomized control trial was conducted with participants aged 14-18, who were assigned to either a mindfulness meditation group or a control group. Results indicated significant improvements in emotional regulation among those in the meditation group compared to controls. The findings suggest that mindfulness practices can be an effective tool for enhancing emotional well-being in young individuals.

Keywords: Mindfulness, Emotional Regulation, Adolescents, Psychology, Meditation

Introduction

Adolescence is a critical developmental period characterized by significant psychological and emotional changes. Emotional regulation, the ability to manage and respond to emotional experiences, is crucial during this stage. Mindfulness meditation has gained attention as a potential intervention for improving emotional regulation. This study aims to evaluate the impact of mindfulness meditation on emotional regulation in adolescents through a randomized control trial. Participants were divided into two groups: one practicing mindfulness meditation and the other serving as a control. The results demonstrated notable improvements in emotional regulation among the meditation group. These findings highlight the potential of mindfulness practices in supporting emotional development in adolescents.

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