

The Impact of Mindfulness on Anxiety Reduction in Adolescents

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Abstract. This study explores the effects of mindfulness practices on anxiety levels in adolescents. By employing a randomized controlled trial, the research investigates how mindfulness interventions can serve as a non-pharmacological approach to reducing anxiety. Participants were divided into two groups, with one group receiving mindfulness training and the other serving as a control. Results indicate a significant decrease in anxiety levels among adolescents who participated in mindfulness sessions, suggesting that such practices can be beneficial in clinical settings. These findings have implications for developing youth-focused therapeutic strategies in psychology.

Keywords: Mindfulness, Anxiety, Adolescents, Clinical Psychology, Intervention

Introduction

Adolescence is a critical developmental stage characterized by significant physical, emotional, and psychological changes. During this period, many adolescents experience heightened levels of anxiety, which can adversely affect their academic performance, social interactions, and overall well-being. Traditional methods for managing anxiety, such as medication and cognitive behavioral therapy, may not be suitable or accessible for all individuals. Consequently, there is a growing interest in alternative approaches, such as mindfulness, which emphasizes present-moment awareness and acceptance. This study aims to assess the effectiveness of mindfulness interventions in reducing anxiety among adolescents. By conducting a randomized controlled trial, we seek to determine whether mindfulness practices can be integrated into clinical psychology as a viable treatment option for anxiety in young people.

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