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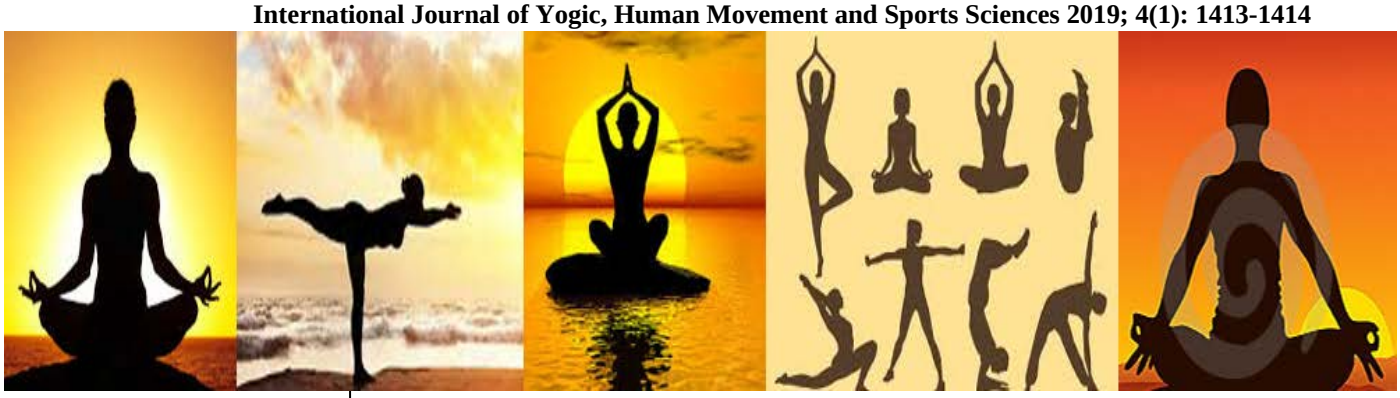

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Dr. Sumita Chahal
Assistant Professor of Psychology, Government College, Adampur, Hisar, Harayana, India

Correspondence
Dr. Sumita Chahal
Assistant Professor of Psychology, Government College, Adampur, Hisar, Harayana, India

Effectiveness of mindfulness on cognitive inhibition among adolescents

Dr. Sumita Chahal

Abstract
The construct of mindfulness is the component of cognitive domain. The review study explores the significance of mindfulness to psycho-diagnose the cognitive distortions in adolescents. In today's information overload digital environment, mindfulness practice promises a path towards whole well-being. The literature suggests that the significantly positive outcomes of mindfulness practices provide scientific evidences with cognitive inhibition function.

Keywords: mindfulness, cognitive, regulation, inhibition.

Introduction
The construct of mindfulness is the component of cognitive domain. It has its way of dealing with psycho-somatic needs of human beings in a constructive way. The immense positive outcomes of mindfulness had been scientifically validated globally in numerous cross sectional studies across cultures.
Mindfulness is globally accepted for better regulation of cognitive functions. As impulsiveness is associated with increased novelty-seeking, poor decision-making and poor working memory, which mindfulness is expected to deal with in positive significant way. Mindfulness improves the cognitive inhibition enabling the control over prepotent response and irrational repetitive behavior patterns. Also, mindfulness enhances cognitive shifting that is related to the attentiveness, which helps in improving cognitive flexibility, fast learning facts and effective problem solving. Mindfulness improves or enhances self-regulation, which is again an important factor to cope with the adverse situations effectively.

Objective
The present study is a review study on the significance of mindfulness related to the cognitive inhibition. The objective of the review study is to explore the effectiveness of mindfulness to psycho-diagnose the cognitive distortions in adolescents.

Review of Literature
Mindfulness meditation and Cognitive inhibition:
It is well defined that, "Mindfulness focuses on developing non-judging meta-awareness of present-moment experience" (Kabbat-Zinn *et al*., 1985) [11]. Mindfulness emphasizes on the awareness of internal and external experiences altogether without any alteration in thoughts (Jain *et al*., 2007) [8]. Mindfulness meditation is a safe, non-invasive, and cost-effective tool for treating behavioral addictions and for improving psychological health more generally, when practice and administered correctly (Shonin *et al*., 2014) [13].
Cognitive inhibition is related to the tendency to control the inhibitory response. Individuals with high inhibitory control are positively associated with improving working memory, effective decision-making and better performance in other cognitive functioning including learning and problem solving. Mindfulness improves the cognitive inhibition enabling the control over prepotent response and irrational repetitive behavior patterns.
Mindfulness meditation training has emerged as an intervention to improve psycho-physiological well-being through developing enhanced control over metacognitive processes.

Mindfulness comes out to be significantly validated intervention for the treatment of various clinical behaviors (Ivanovski & Malhi, 2007) [7] which enhance behavioral regulation and positive psychological effects (Keng *et al*., 2011) [12]. Mindfulness-based-stress-reduction (MBSR) is a scientific validated form of Mindfulness Meditation (Goldin & Gross, 2010; Farb *et al*., 2010; Kabat-Zinn 2005) [6, 4, 9], which has significant positive effects on automatic negative thoughts (Deyo *et al*., 2009) [3] and enhances quality of life (Chiesa & Serretti, 2010) [2]. The mindfulness intervention conquers addiction and other dysfunctional habits (Brewer, 2017; Gámez-Guadix, & Calvete, 2016) [1, 5]. The literature has empirical studies suggesting the effectiveness of mindfulness to enhance self-regulation, reduces anxiety, controls the impulsive behavior and increases attentiveness.

The review of literature provides a framework to the effectiveness of mindfulness on cognitive inhibition among adolescents. Moreover, the literature suggests, the need to this study especially in Indian context for improving mental health and well-being, as a very few studies are reported. The review focuses on mindfulness with the understanding of its neuro-cognitive mechanism.

Conclusion

The review study reported the effectiveness of mindfulness that help adolescents to cope their cognitive distortions, namely, controlling the impulsive behavior, increases attentiveness and improve mental health, which too is essential for well-being. This research supported the literature to the significance of mindfulness in different aspects of life including to prepare students to cope with challenges (like, depression, emotion regulation, eating disorders, internet gaming disorder and more) arising due to excessive reliance on technology. The review study suggests one of the application outcomes of mindfulness to incorporate the mechanisms of mindfulness in educational settings

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