



RESEARCH ARTICLE

IMPACT OF PSYCHO-NEUROBICS ON MENTAL WELL-BEING OF ADOLESCENTS

*Shristi Thapa

Ras Bihari Bose Subharti University, Dehradun, Uttarakhand, India

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*Corresponding author: Shristi Thapa

ABSTRACT

Adolescence is a crucial phase of human development marked by rapid physical, emotional, and psychological changes. During this period, adolescents are particularly vulnerable to stress, anxiety, and emotional imbalance, which can negatively affect their mental well-being. In recent years, increasing attention has been given to holistic and non-pharmacological approaches for promoting adolescent mental health. Psycho-neurobics is an emerging mind-body approach that integrates mental exercises, breathing techniques, relaxation, and meditative practices to enhance psychological functioning. This review article aims to examine existing literature on the impact of psycho-neurobics on the mental well-being of adolescents. The review highlights the conceptual basis of psycho-neurobics, its influence on emotional regulation, stress reduction, cognitive functioning, and overall psychological health. Evidence suggests that psycho-neurobics may serve as a beneficial complementary strategy for improving adolescent mental well-being; however, further rigorous research is required to establish its effectiveness and standardise intervention protocols.

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INTRODUCTION

Mental well-being among adolescents has emerged as a major public health concern worldwide. Adolescence, generally defined as the age group between 10 and 19 years, is a transitional period characterised by emotional sensitivity, identity formation, academic challenges, and social pressures. These changes, combined with increasing expectations from family, peers, and educational systems, place adolescents at a heightened risk for psychological distress. Recent reports indicate a growing prevalence of stress, anxiety, mood disturbances, and psychosomatic complaints among adolescents. If left unaddressed, these mental health concerns can negatively influence academic performance, interpersonal relationships, and long-term psychological development. While conventional mental health interventions such as counselling and medication play an important role, they may not always be accessible, acceptable, or suitable for all adolescents. As a result, there has been growing interest in complementary and preventive approaches that promote mental well-being in a holistic manner. Psycho-neurobics is one such emerging approach that focuses on strengthening the mind-body connection through structured cognitive and relaxation practices. This review article aims to synthesise available research evidence on psycho-neurobics and its potential impact on the mental well-being of adolescents.

Concept of Psycho-neurobics: Psycho-neurobics is a holistic approach that combines principles from psychology, neuroscience, and mind-body practices. It involves a set of activities designed to stimulate brain functioning, improve emotional balance, and enhance self-regulation. These activities may include mental exercises, controlled breathing, relaxation techniques, visualisation, and mindfulness-based practices. The fundamental assumption of psycho-neurobics is that the mind and brain are capable of change through purposeful mental engagement. By stimulating neural pathways and encouraging calmness and awareness, psycho-neurobics aims to improve psychological resilience and emotional stability. The concept is closely linked to neuroplasticity, which refers to the brain's ability to reorganise and adapt in response to experiences. In adolescents, whose brains are still developing, psycho-neurobics may have a particularly positive influence by supporting healthy emotional processing, attention control, and stress management.

Mental Well-Being in Adolescents: Mental well-being refers to a state in which individuals are able to realise their abilities, cope effectively with normal life stresses, function productively, and maintain positive relationships. For adolescents, mental well-being plays a crucial role in shaping academic success, social adjustment, and future mental health outcomes.

Many adolescents experience emotional difficulties such as irritability, worry, low self-esteem, difficulty concentrating, and sleep disturbances. These issues often remain unnoticed or untreated, especially when symptoms are mild or subclinical. However, even moderate psychological distress can significantly affect adolescents' quality of life and development. Preventive strategies that focus on enhancing coping skills, emotional awareness, and self-confidence are therefore essential. Psycho-neurobics, by addressing both cognitive and emotional dimensions, has been proposed as a promising approach to support adolescent mental well-being.

Review of Literature on Psychoneurobics: Although research on psycho-neurobics is still limited, available studies suggest positive outcomes related to mental well-being. Quasi-experimental studies conducted among adolescents and young adults have reported improvements in psychological well-being following psycho-neurobic interventions. Participants exposed to psycho-neurobic practices demonstrated reduced stress levels, improved emotional regulation, and enhanced self-awareness. Comparative studies examining psycho-neurobics alongside mindfulness and meditation practices have shown significant improvements in dimensions such as autonomy, self-acceptance, personal growth, and purpose in life. Some studies also report improvements in attention span, memory, and academic engagement among adolescents practicing psycho-neurobics regularly. These findings suggest that psycho-neurobics may positively influence both emotional and cognitive aspects of mental health. However, most existing studies involve small sample sizes and short intervention durations, indicating the need for further research.

Mechanisms Influencing Mental Well-Being: The positive impact of psycho-neurobics on adolescent mental well-being can be understood through several mechanisms:

- **Stress Reduction:** Breathing and relaxation techniques help reduce physiological arousal and promote calmness.
- **Emotional Regulation:** Mindfulness components encourage awareness and acceptance of emotions, reducing emotional reactivity.
- **Cognitive Enhancement:** Mental exercises stimulate attention, memory, and problem-solving abilities.
- **Neuroplasticity:** Repeated mental engagement supports adaptive neural changes associated with positive emotional states.
- **Self-Awareness and Confidence:** Psycho-neurobics fosters introspection, leading to improved self-understanding and self-esteem.

Together, these mechanisms contribute to improved psychological balance and resilience among adolescents.

Implications for Practice: Psycho-neurobics has potential applications in school and community settings as a preventive mental health strategy. Its non-invasive and low-cost nature makes it feasible for large-scale implementation. Incorporating psycho-neurobics into school routines may help adolescents develop healthy coping mechanisms and emotional stability. Mental health professionals and educators may consider psycho-neurobics as a complementary approach alongside existing counselling and mental health programmes.

Limitations and Research Gaps: Despite encouraging findings, current literature on psycho-neurobics presents several limitations:

- Lack of standardised intervention protocols
- Limited number of randomised controlled trials
- Short follow-up periods
- Cultural variability in practice and acceptance

Future research should focus on longitudinal studies, standardised methodologies, and objective assessment tools to strengthen the evidence base.

CONCLUSION

The present review indicates that psycho-neurobics may have a beneficial impact on the mental well-being of adolescents by enhancing emotional regulation, reducing stress, and improving cognitive functioning. While existing evidence supports its potential as a complementary mental health intervention, further systematic and methodologically sound research is required. Psycho-neurobics represents a promising holistic approach that aligns with contemporary efforts to promote positive mental health and resilience among adolescents.

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