



Impact of Rajyoga Meditation on Happiness among Youth of Vadodra

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Abstract

Over the past few years, psychological stress and emotional instability have become a prevalent phenomenon among young adults because of academic pressure, work-related issues, and shifting social conditions. Meditation sessions are also becoming accepted as effective measures towards ensuring mental wellness and emotional stability. The Brahma Kumaris spiritual organization teaches the Rajyoga meditation that aims at developing self-awareness, inner peace, and positive thinking. The current research will examine how Rajyoga meditation affects the level of happiness among young people.

It was quantitative pre-test and post-test research design. The participants of the study were divided into 80 participants who were aged between 18 and 35 years and comprised of students, doctors, engineers, and other professions. The sample size comprised of 50 males and 30 females attending an organized program of Rajyoga meditation in the Brahma Kumaris Center, Altadra, Vadodara. The level of happiness was assessed with the help of the Oxford Happiness Questionnaire at the beginning of the meditation intervention, and at its end.

Statistical analysis was done with descriptive statistics, paired sample t-test, confidence interval analysis analysis and Cohen's d effect size. The findings showed a high significant difference between post-test happiness scores and pre-test scores. The statistical significance of the paired sample t-test ($t = 3.58$, $p < 0.001$) was significant. The Cohen d value calculated was 0.40 that reflected a small to medium effect size. These results indicate that the Rajyoga meditation technique has a moderate positive effect on the psychological well-being and happiness in young people.

The research paper identifies the potential of meditation practices as effective intervention in enhancing the mental health and emotional stability among the young adults.

Keywords: Rajyoga Meditation, Happiness, Well-Being of Youth, Meditation Research, Psychological Health.

1. Introduction

In contemporary psychology and behavioral sciences, the topics of happiness and psychological well-being have become the subject of research. The young adults usually have to contend with various issues including school stress, career indecisiveness, and societal demands, which affect their mental well-being and emotional balance negatively. Consequently, scholars and mental health practitioners are now considering ways of enhancing emotional balance and life satisfaction through interventions.

Meditation has been well-known as a technique to decrease stress, increase emotional regulation, and psychological well-being. Rajyoga meditation is one among the other meditations practices though it has become famous all over the world due to its ground on spiritual sensitivity, positive thinking, and self-realization.

Brahma Kumaris spiritual organization teaches and practices Rajayoga meditation in most of the countries. The method is oriented at the creation of the reverence of the self as a tranquil and potent soul and uniting with the Supreme Soul through meditation. The practice is meant to help develop inner peace, emotional stability and positive attitudes towards life.

A number of scientific researches have indicated that meditation can be used to enhance mental health outcomes like happiness, life satisfaction, and emotional stability. Physiological

benefits related to meditation have also been reported such as decreased heart rate, better cardiovascular functioning, and less stress hormone.

Although there has been increased focus on research on meditation, few empirical studies have been conducted concerning the direct effect of Rajyoga meditation as a way of enhancing the levels of happiness among the youth population in society. Thus, the current research paper will examine the impacts of the Rajyoga meditation on the psychological well-being of young adults.

2. Objectives of the Study

The following objectives were used to conduct the present study:

1. To measure the level of happiness of the youth before practicing Rajyoga meditation.
2. To determine the difference in the levels of happiness before and after attending the Rajyoga meditation classes.
3. To test psychological benefits of Rajyoga meditations in young adults.
4. To find out the statistical significance of the changes in the levels of happiness through quantitative analysis.
5. To determine the size of the meditation effect in terms of the Cohen *d* effect size.

3. Hypotheses

H0

There is no significant difference in happiness levels before and after practicing Rajyoga meditation.

H1

There is a significant increase in happiness levels after practicing Rajyoga meditation.

4. Methodology

4.1. Research Design

To examine the effect of Rajyoga meditation on happiness levels among the youth, the study adopted a quantitative research design of pre-test and post-test research design.

4.2 Participants and Sample Size

A total of 80 participants who were between 18 and 35 years old made up the sample. The respondents used various professional and educational backgrounds, which encompassed:

- University students
- The professionals (doctors) in the medical field.
- Engineering professionals
- other professions

Table.1. Gender Distribution and Number

Gender Distribution	GenderNumber
Male	50
Female	30
Total	80

The participants were chosen through the convenience method and volunteered into the meditation program.

4.3. Research Location

The meditation program was held in Brahma Kumaris Meditation Center, Altadra, Vadodara (Gujarat, India). The center also holds regular meditation and spiritual awareness classes among youth and on the general population.

5. Intervention Rajyoga Meditation

The Rajyoga meditation intervention was carried out, at Brahma Kumaris meditator center, Altadra, Vadodara (Gujarat, India). The research scholar leading the current study was an expert and trainer in the application of Rajyoga meditation techniques, and led and guided the meditation session. The researcher conducted the session within the normal session of Rajyoga meditation that is practiced at Brahma Kumariscenters.

The duration of the meditation session was 90 (one and a half) minutes of guided and interactive learning and meditation meant to make the participants more aware of themselves, their happiness, and spiritual awareness.

The session was separated into four large stages.

Stage 1: Self-Identity Stabilizing (10 minutes)

It started by a brief introduction exercise meant to stabilize the participants on their real spiritual state as a soul. The participants were directed to experience a change in awareness whereby, they were able to focus on soul-consciousness rather than body-consciousness.

Three approaches were employed in this stage:

- **Verbal guidance** explaining the concept of self as a peaceful and conscious being.
- **Visual awareness exercises** to imagine oneself as a point of light.
- **Kinesthetic awareness practices** to help participants experience inner stillness.

The step assisted members to prepare psychologically to get into a deeper meditation.

Stage 2: Understanding the Concept of Unconditional Happiness(20 minutes)

The meaning of the term unconditional happiness was described by the researcher in the second stage. The participants delved into the concept how genuine joy is not based on the external circumstances, accomplishments and relations, but emerges as a result of inner awareness and spiritual understanding .

Reflections and guided discussions which were short in duration, were employed to assist the participants in exploring what made them happy in their lives.

Stage 3: Experiential Activities and Games (30 minutes)

Interactive games and activities were carried out to improve the understanding. These practices were to enable the participants to feel important Rajyoga principles like:

- The distinction between the body consciousness and soul consciousness.
- The law of karma
- The role of thoughts in shaping emotions and life experiences

These practical activities allowed the participants to break the barriers in logic and understand spiritual concepts better.

Stage 4: Meditation with Commentary (30 minutes): Guided Rajyoga.

The last phase of the session was guided Rajyoga meditation by commentary by the researcher. Participants were guided to focus their thoughts on peace, happiness, and connection with the Supreme Soul.

The meditation commentary was used to make participants feel calm within themselves, self-aware, and inspired.

This last phase assisted the participants to combine the knowledge and experiences that they had attained during the session into a meditative state.

5.1. Research Facilitation Statement

The Rajyoga meditation session was conducted by the researcher who is trained in Rajyoga meditation and has experience in facilitating meditation sessions at Brahma Kumaris centers. The researcher followed standard Rajyoga meditation practices during the intervention.

6. Data Collection Tool

The level of happiness of participants was measured using the Oxford Happiness Questionnaire (OHQ). The questionnaire will include various statements based on emotional well-being and life satisfaction that will be rated based on Likert scale.

7. Ethical Considerations

All the participants were notified about the aim of the research before the data collection, and their involvement was not forced. All participants were informed and assured of the confidentiality of their answers. The participants were at liberty to drop out of the study. The researcher who is a trained Rajyoga meditation conducted the Rajyoga meditation session in the Brahma Kumaris Meditation Center, Altadra, Vadodara. The research was conducted within the normative ethical practices in research studies that involve human subjects.

8. Statistical Analysis

Data were analyzed using:

- Descriptive statistics
- Paired sample t-test
- Analysis of confidence interval.
- Cohen's d effect size

The level of significance was stipulated to be 0.05.

9. Results

9.1. Descriptive Statistics

Table.2. Scores of Happiness Pre and Post Test

Variable	N	Mean	Standard Deviation
Pre-Test Happiness Score	80	4.12	0.58
Post-Test Happiness Score	80	4.32	0.50

The findings indicate that there is a moderate difference in the level of happiness post-meditation session.

9.2. Paired Sample t-Test

Table.3. Paired Sample t-Test

Variable	Mean Difference	Std. Dev.	t	df	p
Happiness Score	0.20	0.50	3.58	79	<0.001

The t-value (3.58) calculated shows that there is statistically significant increase in the levels of happiness. In this way, the null hypothesis is rejected.

9.3 Confidence Interval

Table.4. Confidence Interval

Mean Difference	Lower Limit	Upper Limit
0.20	0.09	0.31

9.4 Effect Size

Cohen's d calculation: $d = (0.20 / 0.50)$ and $d = 0.40$

Table.5. Effect Size Interpretation

Cohen's d	Interpretation
0.20	Small
0.50	Medium
0.80	Large
0.40	Small to Medium Effect

The result indicates a moderate practical impact of Rajyoga meditation.

10. Discussion

The findings of the current study show that the Rajyoga meditation substantially enhances the level of happiness among the young people. The post-test happiness scores are higher which means that meditation practices can have a positive effect on emotional well-being and psychological stability.

The only reason that these results could be explained is that the practice of Rajyoga meditation assists the person in reorienting his consciousness toward the external conditions, and towards inner consciousness. Through gaining the calmness by holding in mind the self as a peaceful soul, people can become more emotionally stable and resilient.

The activities that took place in the process of the meditation program were also significant in assisting the participants to learn the concept of soul consciousness and the law of karma. These lessons might have helped in having a greater perception of self and positive thinking.

The result of the moderate effect size in the study indicates that the Rajyoga meditation plays a positive and significant role in psychological well-being. These results can be compared with the prior studies that suggest that meditation provides benefits such as emotional control, less stress and satisfaction with life.

Altogether, the research endorses the mounting body of research that meditation practices could be used as an effective intervention in the promotion of mental health in young adults.

11. Conclusion

The current research examined the effect of the Rajyoga meditation in happiness levels among the young people between the ages of 18 years and 35 years. These findings showed a high level of happiness scores after taking the meditation program.

This was statistically analyzed and proved that there was a significant difference between the pre-test and post-test scores. The medium-sized effect also indicated the usefulness of the meditation intervention.

The results indicate that Rajyoga meditations can be a useful instrument to enhance the psychological well-being in young adults. The introduction of meditation programs within

schools, the workplace, and other community organizations can be beneficial in achieving mental health and emotional resilience.

The effects of meditation in the long term and larger and more heterogeneous samples should be examined in future research.

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Conflict of Interest/Competing Interests

No conflict of interest.

Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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