



Effect of Rajyoga Lifestyle on Happiness Among Adults

(A Comparative Mixed-Methods Study)

Research Scholar: **Ruma Banerjee** under the guidance of Prof(Dr). Jayesh Sunil Galankar
Manipur International University, Manipur

&

Centre For Academic Research (Care) Education Wing, R.E.R.F, Mount Abu

KEYWORDS:

Rajyoga- *"Realizing oneself as a soul and uniting this inner light with the Supreme Soul"*

Happiness - *"The state of inner contentment and peace that arises from a positive and satisfied mind"*

Meditation - *"It is the practice of focusing the mind inward to achieve clarity, peace, and self-awareness"*

Emotional Regulation- *"The ability to understand, manage, and respond to emotions in a balanced and healthy way."*

Life Satisfaction- *"Overall sense of fulfillment and contentment one feels when reflecting on their life as a whole."*

Well-being- *"A state of overall health, happiness, and balance in physical, mental, and social aspects of life."*

INTRODUCTION

The pursuit of happiness has been a universal human aspiration. Traditional frameworks often connect happiness with material wealth, social status, and external accomplishments. However, contemporary scientific literature identifies a shift toward internal psychological processes as more reliable sources of sustained happiness. Emotional regulation, mindfulness, self-awareness, resilience, and spiritual well-being are now recognized as foundational pillars of long-term emotional stability.

ABSTRACT

Happiness has emerged as a central topic in contemporary psychology, public health, and behavioral sciences.

While multiple theories attribute happiness to external achievements, modern research emphasizes the importance of internal psychological processes. Rajyoga, a meditative and spiritual lifestyle taught by the Brahma Kumaris, integrates meditation, self-awareness, emotional regulation, positive thinking, and ethical living as pathways toward inner stability and happiness. This mixed-methods research examines the effect of Rajyoga lifestyle practices on happiness among adults.

Quantitative assessment using the Oxford Happiness Questionnaire (OHQ) and Satisfaction With Life Scale (SWLS) was conducted on 50 practitioners and 50 non-practitioners.

Qualitative data were collected through semi-structured interviews and field observations.

Results indicate significantly higher happiness and life-satisfaction levels among Rajyoga practitioners, with happiness increasing proportionately to years of practice. Findings suggest that Rajyoga is an effective, sustainable approach for emotional regulation, psychological well-being, and long-term happiness.

Rajyoga, propagated globally by the Brahma Kumaris, offers a holistic lifestyle integrating meditation, self-reflection, spiritual knowledge, and values-based living. Unlike meditative practices requiring specific postures or breath control, Rajyoga is a mind-focused technique emphasizing soul-consciousness and connection with the Supreme Soul. This practice encourages detachment from negative emotions, fostering inner peace and emotional balance. In a world experiencing rising stress and declining emotional well-being,

Rajyoga presents itself as a scientifically relevant and socially applicable method for improving happiness.

This study investigates whether long term engagement in Rajyoga contributes to elevated happiness levels.

It compares practitioners and non-practitioners, explores their subjective experiences, and examines whether

Rajyoga practices meaningfully influence emotional and psychological outcomes.

LITERATURE REVIEW

Meditation and Happiness

Extensive literature supports the positive influence of meditation on happiness. Studies demonstrate that meditation enhances mindfulness, reduces anxiety, improves emotional regulation, and increases psychological flexibility. Crego et al. (2021) [1] found that mindfulness practices strengthen purpose in life, emotional resilience, and engagement in meaningful activities.

Aouani et al. (2024) [2] reported that meditation improves emotional intelligence, an important predictor of well-being.

Rajyoga Meditation

Rajyoga emphasizes self-realization, detachment, positive thinking, and spiritual connection.

Nagesh (2023) [3] reported that Rajyoga practitioners show reduced anxiety, higher self-awareness, improved concentration and greater emotional stability.

Arora & Girgila (2014) [4] found that even short-term Rajyoga practice significantly reduces anxiety and depression.

Nagesh & Mehta (2023) [5] highlighted improved cognitive control and self-regulation among practitioners.

Rajyoga Lifestyle Principles

Rajyoga is not merely a meditation technique; it is a comprehensive lifestyle encouraging self-discipline, compassion, emotional regulation, tolerance.

Spiritual study (Murli) among the practitioners of Brahma Kumaris, plays a vital role in guiding the practitioners towards the right path for maintaining sustainable inner happiness.

Research confirms that self-awareness (Pretorius & Plaatjies, 2023) [6], emotional regulation (Côté et al., 2010) [7], and positive thinking (Lonczak, 2019) [8] are directly linked to happiness. Rajyoga promotes all these attributes systematically.

Comparison of Practitioners and Non-Practitioners

Comparative studies consistently show higher well-being among meditation practitioners.

Chouhan & Singh (2021) [9] reported higher positive emotions, social connectedness, and self-awareness among Rajyoga meditators.

Madhava Chandran et al. (2023) [10] found that long-term meditation practice leads to greater emotional stability and reduced stress.

Long-Term Impact of Rajyoga

Longitudinal studies indicate that meditation produces lasting improvements in happiness (Keng et al., 2011) [11].

Rajyoga's emphasis on detachment and spiritual understanding strengthens emotional resilience. Ramesh et al. (2013) [12] found that Rajyoga practitioners experience higher levels of fulfillment, positive thinking, and life satisfaction.

Subjective Experience of Happiness

Qualitative studies reveal that Rajyoga practitioners describe their happiness as grounded in inner peace, spiritual connection, and emotional regulation. Interviews indicate a shift from dependence on external sources of happiness toward intrinsic contentment.

PHILOSOPHICAL FOUNDATIONS

Rajyoga draws from ancient Indian scriptures including the Bhagavad Gita, Upanishads, and Patanjali Yoga Sutras. It teaches soul-consciousness ("I am a peaceful soul"), detachment from negativity, and remembrance (Smudhi) of the Supreme. Patanjali defines yoga as "chitta-vritti-nirodha"—the stilling of mental fluctuations.

Rajyoga aligns with this by focusing on cognitive purification, moral living, and spiritual alignment.

NEED FOR THE STUDY

Modern lifestyles have created high stress, anxiety, and emotional instability. There is an urgent need for evidence based holistic practices that enhance psychological well being.

Rajyoga aligns with the World Health Organization's emphasis on integrative health and NEP 2020's focus on mental well-being.

Scientific evaluation of Rajyoga's influence on happiness is essential for wider implementation.

OBJECTIVES

- Examine the relationship between Rajyoga meditation and happiness.
- Evaluate the influence of Rajyoga lifestyle on well-being.
- Compare happiness levels of practitioners and non-practitioners.
- Assess long term effects of Rajyoga on happiness.
- Understand subjective experiences of Rajyoga practitioners.

METHODOLOGY

Research Design

A mixed methods approach combining quantitative and qualitative analysis.

Sample

- Group A: 50 Rajyoga practitioners
- Group B: 50 non-practitioners

Participants were matched by age, gender, and occupation.

Tools

- Oxford Happiness Questionnaire (OHQ)
- Satisfaction With Life Scale (SWLS)
- Semi-structured Interviews
- Behavioral Observation Notes

Procedure

Rajyoga practitioners followed regular meditation, Murli study, and lifestyle practices.

Both groups completed quantitative test for finding the happiness scales. The qualitative analysis is done for practitioners and is ongoing for non-practitioners.

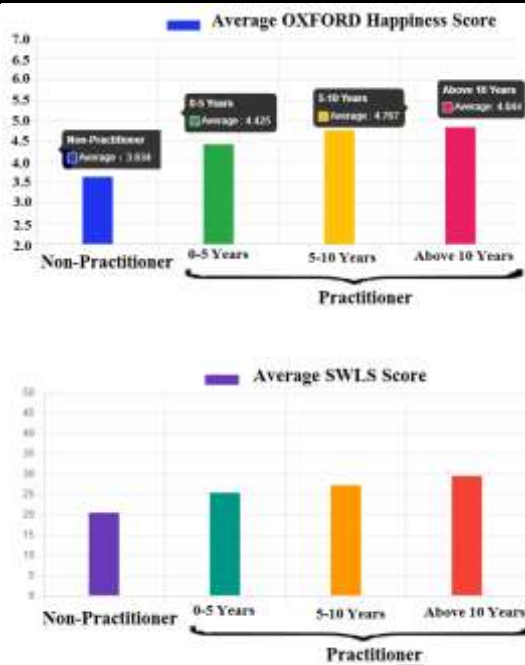
Data Analysis

Quantitative analysis included ttests and regression modeling via statistical tools. Qualitative themes were identified using thematic coding.

RESULTS

Quantitative Findings

- Practitioners reported significantly higher OHQ scores (Mean = 4.678) than non-practitioners (Mean = 3.634).
- Practitioners had higher SWLS scores (Mean = 27.448) than non-practitioners (Mean = 20.5).
- Happiness increased proportionally with years of Rajyoga practice.



Qualitative Findings

Themes identified:

1. Emotional Stability
2. Inner Peace and Spiritual Fulfillment
3. Positive Thinking and Detachment
4. Improved Relationships
5. Enhanced Self-Awareness

DISCUSSION

Results confirm that Rajyoga positively influences happiness and emotional well-being. Practitioners develop strong emotional regulation, inner peace, and resilience.

Rajyoga's teachings shift individuals toward intrinsic happiness independent of external circumstances. The combination of meditation, spiritual study, and ethical living contributes to sustained well-being.

CONCLUSION

Rajyoga practitioners report significantly higher happiness, life satisfaction, and emotional stability.

As a holistic system integrating meditation, spirituality, and lifestyle, Rajyoga offers a sustainable framework for mental health and well-being.

It has potential applications in education, public health, therapy, and organizational wellness programs.

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