



“Brahma Kumaris Rajyoga Meditation for Smartphone Addiction and Emotional Well-being: A Study Among Young Adults”

Ph.D Scholar: **Bidhan Rajkonwar**

Supervisor: **Dr. Mahavir Chougule, Ph.D**

University: Manipur International University, CARE

Abstract:

Today, young adults, throughout the world, are in the clutch of digital addiction, particularly, Smartphone Addiction, which is why, their emotional well-being are hampered. The fast progress of smartphone technology is rapidly transforming the life of young adults. There is no doubt that smart use of smartphone provides substantial benefits whereas excessive and unregulated use of smartphone is associated with Smartphone Addiction. Latest researches state that dependency on smartphone has a link with reduced concentration, anxiety, sleep disturbances, mood change, depression, eye problems, low academic performance, reduced self regulation and downward psychological well being. Here, we have the importance of some interventions which can regulate self control, strengthen attention, reduce tension, enhance emotional awareness thereby controlling problematic use of Smartphone. Review of various literatures reveals that approaches like mindfulness based practices and meditation have enough potential to address the pandemic of “Smartphone addiction” and “emotional disturbances”. Out of various approaches, Rajyoga Meditation practice taught by Brahma Kumaris, is a very distinctive contemplative approach which emphasizes on channelizing human thoughts, self awareness, soul consciousness, awareness of the Supreme Light, practice of our innate qualities like peace, love, happiness, bliss, purity, power etc. It also emphasizes on cultivation of positive thinking and emotional stability.

However, the present review tries to critically examine the role of Brahma Kumaris Rajyoga Meditation in reducing smartphone addiction and enhancing emotional well being. The evidences in recent researches reveal a deep association between mindfulness and problematic use of smartphone. But, in a different trial, it was evident that in a randomized trial of Brahma Kumari’s Rajyoga Meditation among healthcare professionals, there was recorded an enhancement of emotional well being and a reduction of anxiety, stress and depression. Even after repeated and rigorous study, it was seen that experimental researches with Brahma Kumaris Rajyoga Meditation for Smartphone Addiction and Emotional Well-being among Young Adults are very scarce. This review therefore identifies a research gap and suggests that Brahma Kumaris Rajyoga Meditation may influence smartphone related behavior through self awareness, soul consciousness, positive thinking, value practice, emotional regulation, control of attention, stress reduction and improved self control.

Introduction:

‘Technology is a useful servant but a dangerous master’

----- Christian Lous Lange

‘Where attention goes, energy flows’

----- James Redfield

‘Smartphone Addiction is a killer, Raj yoga Meditation is a Healer’

----- Bidhan Rajkonwar (Research Scholar)

Young adults are most frequent users of Smartphones. It is also true that Smartphones are necessary for communication, education, entertainment, social networking, and daily activities. But, excessive or uncontrolled Smartphone use may trigger concentration disorder, sleep disturbances, mental tiredness, headaches, relationship problem, low productivity level, stress, anxiety, irritability, loneliness, paranoia, notification dopamine, musculoskeletal pain, sedentary lifestyle related diseases, heart diseases, eye & ear diseases, suicidal tendencies, drug abuse, reduced life satisfaction and emotional imbalance.

Only restriction in screen time does not take us to total management of Smartphone use. It also involves developing awareness, attention control and emotional well-being.

Having realized all the pros and cons of Smartphone use, the objective should never be complete elimination of Smartphone use, rather, it should attempt to make sure of healthier and self-regulated patterns of use.

Researchers of the world have been continuously trying to search for non pharmacological interventions such as yoga therapy, mindfulness, meditation and other spiritual practices for addressing the above issues since long. Out of these interventions, meditation is shown as most effective tool to improve self-regulation, reduce impulsivity, enhance emotional stability and increase awareness of behavioral patterns. Out of various meditation approaches, Rajyoga Meditation is a unique spiritual cognitive meditation system which emphasizes on realization of the soul, Supreme soul, emotional purification, and positive thinking.

Brahma Kumaris Institution, which was founded in 1937, endorses Rajyoga Meditation as a practical method for getting mental peace, self transformation and emotional well-being. Raj yoga Meditation is basically a conscious mental practice involving positive spiritual thoughts and inner awareness.

Problematic Smartphone Use Crisis among young adults:

1. Excessive Screen Time
2. Repeatedly checking messages, notifications, social media, or apps without a specific need.
3. Difficulty in reducing or stopping Smartphone use despite wanting to do so.
4. Frequent phone interruption can affect attention, academic performance and productivity.
5. Late night Smartphone use may interfere with healthy sleep patterns,

6. Excessive use of Smartphone may be associated with stress, anxiety, irritability, loneliness, paranoia, notification dopamine, musculoskeletal pain, sedentary lifestyle related diseases, heart diseases, eye & ear diseases, suicidal tendencies, drug abuse, reduced life satisfaction and emotional imbalance.
7. Rajyoga Meditation practiced by Brahma Kumaris may help strengthen self-awareness, attention, and healthy digital habits.

Emotional Well-being in Young Adults

- a) Young adults are expected to possess the capacity to recognize, regulate, and approximately express their emotions which is essential for effective social and psychological functioning.
- b) Young adults are expected to possess the capacity to cope effectively with academic, professional, social and personal pressures.
- c) Young adults should develop a positive and realistic sense of self confidence.
- d) Young adults are expected to possess the capacity to cope up with setbacks, failures and difficult life circumstances.
- e) Young adults are expected to keep a healthy relationship with family, friends and peers.
- f) Young adults are expected to develop a sense of purpose, fulfillment and overall life satisfaction.
- g) Young adults should cultivate optimism, hope, gratitude and constructive thinking.
- h) Young adults should have the sense of self awareness.
- i) Young adults should cultivate the power to respond thoughtfully to emotional situations.
- j) Young adults should keep healthy boundaries with Smartphone and social media.
- k) Rajyoga Meditation practiced by Brahma Kumaris may support the young adults to attain inner calmness, self-awareness, concentration, and psychological well-being.

Rajyoga Meditation of Brahma Kumaris and Mindfulness Meditation

Rajyoga Meditation is a contemplative practice imparted by Brahma Kumaris Spiritual Institution. The practice entails cultivating awareness of the self as a spiritual being, maintaining remembrance of the Supreme Soul, and fostering re-emergence of innate qualities including peace, purity, spiritual knowledge, love, happiness, bliss and power. To Brahma Kumaris, Raj yoga meditation is the communion of the inner light called soul with the supreme light called God. The word Meditation comes from the Latin word 'mederi' means "to heal the injuries (mental impressions or wounds) in our minds which are accumulated births after births and life after life". When we meditate, we bring the deep and silent awareness of the self(soul) and the supreme soul to our mind. This sparking connection dissolves the deep seated impressions such as sorrow, pride, greed, resentment, malice, depression, frustration, annoyance, hate, fear, distrust, sulking, anger, lust, arrogance, and

jealousy, eventually cleaning the mind, intellect and resolve. A practitioner of Raj yoga often experiences light, relaxed and elevated after few minutes of meditation. Hence, from psychological point of view, Rajyoga Meditation has a lot to do with problematic Smartphone use.

Singh and Kumar(2022) examined subjective well-being and sleep quality among 43 Raj yoga meditation practioners in Mount Abu, India. The study provides directly relevant evidence that Rajyoga is worthy of further psychological investigation.

In a different trail conducted during COVID-19 period, 240 healthcare professionals were assigned to Raj yoga meditation intervention or relaxation music controlled condition. Emotional well-being, anxiety and stress were measured among the participants. It was apparent in the findings that Rajyoga meditation may influence psychological variables such as anxiety, stress etcetra that are closely related to problematic smartphone use. The findings recorded a great reduction of anxiety, stress and emotional well-being in the participants.

Thus, from all the reviews and research finding till today, it has become evident that Rajyoga is worthy of further psychological investigation and a dedicated experimental study involving young adults and problematic Smartphone use remains quite necessary.

However, Rajyoga Meditation should never be considered identical to Mindfulness Meditation. Mindfulness is nothing but the act of keeping something in mind or remembering to be aware in the present moment. Mindfulness based intervention has its own theoretical and clinical frameworks.

In a mindfulness research in 2020, Regan et al examined 135 young students with mean age of approximately 19 years and found that greater mindfulness and lower boredom proneness. In Contrast, impulsivity was found to be positively associated with problematic Smartphone use. In another review and meta-analysis, Fendel et al. (2025), covered 140 studies that included 79,080 participants. In that review, an average negative association between trait mindfulness and problematic Smartphone use was revealed, and a smaller negative association between screen time and fear of being without Smartphone was noticed.

A Conceptual Model for the Proposed Study:

The current review reveals that Rajyoga Meditation may influence Smartphone behavior directly or indirectly. A model for supporting the revelations is presented below:

Rajyoga Meditation



Self Awareness + Emotional Regulation + Self Control



Reduced Impulsive Behavior



Reduced Problematic Smartphone Use



Improved Emotional Well-being



Reduced Stress, Anxiety, Irritability, Loneliness, Boredom, and Emotional Avoidance



Reduced Dependence on Smartphone Use for Mood Regulation.

The proposed conceptual framework could be treated as testable hypothesis rather than assumed.

Research Gaps

The present review reveals the following important gaps:

1. There is substantial evidence connecting problematic Smartphone use and mental health but, considerably less evidence concerning effective intervention for problematic smartphone use.
2. Mindfulness has been increasingly studied as an intervention against problematic smartphone use, but, Rajyoga Meditation of Brahma Kumaris and Mindfulness are not similar forms.
3. Direct empirical study specifically examining Rajyoga Meditation of Brahma Kumaris, Smartphone addiction and emotional well-being among young adults is very scarce.
4. Much of the existing problematic smartphone use literature uses cross-sectional designs and self report measures. Such designs cannot establish whether meditation actually causes reduction in problematic use.
5. Researches on positive and purposeful use of smartphone for academic, professional, and creative purposes are still limited. Here, there is a probability that the users would not feel fully dependent on their smartphones despite spending many hours using smartphones for academic, professional, and creative purposes.

Thus, this review reveals that there is a very little direct research done on **Rajyoga Meditation** which creates a valuable opportunity for further study.

Suggestions for Future Research:

A future empirical study consisting randomized controlled or quasi-experimental design with young adults who demonstrate problematic smartphone use scores, could be used. Here, Participants could be divided into two groups, one Rajyoga Meditation Intervention Group and the other could be a controlled group. The intervention may consist of Rajyoga Sessions combined with daily guided meditation practice over 6-8 weeks.

Suggested outcomes

- 1) The Smartphone Addiction Scale- Young Adults(SAS-YA) could be used to assess problematic smartphone behavior.
- 2) The WHO-5 well-being Index could be used as a concise measure for subjective psychological well-being.
- 3) The Perceived Stress Scale could assess perceived stress.
- 4) A validated awareness measure could be included to determine whether changes in awareness mediate outcomes.
- 5) A validated Self-control Scale could test the proposed self-regulation mechanism.
- 6) Participants' built-in screen-time records could be recorded at baseline and post-intervention.
- 7) A follow-up assessment to see the improvements could be done after one or three months of giving the treatment of intervention.
- 8) A mixed method approach namely, quantitative and qualitative measures could further strengthen the study. Quantitative might reveal outcome changes while qualitative might reveal participants' experiences of Rajyoga, emotional regulation, digital habits, and changes in smartphone dependence.

Conclusion

Thus, having thoroughly studied the existing literatures on yoga and various meditation techniques including Rajyoga Meditation of Brahma Kumaris and their impacts on Smartphone addiction and Emotional Well-being among young adults, it is realized that these behavioral and psychological disorders that are associated with depression, anxiety, distress, low academic performance, and reduced emotional well-being can be best healed by meditation based interventions. Here, Rajyoga Meditation of Brahma Kumaris delivers a Psychospiritual approach emphasizing self awareness, positive thinking, soul consciousness, emotional purification and inner empowerment. However, direct evidence regarding its impact in reduction of problematic smartphone use and in improvement of emotional well-being among young adults remains very limited. This evidence gap itself provides a strong rationale for the proposed research. A rigorous experimental study using validated psychological measures, objective smartphone use data, and a follow-up assessment could provide valuable empirical evidence. It may be suggested that Rajyoga Meditation and youth development programs should be incorporated in our educational institutions so that young adults be kept away from problematic smartphone use.

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