



The Impact of Rajyoga Meditation on Psychological Well-Being, Stress Management, and Emotional Resilience among the General Public

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Abstract: *In the present-day world, people are exposed to a variety of psychological and emotional challenges arising from work, family responsibilities, financial concerns, interpersonal relationships, social expectations, and rapid changes in everyday life. Continuous exposure to such demands may contribute to psychological stress and may affect an individual's emotional balance and overall quality of life. Therefore, there is an increasing need for simple and accessible approaches that can support psychological well-being and strengthen people's ability to cope with stressful situations.*

Meditation is increasingly being considered as one of the complementary approaches for promoting mental well-being and emotional balance. Rajyoga meditation, as taught by the Brahma Kumaris, is a practice that emphasizes self-awareness, conscious thinking, inner peace, positive thoughts, and connection with the Supreme. The Brahma Kumaris describe Rajyoga as a natural form of meditation that does not require a particular physical posture, ritual, or mantra and can be practised in everyday life.

The present study proposes to examine the impact of Rajyoga meditation on psychological well-being, stress management, and emotional resilience among the general public. Psychological well-being, perceived stress, and resilience may be assessed before and after the intervention using standardized psychological measures such as the WHO-5 Well-Being Index, Perceived Stress Scale, and Connor-Davidson Resilience Scale. The study is expected to contribute to the growing understanding of meditation as a possible complementary approach to psychological well-being, stress management, and emotional resilience in the general population.

Keywords: *Rajyoga Meditation, Psychological Well-Being, Stress Management, Emotional Resilience, General Public, Meditation, Mental Well-Being, Brahma Kumaris.*

Introduction

Mental well-being is an important aspect of a healthy and balanced life. In everyday living, individuals are required to manage multiple responsibilities related to employment, family, finances, social relationships, health, and personal development. Although these responsibilities are a normal part of life, continuous pressure and difficulties in coping with them may affect an individual's psychological and emotional state.

Stress is a common experience across different sections of society. Working professionals may experience occupational pressure and deadlines, parents may experience family responsibilities, young adults may face career-related uncertainty, and older adults may experience concerns related to health, relationships, or changes in lifestyle. Thus,

psychological stress is not restricted to any particular age group or occupational category.

A certain amount of stress may motivate individuals to respond effectively to challenges. However, persistent or excessive stress may influence emotional functioning, concentration, sleep, interpersonal relationships, and overall quality of life. For this reason, the development of healthy methods of stress management has become increasingly important. The World Health Organization's WHO-5 Well-Being Index is a brief measure designed to assess subjective mental well-being during the previous two weeks. Higher scores indicate better well-being.

Meditation has received considerable attention as a complementary approach to psychological well-being. Among different meditation traditions,

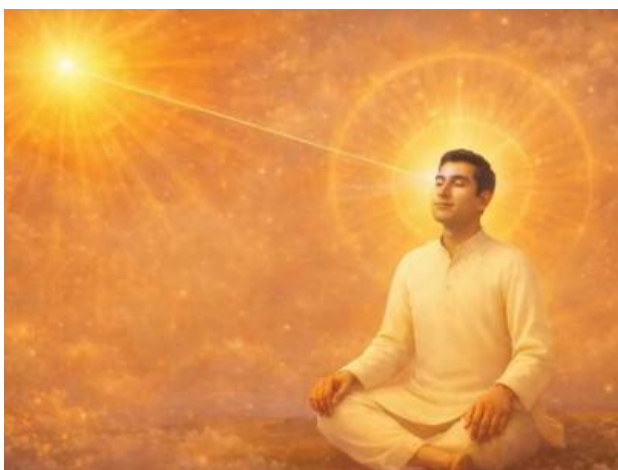
Rajyoga meditation represents a distinctive approach that emphasizes awareness of the self, conscious management of thoughts, positive thinking, inner peace, and spiritual awareness.

According to the Brahma Kumaris, Rajyoga meditation involves developing awareness of the self as a spiritual being and cultivating a conscious relationship with the Supreme. The practice can be performed in ordinary daily situations and does not depend upon a particular physical posture or ritual.

The present study therefore focuses on the general public rather than a specific educational or occupational group. This broader population provides an opportunity to examine whether Rajyoga meditation may be associated with psychological well-being, stress management, and emotional resilience across different sections of society.

Concept of Rajyoga Meditation

Rajyoga meditation is one of the central practices taught by the Brahma Kumaris. The term Rajyoga is associated with the experience of inner



sovereignty, self-awareness, and a conscious connection with the Supreme.

From a psychological perspective, the practice may be relevant to self-awareness and emotional regulation. Individuals are encouraged to observe their thoughts and become more conscious of the quality and direction of their thinking. Instead of responding automatically to every situation, the practitioner attempts to develop a more deliberate and constructive response.

This aspect may be particularly relevant to stress management. External circumstances cannot

always be controlled. However, individuals may be able to develop greater awareness of their internal responses to those circumstances.

Thus, Rajyoga meditation can be examined empirically as a possible complementary practice for promoting psychological well-being and emotional resilience.

Psychological Well-Being

Psychological well-being represents an important dimension of overall health. A person may be physically healthy and function effectively in society while still experiencing emotional dissatisfaction, persistent worry, low motivation, or a lack of inner peace. Well-being includes positive psychological experiences such as feeling peaceful, active, interested, and satisfied with one's life. It also involves the ability to maintain emotional balance while dealing with ordinary difficulties.

The WHO-5 Well-Being Index is a short self-report instrument designed to measure subjective psychological well-being. It contains five positively worded statements referring to the previous two weeks. Higher scores represent better well-being. Rajyoga meditation may potentially support psychological well-being through the cultivation of positive thoughts, self-awareness, inner peace, and a sense of meaning. Regular periods of meditation may provide individuals with an opportunity to step away from external demands and consciously attend to their internal state.

However, the relationship between meditation and psychological well-being should be established through empirical research rather than assumption. The present study therefore proposes to assess psychological well-being using a standardized measure before and after participation in a Rajyoga meditation programme.

Stress Management

Stress management refers to the methods and psychological resources individuals use to cope with situations that they perceive as demanding or overwhelming. The Perceived Stress Scale developed by Cohen, Kamarck, and Mermelstein is one of the widely used measures of perceived stress. Rather than simply counting stressful events, the scale focuses on how unpredictable, uncontrollable, and overwhelming individuals

perceive their circumstances to be. Rajyoga meditation may contribute to stress management by encouraging individuals to become more aware of their thoughts and emotional reactions.

For example, when an individual experiences criticism, financial difficulty, interpersonal conflict, or work pressure, the external situation may not immediately change. However, the individual's interpretation and response may change through greater self-awareness.

From the Rajyoga perspective, stress management is therefore not limited to removing external sources of pressure. It also involves developing greater mastery over one's thoughts, attitudes, and emotional responses.

Regular practice may encourage individuals to pause before reacting, identify negative thought patterns, and consciously develop peaceful and constructive thoughts.

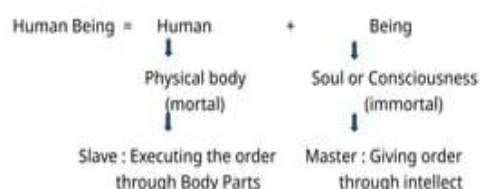
This makes Rajyoga meditation a potentially useful complementary approach to stress management in everyday life.

Emotional Resilience

Life inevitably includes disappointment, loss, uncertainty, interpersonal conflict, financial difficulty, health concerns, professional setbacks, and other challenges. Emotional resilience does not mean that a person never experiences sadness, fear, anger, or disappointment. Rather, it refers to the ability to recover and adapt after difficult experiences.

Stress Management by Rajyoga Meditation.

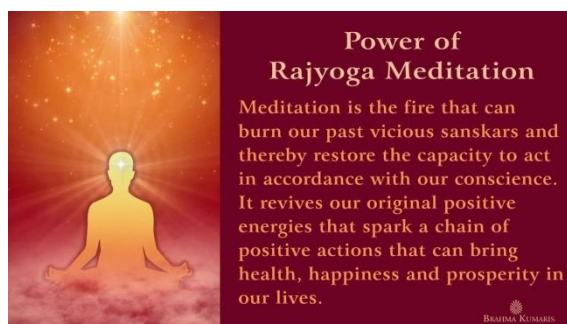
➤ How to increase resilience power ?



Connor and Davidson developed the Connor-Davidson Resilience Scale as a measure of resilience. The original scale contains 25 items assessing different aspects of resilience and coping capacity.

Rajyoga meditation may have relevance to resilience because it encourages individuals to develop an internal source of stability rather than depending entirely upon external circumstances.

The practice may help individuals reflect on situations with greater emotional distance and develop constructive responses. From the Rajyoga perspective, difficult experiences can also become opportunities for learning, self-awareness, and inner development. Therefore, examining resilience alongside psychological well-being and stress provides a broader understanding of the possible effects of Rajyoga meditation.



Review of Literature

Research on meditation and psychological well-being has increased considerably over the past several decades. Different forms of meditation have been examined in relation to stress, anxiety, emotional regulation, psychological well-being, and quality of life.

The WHO-5 Well-Being Index has been used extensively to assess subjective well-being across different populations. A systematic review by Topp and colleagues identified substantial evidence supporting the use of the WHO-5 as a measure of subjective psychological well-being.

Perceived stress has also been extensively studied using the Perceived Stress Scale. The original work by Cohen and colleagues established the scale as a measure of individuals' subjective appraisal of stress.

Resilience has become an important concept in psychological research because individuals differ substantially in their ability to adapt to adversity. The Connor-Davidson Resilience Scale was developed to provide a structured method for measuring resilience and has subsequently been used in different populations.

Research specifically examining Rajyoga meditation is comparatively more limited than research on broader mindfulness and meditation approaches. Recent work has begun to investigate Rajyoga as a structured intervention for stress reduction among young adults and students. Such studies provide a basis for further research, but additional independent studies involving broader community populations are needed.

The present study attempts to extend this area by focusing on the general public and examining three related psychological outcomes: psychological well-being, perceived stress, and emotional resilience.

Research Gap

Although meditation has been widely studied as a complementary approach to psychological well-being, several gaps remain. First, much meditation research focuses on particular groups such as students, healthcare professionals, or clinical populations. Second, relatively fewer studies examine Rajyoga meditation specifically among diverse members of the general public. Third, psychological well-being, stress, and resilience are often studied separately. Examining all three variables together may provide a more comprehensive picture of the possible psychological effects of Rajyoga practice. The present study therefore proposes to examine Rajyoga meditation among adults from the general public and to assess its possible relationship with psychological well-being, stress management, and emotional resilience.

Objectives of the Study

The study has the following objectives:

1. To assess the level of psychological well-being among adults from the general public.
2. To assess perceived stress among adults from the general public.
3. To assess emotional resilience among adults from the general public.
4. To examine the impact of regular Rajyoga meditation practice on psychological well-being.
5. To examine the impact of regular Rajyoga meditation practice on perceived stress.
6. To examine the impact of regular Rajyoga meditation practice on emotional resilience.

Rajyoga Meditation Intervention

A structured Rajyoga meditation programme may be conducted for **eight weeks**.

A possible programme structure is:

Duration: 8 weeks

Frequency: 5 days per week

Duration per session: approximately 20–30 minutes

The intervention may be conducted under the guidance of an appropriately trained Rajyoga meditation instructor.

The programme may include the following components:

Week 1: Introduction to Self-Awareness

Participants are introduced to the basic understanding of the self and the importance of observing one's thoughts.

Week 2: Awareness of Thoughts

Participants learn to observe thoughts without immediately reacting to them.

Week 3: Developing Positive Thoughts

The sessions focus on consciously developing thoughts related to peace, love, happiness, purity, and inner strength.

Week 4: Emotional Awareness

Participants are encouraged to recognize emotional reactions and develop greater awareness before responding to situations.

Week 5: Managing Stressful Situations

Participants practise maintaining inner stability while thinking about common sources of stress in daily life.

Week 6: Inner Strength and Resilience

The practice focuses on developing confidence in one's inner resources and ability to cope with difficulties.

Week 7: Relationship and Social Well-Being

Participants reflect on how inner peace and conscious thinking may influence their responses in interpersonal relationships.

Week 8: Integration into Daily Life

Participants are encouraged to incorporate Rajyoga meditation into their daily routine and continue independent practice.

The exact intervention protocol should be documented in sufficient detail to permit replication.

Procedure

After obtaining the required institutional or organizational permission, eligible participants will be informed about the purpose and procedures of the study.

Written informed consent should be obtained before participation.

Participants will complete the baseline assessment using the selected psychological instruments.

The intervention group will then participate in the structured Rajyoga meditation programme for eight weeks.

The comparison group will not participate in the structured intervention during the study period and will continue their normal activities.

Following completion of the intervention, both groups will complete the same psychological measures.

The researcher should maintain confidentiality throughout the study. Participants should be informed that participation is voluntary and that they may withdraw without penalty.

Ethical Considerations

Ethical principles are particularly important when conducting research involving psychological well-being.

The researcher should ensure:

- informed consent;
- voluntary participation;
- confidentiality of participant information;
- secure storage of research data;
- the right to withdraw;
- appropriate institutional approval;
- avoidance of coercion;
- respectful treatment of all participants.

Rajyoga meditation should be presented as a complementary well-being practice rather than as a guaranteed treatment for mental illness. Participants experiencing significant psychological distress should be encouraged to seek appropriate professional help rather than relying solely on meditation.

Proposed Statistical Analysis

After the actual data are collected, the following statistical techniques may be considered:

1. Frequency and percentage for demographic characteristics.
2. Mean and standard deviation for psychological variables.
3. Paired-samples *t* test for pre-test and post-test changes within groups.
4. Independent-samples *t* test for comparisons between groups.
5. Pearson correlation to examine associations among meditation practice, well-being, stress, and resilience.
6. ANCOVA or repeated-measures analysis where appropriate.
7. Effect-size calculations to determine the practical magnitude of observed differences.

The significance level may be set at $p < .05$.

The final statistical technique should be selected after checking the characteristics and assumptions of the actual dataset.

Possible Implications of the Study

The study may have implications for individuals, community organizations, educational institutions, workplaces, and wellness programmes.

Individual Level

Individuals may use meditation as one component of a broader lifestyle approach to psychological well-being.

Community Level

Community organizations may consider offering voluntary meditation and well-being programmes that are accessible to people from different backgrounds.

Workplace Level

Organizations may explore voluntary contemplative practices as part of employee well-being initiatives, provided that participation remains voluntary and non-coercive.

Counselling and Mental Health Services

Meditation programmes may complement, but should not replace, professional psychological counselling or medical treatment when such care is indicated.

Research Level

Future studies can examine the effects of Rajyoga meditation across different age groups, occupations, cultural backgrounds, and durations of practice.

Limitations of the Study

The proposed study may have several limitations.

First, convenience or purposive sampling may reduce the generalizability of the findings.

Second, the study relies partly on self-report measures, which may be influenced by participants' expectations or social desirability.

Third, participants may differ in their consistency of meditation practice.

Fourth, external life circumstances may change during the intervention period and influence psychological outcomes.

Fifth, an eight-week intervention may not be sufficient to determine the long-term effects of Rajyoga meditation.

Finally, participants who voluntarily choose to participate in a meditation study may already have a positive attitude toward meditation, which could influence the results.

Recommendations for Future Research

Future research may consider:

1. Conducting studies with larger and more diverse community samples.
2. Using randomized controlled designs.
3. Comparing Rajyoga meditation with other meditation approaches.
4. Examining the effects of different durations and frequencies of practice.
5. Conducting follow-up assessments several months after the intervention.
6. Examining whether age, occupation, gender, or previous meditation experience moderates the effects.
7. Combining quantitative measures with qualitative interviews to understand participants' experiences.
8. Examining whether improvements in resilience mediate the relationship between meditation and psychological well-being.

Conclusion

The present research proposes to examine the impact of Rajyoga meditation on psychological well-being, stress management, and emotional resilience among the general public.

Modern life presents individuals with numerous psychological and emotional challenges.

Developing healthy methods of responding to these challenges is therefore important for maintaining psychological balance and quality of life.

Rajyoga meditation, as taught by the Brahma Kumaris, provides a structured approach based on self-awareness, conscious thinking, inner peace, positive qualities, and spiritual awareness. Its practical nature allows it to be incorporated into everyday life.

The proposed study brings together three important psychological outcomes—well-being, stress, and resilience—and provides a framework for examining whether regular Rajyoga practice is associated with measurable changes in these areas.

The use of standardized instruments such as the WHO-5 Well-Being Index, Perceived Stress Scale, and Connor-Davidson Resilience Scale can provide a systematic basis for evaluation.

However, the final conclusions must be based on actual participant data. The present article therefore serves as a research framework rather than a report of fabricated findings. If empirical results demonstrate positive changes, Rajyoga meditation may be considered a potentially useful complementary approach for promoting psychological well-being, managing perceived stress, and strengthening emotional resilience among adults in the general population.

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