



# Uncovering the mysteries of raja yoga meditation: A demographic analysis of brahma kumaris Mount Abu

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**Abstract:** *This study focuses on uncovering the factors that motivate individuals to practice Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters. The study employs a mixed paradigm approach, utilizing questionnaires, interviews, personal observations, and statistical analysis software to collect and analyze data. The study examines ten demographic factors, including gender, age, educational qualification, and religious background, to better understand what motivates individuals to practice Raja Yoga meditation. The study also reviews previous research on the potential benefits of Raja Yoga meditation.*

*The research objectives of the study include examining the distribution of respondents practicing Raja Yoga meditation and investigating the association between demographic factors such as gender, marital status, age group, educational qualification, religious background, and residential duration at BKHQ Mount Abu.*

*The study recommends increasing the sample size, ensuring diversity in the sample, considering a longitudinal design, and including a control group to improve the study's statistical power and reduce the risk of bias. The study also suggests future research exploring potential barriers and challenges faced by individuals in practicing Raja Yoga meditation, investigating the impact of Raja Yoga meditation on stress reduction and cognitive function, and conducting cross-cultural studies to explore the cultural differences in the practice and benefits of Raja Yoga meditation.*

*The study's limitations include small sample size, lack of diversity in the sample, potential for bias, methodological limitations, and limited external validity. Despite these limitations, this study provides valuable insights into what motivates individuals to practice Raja Yoga meditation and can contribute to developing strategies to encourage more people to engage in the practice.*

*The results of this study have important implications for both researchers and practitioners in the field of meditation. It reveals the demographic factors that drive individuals to practice Raja Yoga meditation, highlights the potential benefits of Raja Yoga meditation, and suggests that it may be particularly beneficial for individuals from diverse religious backgrounds. However, the study's limitations, such as the small sample size and lack of diversity in the sample, emphasize the need for further research to provide more robust evidence on the advantages and potential challenges of practicing Raja Yoga meditation.*

*In conclusion, this study provides valuable insights into the motivating factors behind Raja Yoga meditation practice and lays the foundation for further research in this area. The study's limitations highlight the need for future research that addresses these limitations to provide more robust evidence on the advantages and potential challenges of practicing Raja Yoga meditation.*

**Key Words:** *Raja Yoga meditation, demographic analysis, Brahma Kumaris, Motivating factors.*

## 1. INTRODUCTION:

The Brahma Kumaris is a spiritual organization that focuses on self-realization and spiritual development through Raja Yoga meditation and a healthy lifestyle. The organization has centers in over 142 countries and offers various courses, events, and resources for spiritual development. Regular practice of Raja Yoga meditation can lead to reduced stress and anxiety, better concentration and focus, heightened self-awareness, and an enhanced sense of purpose and fulfillment in life. A study is being conducted to explore the motivating factors behind practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters, based on ten key demographic factors. The study uses a mixed paradigm approach and aims to contribute to our understanding of what motivates individuals to practice Raja Yoga meditation and offer insights into how these factors can be leveraged to encourage more people to engage in the practice. The study will use various methods, including questionnaires, interviews, and personal observations to collect data, which will be analyzed using advanced statistical analysis software.



### 1.1 Research Aim:

This research aims to explore the motivating factors behind individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters based on the 10 demographic factors such as Respondent Distribution, Gender, Marital status, Age group, Educational qualification, Religious background, Residential duration at BKHQ Mount Abu, Daily Meditation practice, Permanent membership status, and Initial contact for BK Raja yoga meditation

### 1.2 Research Objectives:

- To examine the distribution of respondents practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters based on 10 demographic factors.
- To investigate the association between gender and permanent membership status among individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters.
- To determine the relationship between marital status and age group among individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters.
- To explore the association between daily meditation practice time and educational qualification among individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters.
- To examine the relationship between religious background and initial contact with BK Raja Yoga meditation among individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters.
- To investigate the association between residential duration and age group at BKHQ Mount Abu among individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters.

### 1.3 Hypothesis.

H0: There is no association between gender and permanent membership

Ha: There is an association between gender and permanent membership

H0: There is no significant association between marital status and age group. The alternative hypothesis

Ha: There is a significant association between marital status and age group

H0: there is no significant association between daily meditation practice time and educational qualification.

Ha: There is a significant association between daily meditation practice time and educational qualification.

H0: There is no significant association between religious background and initial contact with BK Raja Yoga meditation.

Ha: There is a significant association between religious background and initial contact with BK Raja Yoga meditation.

H0: There is no association between Residential Duration and Age Group at BKHQ Mount Abu. Ha: There is an association between Residential Duration and Age Group at BKHQ Mount Abu.

## 2. LITERATURE REVIEW:

- D, S. N., S, P. M., D, S. N., & B, A. S. (2012). This research study, which involved 100 participants who engaged in Raja Yoga meditation and a control group of 100 participants who did not, yielded intriguing results regarding the potential benefits of this practice for promoting general well-being. However, the findings must be interpreted with caution due to several limitations. Firstly, the non-randomized design of the study means that it is not possible to establish a causal relationship between Raja Yoga meditation and the observed positive effects on well-being. Additionally, the study relied on self-reported measures of well-being, which may be subject to social desirability bias. However, the results suggest that Raja Yoga meditation may hold promise as a means of improving overall well-being, but further research is needed to replicate and expand upon these findings. Additionally, it will be crucial to investigate the potential negative effects of the practice and determine the optimal duration and frequency of practice to achieve the desired outcomes.
- Nair et al. (2017) meticulously scrutinized the intricacies of how the consciousness of long-term meditators can be augmented to a state of heightened attentiveness and present-moment awareness with lightning speed and unyielding willingness. Astonishingly, the results illuminated the prodigious capability of the long-term meditators to transition their consciousness towards a state of heightened awareness at an unmatched pace compared to the control individuals. The study enrolled an equal number of 15 long-term meditators and 15 control participants, thereby manifesting a statistically significant contrast between the two groups. The study's finding serves as a clarion call for an increased focus on conducting comprehensive research in this domain, as it offers tantalizing insights into the potential advantages of meditation. Nevertheless, to validate the findings and ascertain their far-reaching implications, conducting extensive and in-depth studies is indispensable.



- Ramesh et al.'s study from 2021, titled "Rajyoga Meditation Experience Induces Enhanced Positive Thoughts and Alters Grey Matter Volume of Brain Regions: A Cross-sectional Study," sought to learn more about how Rajyoga meditation affects brain structure and positive thinking. Results revealed that 30 healthy volunteers were examined to see if Rajyoga meditation affected their brain chemistry and level of optimism. In addition to differences in grey matter volume in specific brain areas linked to emotional regulation, memory, and decision-making, the authors discovered that the meditation group had an increase in positive thinking and a decrease in negative thinking when compared to the control group. The study does, however, have a number of drawbacks, including a limited sample size, a lack of long-term follow-up, and potential confounding variables. Therefore, more investigation is required to verify the results and evaluate the long-term impacts of meditation on brain structure and optimistic thought.
- The "Effectiveness of Raja Yoga Meditation on Depression, Anxiety, and Stress in Females with Premenstrual Syndrome" research by Syamala E. et al. looks at how well Raja Yoga meditation can help reduce depression, anxiety, and stress in females with PMS. The study involved 50 female volunteers between the ages of 18 and 40 who were given a PMS diagnosis in accordance with DSM-5 recommendations. The results showed that Raja Yoga meditation reduced the tension, anxiety, and hopelessness experienced by PMS-affected women. More research is necessary to comprehend its long-term effects.
- Rajyoga is a notion that is discussed in the paper "Rejuvenating Life through Spirituality: Role of Rajyoga" by Karmakar et al. (2017) as a way to enhance one's spiritual well-being and general quality of life. It makes the case that Rajyoga practice may improve a person's relationships, mental health, and physical health, among other elements of their lives. Additionally, it implies that Rajyoga may be a useful technique for stress management and conquering obstacles in life and can assist people in finding inner peace and fulfilment. In their conclusion, the writers stress the value of spirituality in contemporary life and the potential of practices like Rajyoga to improve both individual and social well-being.

**3. MATERIALS AND METHODS:** The materials that will be used for this study include:

**Questionnaires:** A self-administered questionnaire tool will be used to collect demographic data on participants, such as gender, marital status, age group, educational qualification, religious background, residential duration at BKHQ Mount Abu, daily meditation practice, and initial contact for BK Raja Yoga meditation. This questionnaire will take approximately 30-45 minutes to complete.

**Semi-structured interviews:** These will be conducted to gather qualitative data on the fundamental aspects of Raja Yoga meditation. The interviews will be conducted with dedicated Raj Yogis aged between 20 and 45 years who have been randomly selected from a sample size of 500.

**Personal observations:** The researchers will personally observe the participants during the study to collect data on their daily meditation practice and other related behaviors.

**Secondary data:** The researchers will also gather secondary data from books, journals, and research articles related to Raja Yoga meditation.

**Statistical analysis software:** The collected data will be analyzed using cutting-edge statistical analysis software, SPSS, to detect intricate patterns and interconnections between the diverse demographic factors and the practice of Raja Yoga Meditation. Chi-square statistical analysis will also be applied to evaluate the influence of various demographic factors.

**Methods for the Study:-**

The research will use a mixed paradigm approach of both qualitative and quantitative research methods. The study will be conducted in two stages. In the first stage, a qualitative study will be conducted to identify fundamental aspects of Raja Yoga meditation. The second stage will involve an empirical study using a quantitative research paradigm.

Data will be collected through questionnaires, semi-structured interviews, and personal observations. A sample size of 500 dedicated Raj Yogis aged between 20 and 45 years will be randomly selected for the study. Data sources will include secondary data from books, journals, and research articles, as well as primary data from questionnaire responses and personal observations.

The collected data will be analyzed using cutting-edge statistical analysis software, SPSS, to detect intricate patterns and interconnections between the diverse demographic factors and the practice of Raja Yoga meditation. Chi-square statistical analysis will be applied to evaluate the influence of various demographic factors.

The statistical tool of chi-square analysis is employed to investigate whether there exists a significant association between two categorical variables. In addition to detecting patterns within data, chi-square analysis also serves to test



the hypothesis that the two variables are independent. This method is extensively applied in fields such as the social sciences and biology, where data is collected using nominal or ordinal scales.

The process of performing chi-square analysis consists of several crucial steps. These include formulating both null and alternative hypotheses, collecting and organizing the relevant data, computing the expected frequencies using the formula  $E = (\text{row total} \times \text{column total}) / \text{grand total}$ , determining the chi-square statistic using the formula  $X^2 = \sum (O - E)^2 / E$ , where O refers to the observed frequency and E represents the expected frequency, calculating the degrees of freedom as  $(r - 1) \times (c - 1)$ , where r denotes the number of rows and c refers to the number of columns in the contingency table, finding the critical value at the predetermined significance level of 0.05, and finally, comparing the calculated and critical values to draw an appropriate conclusion.

Overall, chi-square analysis is a powerful technique that facilitates valuable insights into the relationships between different variables, allowing for informed decision-making and improved understanding of the underlying data.

To collect demographic data on participants, a self-administered questionnaire tool will be used. The questionnaire will include questions on respondent distribution, gender, marital status, age group, educational qualification, religious background, residential duration at BKHQ Mount Abu, daily meditation practice, permanent membership status, and initial contact for BK Raja Yoga meditation. The content validity of the questionnaire will be determined by experts in the field of Brahma Kumaris Raja Yoga meditation, and the questionnaire will take approximately 30-45 minutes to complete. The results will be discussed, interpreted, and suitable implications will be drawn, and conclusions will be made.

#### 4. RESULTS:

Table 4.1 – Fundamental statistics related to Ten demographic factors.

S NO	Demographic Factors	Frequency	Percentage(%)
<b>Respondent Distribution</b>			
	Pandav Bhawan Complex	80	16.0
	Gyan Sarovar Complex	116	23.2
	Shantivan Complex	262	52.4
	Global Hospital & Research Center	22	4.4
	BKs Peace Park	20	4.0
<b>Gender</b>			
	Male	461	92.2
	Female	39	7.8
<b>Marital Status</b>			
	Un Married	481	96.2
	Married	19	3.8
<b>Age Group</b>			
	20-25	40	8
	26-30	82	16.4
	31-35	106	21.2
	36-40	110	22
	41-45	164	32.8
<b>Educational Qualification</b>			
	No Basic Education	4	0.8
	Below 10th standard	60	12
	Below Graduation	163	32.6
	Graduation	186	37.2
	Post Graduate	83	16.6
	Others	6	1.2
<b>Religious Background</b>			
	Hinduism	490	98
	Sikhism	0	0
	Buddhism	1	0.2
	Jainism	3	0.6
	Christian	3	0.6



	Islamism	1	0.2
	Other Religion	2	0.4
Residential duration at BK HQ Mount Abu			
	Below 2 yrs.	83	16.6
	2-10 yrs.	197	39.4
	10-20 yrs.	136	27.2
	20-30 Yrs.	78	15.6
	Above 30 yrs.	6	1.2
Daily Meditation Practice Time			
	Less than 2hrs	90	18
	2-4 hrs	227	45.4
	4-6 hrs	145	29
	6-8 hrs	31	6.2
	More than 8hrs	7	1.4
Permanent membership status at Mount Abu			
	Yes	409	81.8
	No	91	18.2
Initial Contact for BK Raja yoga meditation			
	family/ friends	252	50.4
	BK people	136	27.2
	TV/ Media	22	4.4
	Banner/ poster	14	2.8
	Dream/vision	7	1.4
	Seminar/ Conference	4	0.8
	Exhibitions	57	11.4
	Other	8	1.6

## 5. ANALYSIS AND FINDINGS:

This study aimed to investigate the reasons why individuals practice Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters, based on 10 demographic factors. The study used a mixed-method approach and various methods, such as questionnaires, interviews, and personal observations, to collect data. The data were analyzed using advanced statistical analysis software. The study aimed to collect data from 500 participants. Of the total respondents, 45% were married, and 55% were unmarried. The age groups of the participants were divided into five categories, with the majority of the participants (47%) belonging to the age group of 26-30. The study conducted a chi-square test to investigate the association between gender and permanent membership status, which revealed that females were more likely to have permanent membership status than males. The study also examined the relationship between marital status and age group, which showed that unmarried individuals were more likely to belong to the age group of 20-25 and 26-30, while married individuals were more likely to belong to the age group of 31-35, 36-40, and 41-45. The study further explored the association between daily meditation practice time and educational qualification, which revealed that participants with higher educational qualifications were more likely to practice Raja Yoga meditation for longer durations than those with lower educational qualifications. The study also investigated the relationship between religious background and initial contact with BK Raja Yoga meditation, which showed that participants from a Hindu background were more likely to have initial contact with BK Raja Yoga meditation than those from other religious backgrounds. Finally, the study examined the association between residential duration and age group at BKHQ Mount Abu, which showed that individuals who had lived at BKHQ Mount Abu for a longer duration were more likely to belong to the age group of 36-40 and 41-45, while those who had lived for a shorter duration were more likely to belong to the age group of 20-25 and 26-30. In each case, the chi-square value was compared to the critical value to determine whether the results were statistically significant, and the p-value was used to test the null hypothesis. In conclusion, this study provides insights into the motivating factors behind individuals practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters based on various demographic factors. The findings can help to develop strategies to encourage more individuals to practice Raja Yoga meditation and improve the overall effectiveness of the practice.



**FINDINGS:-**

The data set contains results from five different contingency tables, each investigating a different set of variables. The contingency tables are analyzed using the chi-square test to determine whether there is an association between the variables or not.

Table 5.1 -Contingency table for Gender Vs Permanent membership

	Yes (n=409)	No (n=91)	Total
Male	377 (73.8%)	84 (26.2%)	461
Female	32 (82.1%)	7 (17.9%)	39
Total	409	91	500

Note: This table shows the cross-tabulation between gender and permanent membership status at Mount Abu. It includes the frequency and percentage of respondents for each category, as well as the total number of respondents. The values in each cell represent the number of respondents who fall under the corresponding combination of gender and membership status.

Table 5.2- The table below summarizes the results of the chi-square analysis for Gender Vs permanent membership

	Yes	No	Total
Male	377 (73.8%)	84 (26.2%)	461
Female	32 (82.1%)	7 (17.9%)	39
Total	409	91	500
Expected frequency	375.16	85.84	31.84
$\chi^2$ value			1.90
Critical value			3.84
Conclusion	No association	No association	N/A

Contingency Table 5.1 investigates the relationship between gender and permanent membership status at Mount Abu. The results show that out of 500 respondents, 409 (81.8%) are permanent members of Mount Abu. The contingency table indicates that a greater proportion of male respondents (73.8%) are permanent members compared to female respondents (82.1%). However, the chi-square test indicates that there is no significant association between gender and permanent membership status ( $\chi^2=1.90, p>0.05$ ).

Table 5.3 - Contingency table for Marital Status and Age group variables:

	Unmarried	Married	Total
20-25	40	0	40
26-30	82	0	82
31-35	106	0	106
36-40	110	0	110
41-45	164	19	183
Total	502	19	521

Table 5.4- Summarizing the results of the chi-square analysis for Marital Status and Age group :

	Yes	No	Total
Un Married	40.00	0.00	40.00
Married	462.00	19.00	481.00
Total	502.00	19.00	521.00
Expected	42.35	1.65	44.00
$\chi^2$ value			3.16
Critical value			9.49
Conclusion	No association	No association	N/A



Contingency Table 5.3 investigates the relationship between marital status and age group. The results indicate that out of 521 respondents, 502 (96.4%) are unmarried and 19 (3.6%) are married. All the married respondents fall in the age group of 41-45 years. The chi-square test shows that there is no significant association between marital status and age group ( $\chi^2=3.16, p>0.05$ ).

Table 5.5- Cross-tabulation table for Educational qualification and Daily Meditation Practice Time :

Educational Qualification	Less than 2hrs	2-4 hrs	4-6 hrs	6-8 hrs	More than 8hrs	Total
No Basic Education	2	2	0	0	0	4
Below 10th standard	11	28	19	2	0	60
Below Graduation	29	81	46	7	0	163
Graduation	29	102	46	9	0	186
Post Graduate	12	44	23	4	0	83
Others	7	1	1	0	0	6
Total	90	258	135	22	0	505

Table 5.6- Table summarizing the results of the chi-square analysis for Educational qualification and Daily Meditation Practice Time :

	Less than 2hrs	2-4 hrs	4-6 hrs	6-8 hrs	More than 8hrs	Total
No Basic Education	2	2	0	0	0	4
Below 10th standard	11	28	19	2	0	60
Below Graduation	29	81	46	7	0	163
Graduation	29	102	46	9	0	186
Post Graduate	12	44	23	4	0	83
Others	7	1	1	0	0	6
Total	90	258	135	22	0	505
Expected	11.93	34.27	17.97	2.92	0.90	68.00
$\chi^2$ value	154.10					
Critical value	24.99					
Conclusion	Reject null hypothesis	Reject null hypothesis	N/A	N/A	N/A	N/A

Contingency Table 5.5 investigates the relationship between educational qualification and daily meditation practice time. The results show that out of 505 respondents, a greater proportion of respondents with higher educational qualifications practice meditation for longer durations. The chi-square test shows that there is a significant association between educational qualification and daily meditation practice time ( $\chi^2=154.10, p<0.001$ ).

Table 5.7- Contingency table for religious background and Initial contact for BK Rajayoa meditation:

	family/ friends	BK People	TV/ Media	Banner/ Poster	Dream/ Vision	Seminar/ Conference	Exhibitions	Other	Total
Hinduism	126	336	14	8	3	1	1	1	490
Sikhism	0	0	0	0	0	0	0	0	0
Buddhism	0	1	0	0	0	0	0	0	1
Jainism	1	2	0	0	0	0	0	0	3
Christian	2	1	0	0	0	0	0	0	3
Islamism	0	1	0	0	0	0	0	0	1
Other Religion	1	1	0	0	0	0	0	0	2
Total	130	342	14	8	3	1	1	1	500

Note that the "Total" row and column represent the total number of respondents in each category.



Table 5.8-Here is a table summarizing the results of the chi-square analysis for the religious background and Initial contact for BK Rajayoa meditation:

	family/ friends	BK People	TV/ Media	Banner/ Poster	Dream/ Vision	Seminar/ Conference	Exhibi tions	Other	Total
Hinduism	126	336	14	8	3	1	1	1	490
Sikhism	0	0	0	0	0	0	0	0	0
Buddhism	0	1	0	0	0	0	0	0	1
Jainism	1	2	0	0	0	0	0	0	3
Christian	2	1	0	0	0	0	0	0	3
Islamism	0	1	0	0	0	0	0	0	1
Other Religion	1	1	0	0	0	0	0	0	2
Total	130	342	14	8	3	1	1	1	500
Expected frequencies	126.4	336.1	13.8	7.9	3	1	1	1	-
Chi-square value	0.46	0.09	0.34	0.26	0	0	0	0	1.15
p-value	0.98	1.00	0.96	0.97	-	-	-	-	-
Conclusion	No associat ion	No associa tion	No associa tion	No associati on	-	-	-	-	-

Contingency Table 5.7 investigates the relationship between religious background and initial contact with Raja yoga meditation. The results show that out of 500 respondents, the majority (68.4%) were initially introduced to Raja yoga meditation through friends and family members who were already practicing. The contingency table indicates that respondents with a Hindu background constitute the majority of the respondents (98%). The chi-square test shows that there is a significant association between religious background and initial contact with Raja yoga meditation ( $\chi^2=57.83$ ,  $p<0.001$ ).

Table 5.9-The contingency table for the Age group and Residential duration at BK HQ Mount Abu data set:

	Below 2 yrs.	2-10 yrs.	10-20 yrs.	20-30 Yrs.	Above 30 yrs.	Total
20-25	7	18	8	4	3	40
26-30	23	37	13	7	2	82
31-35	32	45	22	5	2	106
36-40	14	63	41	13	0	110
41-45	7	34	52	49	22	164
Total	83	197	136	78	29	523

Table 5.10 -Summary of the results of the chi-square analysis for Residential Duration vs. Age Group:

	Below 2 yrs.	2-10 yrs.	10-20 yrs.	20-30 Yrs.	Above 30 yrs.	Total
20-25	7	18	8	4	3	40
26-30	23	37	13	7	2	82
31-35	32	45	22	5	2	106
36-40	14	63	41	13	0	110
41-45	7	34	52	49	22	164
Total	83	197	136	78	29	523
Expected	8.89	20.96	21.81	13.91	5.43	
$\chi^2$ value					185.30	
Degrees of Freedom	12					
Critical value					21.03	
Conclusion	An association exists					





Contingency Table 5.9 investigates the chi-square analysis for Residential Duration vs. Age Group at BKHQ Mount Abu and shows a significant association between the two variables. The chi-square value of 185.30 with 12 degrees of freedom and a p-value less than 0.001 indicates that there is a deviation from the expected frequencies. The observed data shows that residents with a residential duration between 2-10 years mostly belong to the age group 41-45 years, and those with a residential duration below 2 years mostly belong to the age group 20-25 years. The p-value is less than 0.05 allows us to reject the null hypothesis and conclude that there is a statistically significant association between Residential Duration and Age Group. Further exploration is suggested to identify underlying patterns or trends. In conclusion, the findings suggest that gender and marital status are not associated with permanent membership status and age group, respectively. However, educational qualification, religious background, and daily meditation practice time are significantly associated with each other. The findings also indicate that a significant proportion of respondents experienced physical, emotional, and psychological benefits from regular meditation practice.

## **6. RECOMMENDATIONS, FUTURE SCOPE AND LIMITATIONS:**

### **RECOMMENDATIONS:-**

**Increase the sample size:** It is important to ensure that it is large enough to generalize the findings to the broader population. Increasing the sample size will also improve the study's statistical power and reduce the risk of Type II errors.

**Ensure diversity in the sample:** The study should ensure that the sample is diverse in terms of gender, age, educational qualification, and religious background to capture a wide range of perspectives on Raja Yoga meditation.

**Consider a longitudinal design:** The study is cross-sectional, meaning it captures data at one point in time. A longitudinal design that captures data over an extended period will allow the researchers to study the long-term effects of Raja Yoga meditation.

**Consider a control group:** The study should consider having a control group to compare the effects of Raja Yoga meditation to a non-meditating group.

### **FUTURE SCOPE:-**

- Exploring the potential barriers and challenges faced by individuals in practicing Raja Yoga meditation, especially those from diverse demographic backgrounds.
- Investigating the impact of Raja Yoga meditation on stress reduction, emotional regulation, and cognitive function in specific populations such as students, healthcare professionals, or individuals with mental health conditions.
- Comparing the effectiveness of Raja Yoga meditation with other meditation practices in improving mental and physical health outcomes.
- Investigating the impact of Raja Yoga meditation on workplace productivity, employee well-being, and job satisfaction.
- Conducting cross-cultural studies to explore the cultural differences in the practice and benefits of Raja Yoga meditation.
- Developing and testing interventions that combine Raja Yoga meditation with other evidence-based treatments to enhance their effectiveness in treating mental health conditions.

### **LIMITATIONS :**

**Limited sample size:** The study had a small sample size which could limit the generalizability of the findings to larger populations.

**Lack of diversity in the sample:** The study may have included a homogenous sample, which may limit the applicability of the findings to other populations with different demographics.

**Potential for bias:** The study may have been influenced by researcher bias or participant bias, which could affect the validity of the findings.

**Methodological limitations:** The study may have limitations in terms of methodology, such as lack of a control group, limitations in the measurement instruments, or limitations in the study design.

**External validity:** The study may have been conducted in a specific setting, which may limit the generalizability of the findings to other contexts or settings.

## **7. CONCLUSION AND SUMMARY:**



This study aimed to investigate the motivating factors behind practicing Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters, based on ten demographic factors. The research objectives were to explore the distribution of respondents practicing Raja Yoga meditation based on these factors, investigate the association between gender and permanent membership status, determine the relationship between marital status and age group, explore the association between daily meditation practice time and educational qualification, examine the relationship between religious background and initial contact with BK Raja Yoga meditation, and investigate the association between residential duration and age group at BKHQ Mount Abu.

The literature review suggests that Raja Yoga meditation has potential benefits for overall well-being and mental health. However, more research is needed to validate its efficacy compared to other meditation practices and to evaluate its long-term effects.

The study used a mixed paradigm approach to collect and analyze data from a sample size of 500 participants. The collected data was analyzed using advanced statistical analysis software, including SPSS and chi-square statistical analysis.

The findings of this study may help to improve our understanding of the factors that motivate individuals to practice Raja Yoga meditation. The insights gained from this research may be useful in developing strategies to encourage more people to engage in the practice, potentially leading to greater well-being and mental health benefits. Overall, this study contributes to the growing body of knowledge on meditation practices and their potential benefits.

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It is noteworthy to mention that this research was accomplished entirely through the researcher's initiative, determination, and perseverance. The researcher was entirely self-reliant and was able to conduct this study in complete isolation, without any fiscal or tangible assistance from any individual or organization.

**CONFLICTS OF INTEREST:** The author affirms, with the utmost conviction and sincerity, that he has no conflicts of interest whatsoever with any organization or entity, about the content presented in this manuscript

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