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Effect of Brahma Kumaris Rajyoga meditation on happiness level of members of Indian society for training and development of Vadodara chapter

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Abstract

To enjoy the life there is a need to learn the art of graceful living. Graceful living is not just material success but also physical well being, peace of mind and a state of real happiness. In the present era of science and technology, life became comfortable but stress is increased. Acceptance is reduced and expectations are increased from ourselves as well as from others, unhealthy competitions are increased. By money you can have gross things but not subtle things like happiness love peace, bliss, power, wisdom, purity. People are unhappy because they do not have peace of mind. Happiness is what you are not you have. Happiness is not dependence, it is a decision.

To enrich ourselves and others with the benefits of Rajyoga meditation and transformation of all for a better organisation, better nation and ultimately a better world, a golden age.

The selected group was of various age, gender, and retired/working people. The oxford happiness index test by Peter Hills and Michael Argyle was used. The OHQ contains 29 items covering all aspects of life. The test was conducted on 50 respondents of ISTD including students. The data was analysed by 6 point likert scale. The 29 Questions were discussed and explained the importance of relation to self esteem, attitude, self awareness. Rajyoga meditation performed by participants. after that again OHQ test was conducted. The finding was that the happiness index changed from 5% to !0%. It is concluded that Null Hypothesis H₀ is rejected.

Keywords: Rajyoga meditation, Brahma kumaris, happiness, blood pressure, pulse rate

Introduction

The gift of learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your true nature, and so find the stability and confidence you will need to live, and die, well. Rajyoga Meditation have positive effect on the happiness level of the study population. There will be significant difference in pulse rate and the blood pressure before and after meditation. pulse rate and blood pressure will be lower in post meditation than premeditation. Stress upon the need of doing right action and not wrong action. But what is right and what is wrong? Different people will answer differently. The real answer to this eternal question can be realised in silence, by practicing Rajyoga. The consciousness is capable of thinking of the future and it has in it memories of the past lives also. So, it is something which transcends Time and is different from this body, though it acts and reacts through the body, the nervous system and brain. It can have extra sensory perceptions and precognitions also. Yoga can be seen as a practice designed to achieve sustainable happiness through the realization of f this boundless nature. Whole life is yoga.

About Happiness

Happiness, bliss is observed by yoga through positive thinking. Yoga recharges soul with Light and Might and fills with creative energy expressed as Happiness.

Everyone in this world wants to be happy. But very few people are fortunate or wise enough to be happy all the time. Happiness is not excitement. Most of us learn to believe that our happiness is stimulated and so we search for the stimulation of our own favourite brand of happiness. If we have been doing this for a long time it's not easy to break free of this habit as

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there is likely to be some form of addiction to someone, something or somewhere.

Material and Methods

The selection of subjects, variables, training procedure and statistical techniques are explained below.

The selection of subjects

Fifty (20 males and 30 females) ISTD members were selected before the two days' out bound program. They were given formal and informal teachings of the test topics and meditation.

Psychological Tools and training procedure: The 29 parameter pre test was conducted at the start of the program. Then each parameter was explained. Various exercises and activities were part of program. Some games like cards, leadership group dynamics and decision making were introduced. The dawn meditation was carried out on the banks of river. The Blood pressure and pulse was also tested at both ends. Rajyoga Meditation methods were also practiced.

Testing Procedure

The pre test happiness index was shown to individual and also

explained where they can rethink and decision can be corrected if thought with some other factors which were not considered earlier. The post test index was also found during return of the program. The % variance was shown to all individuals.

Statistical procedure

T test, Standard deviation was used.

Results

The analysis was carried out for various groups like working, retired, Male- female, student etc., shown in various tables.

Table 1: Distribution of respondent according to Age.

Age in Years	Frequency	Percentage
20-30	25	50%
31-40	3	6%
41-50	1	2%
51-60	8	16%
61-70	11	22%
71-80	2	4%
Total	50	100%

Table 2: Distribution of respondent according to Sex

Respondents	Frequency	Percentage%
Male	20	40%
Female	30	60%
Total (n=50)	50	100%

Table 3: Distribution of respondents according to Profession

	Frequency	Percentage
Working	13	26%
Retired	15	30%
Students	22	44%
Total	50	100%

Blood pressure chart for individual Respondent

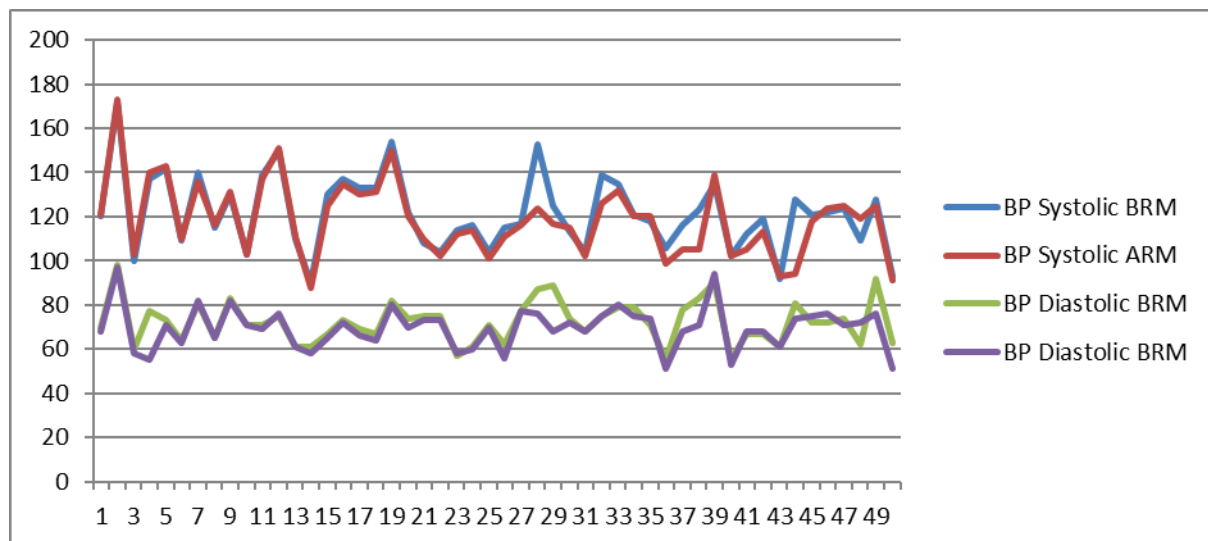


Fig 5a: Showing Blood pressure chart for individual Respondent

Table 5: showing blood pressure Av. Gr. changes and % decrease

BP Systolic BRM	BP Systolic ARM	% Change	BP Diastolic BRM	BP Diastolic ARM	% Change
121.64	118.66	-2.44	72.28	69.54	-3.79

Observation: It was observed that there was about 3% decrease in blood pressure on an average.

Table 6: Pulse before meditation

Total Numbers, N	50
Sum, Σx	4379
Mean (Average), \bar{x}	87.58
Sum of the Square of the Values, Σx^2	390905
Mean of the Square of the Values, \bar{x}^2	7818.1
Population Standard Deviation, σ	12.159095361087
Population Standard Variance, σ^2	147.8436
Sample Standard Deviation, s :	12.282541118455
Sample Standard Variance, s^2	150.86081632653
Geometric Mean	86.685502948234

Table 7: Pulse after meditation

Total Numbers, N	50
Sum, Σx	4083
Mean (Average), \bar{x}	81.66
Sum of the Square of the Values, Σx^2	339785
Mean of the Square of the Values, \bar{x}^2	6795.7
Population Standard Deviation, σ	11.284697603392
Population Standard Variance, σ^2	127.3444
Sample Standard Deviation, s :	11.399265998569
Sample Standard Variance, s^2	129.94326530612
Geometric Mean	80.852756959843

Observation: Pulse rate decreases after AMR than BMR indicates positive physiological & physical health benefit.

Statistical analysis of Oxford Happiness Questionnaire' We introduced Oxford Happiness Questionnaire in our study to assess the level of happiness. The sample size is $n = 50$

Table 8: The detailed result we obtained after applying t -students test is as follows

	Pre-Meditation	Post Meditation	t
Mean	4.931	4.576	7.512
SD	0.565	0.635	

Table 9: The following table is obtained:

	Sample 1	Sample 2	Difference = Sample 1 - Sample 2
	4.52	4.21	0.31
	5.58	5.38	0.2
	4.21	4	0.21
	5.37	5.24	0.13
	5.51	5.17	0.34
	5.41	5.14	0.27
	5.93	5.86	0.07
	5.82	5.76	0.06
	5.13	4.79	0.34
	5.62	5.55	0.07
	5.58	5.27	0.31
	4.54	4.17	0.37
	5.72	5.55	0.17
	4.93	4.59	0.34
	4.78	4.41	0.37
	5	4.79	0.21
	5.03	4.72	0.31
	5.27	4.83	0.44
	5.27	4.9	0.37
	5.06	4.72	0.34
	5.69	5.38	0.31
	5	4.59	0.41
	5.44	5.1	0.34
	4.24	3.69	0.55
	4.48	4.31	0.17
	5.2	5.1	0.1
	5.51	5.38	0.13
	4.35	4.06	0.29
	4.57	3.96	0.61
	5.3	4.75	0.55
	5.24	3.86	1.38
	4.97	4.28	0.69

	3.97	3.66	0.31
	3.96	3.86	0.1
	5.13	4.72	0.41
	3.86	3.68	0.18
	5.06	4.41	0.65
	5.37	4.93	0.44
	4.86	4.13	0.73
	5.1	3.3	1.8
	3.65	3.44	0.21
	4.03	4.03	0
	4.82	4.03	0.79
	4.1	4.13	-0.03
	4.68	4	0.68
	4.96	5.24	-0.28
	5.29	5.06	0.23
	4.34	4.34	0
	4.75	4.29	0.46
	4.35	4.06	0.29
Average	4.931	4.576	0.355
St. Dev.	0.565	0.635	0.334
n	50	50	50

From the sample data, it is found that the corresponding sample means are:

$$\bar{X}_1 = 4.931, \bar{X}_2 = 4.576$$

Also, the provided sample standard deviations are:

$$s_1 = 0.565, s_2 = 0.635$$

and the sample size is $n = 50$. For the score differences we have

$$\bar{D} = 0.355, s_D = 0.334$$

1 Null and Alternative Hypotheses

The following null and alternative hypotheses need to be tested:

$$H_0: \mu_D = 0$$

$$H_a: \mu_D > 0$$

This corresponds to a right-tailed test, for which a t-test for two paired samples be used.

2 Rejection Region

Based on the information provided, the significance level is $\alpha = 0.05$, and the degrees of freedom are $df = 49$.

Hence, it is found that the critical value for this right-tailed test is $t_c = 1.677$, for $\alpha = 0.05$ and $df = 49$.

The rejection region for this right-tailed test is $R = \{t: t > 1.677\}$.

(3) Test Statistics

The t-statistic is computed as shown in the following formula:

$$t = \frac{\bar{D}}{s_D / \sqrt{n}} = \frac{0.355}{0.334 / \sqrt{50}} = 7.512$$

(4) Decision about the null hypothesis

Since it is observed that $t = 7.512 > t_c = 1.677$, it is then concluded that the null hypothesis is rejected.

Using the P-value approach: The p-value is $p = 0$, and since $p = 0 < 0.05$, it is concluded that the null hypothesis is rejected.

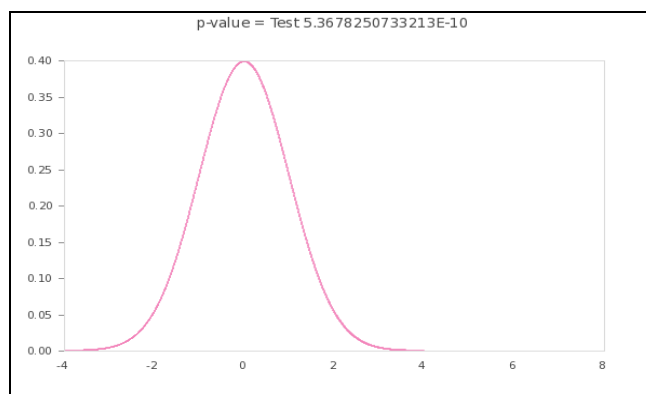
Conclusion

It is concluded that the null hypothesis H_0 is rejected. Therefore, there is enough evidence to claim that population mean μ_1 is greater than μ_2 , at the 0.05 significance level.

Confidence Interval

The 95% confidence interval is $0.26 < \mu_D < 0.449$.

Graphically



Marital Status	Frequency	Percentage
Married	30	60%
Unmarried	20	40%
Total	50	100%

Duration of workshop was of short duration 3 hours, shown positive aspect of Meditation on total health of individual.

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