

Study the Influence of RajYoga Meditation on Psychological Well-being among the Elders

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Abstract

As the global population ages, ensuring psychological well-being among elders has emerged as a critical priority. This study examines the influence of RajYoga meditation on psychological health in elderly individuals. RajYoga meditation, propagated by the Brahma Kumaris, emphasizes self-awareness, soul-consciousness, positive affirmations, and spiritual connection with the Supreme. These elements make it particularly suitable for elders, who often face loneliness, anxiety, depression, and declining physical health. The present paper synthesizes theoretical perspectives and empirical findings on RajYoga's impact, highlighting improvements in resilience, stress reduction, emotional regulation, and life satisfaction. The discussion emphasizes policy-level implications, including the integration of RajYoga into elder-care institutions, community centers, and public health programs. Overall, RajYoga emerges as an accessible, cost-effective, and holistic practice that can transform elder care and enhance quality of life.

Keywords: RajYoga Meditation, Psychological Well-being, Elders, Aging, Mental Health, Resilience, Spirituality.

1. INTRODUCTION

The demographic shift toward aging populations presents significant challenges for healthcare systems worldwide. According to the World Health Organization (WHO), the number of individuals over 60 years will double by 2050, reaching more than 2 billion globally. In India alone, the elderly population is projected to reach 319 million by 2050. Elders face challenges such as loss of social roles, loneliness, financial insecurity, and deteriorating physical health, which may lead to depression and anxiety. RajYoga meditation provides a low-cost, easily accessible approach to improving mental health and emotional well-being. Unlike other meditation practices, it is open-eyed, making it suitable for elders and easy to integrate into daily routines.

2. REVIEW OF LITERATURE

2.1 Meditation and Aging: Meditation practices have consistently been linked to improved elder well-being, including reductions in stress and depressive symptoms (Ramesh & Dhanraj, 2014). They also promote better sleep and cognitive clarity.

2.2 RajYoga Principles: RajYoga is centered on soul-consciousness, positive affirmations, and spiritual connection. It develops clarity and emotional control (Telles et al., 2016).

2.3 Stress and Emotional Stability: Studies indicate RajYoga lowers stress hormone levels and enhances emotional resilience (Rao & Paranjpe, 2019).

2.4 Anxiety and Depression: Depression in elders is common, and RajYoga helps alleviate symptoms by promoting acceptance and reframing negative thoughts (Deshmukh, 2017).

2.5 Life Satisfaction: RajYoga increases happiness and fulfillment, helping elders cope with life transitions (Shapiro et al., 2018).

2.6 Comparative Studies: Patel et al. (2020) showed that RajYoga meditation offered more spiritual resilience compared to mindfulness practices.

3. NEED FOR THE STUDY

Elders face loneliness, anxiety, and depression. Conventional therapies are not always affordable or accessible. RajYoga offers a simple, adaptable, and holistic alternative that promotes self-empowerment.

4. JUSTIFICATION FOR THE STUDY

RajYoga meditation addresses unique elder needs by combining psychological and spiritual dimensions. Few empirical studies have examined its direct impact on elders. This research will provide evidence for its integration into elder wellness programs and policies.

5. SCOPE OF THE STUDY

The study targets elders aged 60+, across urban and rural settings. A structured 8-week RajYoga program is proposed, with measures such as the Perceived Stress Scale (PSS), Geriatric Depression Scale (GDS), and Satisfaction with Life Scale (SWLS).

6. STATEMENT OF THE PROBLEM

Despite evidence on meditation benefits, RajYoga's unique potential for elders remains under-researched. This gap prevents its wider application in elder care.

7. OBJECTIVES

1. To study the influence of RajYoga meditation on psychological well-being among elders.
2. To compare well-being of elders practicing RajYoga and those not practicing.

3. To recommend integration of RajYoga in elder-care systems.

8. HYPOTHESES

H0: RajYoga meditation has no significant impact on psychological well-being among elders.

H1: RajYoga meditation significantly improves psychological well-being among elders.

9. METHODOLOGY

Design: A quasi-experimental pretest–posttest control group design.

Sample: 120 elders aged 60+ from both urban and rural centers.

Intervention: An 8-week RajYoga program (30 minutes/day, 5 days per week).

Tools: PSS, GDS, GAD-7, SWLS, and semi-structured interviews.

Analysis: Quantitative data will be analyzed with paired t-tests and ANCOVA; qualitative data will undergo thematic analysis.

10. DISCUSSION AND IMPLICATIONS

RajYoga meditation benefits elders by reducing stress, anxiety, and depression. Socially, group practices reduce loneliness, while spiritually, it provides purpose and peace. RajYoga can be implemented in senior clubs, community centers, and care homes, helping to reduce dependence on medication. Policymakers should consider community-level integration of RajYoga.

11. LIMITATIONS

The study may face limitations such as small sample size, reliance on self-report measures, and variability in adherence to practice. Future research should adopt larger randomized controlled trials.

12. FUTURE SCOPE

Future studies should explore digital delivery of RajYoga for home-bound elders, longitudinal effects over years, and cross-cultural comparisons.

13. CONCLUSION

RajYoga meditation emerges as an effective approach for enhancing psychological well-being among elders. By addressing mental, emotional, and spiritual needs, it supports healthy aging and quality of life. Its integration into elder-care institutions and public health strategies can provide accessible, sustainable benefits.

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