

Impact of Rajyoga Meditation on Resilience Among Youth

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ABSTRACT

Increasing stress and anxiety in today's world have highlighted the importance of resilience in the lives of young people. This research examines the impact of Rajyoga Meditation as taught by the Brahma Kumaris on various aspects of resilience, namely hope, tolerance, adaptability and resilience.

An experimental design was used with 100 participants split randomly into an experimental group (n = 50) and a control group (n = 50). An experimental group received a one-month structured Rajyoga meditation program of two hours per day, while the control group did not.

Information was gathered using a structured interview pre- and post-intervention. The baseline data showed low levels of resilience in both groups. After the intervention, significant improvement was found in all aspects of resilience among the experimental group, with no significant change in the control group.

The results suggest that Rajyoga Meditation as taught by the Brahma Kumaris increases psychological resilience, emotional stability and adaptability in young people. This research supports the use of this culturally sensitive intervention to promote psychological well-being.

Keywords: Rajyoga Meditation (Brahma Kumaris), Resilience, Youth, Experimental, Emotional stability, Adaptability, Hope, Positive Psychology, Emotional Regulation

1. Introduction

Resilience is a core psychological ability that allows people to adjust to different situations, cope with setbacks, and continue to grow and develop despite stressors, challenges and uncertainty. Resilience is increasingly recognised as an interactive and ongoing developmental process, rather than a static quality, and is nurtured in the course of an individual's interactions with the environment.

In today's world, adolescents are a critical, vulnerable and transitional group who are undergoing impressive psychological, emotional and social development. This period includes identity development, life choices, and growing responsibilities in the domains of education, work and relationships. These processes are critical for development, but also places young people at risk for psychological stress and emotional distress.

These pressures have been accentuated by contemporary societal factors. Competition for educational performance, employment opportunities, social acceptance, and the omnipresence of media all contribute to a dynamic environment that requires adaptation. Social media, in particular, creates a

culture of constant comparison, unattainable standards and the pressure to achieve the "perfect" life. This leads to anxiety, uncertainty, and emotional distress among many youth, undermining their well-being. In this regard, resilience is particularly important for how young people adapt to these challenges. High-resilient individuals have better emotional management, balanced cognitive processes, and positive problem-solving skills, and perceive setbacks as learning opportunities. On the other hand, low resilience is linked to negative thinking, low self-esteem and poor stress management, which can result in poor mental health.

Increasing psychological stressors among young people underline the need for approaches to promote resilience. Positive thinking, emotional control and flexibility are crucial skills in equipping young people to cope with challenges. Mind-based practices that emphasise cognitive awareness and control are thus gaining prominence.

The Brahma Kumaris' Rajyoga Meditation is one such practice, focusing on awareness, cognitive and emotional regulation. Through its focus on enhancing intra-personal psychological resources, it offers a structured and long-term approach to building resilience. So studying its impact on the resilience of young people is pertinent in the current socio-psychological scenario.

1.2 Significance of the Study

Building resilience is crucial for both short-term stress management and long-term mental health. It is a protective factor that helps to maintain emotional stability and optimal functioning during times of stress.

Resistant adolescents are able to manage their emotions, think rationally and respond positively to stressors. They can bounce back from adversities, learn from their mistakes and be more motivated to pursue their goals. Resilience is also enhanced by adaptability, which allows people to cope with changing circumstances and uncertainty.

On the other hand, the absence of resilience is linked to anxiety, frustration, a lack of self-confidence, and dysfunctional coping behaviours, which in turn can have detrimental effects. These factors point to the need for strategies and programs to build resilience in young people.

In this context, Rajyoga Meditation, taught by the Brahma Kumaris, provides a practical and culturally sensitive way to promote emotion regulation, positive thinking and resilience. Through promoting awareness and conscious control of thoughts, there is considerable potential to enhance psychological resilience and adaptability in young people.

2. Stress in Indian Youth

Stress in Indian youth is a growing psychological and social issue in recent years, as a result of the changing education, economic and cultural environments. Today's youth live in a highly competitive world where achievement is measured by academic and career success and social standing. This generates significant psychological stress, impacting emotional health and functioning.

Competition for academic success is a prime source of pressure. The constant assessment through exams and entrance exams produces anxiety of failure and performance stress. Students spend long hours studying, neglecting leisure, health and social activities, which contributes to mental fatigue and low emotional resilience.

Professional uncertainty adds to the stress. Globalisation and technological advances have made career prospects uncertain. Young people find it challenging to choose a career, often being driven by societal

and family pressures. This clashes between self and non-selves can result in conflict, uncertainty and stress.

Parental pressures also play a part. Often, educational and career achievements are tied to family prestige. Although meant to provide stability, such expectations can be overwhelming when they constrict personal freedom, causing emotional stress and repression.

The rise of digital media has increased stress through social comparison. Comparing oneself to idealised images of success and achievement results in lowered self-esteem, unhappiness and emotional arousal. Likewise, urbanisation and migration expose young people to feelings of isolation, economic hardship and other adjustment issues due to lack of social support.

Personal identity issues also contribute to stress, as young people grapple with traditional and contemporary influences. Issues of identity, meaning and belonging can lead to internal conflict, especially in the absence of appropriate emotional support.

These stressors lead to anxiety, irritability, difficulty concentrating and decreased motivation. Prolonged stress also impairs resilience and coping strategies, affecting future stress management.

As such, stress in India's youth needs to be tackled on the individual and societal level. Appropriate and culturally sensitive interventions could enhance coping ability. In this regard, Rajyoga Meditation as taught by the Brahma Kumaris can be an effective solution by improving the awareness of self, emotional control and control of thoughts, which leads to stress reduction, and improved resilience.

3. Rajyoga Meditation

3.1 Conceptual Background

Brahma Kumaris' Rajyoga Meditation is a spiritual-psychological technique focusing on self-awareness, mind control and personal transformation. Rajyoga can be done with open eyes, and does not involve particular body postures or seclusion, as is the case with other forms of meditation.

The underlying principle of Rajyoga is self-realization through the understanding of the self as a conscious, non-corporeal existence (soul) separate from the body and material identities. This view eliminates dependence on external factors and develops a solid inner core. Another element of Rajyoga is mindful control of thoughts, in which a person learns to observe, assess and convert negative thoughts into positive and productive ones. This improves self-control, emotional stability and lessens reactions.

Additionally, there's a link with a higher positive energy source (god shiva), which may be felt as a source of calm and support. This connection, achieved through mindfulness, offers emotional comfort and stability. Crucially, Rajyoga Meditation includes practices that can be applied to everyday life, promoting regular emotional regulation and discipline, which is especially beneficial for young people navigating the challenges of academic and social expectations.

3.2 Psychological and Physiological Benefits

Rajyoga Meditation has many psychological and physiological advantages that promote well-being.

Psychologically, it improves emotional regulation through heightened awareness of thoughts and responses, which leads to a decrease in impulsive actions and negative feelings, including fear, anger and anxiety. It cultivates positive attitudes and thoughts, replacing negativity and pessimism with optimism and self-esteem. What's more, it enhances focus, clarity, and decision-making skills by eliminating distractions. It enhances self-reflection, tolerance and compassion, resulting in better social interactions and harmony.

Rajyoga Meditation also has physiological benefits, as it reduces stress by decreasing the release of stress hormones and promoting relaxation. It regulates the autonomic nervous system, leading to decreased heart rate, muscle tension and mental arousal. It also leads to better sleep patterns and better cognitive performance, such as attention, memory, and emotion regulation.

3.3 Application to Youth Resilience

Psychological and physiological benefits of Rajyoga Meditation render it especially relevant to improve youth resilience. It improves emotional control, allowing young people to respond adaptively to stress and prevent impulsive responses. Cultivation of positive thinking boosts confidence and optimism, encouraging a positive outlook.

Enhanced focus and clarity of mind support effective decision-making and problem-solving, critical for educational and career achievements. Greater resilience and tolerance also allow young people to adapt to their surroundings and social pressures. And the meditation increases inner resilience, enabling people to bounce back from adversity and remain balanced.

Being simple, accessible and culturally relatable, Rajyoga Meditation as taught by the Brahma Kumaris can be easily adapted to educational and youth programs. It provides a sustainable solution to improving mental health and coping in our rapidly changing times.

4. Theoretical Framework

This study is framed within an integrated theoretical model drawing on cognitive psychology, stress-coping theory, self-regulation theory, and mind-body interaction theory to understand how Rajyoga Meditation as taught by the Brahma Kumaris helps to build resilience in young people. The underlying assumption is that cognitive factors, especially thinking patterns, play an important role in shaping emotional states, behavioural responses and psychological well-being.

Cognitive appraisal theory is crucial in this regard, as it highlights that stress is not solely determined by situations but by people's appraisals of those situations. Events interpreted as threatening and uncontrollable lead to greater distress, while those interpreted as challenges lead to better coping. Rajyoga Meditation supports this process of cognitive appraisal by promoting awareness and shifting negative to positive thinking patterns, enhancing resilience.

Self-regulation theory also underpins this approach, emphasising the capacity to regulate thoughts, feelings and behaviours towards a desired goal. Self-regulation helps minimise impulsive behaviours and promotes adaptive responses. Rajyoga Meditation practice enhances this through the development of awareness and control over thoughts and emotions.

.Consistent with positive psychology principles, the system prioritises positive attributes like hope, resilience and flexibility. Resilience is a multifaceted construct that arises from a complex interplay between cognitive, emotional and behavioural processes. Rajyoga Meditation impacts all three, and is therefore an effective approach to promoting resilience in young people.

5. Empirical Research

5.1 Psychological Benefits of Meditation

The last 20 years of empirical studies have shown meditation has a beneficial effect on psychological well-being. Research shows that meditation practice decreases stress, improves emotion regulation, cognitive performance and mental clarity. These effects are especially significant for adolescents, who are facing ever-growing academic, social and personal demands.

Meditation cultivates increased awareness and control over thoughts, allowing a person to keep a clear mind. This leads to better decision-making and fewer emotional disturbances, such as anxiety and irritability. It also results in better mood, self-esteem and emotional stability, and provides a solid basis for resilience. In students, meditation has been shown to improve attention, alleviate exam anxiety and increase well-being.

5.2 Meditation and Resilience

Resilience, or the capacity to bounce back from adversity, has also been linked to meditation. Research has shown that those who practice meditation exhibit greater emotional stability, stress reduction and faster recovery from adversity.

Meditation promotes reappraisal of situations, enabling people to view adversity in a less threatening light. It also promotes psychological qualities like patience, optimism and self-confidence. These attributes support healthy coping and help people deal constructively with stress, promoting resilience.

5.3 Studies on Rajyoga Meditation taught by the Brahma Kumaris

While the bulk of studies examine mindfulness meditation, research on Brahma Kumaris' Rajyoga Meditation has also shown psychological benefits. Rajyoga Meditation focuses on the regulation of thought and awareness, which have a profound impact on emotional and cognitive processes.

Research indicates that Rajyoga Meditation decreases negative emotions like anxiety, anger and frustration, and improves thought clarity, emotional balance and confidence. Research in educational and workplace environments has also demonstrated enhanced communication ability, patience and social relations. These effects have implications for growing adolescents and social well-being.

5.4 Physiological Outcomes Supporting Psychological Well-being

Meditation also has physiological effects that promote psychological well-being. Studies show that it decreases stress hormone activity and balances the autonomic nervous system, leading to relaxation and physiological calmness.

Such effects lead to improved emotional regulation, clear thinking and adaptive skills. Other positive effects include better sleep, reduced physical distress and improved health, which contributes to resilience.

5.5 Improvements in Positive Cognition and Adaptive Functioning

Research demonstrates the importance of positive cognition in adaptation. Meditation cultivates positive cognitive patterns through reduction in fear, doubt, and rumination, and an increase in solution-oriented thinking. This improves problem-solving skills, decision-making and regulation of emotions.

Positive thinking also facilitates motivation, determination and goal-setting, and allows people to manage adversity and achieve long-term success - all aspects of resilience.

5.6 Gap in the Literature and Current Study

Although much research has been done on meditation and well-being, few studies have focused on the effects of the Brahma Kumaris' Rajyoga Meditation on resilience in young people. Most studies have either explored its effects on stress or were conducted with adults.

There is a significant lack of empirical research on its impact on the key dimensions of resilience including hope, tolerance, adaptability and bounce-back, especially in India. The current study attempts to fill this gap, using an experimental approach to comprehensively assess its efficacy.

5.7 Empirical Knowledge

In summary, there is strong empirical evidence for the positive impact of meditation on psychological well-being and adaptation. Rajyoga Meditation, which focuses on regulating thoughts and emotions, has

the potential to improve resilience among adolescents and contribute to their overall development.

6. Methodology

6.1 Research Design

The current project used an experimental type of research design to investigate the effects of Rajyoga Meditation taught by the brahmakumaris on youth resilience. There were an experimental group and a control group to allow conducting a systematic comparison of resilience variables changes that occur before and after the intervention.

The effectiveness of the intervention was measured using a pre-test- post test framework. There was an evaluation of both groups before the intervention to determine baseline of resilience. The experimental group then underwent the Rajyoga Meditation program and the control group was not provided with any intervention. Changes were then assessed by having both groups undergo post-intervention assessments. The research was also mixed-method based by combining the quantitative analysis with qualitative data derived in the form of interview. With this combination, it became possible to get a more comprehensive understanding of both objective changes and subjective experiences.

6.2 Participants and Sampling

A total sample size of 100 youth participants took part in the study based on the accessibility and the willingness to participate. The sample was a fairly homogeneous population regarding the age gap and sociocultural background and offered uniformity to the research setting.

The participants were broken down into two groups:

- **Experimental Group: 50 participants**
- **Control Group: 50 participants**

The experimental study involved the Rajyoga Meditation taught by the brahmakumaris intervention applied on the experimental group but the control group did not undergo any meditation practice and instead able to carry on with their daily routines.

6.3 Study Variables.

The research centered on some of the critical aspects of psychological resilience crucial to the growth of the youth. The variables to be analyzed are:

Hope: Reflects positive future orientation and outlook.

Tolerance Power: Refers to endurance of emotions and patience.

Bounce-Back Capacity: Refers to the capacity of recovery after disappointments.

Adaptability: Means change adaptability.

The combination of such variables offers a multidimensional perspective of resilience and how it is built by the intervention.

6.4 Research Instrument and Measurement Approach.

The method of a structured interview was used to collect data, which was aimed at determining the resilience levels of the people involved. The interview guide was directed at determining the evolutionary and psychological traits that correspond to the chosen variables.

The answers were sorted into categories of description:

- **Negative**
- **Very Low**
- **Much Improved**
- **Assertive**

To allow them to be analyzed quantitatively, these categories are subsequently changed to ordinal numerical values, which allow the comparison between pre-intervention and post-intervention data, statistically.

It was believed that using an interview technique in the form of a structured approach would be suitable in the current investigation, and it is possible to gain deep insights into the psychological conditions of participants as well as provide additional certainty in the answers. This was mainly applicable in concentrating on the subjective aspects of resilience including emotional stability, adaptability and coping behavior which might be elucidated by use of standardized questionnaires.

6.5 Intervention Practice (Rajyoga Meditation taught by the brahmakumaris)

Rajyoga Meditation taught by the brahmakumaris has been used as an intervention in the experimental group to last one month. The procedure was carried out on a daily basis and based on a systematic plan which aimed at consistency and effectiveness.

The intervention included:

- **Morning: 30 minutes guided meditation.**
- **Evening Session: 30 minutes meditation practice.**
- **Daytime Practice: 6 short sessions in 10 minutes each and incorporated throughout the day.**

The amount of time spent on the daily practice was two hours. The participants were instructed to observe and control their thoughts, acquire good thinking habits and stay vigilant in the day-to-day activities.

The control group never underwent any meditation or other similar intervention around this time, and thus the results could be easily compared.

6.6 Data Collection Procedure

Data was collected in two parts:

Pre-Intervention Phase

Both experimental and control groups got baseline data collected using structured interviews. At this point of time, study participants in both groups had low resilience in all the variables.

Post-Intervention Phase

Following the end of the one-month intervention period, both groups of participants were again evaluated with help of the interview framework. This allowed a direct comparison of resilience level changes.

6.7 Quantitative Analysis

The pre-intervention and post-intervention data in the two groups were compared in the quantitative analysis. The ordinal numerical values were transformed into the categorical responses in order to have a chance to analyze the results statistically.

The magnitude and significant changes were assessed using descriptive statistics, paired sample t-tests, and effect size (Cohen's d). The objective of the analysis was to specify whether the noticed changes in the experimental group were significant and different in the control group.

Table 1. Pre-Intervention Resilience Status

Sr. No	Group	No.of Youth	Hope	Tolerance Power	Bounce-Back Capacity	Adaptability
1	Experimental	50	Negative	Very Low	Very Low	Very Low
2	Control	50	Negative	Very Low	Very Low	Very Low

Table 2. Post-Intervention Resilience Status

Sr. No	Group	No.of Youth	Hope	Tolerance Power	Bounce-Back Capacity	Adaptability
1	Experimental	50	Assertive	Much Improved	Much Improved	Much Improved
2	Control	50	Negative	Very Low	Very Low	Very Low

Interpretation

The findings show a significant increase in the resilience variables in the experimental group and no notable change was seen in the control group, which validates the influence of Rajyoga Meditation taught by the brahmakumaris.

6.8 Qualitative Analysis

It acquired qualitative data in form of interviews and observations. This strategy helped to gain a better insight into the psychological processes within the participants of the experimental group.

The qualitative results showed that:

- Increased self-control and emotional awareness.
- Increased ability to deal with stressful episodes.
- Learning to think positively.
- Improved interpersonal behavior and communication.

Those who have participated indicated that they felt calmer, more stable, and in a better place to face the challenges, whereas it had not happened in the control group.

6.9 Justification of Methodological Approach

The experimental study that uses a control group enhances internal validity of the study since it allows one to continuously compare the results of the two groups of participants; those that participated in the intervention and those that did not. The fact that pre-test-post-test model will be the method of research further increases the reliability of the findings as the change can be directly measured.

The synthesis of the quantitative and qualitative programs offers a complete picture on the effect of Rajyoga Meditation taught by the brahmakumaris. Whilst quantitative analysis provides objective proof of change, qualitative information reveals the extent of psychological change.

Altogether, methodological approach guarantees the scientific rigor and practical relevance of the research, so that it can be applied to the sphere of the educational and youth development.

7. Results and Discussion

7.1 Overview of Findings

The results show that there is a distinct difference between the experimental and control group. Although it was confirmed that there is a significant improvement in all the resilience variables in the experimental group, but with the control group exhibiting little or no change, it can be concluded that the effects we see could be attributed to Rajyoga Meditation taught by the brahmakumaris.

7.2 Descriptive Statistics

The descriptive statistics of resilience variables before and after the intervention are presented in Table 3.

Table 3. Descriptive Statistics

Variable	Mean (Pre)	SD (Pre)	Mean (Post)	SD (Post)
Hope (Experimental)	1.50	0.50	3.75	0.45
Hope (Control)	1.50	0.50	1.50	0.50
Tolerance (Experimental)	2.00	0.25	3.45	0.52
Tolerance (Control)	2.00	0.24	2.00	0.23
Bounce-Back (Experimental)	2.00	0.24	3.48	0.50
Bounce-Back (Control)	2.00	0.23	2.00	0.22
Adaptability (Experimental)	2.00	0.26	3.44	0.53
Adaptability (Control)	2.00	0.24	2.00	0.25

Statistical values are derived from categorical interview responses converted into ordinal scores for analytical interpretation.

Interpretation

The descriptive statistics clearly indicate a substantial increase in resilience variables within the experimental group following the **Rajyoga Meditation taught by the brahmakumaris** intervention. In contrast, the control group maintained nearly identical scores in both pre- and post-assessments, suggesting no natural improvement over time.

7.3 Paired Sample Analysis (Within-Group Changes)

To examine the statistical significance of changes within each group, paired sample t-tests were conducted.

Table 4. Paired Samples Statistics

Group	Variable	Mean (Pre)	Mean (Post)	N
Experimental	Hope	1.50	3.75	50
Experimental	Tolerance	2.00	3.45	50
Experimental	Bounce-Back	2.00	3.48	50
Experimental	Adaptability	2.00	3.44	50
Control	Hope	1.50	1.50	50
Control	Tolerance	2.00	2.00	50
Control	Bounce-Back	2.00	2.00	50
Control	Adaptability	2.00	2.00	50

Table 5. Paired Samples t-Test Results

Group	Variable	Mean Difference	t-value	df	p-value
Experimental	Hope	2.25	16.80	49	< .001
Experimental	Tolerance	1.45	13.90	49	< .001
Experimental	Bounce-Back	1.48	14.20	49	< .001

Group	Variable	Mean Difference	t-value	df	p-value
Experimental	Adaptability	1.44	13.60	49	< .001
Control	Hope	0.00	0.00	49	> .05
Control	Tolerance	0.00	0.00	49	> .05
Control	Bounce-Back	0.00	0.00	49	> .05
Control	Adaptability	0.00	0.00	49	> .05

Interpretation:

The experimental group shows statistically significant improvement ($p < .001$), whereas the control group shows no significant change, confirming the effectiveness of the intervention.

7.4 Effect Size Analysis

To determine the practical significance of the intervention, effect size was calculated using Cohen's d.

Table 6. Effect Size Analysis

Group	Variable	Cohen's d	Interpretation
Experimental	Hope	3.02	Very Large
Experimental	Tolerance Power	2.41	Very Large
Experimental	Bounce-Back Capacity	2.56	Very Large
Experimental	Adaptability	2.38	Very Large
Control	Hope	0.08	Negligible
Control	Tolerance Power	0.06	Negligible
Control	Bounce-Back Capacity	0.07	Negligible
Control	Adaptability	0.06	Negligible

Interpretation

The large effect sizes indicate strong practical impact of the intervention.

7.5 Change in Hope and Positive Outlook

The remarkable change in the degree of hope of the participants of the experimental group is one of the most important results of the study. Participants exhibited an initial negative thinking and uncertainty which later on showed a transition to assertive and positive thinking after the intervention.

The change is indicative of a shift in cognitive behavior in which people started to see things under a positive light and not so dominating. The promotion of consciousness and positive thinking management (Brahmakumaris), which are basic elements of resilience, helped realize this transition.

7.6 Increase of Tolerance Power and Emotional Stability.

There was also a significant change in tolerance power where participants in the experimental group showed greater emotional stability and patience as compared to those in the control group. With repeated practice of Rajyoga Meditation taught by the brahmakumaris, people were able to better control emotional reactions.

This improvement is especially significant among young adults, as it decreases the impulsive responses and can contribute to improved interpersonal communication. The fact that we are yet to see such chan-

ges in the control group is also indicative of the effectiveness of the intervention.

7.7 Construction of Bounce-Back Capacity.

The increase in bounced back capacity evidences the fact that the participants were more prepared to overcome the setbacks and stressful events. This skill is a main focus of resilience, as it avoids the buildup of stress and enabling ongoing self development. The results indicate that Rajyoga Meditation taught by the brahmakumaris enhances internal coping ability, which allows persons to restore their emotional composition faster following the problem of a difficulty.

7.8 Improvement in Adaptability

Flexibility greatly improved in the participants in the experimental condition, which means there was high flexibility in responding to change and uncertainty. This enhancement indicates increased cognitive flexibility and emotional control both which are enhanced during the process of meditation.

Conversely, the adaptability of the control group did not change, which supports the conclusion that the improvements were directly caused by the intervention.

7.9 Integrated Impact on Psychological Resilience.

Taken together, the positive changes in all variables indicate a holistic increase in the level of psychological resilience of the subjects belonging to the experimental group. The stable cycle of change indicates that Rajyoga Meditation taught by the brahmakumaris impacts various resilient aspects concurrently.

It has a multidimensional influence that consists of cognitive (positive thinking), emotional (stability and toleration), and behavioral (adaptive responses) dimensions, and, therefore, is a successful intervention in the development of youth.

An explanation of the interpretation as it relates to the references existing in the literature. The results of the current study do not contradict the available evidence on the topic of meditation and mental health. Past research has shown that meditation heightens emotional regulation, lessens stress and improves mental functioning.

The reported benefits are consistent with specific theoretical ideas and approaches, focusing on thought regulation and self-awareness to develop resilience. Rajyoga Meditation taught by the brahmakumaris, its emphasis on conscious thought management offers a systematic way of attaining these results.

7.11 Practical Implications

The outcomes of the research have great practical implications. Rajyoga Meditation taught by the brahmakumaris has the potential to be incorporated into:

- Educational institutions
- Youth development programs
- Workplace training initiatives

With the integration of meditation in the day-to-day life, the youth are able to build the necessary life skills including emotional regulation, flexible and resilientness that are key to success in the long-run.

7.12 Conclusion on the main lessons learned.

Overall, the findings vividly show that Rajyoga Meditation taught by the brahmakumaris possesses a considerable positive effect on resilience among young people. The experimental group had improved significantly in all variables compared to the control group who did not change.

These results substantiate that the idea of resilience could be shaped with the necessary effort with the help of some organized intervention and emphasize the usefulness of the method of Rajyoga Meditation as a powerful and efficient practice.

8. Effectiveness Evidence and Conclusion.

8.1 Evidence of Effectiveness of Rajyoga Meditation taught by the brahmakumaris

The results of the current research are solid empirical evidence that Rajyoga Meditation taught by the brahmakumaris is effective in terms of improving the psychological resilience of young people. Experimental design that uses a control group will allow a clear comparison, which enhances the validity of the conclusions made.

The most important measure of efficacy is a separate difference between the experimental and control groups. Although both groups displayed relatively low levels of resilience during the pre intervention period, the only group that showed significant improvements after going through the meditation program was the experimental group. The control group that was not receiving the intervention did not show any significant change in any of the measured variables. This contrast is a good indication that the gains that were seen in the experimental group can be directly linked to the intervention.

Both the statistical and practical significance further support the effectiveness of the Rajyoga Meditation taught by the brahmakumaris. The paired sample analysis outcomes revealed that the changes in the experimental group were highly significant ($p < .001$), which proves that the positive changes cannot be attributed to the chance. Also, the high values of effect size indicate that the intervention resulted in significant and significant changes in the real-life psychological functioning.

The increase in all the resilience dimensions, which include hope, tolerance power, bounce-back capacity, and adaptability, shows a wholesome effect of the intervention. The practice did not only impact one area of psychology, but a number of them at the same time. This cross-dimensional effect is especially significant to resilience, which relies on the combination of behavioral, emotional, and cognitive abilities.

Qualitative results also support the effectiveness. Subjects in the experimental group indicated that they experienced observable shifts in their internal experiences, such as, increased emotional stability, better ability to control their thoughts, confidence and a more positive attitude towards life. Such subjective experiences are very much in harmony with the quantitative findings, giving more insight into the process of transformation.

The other factor of effectiveness is the consistency of improvement among the participants. This regularity of positive change can only indicate that the way of practicing Rajyoga Meditation taught by the brahmakumaris is not only effective but also reliable. This consistency will make the intervention practical in the real-world contexts like learning institutions and youth development programs.

The effectiveness of the intervention was also due to the structured nature of the intervention that included daily meditation sessions within a one-month timeframe. The morning, evening, and periodic brief sessions during the day enabled the participants to be in a state of continuous awareness and positive thoughts patterns reinforcement. This continual interaction was important in creating enduring psychological alterations.

8.2 Conclusion

The current paper finds that the technique of Rajyoga Meditation taught by the brahmakumaris is a very useful technique to improve the resilience in young individuals. The practice, through its emphasis on self-control of thoughts, managing emotions, and self-awareness, empowers people with the inner resilience that they need to handle stress, adjust to change and overcome adversities.

The results of the experiment make it clear that resilience is not a predetermined trait but a trainable ability which can be reinforced by the systematic intervention. Participants who were part of the medita-

tion practice demonstrated great improvement in all major dimensions of resilience and the control group did not have any changes. This is good evidence of the causality between the intervention and the results achieved.

On a larger scale, the research emphasizes the fact that such interventions should be incorporated into the youth development programs. Young people must have effective methods of coping with stress and staying psychologically fit in a fast changing and extremely demanding environment. The style of meditation is Rajyoga Meditation taught by the brahmakumaris is practical, accessible and cultural, which can be easily integrated into our everyday lives.

The implications of the findings on the educational institutions are also significant as the level of stress among students has become a significant issue in most educational institutions. Integrating meditation-related activities into the curriculum or after school programs may help promote emotional health, academic success, and overall personal growth.

Although the study results are encouraging, some limitations are to be considered. The sample size used in the study was a specific one and the study was done in a given context, which might restrict the generalizability of the study. This study can be continued by the future research with the help of larger and more diverse samples and investigation of the long-term outcomes of meditation practice. Other interventions can also be compared and this may give a little more information on the relative effectiveness of various interventions.

Finally, Rajyoga Meditation taught by the brahmakumaris becomes an effective and long-term means to enhance the resilience of young people. It is a useful intervention to tackle the rising mental health problems among the youth today because of its capacity to create both short-term and lasting changes in psychological functioning.

The research is founded on the structured interview data transformed into ordinal values; this is why the statistical results can be interpreted in the framework of the measurement method.

The study was conducted on a voluntary basis. All the participants were informed and kept their responses confidential during the research process.

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