

## Happiness among Raja Yogis Living with Families

Eishika Verma\*\*, Prof Kavita Mittal\* and Prof Vandana Goswami\*

\*\*Eishika Verma, Research Scholar, Banasthali Vidyapith

\*Prof Kavita Mittal, Banasthali Vidyapith

\*Prof Vandana Goswami, Banasthali Vidyapith

### ABSTRACT

**INTRODUCTION**-Spiritualism consists of the personal philosophy of life. Spiritual centring consists of principles in lives which are purity, peace, love, happiness, bliss, power and knowledge. Spirituality and happiness both are an important concept of life. Spirituality is so deeply rooted in providing meaning, and has direct access to happiness. In the World, spiritualism is practiced by practicing meditation. There are different forms of meditation present, but this study is based on Raja Yoga meditation which is practiced by Brahma Kumaris World Spiritual University.

**OBJECTIVE**-The objective of this study was to examine level of happiness among Raja Yoga meditators and to study happiness among Raja Yoga meditators with respect to their gender, education qualification and duration of Raja Yoga practice.

**METHODS**- Raja Yogis who are connected with the center of Brahma kumaris Wold Spiritual University located in Jaipur were purposely selected for the study. Survey method was found appropriate for this study. The data was quantitative in nature. Researcher used self-constructed Happiness scale.

**RESULTS**-Results were analysed through inferential statistics. The level of happiness and its variables are categorised. The results of the data concluded variation in the level of happiness and in the level of variables. The variables gender and duration of Raja Yoga Practice was found significant and education qualification was not found significant at 0.05 level.

**CONCLUSION**-They have positive approach towards their life and have purpose and meaningful lifestyle. They are connected to the eternal power and believe in themselves than acceptance from others. Raja Yogis are found highly spiritual.

**Keywords:** *Happiness and Raja Yoga*

चित्तेप्रसन्नेभुवनंप्रसन्नचित्तेविषण्णेभुवनंविषण्णम्।  
अतोऽभिलाषोयदितेसुखेस्यात्चित्तप्रसादेप्रथमंयतस्व॥

**Hindi Translation**

मनखुशहो, तोसाराजहांखुशलगताहै।मननिराशहो,  
तोसाराजहांनिराशलगताहैअतःयदिआपखुशरहनाचाहतेहै,  
तोपहलेअपनेमनकोखुशरखनेकाप्रयासकिजीए।

### **English Translation**

If the mind is happy, the entire world (seems) happy. If the mind is despondent, the entire world (seems) despondent. Hence, if you desire happiness, strive towards the happiness of the mind first.

### **Definition**

Happiness is an electrifying and elusive state. Philosophers, theologians, psychologists and even economists have long sought to define it. Since 1990's the whole branch of positive psychology has been dedicated to pinning it down. Happiness is a state of well-being that encompasses living a good life, one with a sense of meaning and deep contentment. Happiness has even been linked with longer lifespan as well as higher quality of life.

### **Introduction**

Since past happiness has been the topic of discussion. Greek philosophers from the 4<sup>th</sup> century BC claimed happiness was the sum of life's 'hedonic' moments (Ryan and Deci, 2001). Afterwards Aristotle, a Greek philosopher has conceptualized and composed happiness at two aspects which are *Hedonia* and *Eudaimonia* (Kringelbach and Berridge). The present researches define that happiness as important aspect of life because it is not only associated with improved physiological aspect, but also with became a priority of everyone all over the world. It has become more important than other desirable outcomes including living a meaningful life.

The word happiness is used in various ways. In the widest sense it is an umbrella term for all that is good. In this meaning it is often used interchangeably with terms like well-being or quality of life. Many philosophers have explained happiness and have many different definitions which often describes as involving positive emotions and satisfaction of life. Happiness is often defined as "a state of well-being and contentment" (Merriam Webster, n.d). Seligman's concluded happiness has three dimensions which can be cultivated: the pleasant life, the good life, and the meaningful life. Sonja Lubomirsky, in her book '*The How of Happiness*' described happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile".

The current situation is the bitter truth of our society is that everyone focuses on other rather than themselves. So, all the definitions related to happiness, success, greatness, etc. are defined by how anyone is praised and appreciated by other person. The self-image depends on how society treats them. People are not happy with what they have and what they are because they are worried about the praise, attention and appreciation from others. People want to show society how happy they are, instead of being happy by themselves. Lives are being lived in seeking happiness through possession, position, relationships even additions are misguided search for being happy. People have overlooked that happiness is present in

them. In the midst of all changes, where is the happiness that they are seeking? Raja Yoga provides answer for this is supreme happiness is our essential nature. It is one of the innate qualities of our soul, which do not depend on the materialistic things of the world. They do not have to lavish a single penny for happiness. There is very simple way to achieve happiness by practicing meditation. Raja Yoga is one of the meditation techniques. Meditation is an old age self-regulatory strategy and complementary medicine for both body as well as mind. In the word Raja Yoga, Raja means King which acts with independence, self-confidence and assurance. Raja yoga is a journey towards self-discovery or rediscovery. Raja Yoga is a meditation which is accessible to people of all the age groups and backgrounds. This meditation is practiced without any rituals and mantras anywhere at any time. It is an open eye meditation, which makes this method more versatile, simple and easy to practice. It is a state of being in that place just beyond every day consciousness, from where the spiritual empowerment begins. Spiritual awareness gives us the power to choose good and positive thoughts over those which are negative and wasteful. It is the way to live with harmony, better happier and healthier relationships and changes lives in most positive way.

Happiness appears to offer significant health benefits, according to scientific studies. To begin with, happiness promotes a healthy lifestyle to everyone. The present era the ultimate goal of everyone life is to be happy. Spirituality entails the popularity of notion that there is more incredible than self, something superfluous to being human than sensory experience and that the spare intact of which element is divine in nature. It can be concluded that there are many studies conducted on Raja Yoga and its relation is with physiological, psychological, social and other aspects. There are hardly any researches on Raja Yoga with the relation with happiness, so it was decided by the researcher to research on this relationship. So the question arises that, people who practice Raja Yoga living between those people who do not practice Raja Yoga are happier? **What is the level of happiness of people practicing Raja Yoga? Raja Yoga is practiced by everyone either it is male or female. Is there any difference in the level of happiness with respect to their gender? Does the happiness level differ in context of education qualification?** In the society people are practicing Brahmakumaries Raja Yoga meditation since long. So, **Is there any difference in level of happiness with respect to their duration of Raja Yoga practice among those who are practicing from longer duration and those who are practicing from short duration?**

### *Objective*

- To examine level of happiness among Raja Yoga meditators
- To study happiness of Raja Yoga meditators with respect to their gender
- To study happiness of Raja Yoga meditators with respect to their education qualification
- To study happiness of Raja Yoga meditators with respect to their duration of Raja Yoga practice

### ***Hypothesis***

1. There is variation in the level of happiness among Raja Yoga meditators.
2. There is no significant difference in happiness of Raja Yoga meditators with respect to their gender.
3. There is no significant difference in happiness of Raja Yoga with respect to their education qualification.
4. There is no significant difference in happiness of Raja Yoga meditators with respect to their duration of Raja Yoga practice.

### **Research Design**

**Research Method-** The objective of this research is to study happiness of meditators practicing Raja Yoga. On the basis of the objectives of the study the researcher selected survey method.

**Source of Data-** The sample was taken from 100 Raja Yogis who are connected with the centers of Brahma Kumaris World Spiritual University located in Jaipur City. Raja yogis were purposely selected on the basis of convenience.

**Nature of the Data-** The data is quantitative in nature.

**Tool-**Self-constructed tool- Happiness Scale was used.

**Analysis-** Data is analysed through inferential statistics i.e. mean, standard deviation and t-test.

**Research Procedure-** The tool for measuring happiness was prepared by the researcher. For the development of the scale, firstly items was constructed and send to experts for the investigation then modified according to their suggestions. After that the final draft of the tool was formed. Raja Yoga meditators was selected for the study. The study was conducted with the permission on the administration of the Center Incharge. Scoring of responses obtained from the tool was done as per the scoring procedure. Appropriate statistical techniques was used for analyse and interpretation of the data.

### **Results and Discussion**

Adult Raja Yogis which were 100 in number showed their interest and contributed in impregning the happiness tool, which was constructed by the researcher. This chapter contains presentation and discussion of data analysis and the results of this study. The findings are analysed by keeping the objectives and variables in the mind of the study were carried out under the following major headings:

1. To examine level of happiness among Raja Yoga meditators.
2. To study happiness of Raja Yoga meditators with respect to their gender.
3. To study happiness of Raja Yoga meditators with respect to their education qualification.

## Happiness among Raja Yogis Living with Families

4. To study happiness of Raja Yoga meditators with respect to their duration of Raja Yoga practice.

### 1- To examine level of happiness among Raja Yoga meditators.

#### 1.1 Analysis and presentation of data related to level of happiness

Samples of 100 Raja Yogis were selected as a sample. In this table the level of happiness is analysed by using happiness tool. Scores of Raja Yogis are categorised into three level with range of 50-83 for low, 83-117 for medium and 117-150 for high.

Level of Happiness		No. of People	Percentage
Level	Range		
Low	50-83	Nil	0
Medium	83-117	79	77
High	117-150	21	23

The above table describes the level of happiness which was measured according to the scores obtained from the Raja Yogis. The scores of level of happiness are divided into three levels with their range. The levels are low (50-83), Medium (83-117) and High (117-150). Above table conclude that highest Raja Yogis fall in the medium range which is 79 in number with 77 percent. After medium range, 21 Raja Yogis fall in High level with 23 percent and no one was found in the low level respectively.

### 2. To study happiness of Raja Yoga meditators with respect to their gender.

#### 2.1 Analysis and presentation of data related to level of happiness with respect to their gender.

Samples of 100 Raja Yogis were selected as a sample. In this table the level of happiness was analysed with respect to their gender by using happiness tool. As above table 1.1 Scores of Raja Yogis are categorised into three level with range of 50-83 for low, 83-117 for medium and 117-150 for high respectively.

Gender	No. of people	Low (50-83)	Medium (83-117)	High (117-150)	Percentage (%)
Female	68	3	52	13	70
Male	32	Nil	17	15	30

The above table 2.1 describes the level of happiness with respect to gender which was measured and categorised according to the scores obtained from the Raja Yogis. The scores of level of happiness are divided into three levels with their range. Above table conclude scores of females where highest fall in the medium range which is 52, then 13 in high level and at the end 3 in low level with 70 percent accordingly. Above table came to an end with Males scores where highest fall in the medium range which is 17, then 15 in high level and no one was found in low level with 30 percent respectively.

**Table: 2.2. Mean, SD and t-value of level of happiness in Gender of Raja Yogis**

<b>GENDER</b>	<b>N</b>	<b>MEAN</b>	<b>STANDARD DEVIATION</b>	<b>t-test</b>	<b>Level of significance</b>
<b>FEMALE</b>	<b>68</b>	<b>167.35</b>	<b>28.42</b>	<b>1.664</b>	<b>Significant at .05 level</b>
<b>MALE</b>	<b>32</b>	<b>153.8</b>	<b>26.06</b>		

The above table 2.2 describes the level of happiness with respect to their gender, which was measured according to the scores obtained from the Raja Yogis. According to the gender, scores are divided with respect to male and female. The mean and standard deviation of females (N=68) is 167.35 and 28.42 respectively. The mean and standard deviation of males (N=32) is 153.8 and 26.06 respectively. While the t value between both male and female is 1.664, which is significant at 0.05 level respectively. Thus, Hypothesis 2 is not accepted that there is no significant difference in happiness of Raja Yoga meditators with respect to their gender.

**3. To study happiness of Raja Yoga meditators with respect to their education qualification.**

**3.1. Analysis and presentation of data related to level of happiness with respect to their education qualification.**

Samples of 100 Raja Yogis were selected as a sample. In this table the level of happiness was analysed with respect to their education qualification by using happiness tool. Scores of Raja Yogis are categorised into three levels with range of 50-83 for low, 83-117 for medium and 117-150 for high respectively.

<b>Education Qualification</b>	<b>No. of people</b>	<b>Low</b>	<b>Medium</b>	<b>High</b>	<b>Percentage (%)</b>
<b>Graduation</b>	<b>69</b>	<b>Nil</b>	<b>36</b>	<b>33</b>	<b>71</b>
<b>Post Graduation</b>	<b>31</b>	<b>Nil</b>	<b>11</b>	<b>20</b>	<b>29</b>

## Happiness among Raja Yogis Living with Families

The above table 3.1 describes the level of happiness with respect to education qualification which was measured and categorised according to the scores obtained from the Raja Yogis. The scores of level of happiness are divided into three levels with their range. Above table conclude scores of graduation where highest fall in the medium range which is 36, then 33 in high level and at the end no one fall in the category of low level with 71 percent accordingly. Above table came to an end with post-graduation scores where highest fall in the high level which is 20, then 11 in medium level and no one was found in low level with 29 percent respectively.

**Table: 3.2. Mean, SD and t-value of level of happiness in Education Qualification of Raja Yogis**

<b>Education Qualification</b>	<b>N</b>	<b>MEAN</b>	<b>STANDARD DEVIATION</b>	<b>t-test</b>	<b>Level of significance</b>
<b>Graduation</b>	<b>69</b>	<b>168.91</b>	<b>26.19</b>	<b>1.668</b>	<b>Not Significant at .05 level</b>
<b>Post Graduation</b>	<b>31</b>	<b>150.47</b>	<b>28.42</b>		

The above table describes the level of happiness with respect to their education qualification, which was measured according to the scores obtained from the Raja Yogis. According to the education qualification, scores are divided with respect to qualification of graduates and post graduates. The mean and standard deviation of graduates (N=69) are 168.91 and 26.19 respectively. The mean and standard deviation of post graduates are 150.47 and 28.42 respectively. While the t value between both graduates and post graduates are 1.668, which is not significant at 0.05 level respectively. Thus Hypothesis 3 is accepted that there is no significant difference in happiness of Raja Yoga with respect to their education qualification.

### **4. To study happiness of Raja Yoga meditators with respect to their duration of Raja Yoga practice.**

#### **4.1. Analysis and presentation of data related to level of happiness with respect to their duration of Raja Yoga practice.**

Samples of 100 Raja Yogis were selected as a sample. In this table the level of happiness was analysed with respect to their duration of Raja Yoga practice by using happiness tool. Scores of Raja Yogis are categorised into three levels with range of 50-83 for low, 83-117 for medium and 117-150 for high respectively.

<b>Duration of Raja Yoga Practice</b>	<b>No. of people</b>	<b>Low</b>	<b>Medium</b>	<b>High</b>	<b>Percentage (%)</b>
<b>Begg-5 Years</b>	<b>29</b>	<b>Nil</b>	<b>17</b>	<b>12</b>	<b>29</b>
<b>5 Years and above</b>	<b>71</b>	<b>Nil</b>	<b>52</b>	<b>19</b>	<b>71</b>

The above table describes the level of happiness with respect to duration of Raja Yoga practice which was measured and categorised according to the scores obtained from the Raja Yogis. The scores of level of happiness are divided into three levels with their range. Above table conclude scores of Raja yogis practicing Raja Yoga Begginers-5years of practice where highest fall in the medium level which is 17, then 12 in high level and at the end no one fall in the category of low level with 29 percent accordingly. The above table came to an end with scores of Raja yogis practicing Raja Yoga 5 Years and above, where highest fall in the medium level which is 52, then 19 in high level and no one was found in low level with 71 percent respectively.

**Table: 4.2. Mean, SD and t-value of level of happiness in Duration of Raja Yoga practice of Raja Yogis**

<b>ACCORDING TO DURATION OF RAJA YOGA PRACTICE</b>					
<b>DURATION OF RAJA YOGA PRACTICE</b>	<b>N</b>	<b>MEAN</b>	<b>STANDARD DEVIATION</b>	<b>t-test</b>	<b>Level of Significance</b>
<b>1 MONTH- 5 YEAR</b>	<b>29</b>	<b>128.93</b>	<b>9.46</b>	<b>1.660</b>	<b>Significant at .05 level</b>
<b>5 YEARS AND ABOVE</b>	<b>71</b>	<b>175.43</b>	<b>21.61</b>		

The above table describes the level of happiness with respect to their duration of Raja Yoga practice, which was measured according to the scores obtained from the Raja Yogis.



## Happiness among Raja Yogis Living with Families

According to the duration of practice, scores are divided between Beginners to 5 years and 5 years and above practice of meditation. The mean and standard deviation of Beginners to 5 Years (N=29) are 128.93 and 9.46 respectively. The mean and standard deviation of 5 Years and above (N=71) are 175.43 and 21.61 respectively. While the t value between both the duration period is 1.660, which is significant at 0.05 level respectively. Thus Hypothesis 4 is not accepted that there is no significant difference in happiness of Raja Yoga meditators with respect to their duration of Raja Yoga practice.

### Conclusion

Everyone wants to be happy, but the happiness but the happiness which is sought is elusive. Lives are spent in seeking happiness through possession, position, relationships, misguidance etc for search of happiness. At the end little happiness is found mixed with lots of problems and pain. Analysis shows that permanent happiness through external attainments, destined frustration and failure. Where is the happiness seeking for? For this question Raja Yoga is the answer taught by Brahmakumaris World Spiritual University through World. According to Raja Yoga, happiness is the innate quality of everyone's soul. Happiness neither depends on thoughts of people nor on materialistic things. On the other side it is associated with multiple benefits including physiological, psychological, social perspectives. Brahma kumaris Raja Yoga meditation practice is significantly increasing happiness in the life of people who regularly practice Raja Yoga. This study concludes that Raja Yoga Meditators have positive approach towards their life.

### References

1. Chander, J. The Way and the Goal of Raja Yoga. Literature Department. Om Shanti Printing Press. Brahmakumaris. Mt. Abu, Rajasthan
2. Hassija, J.C. Raj Yoga Meditation. Literature Department. Om Shanti Printing Press. Brahmakumaris. Mt. Abu, Rajasthan
3. Chander, J. Easy Raja Yoga. Literature Department. Om Shanti Printing Press. Brahmakumaris. Mt. Abu, Rajasthan
4. Chander, J. Illustrations on Raja Yoga. Literature Department. Om Shanti Printing Press. Brahmakumaris. Mt. Abu, Rajasthan
5. <https://www.vedicupasanapeeth.org/24865-2/>
6. <http://oaji.net/articles/2016/1170-1459010814.pdf>
7. <http://indianresearchjournals.com/pdf/IJMFSMR/2012/July/5.pdf>
8. [https://www.researchgate.net/publication/319287771\\_Happiness](https://www.researchgate.net/publication/319287771_Happiness)
9. [https://worlddatabaseofhappiness-archive.eur.nl/hap\\_quer/introttext\\_measures2.pdf](https://worlddatabaseofhappiness-archive.eur.nl/hap_quer/introttext_measures2.pdf)
10. <https://www.apa.org/pubs/journals/releases/xge-xge0000303.pdf>
11. <https://ijip.in/wp-content/uploads/2020/06/18.01.055.20200802.pdf>
12. <https://integralyogamagazine.org/raja-yoga-exit-strategy-for-suffering>