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## Role Of Rajyoga In Mental Stress Of Youth

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### Abstract

Youth today face increasing levels of psychological stress due to academic, social, and professional pressures. This research explores the effectiveness of Rajyoga meditation in reducing stress and improving overall mental health among youth. The study adopted a mixed-method approach, where participants underwent a structured Rajyoga practice schedule for a fixed duration. Data were collected using standard stress-assessment scales and interviews. Findings indicated a significant reduction in perceived stress levels, improved sleep quality, and enhanced emotional balance. The study suggests that Rajyoga meditation can be a practical, non-invasive, and cost-effective tool for stress management among youth.

**Keywords:** Rajyoga, Youth Stress, Mental Health, Yogic Science, Meditation

### 1. Introduction

The modern lifestyle has exposed youth to increasing mental stress, resulting in anxiety, depression, and reduced productivity. According to WHO reports, over 20% of youth globally face stress-related disorders. Indian youth, particularly students, encounter high pressure due to examinations, unemployment, and lifestyle changes. Rajyoga meditation, taught by the Brahma Kumaris, provides a unique method of connecting with the self and the Supreme to achieve mental peace.

This study investigates how Rajyoga can play a vital role in reducing youth stress.

## 2. Review of Literature

Previous studies on meditation (Kabat-Zinn, 1990; Sharma, 2017) have shown positive results on stress reduction.

Yogic texts such as the Patanjali Yoga Sutras highlight the role of meditation in calming the mind (Yoga Chitta Vritti Nirodha).

Research on Rajyoga (BK Publications, 2015) indicates improvement in mental well-being and emotional stability.

However, there is limited empirical evidence focusing on youth-specific stress management through Rajyoga, which this study addresses.

## 3. Methodology

Research Design: Experimental study with pre-test and post-test model.

Sample: 60 youth (age group 18–30) from academic institutions.

Intervention: Daily Rajyoga meditation practice (30 minutes morning & evening) for 45 days.

Tools Used: Perceived Stress Scale (PSS), Sleep Quality Index, and semi-structured interviews.

Ethical Clearance: Obtained from institution, with consent from participants.

## 4. Results & Findings

Quantitative Analysis:

Average stress scores reduced significantly from pre-test ( $M = 28.4$ ) to post-test ( $M = 17.2$ ).

Sleep quality improved by 35% based on standardized measures.

### Qualitative Feedback:

Participants reported calmness, better focus, emotional stability, and reduction in anxiety.

Graphs and tables (to be inserted at submission stage) clearly show positive impact of Rajyoga practice.

## 5. Discussion

The results are consistent with earlier findings that meditation reduces stress and enhances emotional well-being. Rajyoga, unlike other forms, does not involve physical postures but focuses on mental connection with the self and Supreme Soul, making it more accessible for youth.

The study proves that Rajyoga is an effective, non-pharmacological, and holistic method for managing stress among youth.

## 6. Conclusion

Rajyoga meditation significantly reduces stress and improves mental health in youth.

It can be introduced in educational institutions, youth clubs, and counseling centers as a practical intervention.

Future Scope: Comparative studies on Rajyoga with other meditation techniques, and long-term effects on academic performance and lifestyle diseases.

## References (APA 7th Edition)

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