



Beyond Overall Self-Awareness: Towards a Multidimensional Architecture of Self- Awareness Development Through Rajyoga Meditation

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ABSTRACT

People consider self-awareness to be an essential psychological ability which supports emotional control and behavioral changes and decision-making processes and personal development. Researchers have found that meditation-based interventions produce better results through improved awareness outcomes but current studies treat self-awareness as one complete universal measure. Researchers have dedicated limited empirical attention to studying how people develop distinct self-awareness dimensions and how those dimensions operate together especially in relation to Rajyoga meditation practice.

The study investigated how adults develop self-awareness through Rajyoga meditation practice for eight weeks while proposing a framework which defines how its main components are interconnected. The study used a quasi-experimental pre-test–post-test control group design to test 200 participants who included 100 Rajyoga meditation practitioners and 100 non-Rajyoga adults. The evaluation of self-awareness was conducted through four testing areas which included cognitive awareness and emotional awareness and behavioral awareness and reflective awareness. The research used statistical methods which included both descriptive statistics and paired-samples t-tests and independent-samples t-tests and gain score analysis and effect size estimation and correlation analysis.

The findings revealed substantial improvements in overall self-awareness among Rajyoga practitioners, with a mean gain of 29.86 points compared with a negligible change among non-Rajyoga adults (Mean Gain = -0.44). Cognitive awareness demonstrated the highest developmental gain (6.28), followed by emotional awareness (5.86), behavioural awareness (5.82), and reflective awareness (5.77). Effect size analysis indicated very large intervention effects (Cohen's $d = 3.95-4.02$). Correlation analysis further revealed strong positive relationships among cognitive, emotional, behavioural, and reflective awareness ($r = .651-.739$, $p < .01$), suggesting that these dimensions' function as an integrated and interconnected psychological system.

Based on the observed developmental patterns and dimensional interrelationships, the study proposes a multidimensional architecture of self-awareness development through Rajyoga meditation in which attention regulation facilitates cognitive awareness, which subsequently supports emotional awareness,

behavioural awareness, reflective awareness, and ultimately integrated self-awareness. The study contributes to self-awareness theory, self-regulation theory, meditation research, and consciousness studies by advancing a multidimensional understanding of awareness development. Practical implications for mental health promotion, counselling, adult development, and meditation-based interventions are discussed.

KEYWORDS: Rajyoga Meditation, Self-Awareness, Cognitive Awareness, Emotional Awareness, Behavioral Awareness, Reflective Awareness, Self-Regulation, Consciousness Development.

1. INTRODUCTION

1.1 Self-Awareness Beyond a Unidimensional Construct

Self-awareness stands out as the essential ability that forms the base of human consciousness and psychological development and personal growth. The ability of self-awareness allows people to examine and comprehend their mental and emotional states and their reactions and their life events. Self-awareness enables people to develop emotional intelligence and psychological health and self-control and effective relationships and personal development according to research by Duval and Wicklund in 1972 and Morin in 2011.

The people who enhance their skills in recognizing their thoughts and feelings while they learn to control their emotional responses will achieve better self-understanding. The definition of self-awareness has transformed through time since the 1970s. The first psychological frameworks studied self-awareness through two abilities which included self-focused attention and objective self-evaluation according to Duval and Wicklund in 1972. The later development of the concept introduced self-reflection and insight and metacognition and consciousness processes as essential components of self-awareness according to research by Fenigstein and his colleagues in 1975 and Grant and his team in 2002.

Nowadays researchers understand self-awareness as a complicated ability which exists across multiple psychological levels rather than one complete skill. Researchers still conduct their studies about self-awareness assessment through empirical evidence which uses total scores as their main measurement method despite the fact that self-awareness has developed through time. Through aggregate score assessment, researchers obtain data about general awareness, but this method fails to detect specific awareness differences across different dimensions. People can show high awareness in one area but demonstrate lower awareness in another area. A person may understand his thoughts better than he understands his emotions and the way he behaves and handles situations. Global self-awareness assessments give limited information about the development of self-awareness which exists during the formative years.

1.2 Dimensions of Self-Awareness

Growing theoretical and empirical evidence supports the idea that self-awareness consists of multiple interconnected parts. The study investigates four fundamental dimensions which include cognitive awareness, emotional awareness, behavioural awareness, and reflective awareness.

i) Cognitive Awareness

Cognitive awareness refers to awareness of thoughts, beliefs, perceptions, assumptions, and mental processes. The ability to observe and track one's cognitive activities together with the capacity to understand how thinking affects personal experiences and conduct constitutes this ability. The ability to recognize one's own thinking processes which is known as metacognition links closely to cognitive awareness (Flavell, 1979). Individuals who possess higher cognitive awareness can better recognize their automatic thought patterns while they assess their beliefs and make mindful choices.

ii) Emotional Awareness

The process of emotional awareness requires individuals to identify and comprehend their emotional experiences. The core of this ability requires individuals to correctly identify their emotions together with their emotional causes and the resulting impact on their behavior and mental health. The process of emotional regulation requires people to first recognize their emotional states because emotional awareness serves as the essential starting point for this process (Gross 2015). There exists research evidence which demonstrates that individuals who possess advanced emotional awareness abilities achieve superior psychological resilience and enhanced social skills and better mental health outcomes.

iii) Behavioural Awareness

Behavioural awareness refers to awareness of actions, habits, behavioural tendencies, and behavioural consequences. The ability to monitor one's actions through objective evaluation together with pattern recognition enables people to achieve their personal goals. Behavioural awareness contributes directly to self-regulation because behavioural change depends upon awareness of existing behavioural patterns. People who develop greater behavioural awareness can take actions that will help them reach their personal values and objectives.

iv) Reflective Awareness

Reflective awareness represents a higher-order dimension which requires people to practice self-examination and self-assessment until they achieve personal understanding through their personal development process. People who practice reflective awareness can see their present mental state because it allows them to investigate their actual life experiences and their personal development process. People achieve deeper self-knowledge through reflection which helps them bring together their life experiences to build their personal life stories. People who achieve self-awareness will attain wisdom and psychological maturity together with personal development which follows the same path as their wisdom.

The different dimensions exist as separate concepts yet they function together as interconnected parts within a larger system of human awareness which includes all aspects of self-awareness. Understanding their relationships is essential for developing a comprehensive model of self-awareness development.

1.3 Rajyoga Meditation and Awareness Development

The research studies demonstrate that people now study meditation more extensively because they discovered its advantages for mental health and its ability to help individuals remain present in their current moments. Multiple research studies have shown that practicing meditation leads to better results in attention control and emotional regulation and stress relief and cognitive abilities and overall health (Goyal et al., 2014; Sedlmeier et al., 2012).

Rajyoga meditation practices teach practitioners self-control and self-awareness and thought-tracking skills which distinguish it from other meditation techniques. Rajyoga meditation teaches people to discover their true spiritual self through soul-consciousness. The Brahma Kumaris World Spiritual University teaches this practice to help people understand their inner self while they learn to recognize their thoughts and emotions and their patterns of behavior. Practitioners develop better self-awareness through their internal experiences which they learn to observe more clearly through their practice. The perspective holds that human beings exist as spiritual beings who possess natural qualities which include peace and wisdom and purity and happiness. The practice enables people to leave their body-based awareness behind and enter soul-based awareness which helps them experience their inner feelings and spiritual existence more deeply.

Thought management operates as a fundamental element of Rajyoga meditation. Practitioners develop skills which let them monitor their thoughts and assess their thoughts and guide their thoughts during practice. Mental activity observation enables people to discover cognitive operations which lead to improved control over their automatic thought processes. The practices help people to develop cognitive awareness which leads to their overall self-awareness growth.

Rajyoga meditation introduces its practitioners to the practice of observer consciousness. Practitioners should develop their internal observer skills which allow them to observe their thoughts and emotions and behaviors without developing strong attachments to them. The process of detached observation enables people to examine themselves which leads to better emotional comprehension and control over their actions. Rajyoga meditation functions as an effective method which researchers use to study the process of developing multidimensional awareness.

1.4 Theoretical Foundations

The present study uses three theoretical perspectives that work together.

a) Self-Awareness Theory

According to Self-Awareness Theory people who focus their attention on themselves will achieve better understanding of their internal states and their ability to evaluate themselves (Duval & Wicklund, 1972).

Through self-focused attention people use their present experiences and behaviours to assess themselves against their personal standards and objectives which helps them control their actions and modify their conduct.

b) Self-Regulation Theory

The theory of self-regulation describes how people monitor themselves and assess their progress before making needed changes to their conduct (Bandura, 1991; Zimmerman, 2000). Individuals who want to control their behavior need to understand their mental processes and emotional states and their physical actions. People require self-awareness because it functions as the essential building block for managing their self-control abilities.

c) Metacognitive Theory

Metacognitive Theory explains how people develop control over their thinking abilities (Flavell, 1979). People who practice meditation by observing their thoughts will develop better metacognitive skills which will help them to understand their mind and body across different areas of psychological existence.

The combined theories create a framework which shows how Rajyoga meditation affects the development of self-awareness through multiple self-awareness dimensions.

1.5 Review of Previous Research

Meditation research together with self-awareness research has experienced considerable growth during the last twenty years of study. Multiple studies documented positive relationships between meditation practice and improved awareness together with better attentional control and emotional regulation and psychological well-being (Brown & Ryan, 2003; Hölzel et al., 2011).

Research findings about emotional regulation indicate that meditation practice helps people recognize their emotional states while developing skills to handle their feelings (Gross, 2015; Tang et al., 2015). The research about metacognition shows that people who practice contemplative techniques develop better understanding of their thinking patterns and their ability to concentrate (Jankowski & Holas, 2014).

Research studies show that meditation practice results in significant psychological changes which include improvements in self-awareness and other psychological aspects (Goyal et al., 2014; Sedlmeier et al., 2012). The existing research on mindfulness-based interventions has received more attention than other meditation traditions which remain less studied.

The research about Rajyoga meditation shows that this practice helps people manage their stress levels while achieving emotional balance and developing positive thinking and self-discipline and better mental health (Telles et al., 2013). The research has not examined how Rajyoga meditation affects different elements of self-awareness or how these elements work together to create complete awareness development.

1.6 Research Gap

Most existing research studies self-awareness outcomes but fail to explain how individual awareness dimensions develop and interact with one another. The research on meditation has shown positive effects for awareness-related constructs yet researchers have not studied the complete multidimensional framework which supports self-awareness development. The research evidence about how self-awareness develops through Rajyoga meditation practice remains insufficient. The research study needs to answer essential questions about how cognitive emotional behavioral and reflective awareness develop as well as how these elements connect with each other to form a complete developmental system.

1.7 Research Questions

RQ1. How do the dimensions of self-awareness develop following Rajyoga meditation?

RQ2. What relationships exist among awareness dimensions?

RQ3. What multidimensional architecture emerges from the observed developmental patterns?

1.8 Objectives of the Study

RO1. To examine dimensional changes in self-awareness following Rajyoga meditation.

RO2. To investigate relationships among awareness dimensions.

RO3. To identify the multidimensional architecture of self-awareness development.

RO4. To propose an integrated developmental model of self-awareness through Rajyoga meditation.

1.9 Hypotheses

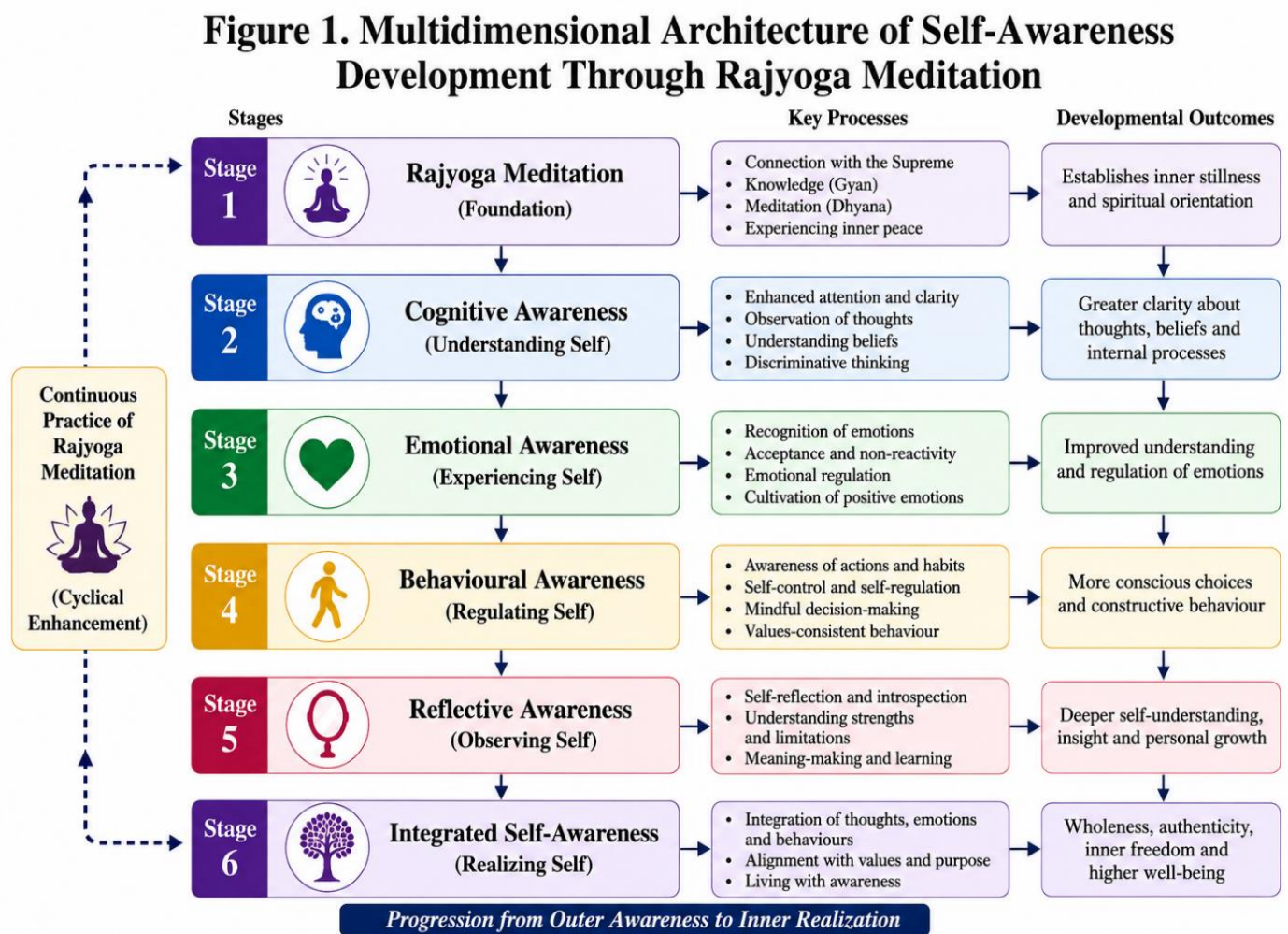
H1. Rajyoga meditation significantly enhances the dimensions of self-awareness.

H2. The dimensions of self-awareness exhibit differential patterns of development.

H3. Significant interrelationships exist among cognitive, emotional, behavioural, and reflective awareness.

H4. The observed dimensional relationships support a multidimensional architecture of self-awareness development.

Figure 1: Multidimensional Architecture of Self-Awareness Development Through Rajyoga Meditation



2. MATERIALS AND METHODS

2.1 Research Design

The researchers from the study used quantitative research methods which follow positivist scientific standards to investigate how Rajyoga meditation affects adult participants. The researchers used a quasi-experimental design with pre-test and post-test assessments to track self-awareness changes while studying the relationships between different awareness types and their cognitive and emotional and behavioral and reflective components.

The research design proved to be suitable because it allowed researchers to study how awareness developed in people who practiced Rajyoga meditation compared to those who did not practice. The study used both experimental and control groups which helped researchers measure whether the intervention produced actual changes that were seen in the results. The pre-test evaluations determined the initial self-awareness levels which the post-test evaluations used to track progress throughout the intervention period.

The present study used self-awareness assessment because it measures different aspects of self-awareness instead of using traditional methods that measure total results. The research design allowed researchers to study complete awareness development while examining how different dimensions of awareness connect with each other to create a unified system of awareness.

2.2 Participants and Sampling

The research study included 200 adult participants as its complete sample size. The experimental group included 100 participants who took part in the Rajyoga meditation program while the control group included 100 participants who did not practice Rajyoga meditation during the research study. The study sample included participants from different demographic groups because the researchers wanted to study their age and gender and educational level and job type and family organization and economic status and food consumption habits.

The sample demonstrated various characteristics which created better study results because researchers could apply their findings to study all adult populations. The study used purposive sampling to choose participants who fulfilled the study criteria. The study included people who wanted to join the intervention program and who would do both pre-tests and post-tests. The researchers explained to all study respondents about the study goals and study intervention details and study participation requirements which people could decide to join or not. The research team obtained consent from all study participants before starting the data collection process. The study needed participants who would stay through all study activities while the researchers assessed their progress using complete assessment methods which made purposive sampling an optimal choice. The research method secured sufficient study participant commitment while it reduced study participant dropouts throughout the research duration.

2.3 Rajyoga Meditation Intervention

i) Duration

The intervention involved an eight-week Rajyoga meditation program which required participants to attend meditation sessions on five different days each week for sessions that lasted between 30 and 40 minutes. The intervention period provided enough time for participants to learn Rajyoga meditation techniques which resulted in measurable improvements of their awareness skills. The intervention period provided sufficient time which allowed participants to learn Rajyoga meditation techniques because they needed time to reach the point where their awareness skills would show measurable progress.

ii) Session Structure

The intervention followed a standardized session format throughout the study to ensure consistency in the delivery of the Rajyoga meditation program. The session began with an introductory phase which included guided relaxation before participants engaged in activities that built awareness and practiced Rajyoga meditation. The sessions ended with participants reflecting on the content before engaging in a short discussion. The participants received structured training through a progressive format which enabled them to practice monitoring their thoughts and experiences until they achieved self-awareness and self-observation skills.

The session sequence provided a structured path which helped participants enhance their self-awareness abilities. The initial sessions introduced participants to attention regulation and thought observation while the final sessions taught them emotional awareness and behavioral control and reflective thinking and awareness practice integration.

Practice Components

The Rajyoga meditation programme incorporated several core components:

- Attention regulation and concentration exercises.
- Observation of thoughts and mental activity.
- Positive thought generation and thought management.
- Awareness of emotional experiences.
- Behavioural self-observation.
- Reflective self-evaluation.

- Development of observer consciousness.
- Cultivation of soul-consciousness.

The practices were designed to enhance multiple psychological awarenesses which would help individuals progress toward their complete self-awareness development. The participants received encouragement to practice the techniques during their official meditation sessions and throughout their daily activities.

2.4 Instrumentation

a) Self-Awareness Scale

Self-awareness assessment used a structured Self-Awareness Scale which measured multiple dimensions of self-knowledge. The tool used a Likert-type response system where higher responses showed increasing levels of self-awareness. The scale was chosen because it offered complete assessment of awareness functions while enabling separate analysis of different awareness components. The research needed a multidimensional system because its main goal involved studying how different dimensions evolved instead of assessing complete awareness.

b) Reliability and Validity

The research team used Cronbach's alpha coefficients to assess the instrument's reliability. The obtained reliability values exceeded commonly accepted thresholds for psychological research which demonstrated that the instrument achieved satisfactory internal consistency. The results demonstrate that the instrument successfully assessed the targeted constructs for all research participants.

Expert review established the instrument's content validity. Subject specialists examined the scale to ensure that the items adequately represented the construct of self-awareness and its dimensions. The research team tested the pilot study to evaluate whether its content was clear and relevant and appropriate for the intended audience.

The study used reliability testing and validity testing to confirm that the assessment tool effectively measured the multiple dimensions of self-awareness in this research.

c) Awareness Dimensions Measured

The instrument assessed four dimensions of self-awareness:

- i. Cognitive Awareness:** Cognitive awareness describes a person's capability to recognize their mental activities, which include their thoughts and beliefs and their assumptions and perceptions. The ability to observe one's cognitive activities and understand them together with the power to track all cognitive activities represents self-cognitive evaluation skills.
- ii. Emotional Awareness:** Emotional awareness refers to the recognition, understanding, and interpretation of emotional experiences. The process requires people to recognize their emotional conditions while they should learn to pinpoint their emotional responses with precision.
- iii. Behavioural Awareness:** Behavioural awareness deals with understanding one's own actions together with their typical behaviors and the results that follow different behavior patterns. People who possess this skill can see their actions and assess their conduct through an unbiased lens.
- iv. Reflective Awareness:** Reflective awareness defines the process of looking within yourself together with assessing your personal development to create insights that help you understand your existence. This process enables people to experience higher awareness levels through which they can connect their life experiences to gain better self-knowledge.

2.5 Data Collection Procedure

The data collection process occurred through two separate phases. The first phase began with participants completing their self-awareness assessment before they started the Rajyoga meditation program. The pre-test results established baseline values which assessed each dimension of awareness. Participants took the same assessment instrument again after they finished the eight-week intervention program which ended with their post-test assessment. The control group also completed assessments during both measurement periods to enable comparison.

The research team administered all questionnaires according to standardized testing procedures. The participants needed to provide their answers without any outside assistance while maintaining their truthful responses. The research team conducted a thorough examination of completed questionnaires to verify their completeness before they proceeded to enter the data into the statistical database for analysis.

2.6 Ethical Considerations

The research followed established ethical standards which govern studies with human subjects. The study required participants to provide informed consent before they started data collection while participation remained completely optional. The research team explained to participants the study's objectives and the methods that would be used while informing them about their right to leave the study anytime without facing consequences.

The researchers maintained both confidentiality and anonymity protection for all research participants during the entire study. The study results were shared through reports and publications and presentations without revealing any personal identifying information of the study participants. Researchers used all collected data strictly for academic and research purposes.

The intervention required no physical intrusion on the participants and therefore did not create any danger to their safety. The research team followed all ethical guidelines which protected the participants and preserved the integrity of the study throughout its duration.

2.7 Statistical Analysis

The researchers conducted data analysis through the Statistical Package for the Social Sciences (SPSS) software. The study used multiple statistical methods to assess both the development of different dimensions and the relationship between awareness dimensions and the proposed self-awareness multidimensional structure

1) Descriptive Statistics

The research team used means standard deviations and percentages together with frequency counts to create a summary of both participant details and their awareness assessment results.

2) Paired-Samples t-Tests

Paired-samples t-tests were conducted to assess pre-test and post-test changes within groups and to evaluate developmental changes in self-awareness dimensions.

3) Independent-Samples t-Tests

Independent-samples t-tests were employed to compare awareness scores between the Rajyoga meditation group and the control group.

4) Effect Size Analysis

Cohen's d coefficients were calculated to determine the practical significance of observed changes and to evaluate the magnitude of intervention effects across dimensions.

5) Correlation Analysis

Pearson product-moment correlation coefficients were computed to examine relationships among cognitive, emotional, behavioural, and reflective awareness. Correlation analysis provided insight into the interconnected nature of awareness dimensions.

6) Comparative Dimensional Analysis

Comparative dimensional analysis was conducted to evaluate patterns of development across the four awareness dimensions. This analysis enabled identification of dimensions showing relatively stronger or weaker development and facilitated the construction of a multidimensional architecture of self-awareness development through Rajyoga meditation.

Statistical significance was evaluated at the .05 level, while practical significance was assessed through effect size interpretation and dimensional comparisons.

3. RESULTS

3.1 Participant Characteristics

The study included 200 adult participants, comprising 100 individuals in the Rajyoga meditation group and 100 individuals in the non-Rajyoga control group. Participants represented diverse demographic backgrounds which included different age groups and gender identities and educational levels and job types and family structures and income levels and dietary habits. The diverse sample of the study allowed researchers to conduct a multidimensional self-awareness development study which included adults from different backgrounds.

The two groups had comparable demographic profiles before the intervention period. The study found no significant demographic differences which could have affected the outcomes related to awareness assessment. The sample proved suitable for studying Rajyoga meditation effects on self-awareness dimension development and their relationship to each other.

Table 1. Demographic Characteristics of Participants (N = 200)

Variable	Category	Frequency	Percentage (%)
Gender	Male	110	55.0
	Female	90	45.0
		200	100
Group	Rajyoga Practitioners	100	50.0
	Non-Rajyoga Adults	100	50.0
		200	100
Age	20–34	77	38.5
	35–40	33	16.5
	41–45	19	9.5
	46–50	24	12.0
	51–55	23	11.5
	56–59	24	12.0
		200	100

Note. N = 200; Rajyoga Practitioners = 100; Non-Rajyoga Adults = 100.

3.2 Baseline Equivalence Testing

Before examining dimensional development, baseline equivalence between the Rajyoga meditation group and the control group was assessed. An independent-samples t-test was conducted using pre-test self-awareness scores.

Table 2. Baseline Equivalence of Overall Self-Awareness Scores

Group	N	Mean	SD	t
Rajyoga Practitioners	100	120.50	7.62	
Non-Rajyoga Adults	100	120.12	8.27	0.339

The analysis revealed that Rajyoga practitioners ($M = 120.50$, $SD = 7.62$) and non-Rajyoga adults ($M = 120.12$, $SD = 8.27$) did not differ significantly at the pre-test stage, $t(198) = 0.339$, $p = .735$. The non-significant result indicates that both groups possessed comparable levels of self-awareness prior to the intervention.

The establishment of baseline equivalence provides confidence that subsequent differences observed during the post-test phase can be attributed primarily to the effects of the Rajyoga meditation intervention rather than pre-existing group differences.

3.3 Dimensional Development of Self-Awareness

To investigate the multidimensional nature of awareness development, self-awareness was examined across four dimensions: cognitive awareness, emotional awareness, behavioural awareness, and reflective awareness.

i) Cognitive Awareness

The Rajyoga meditation programme helped participants achieve better cognitive awareness results which they showed in their assessment performance. The findings demonstrate that participants developed improved abilities to track their cognitive activities while their metacognitive understanding increased. The observed improvement matches the way Rajyoga meditation teaches practitioners to observe their thoughts while they manage their thought processes. Through repeated practice, participants appeared to develop greater ability to observe thinking processes and recognize habitual cognitive patterns.

Table 3. Dimension-Wise Development of Self-Awareness Among Rajyoga Practitioners

Dimension	Pre-Test Mean	Post-Test Mean	Mean Gain
Cognitive Awareness	23.89	30.17	6.28
Emotional Awareness	23.83	29.69	5.86
Behavioural Awareness	24.50	30.32	5.82
Reflective Awareness	24.27	30.04	5.77

Note. Mean Gain = Post-Test Mean – Pre-Test Mean. Higher scores indicate greater levels of self-awareness.

ii) Emotional Awareness

The intervention led to significant improvements in emotional awareness of the participants. The study results showed that participants had developed better emotional understanding because they could recognize and comprehend emotional experiences more effectively. The results show that Rajyoga meditation helped people become aware of their emotional states while it also helped them achieve emotional stability. The study results showed that participants who developed better emotional awareness could understand their emotional reactions better while they handled their emotions with improved control.

iii) Behavioural Awareness

The Rajyoga practitioners showed significant progress in their ability to handle their own behavioural patterns. The participants demonstrated improved capacity to recognize their own actions and habitual behaviour and their natural behavioural patterns and the results of their actions. The participants developed better behavioural awareness because they learned to identify how their internal experiences affected their external behaviour. The ability to recognize their own behavioural patterns helps people to control their behaviour and to achieve their goals through more intentional and planned conduct.

iv) Reflective Awareness

The intervention led to significant improvements in reflective awareness according to the study results. The participants showed greater ability to reflect on themselves which helped them evaluate their progress and gain personal knowledge and create meaning from their experiences. People achieve higher-level reflective awareness through this process which enables them to combine their cognitive and emotional and behavioral experiences. The study results show that Rajyoga meditation training improved both immediate experience awareness and self-development understanding for participants. The research results demonstrate that Rajyoga meditation practice enabled participants to develop multiple self-awareness skills instead of achieving progress in one specific area.

3.4 Comparative Analysis of Awareness Dimensions

a) Relative Gains

The intervention led to improvements in all four dimensions according to the dimensional outcomes assessment. The dimensions showed different levels of improvement which demonstrates that awareness development progresses at different rates in various dimensions.

The results demonstrate that meditation practice produced stronger effects on particular dimensions than on other dimensions. The different response patterns of self-awareness measurement systems show how people develop multidimensional self-awareness through various stages of their life.

b) Dimensional Ranking

The comparative analysis results showed which awareness dimensions had the highest development levels. The study found positive changes across all dimensions, but Rajyoga meditation practice led to the most significant progress in cognitive and reflective awareness development because it emphasizes observing thoughts and self-reflecting. The research showed that participants improved their emotional awareness and their behavioral awareness, which demonstrated that their awareness development had an impact on both their emotional and behavioral capabilities.

Table 4. Comparative Development Across Awareness Dimensions

Rank	Awareness Dimension	Mean Gain
1	Cognitive Awareness	6.28
2	Emotional Awareness	5.86
3	Behavioural Awareness	5.82
4	Reflective Awareness	5.77

c) Strongest and Weakest Dimensions

The analysis proved that every dimension of the study remained open to research because the intervention had an impact on all dimensions. The development process showed different levels of development between the two dimensions of awareness which resulted in distinct developmental paths for the two dimensions. Some dimensions serve as basic elements that support fundamental processes while other dimensions develop into comprehensive results through extended practice of continuous awareness.

3.5 Effect Size Analysis

Effect size analysis was conducted to determine the practical significance of dimensional development. The results showed that the intervention produced large effects across all self-awareness dimensions which proved that the observed improvements had both statistical significance and practical value.

Table 5. Overall Intervention Effect on Self-Awareness

Variable	Mean Difference	Cohen's d	Interpretation
Rajyoga Pre-Post Self-Awareness	29.86	3.95	Very Large
Non-Rajyoga Pre-Post Self-Awareness	-0.44	0.05	Negligible
Between-Group Post-Test Comparison	30.68	4.02	Very Large

The obtained effect sizes show that Rajyoga meditation produced strong effects on awareness development.

The research results prove that meditation practice resulted in significant progress for people who developed self-awareness through the practice. The research results show that Rajyoga meditation serves as an effective method to boost awareness and self-control and mental health for adult users.

3.6 Interrelationships Among Awareness Dimensions**i) Correlation Matrix**

Pearson correlation analysis was conducted to examine relationships among cognitive, emotional, behavioural, and reflective awareness.

Table 6. Correlation Matrix of Self-Awareness Dimensions

Variables	CA	EA	BA	RA
Cognitive Awareness (CA)	1.000	.684**	.712**	.739**
Emotional Awareness (EA)	.684**	1.000	.651**	.706**
Behavioural Awareness (BA)	.712**	.651**	1.000	.728**
Reflective Awareness (RA)	.739**	.706**	.728**	1.000

The research results showed that all dimensions of the study had strong positive relationships with each other. Cognitive awareness showed strong positive relationships with emotional awareness ($r = .684$) and behavioral awareness ($r = .712$) and reflective awareness ($r = .739$). Emotional awareness showed a significant relationship with behavioral awareness ($r = .651$) and reflective awareness ($r = .706$). Behavioral awareness showed a strong positive connection to reflective awareness which had a correlation coefficient of ($r = .728$). The research results demonstrate that self-awareness dimensions' function as interconnected elements which operate together instead of existing as separate components.

ii) Integrated Awareness Network

The observed correlation pattern demonstrates that an integrated awareness network exists which connects development across different dimensions. The observed relationships demonstrate their strength and consistency which proves that self-awareness functions as a unified psychological system. The different capacities of cognitive emotional and behavioral functions together with reflective awareness work together to enhance their respective abilities. The interdependent relationship between different awareness development dimensions supports the need for multiple dimensions to explain awareness development.

Figure 2: Network Structure of Multidimensional Self-Awareness Development Through Rajyoga Meditation

Figure 2. Interrelationships Among Cognitive, Emotional, Behavioural, and Reflective Awareness



3.7 Identification of the Multidimensional Architecture

1) Relative Development of Dimensions

The observed pattern of dimensional change indicates that awareness development occurred across multiple interconnected domains. Although all dimensions improved, differences in magnitude suggest a structured developmental process rather than random change.

2) Dimensional Interdependence

The significant correlations among dimensions provide evidence of substantial interdependence. Improvements in one dimension were consistently associated with improvements in others, suggesting that awareness development involves reciprocal influences among cognitive, emotional, behavioural, and reflective processes.

3) Developmental Sequence

Theoretical studies together with empirical research results show that researchers can establish a developmental sequence. Rajyoga meditation first strengthens attention regulation and awareness of thoughts, thereby facilitating cognitive awareness. People who develop enhanced cognitive awareness acquire the capacity to recognize and understand their emotional experiences. People who develop higher emotional awareness become better at monitoring their behavior and controlling their actions, which leads to increased behavioral awareness. The processes create reflective awareness through their requirement for more intensive self-examination and personal discovery.

Figure 3. Proposed Developmental Sequence of Self-Awareness through Rajyoga Meditation

4) Evidence Supporting an Integrated Architecture

The research results demonstrate that self-awareness exists through an integrated multidimensional architecture which scientists have discovered. First, the intervention produced strong development results across all dimensions. Second, researchers found substantial connections between different dimensions of their study. The assessment showed that development followed established patterns instead of occurring through separate processes. The research shows that Rajyoga meditation practices directly connect to dimensional outcomes which supports an integrated developmental framework. The research results demonstrate that self-awareness develops through a system which includes multiple dimensions that work together to create advanced levels of self-awareness.

Table 7. Summary of Hypothesis Testing

Hypothesis	Result	Decision
H1	Significant dimensional improvement observed	Supported
H2	Differential dimensional gains observed	Supported
H3	Significant interrelationships among dimensions	Supported
H4	Evidence supports multidimensional architecture	Supported

3.8 Summary of Hypothesis Testing

The findings provide substantial support for the proposed hypotheses.

H1 was supported, as Rajyoga meditation significantly enhanced self-awareness dimensions.

H2 was supported, as the dimensions demonstrated differential patterns of development.

H3 was supported through the significant positive correlations observed among cognitive, emotional, behavioural, and reflective awareness.

H4 was supported by the observed pattern of dimensional interdependence and the evidence supporting an integrated multidimensional architecture of self-awareness development.

Overall, the results indicate that Rajyoga meditation facilitates multidimensional awareness development and supports the emergence of an integrated architecture of self-awareness.

4. DISCUSSION

4.1 OVERVIEW OF MAJOR FINDINGS

The study investigated how adults develop self-awareness through Rajyoga meditation which they practiced for eight weeks. The current study investigated self-awareness as a multidimensional construct which includes cognitive awareness emotional awareness behavioral awareness and reflective awareness whereas most previous studies focused on measuring overall self-awareness. The study results showed that Rajyoga meditation practitioners experienced significant progress in all assessment categories which showed strong positive connections between the assessment categories. The study results demonstrate that self-awareness develops through psychological processes which work together to create different outcomes.

The baseline analysis proved that both the Rajyoga meditation group and the control group shared similar characteristics before the study began. The results showed that Rajyoga practitioners achieved significant progress while the control group showed only minor improvements. The research findings demonstrate that Rajyoga meditation effectively helps people develop self-awareness according to scientific evidence.

The study discovered that self-awareness dimensions demonstrate strong relationships which connect all the different self-awareness dimensions. The cognitive awareness and emotional awareness and behavioral awareness together with reflective awareness show significant positive relationships which indicate that these dimensions make up a larger awareness system. The research findings demonstrate that understanding self-awareness requires viewing it as a complete system with multiple interconnected parts.

The research showed that multivariate analysis revealed a structured development pattern which proved the existence of a structured awareness system. The results indicate that attention regulation together with cognitive awareness functions as a primary process which helps people develop their emotional understanding and behavioral self-control and reflective awareness skills.

4.2 Differential Development of Awareness Dimensions

The research results show that self-awareness measurement dimensions developed through time. The awareness development process requires different yet interconnected pathways to develop three measurement dimensions which showed significant progress after the program.

a) Cognitive Awareness

The practice of Rajyoga meditation resulted in major improvements to cognitive awareness. The results support the main principle of Rajyoga meditation which teaches practitioners to observe their thoughts and track their mental activities while they manage their attention. Practitioners develop deeper understanding of their thinking patterns and mental processes through observing their cognitive functions. The enhancement of cognitive awareness provides proof that metacognitive abilities have developed through training. Participants in Rajyoga meditation learn to view their thoughts from a distance instead of becoming fully immersed in them. The processes help people develop better cognitive awareness which enables them to handle their mental processes with more control. Meditation practice tends to affect cognitive awareness as one of the first measurable changes that occur during the practice.

b) Emotional Awareness

The participants demonstrated better abilities to recognize emotions as well as to comprehend emotions and their emotional experiences. People need to develop enhanced emotional awareness because they need to understand their emotions in order to achieve healthy emotional control and mental wellness. Through their practice of meditation practitioners develop emotional awareness because they learn to observe their internal experiences. Practitioners who enhance their abilities to observe their thoughts and feelings will achieve improved capacity to recognize their emotional conditions and the situations that cause their emotions. The ability to recognize emotions empowers people to handle their emotional experiences in a better way than they would do through automatic responses.

c) Behavioural Awareness

The Rajyoga practitioners showed significant progress in their ability to recognize their own behaviors. People showed improved self-control ability through their increased knowledge about their own actions and their established patterns of behavior and the outcomes of their actions. People will develop awareness of their behavior when they achieve better understanding of their cognitive functions and their emotional states. People who understand their thoughts and emotional states better will develop skills to identify how their internal states affect their actions. People use this knowledge to manage their behavior intentionally while they develop stronger connections between their deeds and their core principles.

d) Reflective Awareness

The study showed that people who took part in the research showed better ability to reflect on themselves which became their strongest capacity to study their own awareness. The process of reflective awareness requires people to examine their thoughts and assess themselves which leads to new understandings and the ability to create meaning. People achieve better self-knowledge through their reflective activities which help them understand their personal experiences.

The study showed that Rajyoga meditation helps people develop better awareness of their thoughts and emotions because it leads to their overall ability to understand themselves better. Researchers found that reflective awareness serves as a higher level of awareness development which enables people to understand their personal identity through their mental and emotional and physical reactions.

4.3 Interdependence of Awareness Dimensions

The current study proves that multiple awareness dimensions establish strong connections with one another. The research found positive relationships between cognitive awareness emotional awareness and behavioral awareness which all connected to reflective awareness as their shared link. The study found that people who understood their thoughts and actions performed better in their advanced thinking abilities. The study found that people who understood their emotions used their emotional awareness to connect with their cognitive and reflective awareness. The emotional understanding people possess functions as an essential element within their entire system of awareness.

The observed correlations in the study provide evidence for an integrated awareness network. The network system shows that when someone develops one aspect their development process will benefit all other aspects. People who achieve higher thought awareness will become better at identifying their emotional states. People who develop better emotional awareness will gain the ability to control their behavior more effectively. Improved behavioral awareness will lead to increased self-reflection and personal understanding. People who develop self-awareness through their social environment create connections with others which leads to better understanding of themselves and social situations. The system exists because all awareness elements work together to create a unified system which develops into broader awareness.

4.4 Toward a Multidimensional Architecture of Self-Awareness Development

The research results present evidence that supports the development of a self-awareness growth framework through Rajyoga meditation practice. The system contains four different layers which operate together as one unit.

i) Foundational Layer

The foundational layer includes two elements which are attention regulation and cognitive awareness. Rajyoga meditation begins by directing practitioners to focus their attention on their internal mental states while they observe their thought processes. Through sustained practice, individuals develop awareness of thoughts, assumptions, and cognitive processes. Cognitive awareness therefore serves as the primary foundation which allows people to develop subsequent awareness levels.

ii) Regulatory Layer

The regulatory layer consists of emotional awareness and behavioural awareness. Practitioners develop better emotional state recognition and behavioural tendency identification through increased understanding of their thoughts and internal experiences. Emotional awareness enables understanding of emotional experiences, while behavioural awareness supports monitoring and regulation of actions. The

two dimensions work together to establish a system which allows individuals to manage their behavior effectively.

iii) Integrative Layer

The integrative layer is represented by reflective awareness. Reflection helps people to assess their experiences while they develop insights which enable them to create meaning out of their cognitive and emotional and behavioral experiences. Reflective awareness serves as a cognitive mechanism which combines information from earlier levels into a complete system.

iv) Outcome Layer

The final outcome layer consists of integrated self-awareness. At this stage, all thoughts and emotions and behaviors and personal experiences become unified into a complete system. Integrated self-awareness shows how individuals maintain psychological balance between self-awareness and self-control.

The proposed architecture shows that self-awareness develops through a sequence of interconnected stages which connect different psychological functions.

4.5 Comparison with Previous Research

The research results confirm earlier studies which showed that meditation practice helps people develop awareness skills. The meta-analytic studies show that meditation practice provides people with better control over their attention and their emotional state and their overall psychological health according to Goyal et al 2014 and Sedlmeier et al 2012. The researchers Hölzel et al 2011 showed that meditation practice helps people develop awareness through their ability to control attention and manage emotions and their capacity to see themselves from different angles.

Research shows that both meditation practice and cognitive awareness development lead to stronger metacognitive monitoring together with better control of attention according to Lutz et al 2008 and Jankowski and Holas 2014. The research shows that people who practice meditation develop better emotional awareness which leads to better emotional understanding and emotional control according to Gross 2015 and Tang et al 2015.

The research results provide new insights into mindfulness studies because they show that people develop awareness through multiple related dimensions. The present study investigates how people develop awareness through various forms of present-moment awareness practices which have been common in mindfulness research. Research specifically examining Rajyoga meditation has reported improvements in psychological well-being, emotional stability, positive thinking, and self-control (Telles et al., 2013). The present study extends this literature by demonstrating that Rajyoga meditation contributes to multidimensional awareness development and by proposing an integrated model explaining how such development occurs.

4.6 Psycho-Spiritual Interpretation

The results can be interpreted through a psycho-spiritual analysis which follows the Rajyoga meditation path. The main idea of Rajyoga philosophy teaches that people must develop their soul-consciousness which enables them to understand their existence as spiritual beings who exist beyond their physical bodies. The method lets people monitor their internal states while staying in a state of detached observation.

The development of observer consciousness serves as a possible explanation for the observed improvements which occurred in all dimensions of awareness. The practice of meditation enables people to watch their mental activities without developing strong emotional ties or reacting to those activities. The process of observing from a distance enables people to develop their awareness skills while engaging in reflective thinking and self-control practices.

Another vital element of positive thought management functions as a central mechanism in the process. Rajyoga meditation requires practitioners to consciously choose and develop positive thoughts which they will maintain during their practice. The ability to observe their mental processes enables practitioners to replace unproductive thought patterns with effective thinking methods.

The concept of conscious living further supports interpretation of the findings. People who become more aware of their thoughts and emotions and behavioral patterns acquire the ability to control their actions with greater intention. Active conscious participation in experiences promotes mental development and emotional stability and personal growth.

4.7 Theoretical Contributions

The present study contributes to several theoretical domains.

a) Self-Awareness Theory

The findings extend Self-Awareness Theory by demonstrating that self-awareness consists of multiple interconnected dimensions rather than a single unitary construct. The proposed architecture provides a more comprehensive framework for understanding awareness development.

b) Self-Regulation Theory

The results support Self-Regulation Theory by highlighting the role of awareness processes in facilitating emotional and behavioural regulation. Enhanced self-awareness appears to function as a foundation for effective self-regulation.

c) Metacognitive Theory

The observed development of cognitive awareness supports metacognitive perspectives emphasizing awareness and monitoring of mental processes. Rajyoga meditation appears to strengthen metacognitive functioning through systematic observation of thought activity.

d) Meditation Research

The study contributes to meditation research by extending investigation beyond overall outcomes and focusing on dimensional patterns of awareness development. It further expands the limited empirical literature on Rajyoga meditation.

e) Consciousness Studies

The research results establish a multidimensional framework that connects attention regulation with awareness processes and reflection and integrated self-awareness. The framework provides a theoretical basis that explains how contemplative practices enable people to develop their consciousness and achieve psychological growth.

f) Contribution to Rajyoga Meditation Literature

The present study contributes to the growing literature on Rajyoga meditation in several important ways. First, it examines Rajyoga meditation rather than the more extensively studied mindfulness-based approaches, thereby broadening the scope of meditation research. The quasi-experimental pre-test-post-test control group design proves more effective for demonstrating Rajyoga meditation effects on self-awareness than other research methods. The study examines self-awareness through its various cognitive emotional and behavioral reflective dimensions. The research findings demonstrate that self-awareness development occurs through multiple stages which scientists can use to understand how Rajyoga meditation enhances awareness and drives psychological development.

4.8 Practical Implications

The present study results show direct benefits to adult education and counselling and mental health promotion and faculty development and meditation-based programs. The study shows that self-awareness development occurs through the interconnected growth of cognitive and emotional and behavioral and reflective abilities which establishes a framework to design programs that improve people's psychological health and personal development.

i) Adult Education

The proposed multidimensional architecture emphasizes self-awareness as the essential foundational skill necessary for lifelong learning and adult education. Educational programmes which include reflective practices and self-observation exercises and awareness-based learning activities enable adults to develop better understanding of their thought processes and emotional responses and behavioral patterns. The development leads to better decision-making skills and improved relationships with others and personal development. Rajyoga meditation serves as an effective educational instrument which promotes self-directed learning and intentional personal development.

ii) Counselling and Psychotherapy

The results provide valuable insights that can benefit both counselling and psychotherapy practice. People with psychological problems need to develop the ability to understand their thinking patterns and emotional responses and their typical behaviour patterns. The multidimensional framework proposed in this study may assist practitioners in identifying specific awareness domains requiring intervention. Counsellors can use meditation-based techniques to help their clients develop self-observation skills and

emotional understanding and control their behaviour and acquire reflective insight. The method helps produce better therapy results while establishing permanent mental health recovery.

iii) Mental Health Promotion

The increasing occurrence of stress and anxiety and emotional instability together with psychological distress requires development of preventive mental health strategies. The study findings show that Rajyoga meditation practice improves awareness skills which help people manage their emotions and develop adaptive coping strategies and build psychological resilience. Mental health promotion programmes should include structured awareness-development activities which help people develop their cognitive monitoring skills and emotional comprehension abilities and self-regulation capabilities. The psychological well-being of individuals will improve through these interventions which also decrease their risk of developing mental health issues.

iv) Faculty Development Programmes

The research outcomes bring value to faculty development programs which help educators at educational institutions enhance their teaching effectiveness. Higher education professionals face three primary occupational challenges which include work-related stress and emotional demands and increased workload requirements. Faculty members who develop better self-awareness skills will achieve greater emotional control and improved reflective abilities and enhanced decision-making skills and better relationships with others. Educational institutions can utilize Rajyoga meditation as an awareness-based intervention to support faculty development programs which aim to enhance faculty members' well-being and resilience and professional development.

v) Meditation-Based Interventions

The proposed architecture provides a useful framework for the design and evaluation of meditation-based programmes. The intervention developers should consider all three aspects of awareness which include cognitive and emotional and behavioral and reflective awareness instead of developing their programs which focus only on reducing stress or helping people to relax. The developmental sequence identified in the present study shows that people learn to control their attention before they develop the ability to recognize their internal mind activities. The meditation programs which focus on developing awareness from basic to advanced levels will create deeper and better results which stay with people for longer time periods.

The findings indicate that Rajyoga meditation offers practical benefits which extend beyond individual wellness because it effectively teaches awareness and self-control while helping people grow psychologically in educational and clinical and organizational and community environments.

4.9 Distinguishing Overall Self-Awareness from Multidimensional Self-Awareness

- The present study makes its main contribution by demonstrating that self-awareness research should be studied as a system which contains multiple dimensions instead of being studied as a single global construct. Traditional research has typically relied on overall self-awareness scores which provide limited insight into the development and interaction of specific awareness elements.
- The study demonstrates that self-awareness consists of four interrelated dimensions which include cognitive awareness and emotional awareness and behavioural awareness and reflective awareness. The Rajyoga meditation intervention led to improvements in all awareness dimensions yet the researchers found different developmental patterns which showed that awareness develops through various domains.
- The distinction matters because different methods for psychological treatment and meditation practice will produce different results for various dimensions of awareness. The study needs to examine dimensions separately because this approach will provide better information about how people develop awareness and what processes lead to their psychological transformation.
- The four dimensions establish significant relationships which indicate that a person achieves total self-awareness through multiple awareness processes instead of depending on one specific ability. The proposed multidimensional architecture provides improved theoretical accuracy which explains how cognitive and emotional and behavioral and reflective awareness work together to create complete self-awareness.
- The study extends current self-awareness research by introducing a multidimensional framework which shows how Rajyoga meditation leads to multiple stages of awareness development.

5. LIMITATIONS AND FUTURE RESEARCH

5.1 Limitations

The current research has both theoretical and empirical value but needs to address specific limitations which affect the interpretation of its results.

- ✓ Researchers used self-report measures to assess self-awareness. The instruments help researchers understand participants' personal experiences yet they become affected by social desirability and response bias and individual self-perception differences.
- ✓ Researchers should include behavioral and observational and multi-method assessment techniques in future research to improve measurement accuracy. The intervention period lasted for eight weeks.
- ✓ The research discovered major self-awareness improvements which extended to all evaluated areas but failed to verify how these results endure over time. The study did not show whether meditation practice which lasted for an extended period of time would keep the benefits that participants achieved through their meditation practice.
- ✓ The researchers carried out their study in a certain geographical area which had its own cultural background. The study results cannot be applied to different demographic groups because of their specific cultural and demographic context.
- ✓ The researchers developed their model of self-awareness from actual developmental patterns and the observed relationship between different types of awareness. The model establishes a theoretical foundation for its existence through empirical backing yet it remains an initial framework that needs advanced analytical methods and independent research to achieve validation.

The research used a quasi-experimental design instead of a proper randomized controlled trial as its research method. Researchers proved baseline group equivalence but non-random group assignment restricted their ability to make strong causal claims about how Rajyoga meditation affects self-awareness growth.

5.2 Future Research Directions

The current research study creates multiple effective research pathways which investigate how Rajyoga meditation enables people to develop self-awareness through multiple dimensions of their being.

a) Longitudinal Studies

The researchers need to use longitudinal research methods to assess how Rajyoga meditation impacts self-awareness development over extended periods of time. The research will establish two main objectives which include examining how awareness progresses through different phases of development.

b) Structural Equation Modelling

Future researchers may utilize Structural Equation Modelling (SEM) to empirically test the proposed multidimensional architecture of self-awareness. The SEM method allows researchers to study both direct and indirect connections between awareness dimensions while establishing more concrete proof of the developmental pathways which lead to awareness improvement.

c) Neuropsychological Investigations

Research that combines neuropsychological and neuroscientific methods will reveal important information about brain processes which support the growth of awareness. The study will use brain imaging and cognitive neuroscience techniques to investigate how Rajyoga meditation affects three areas of human cognition which include attention control and metacognitive abilities and emotional management and advanced self-awareness.

d) Comparative Meditation Research

The comparative research which studies Rajyoga meditation, mindfulness-based interventions, transcendental meditation, and other contemplative practices will discover the shared and distinct methods through which people achieve awareness development. The research will establish greater knowledge about the psychological changes and consciousness development which occur through meditation practices.

e) Diverse Populations and Cultural Contexts

The proposed multidimensional architecture requires testing across different age groups and different occupational settings and different educational backgrounds and different cultural contexts according to future research requirements. The generalizability of findings will improve through replication studies that involve various populations which will also help establish a more inclusive self-awareness development theory.

The proposed multidimensional architecture of self-awareness requires future investigations to achieve its validation and extension which will enhance both theoretical understanding and practical applications of meditation-based psychological development.

6. CONCLUSION

6.1 Summary of Findings

The current research study investigated how adults develop multiple aspects of self-awareness through an eight-week Rajyoga meditation program. The study assessed self-awareness through four interrelated dimensions which included cognitive awareness emotional awareness and behavioral awareness and reflective awareness. The study found that Rajyoga practitioners achieved substantial progress in self-awareness together with significant advancements in all four areas of assessment.

The comparative analysis showed that awareness dimensions developed at different rates which indicated that people had separate yet related development pathways. The correlation analysis showed strong positive relationships between cognitive awareness and emotional awareness and behavioral awareness and reflective awareness which demonstrated that these elements operate together as a unified psychological system instead of existing as separate elements. The findings provide empirical evidence which supports a multidimensional approach to understanding how self-awareness develops through Rajyoga meditation practice.

6.2 Multidimensional Architecture of Self-Awareness

The study presents a major contribution through its introduction of a multidimensional self-awareness development framework. The research findings demonstrate that self-awareness development proceeds through sequential psychological processes which establish interconnections between different awareness dimensions. The proposed architecture begins with attention regulation, which facilitates cognitive awareness through enhanced observation of thoughts and mental processes. Increased cognitive awareness subsequently supports emotional awareness by enabling individuals to recognize and understand their emotional experiences more effectively. Emotional awareness contributes to behavioural awareness by promoting greater awareness of actions, habits, and behavioural consequences. The processes combine to create reflective awareness which enables individuals to connect their cognitive and emotional and behavioural experiences for better understanding of their self and personal growth. The processes lead to integrated self-awareness which unites psychological coherence with self-regulation and conscious self-development. The study proposes that sustained meditation practice leads to self-awareness development because it creates a process which connects underlying elements of this complex human trait.

6.3 Theoretical Significance

The research results provide valuable insights to multiple theoretical fields of study. The study shows that Self-Awareness Theory needs to be expanded because self-awareness includes multiple dimensions which connect to each other. The study demonstrates that self-regulation requires people to establish emotional and behavioral control through their recognition of their feelings and conduct. The findings show that people develop psychologically through two metacognitive processes which need them to understand their thinking and track their thoughts.

The study adds to meditation research by showing how Rajyoga meditation affects awareness through different mechanisms. The research presents a significant advancement in consciousness studies through its development of a theoretical framework which connects attention control to awareness growth and reflective activities and complete self-awareness. The proposed architecture may therefore serve as a foundation for future theoretical refinement and empirical investigation.

6.4 Final Conclusions

The research demonstrates that Rajyoga meditation leads to self-awareness development through its multiple interconnected cognitive emotional behavioral and reflective processes. Meditation practice develops multiple psychological effects which produce an integrated awareness system that enables individuals to control their behavior and achieve personal development through emotional stability and introspective skills. The study advances existing knowledge by proposing a multidimensional architecture of self-awareness development that explains how distinct awareness dimensions interact and evolve through meditation practice. The proposed framework needs more empirical testing to establish its validity yet it offers significant value as a foundational element for upcoming research efforts and the development of psychological theories and practical methods used in counseling and education and mental health promotion and consciousness research. The research results demonstrate that Rajyoga meditation functions as a psycho-spiritual practice which enables people to develop progressively higher levels of awareness while achieving deeper self-understanding.

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