

Research Article

The Effects of Emotion Regulation on Happiness among Rajyogi Youth of Makwanpur District

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Abstract: This paper studied the effects of emotional regulation on happiness among Rajyogi youth of Makwanpur district. Based on pragmatism philosophy and cognitive appraisal theory for the assessment of emotional regulation on happiness, and descriptive and analytical research design were used. A self-administered structured questionnaire (5-point Likert type scale) and interview checklist were applied for primary data collection. Considering the total number of Rajyogi youth in Makawanpur district, census method was employed. Out of 157 Rajyogi youth, 152 (108 male and 44 female) Rajyogi youth were involved as respondents for questionnaire survey and five Rajyogi youth were involved in personal interview as key informants. Both the descriptive and inferential statistics (coefficient of correlation and regression) were applied. Normality of the data was assessed using the Shapiro-Wilk test. For the assessment of reliability of the data taken from the cross-sectional survey, Chronbach's alpha test was applied. These calculations were made at 95% confidence level. The effect of emotional regulation on happiness was quantified by the regression coefficient. Content analysis method was used for analysis of interviewed data. Based on the result of regression confirms the degree of relationship between mental health, education and income on life satisfaction. Similarly, age, gender, mental health, income, education and socio-cultural factors predicts life satisfaction significantly. Health status has more effect on degree of happiness. Life satisfaction is a foremost component of happiness. The results of Pearson's correlation coefficient and regression signifies that emotional regulation has larger impact on happiness. The foundation of happiness can be advanced as a regular practice to support emotional regulation, mindfulness and spiritual instructions as well.

Key Words: emotional regulation, happiness, life satisfaction, Rajyogi youth, Makawanpur district

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1. INTRODUCTION

The demography of Nepal is very critical to the growth and social progress, as young people are often the catalysts for transformation, innovation, and social movements. Their energy, creativity, and adaptability force economic growth, shape cultural foundation, and play an indispensable role in referring the social encounters. They create a vital part of the workforce and serve as key drivers of innovation, economic progression, and technological enhancement. Globally, young people are considered powerful agents of social change and cultural transformation. The youth are highly engaged with worldwide subjects and possess the ability to organize and mobilize communities through social media and other digital platforms.

National Youth Policy of Nepal, 2015 has defined that the young people as those aged between sixteen to forty years. The 2021 Census has reported that the portion of youth about 42.5 percent (12.4 million) of Nepal's total population. Among them, female youth are 52.9 percent and male youth are 47.1 percent (Subedi, 2025). The government of Nepal has ratified new national youth policy 2025 and defined the youth as: "People from 18-35

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years of age will be defined as youth in Nepal" (Bureau, Annapurna, 2025).

Youth is a period of high aspirations and challenges, making it essential to keep the mind balanced, energetic, and satisfied with oneself. Emotional regulation supports this process by helping young people manage their emotions effectively and maintain well-being (Balayar, 2024). The youth who are associated to Brahmakumaris rajyoga meditation and spiritual practices, they believe that they are happy and are able to regulate their emotion. Also, they feel more safer from many interruptions but till research work has not been made how emotional regulation affects their happiness in their practical life. Youth is a period of high energy, physical strength, and ambition. Strong desires and impatience are natural at this stage, but they can disrupt emotional balance. Failure to achieve personal goals may lead to frustration, extreme distress, or even self-harm. These outcomes often result from poor regulation of sensitivity (Zimmermann & Iwanski, 2014).

Brahma Kumaris' rajyoga as practiced by the rajyoga devotees and well-wishers is a form of meditation based on self-realization and memory of the supreme soul. It is primarily related to mental practice that can be performed with ajar eyes in a normal life. Practitioners and well-wishers learnt to perceive themselves as souls not bodies. Regular practice of rajyoga by them helps in maintaining serenity, ease, and emotional balance. The practice emphasizes absorbing positive divine qualities, living by spiritual values such as purity and non-violence, and using spiritual knowledge to understand life's purpose. Brahma Kumaris Rajyoga aims at inner transformation and making concord in society (bkwsu.org).

As expressed by Compass, Connor-Smith, Saltzman, Thomsen, & Wadsworth (2001), the way of expressions of sensitivity can be different like determinations, thoughts, and emotions as well. If the inner response of the people affiliates with external happenings, the emotional balance inevitably occurs. Consequently, psychological firmness of the people will be disturbed in case of nonalignment with inner reactions. Physical body of the people acts in accordance with our consciousness level and their emotional sensitivity is the core of consciousness. Emotions such as unhappiness, happiness, hilarity, and unpleasant are articulations of this sensitivity (Thomas A. &, 2025). Happiness level basically, depends on extraversion, agreeableness, conscientiousness, neuroticism, and cognitive reappraisal as well. Happiness and wellbeing of the youth can be amplified by improving emotional regulation (Shdaifat E. A., 2024).

2. LITERATURE REVIEW

Positive emotional regulation has significant effect on happiness. There is a constructive association between positive emotions and life satisfaction. The study made by Syaiful and Bahar (2016) which found that quality of life has a significant effect on life satisfaction (Juwita L. &, 2021)

Life satisfaction

Life satisfaction was significantly greater in older adults than younger adults. The regression analyses portrayed that aim in life and mental health were the only variables which were significantly correlated with life satisfaction (Sulandari S. J., 2025). Life satisfaction has no significant association among employed and non-employed people and it has more effect of emotional regulation (Hardika & S., 2023). As stated by Diener, Oishi and Lucas (2003) the definition of life satisfaction in general, is based on three paradigms consisting of the absence of negative feelings, life satisfaction, joyful emotions (Thomas A. &, 2025). Satisfaction of life, subjective happiness and optimism are completely associated and comprehensive emotional management pays to the

individual's contentment.(Urbón E. C., 2025). Rodny & Rodna (2001) have voiced that the sound health is vibrant factor for life satisfaction.

Emotional regulation

Emotional regulation is a kind of capacity to manage one's emotions suitably. For the sound handling of pressure and complications of different field of life of youth, better emotional regulation skills support them easily. Mindfulness assigns a solid focus on easygoing responsiveness of sights, emotional state, and bodily experiences. Comparatively, the youth who rehearsal emotional regulation become more proficient at perceiving their inner experiences, that brands them more organized in joining mindfulness exercises (Chaudhary, 2024). Emotions in humans and animals range from negative to positive state and some basic emotions like; anger, fear, happiness, sadness, disgust and surprise are universal across all the humans (Gillespie & Beech, 2016).Both physical and mental health satisfaction were meaningfully interrelated to the satisfaction of life(LOJDOVÁ M. K., 2021). Desirous more prestigious new tasks might have the capacity to enhance life satisfaction. Life satisfaction and sense of happiness of individuals are not correlated to age, education levels and socio-economic life. The senses of happiness of the people and their life satisfaction are not associated with profession and occupation.(Nawrocka J. &, 2024).

Emotional regulation tricks are an instrument to deal with the potential perils. (Kornienkoa D. &, 2023).It is essential to become positive relation between the adaptive plans and policies of emotion regulation and the psychological well-being dimensions. Also, there should be a helpful association with self-esteem and optimism as well. (Sanchez-Sanchez, Schoeps, & Montoya-Castilla, 2025). High anxiety, but not perceived stress, decreased the feelings of happiness and life-satisfaction. Additionally, optional regulation strategies played different roles in their effect on well-being: Cognitive reappraisal lowered negative emotions, but emotional suppression increased dissatisfaction with life. The cognitive appraisal is comparatively greater among under nineteen or equal (Chaudhary, 2024).From the optimistic view point, the youth can get benefits from mindfulness practices that contain appreciating their surroundings and present moment. The youth who habitually practice gratitude are able to focus more on the present, which reduces stress and anxiety and enhances wellbeing in general. The mindfulness is supportive factor for heightened the sense of awareness and gratitude for the present, which chains the connection between the youth and their recent milieu. The youth who regularly practice indebtedness will be more capable to focus existing situation which reduces stress and promote happiness. The issues come across with the peripheral situation, mindfulness will be advantageous. If the youth recognize the way of emotion management, meaning in life, and development of youth, they can keep their children with bettercompassion(Chaudhary, 2024).The emphasis on evolving specific interferences to improve subjective happiness in youth for bigger life satisfaction, the education system might be predominantly beneficial (Sood S. &, 2014).

Happiness

Happiness is a multidimensional construct influenced by a variety of factors, and understanding these determinants is essential for designing interventions that enhance people's subjective well-being and, consequently, their lives.(Almeida P. &, 2025). Happiness is a positive psychological construct repeatedly described as subjective well-being. It is associated with a meaningful life, and better social support and coping with stress or trauma(Basnet R. P., 2025). There is significant relationship between happiness, subjective well-being, creativity and job performance. There is no significant difference in the perception of urban and rural women regarding "Psychological well-being." It means that there is high correlation between the urban and rural women pertaining to the

psychological well-being. But, the degree of happiness of urban women with their life is lower than rural women and they have developed the tendency to normalize themselves and be happy in their life. (Hari K. , 2020). Subjective happiness and hope are necessary for life satisfaction the hope is associated with subjective happiness. Lu & Hsu 92013) have stated that subjective happiness can substantially influence hope and it is highly advantageous for growing hope. So, we can conclude that subjective happiness has a direct effect on the hope (Sarıçam H. , 2015). Happiness and subjective well-being are the solidest interpreters of job performance. (Jalali Z. &, 2016). The urban and rural women show a point of happiness with their life. It can be basically concluded that women have developed the tendency to regulate themselves and be happy in their life. (Hari, 2020)

Mindfulness

Mindfulness is positively associated with psychological health, and that training in mindfulness may bring about positive psychological effects. These effects ranged from increased subjective well-being, reduced psychological symptoms and emotional reactivity, to improved regulation of behavior. (Keng S. L., 2011). The role of mindfulness, measured in both inter- and intraindividual terms, in psychological well-being (Brown K. &, 2003). Based on the study of previous literatures, the research regarding the effectiveness of emotional regulation on happiness among Rajyogiyouth of Makawanpur district is novel.

Objective of the study

The general aim of the study was to assess the effect of emotional regulation on happiness among Rajyogiyouth of Makwanpur district. The specific objectives of the study were to the effect of mindfulness on life satisfaction, and happiness and emotional regulation on life satisfaction and happiness of Rajyogiyouth.

3. THEORETICAL PERSPECTIVE:

Considering the data nature, age, gender, culture, income and education level and mental health of the Rajyogiyouth, previous literatures and objectives of the research work entail cognitive appraisal theory for the assessment of emotional regulation effect on happiness of Rajyogiyouth. The psychologist Richard Lazarus (1966) has propounded cognitive appraisal theory which posits that the stress we feel is a result of how we interpret a situation, particularly by evaluating its weights and our ability to handle the situation. Lazarus's (1991) cognitive appraisal theory has been widely applied to the study of emotional regulation and well-being by researchers such as Folkman, Scherer, Frijda, Diener and Gross, showing that personal evaluations of events contribute a key role in emotional understanding and happiness. Reappraisal is related positively to well-being, whereas using suppression is related negatively (Gross, 2003). Our emotions consequence from how we interpret and evaluate events. The emotional regulation affects happiness because individuals who reassess negative events positively experience less distress and more satisfaction. Thus, cognitive reappraisal, a key regulation strategy, helps sustain positive emotions and promotes long-term happiness (He J. H., 2022).

4. CONCEPTUAL FRAMEWORK

As all the above specific intents of the study and theory, and the variables, conceptual framework was designed. Emotional regulation of Rajyogiyouth was considered as independent variable. Similarly, life satisfaction and subjective happiness of Rajyogiyouth were regarded as dependent variables to gauge the happiness. The conceptual framework below (see Figure 1) illustrates the relationships between emotional regulation (mindfulness) as predictor, moderators and control variables on happiness (life satisfaction). It visually represents how emotional regulation strategies influence happiness both directly and indirectly through mediating mechanisms like stress

reduction and psychological well-being, moderated by demographic and sociocultural factors and controlled by mental health, education and income levels.

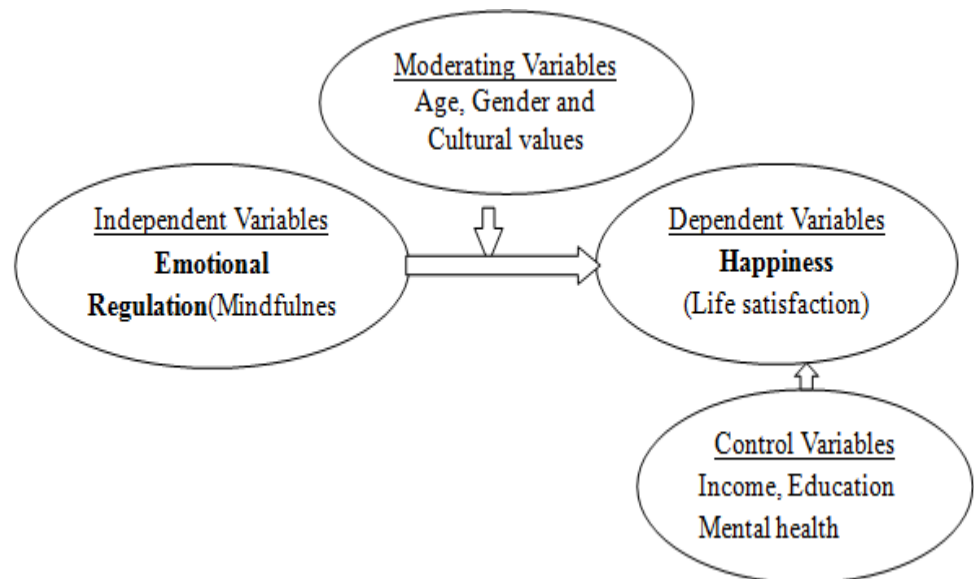


Figure 1 Conceptual Framework

Source: Gross, 1998; Fredrickson, 2001; Ryff, 1989

Based on above conceptual foundation, the following hypotheses were judged for the analysis of data of the study:

H01: There is no significant relationship between emotional regulation and happiness.

H02: There is no significant relationship between emotional regulation and life satisfaction.

H03: There is no significant relationship between mindfulness and life satisfaction.

H04: There is no significant relationship between mindfulness and happiness.

H05: There is no significant relationship among moderating and control variables on happiness

5. METHODS AND MATERIALS

The study regarding analysis of effect of emotional regulation on happiness among Rajyogi youth of Makawanpur district was essentially interconnected to the effect analysis of youth' emotion on their happiness. In view of pragmatism philosophy and cognitive appraisal theory, descriptive and analytical research design were used for the analysis of data (Mashud, 2021).

Both qualitative and quantitative data were collected from entire Rajyogi youth of Makawanpur district. For the collection of quantitative data, a self-administered structured questionnaire (5-point Likert type scale) was employed. Considering the total number of Rajyogi youth in Makawanpur district (157), census method was applied. Out of 157 Rajyogi youth, 152 (88 male and 64 female) Rajyogi youth were involved as respondents for questionnaire survey and five Rajyogi youth were involved in personal interview as key informants (KII). Both the descriptive and inferential statistics (Pearson's coefficient of correlation and regression) were applied for the analysis of the relationship between emotional regulation on happiness and life satisfaction among Rajyogi youth's happiness (H01 and H02 respectively) and to analyze the relationship between mindfulness on life satisfaction and happiness of Rajyogi youth (H03 and H04 respectively) (Sulandari S. J., 2025). Similarly, The regression analysis was used to find out the relationship among moderating and control variables on happiness (H05).



Normality of the data was assessed using the Shapiro–Wilk test. For the assessment of reliability of the data taken from the cross-sectional survey, Chronbach’s alpha test was applied. These calculations were made at 95% confidence level and the effect of emotional regulation on happiness was quantified by the regression coefficient. Interviews with 5 key informants were taken for the collection of qualitative views and thematic analysis method was used for analysis of interviewed data (Kornienkoa & Rudnovab, 2023). The analysis and interpretation of data as revealed in the statistical table (SPSS-27) that corroborate their authenticity (Aljakhlab D. &, 2023).

6. RESULTS

The effect analysis of emotional regulation on happiness among youth of Makawanpur district is fundamentally related to the psychological phenomenon. The numerical results of quantitative data analysis show the degree of association between the independent and dependent variables of the study. Thematic analysis of interview data (qualitative) clarifies the most common ideas, patterns, relationships, and deeper meanings. The chronbach’s alpha (α) test result is 0.73. The normality test results (Shapiro–Wilk test) indicated that the data were approximately normally distributed ($p = 0.21$).

Test of hypotheses (H01)

Table 1: Emotional regulation and happiness (Life satisfaction is a pivotal of happiness)
Correlations

	Life satisfaction is a pivotal of happiness	Emotional regulation can impact happiness
Life satisfaction is a pivotal of happiness		
Pearson Correlation	1	.670
Sig. (2-tailed)		.045
N	152	152
Emotional regulation can impact happiness		
Pearson Correlation	.670	1
Sig. (2-tailed)	.045	
N	152	152

Source: Field survey Report, 2025

The Pearson correlation coefficient analysis (table no.1) shows a substantial positive relationship between emotional regulation in relation to happiness among the Rajyogi youth of Makawanput district. The correlation coefficient (r) between effect of emotional regulation (independent variable) on happiness (dependent variable) are 0.67 (with significance value $p = .045$, two-tailed), which indicates substantial and positive association. Also, it means that Rajyogi youth who expose higher intensities of emotional regulation have experienced higher happiness. The results indicate that emotional regulation and happiness are substantially and positively correlated. The effective emotional regulation is significant contributor to personal well-being and happiness of Rajyogi youth.

Table: 2 Regression analysis of effect of emotional regulation on happiness
ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2.642	2	1.321	4.679	.011 ^b
	Residual	42.068	149	.282		
	Total	44.711	151			

a. Dependent Variable: Life satisfaction is a pivotal of happiness. b. Predictor: (Constant), Emotional regulation can affect happiness

Source: Field survey Report, 2025

The table 2 indicates that emotional regulation (predictor) describes a noteworthy amount of variance in life satisfaction. The result of regression analysis ($F = 4.679$, $p = .011$ and $R^2 = .059$) shows the degree of association between emotional regulation(predictors) on life satisfaction (outcome). The value of R^2 (5.9%) testifies a very minimal but meaningful effect of the variance in life satisfaction. emotional regulation as a predictor, contributes to predicting life satisfaction(happiness).The regression model shows that emotional regulation significantly predicts life satisfaction, explaining around 6% of its variance. The predictor play a crucial role in happiness through life satisfaction of Rajyogi youth. Base on the result of (above tables 1 & 2) coefficient of correlation and regression means that there is strong correlation between emotional regulation and happiness ($r = .67$ and $p = .045$). Similarly, the regression result shows that emotional regulation significantly predicts life satisfaction, explaining around 6% of its variance (4.679 , $p = .011$). Hence, the hypothesis (H01) is rejected.

Test of hypotheses (H02)

Table: 3 Emotional regulation and life satisfaction (Life satisfaction is a supportive of happiness)

Correlations

		Emotional regulation can impact happiness	Life satisfaction is a supportive aspect of happiness.
Emotional regulation can impact happiness	Pearson Correlation	1	.520
	Sig. (2-tailed)		.023
	N	152	152
Life satisfaction is a supportive aspect of happiness.	Pearson Correlation	.520	1
	Sig. (2-tailed)	.023	
	N	152	152

Source: Field survey Report, 2025

The results of correlation coefficient (table 3) portrays the exposes a positive relation (moderate) between emotional regulation on life satisfaction. The correlation coefficient ($r = .52$ and $p = .023$, two-tailed) indicates that degree of emotional regulation determines the degree of life satisfaction of youth. The positive direction of the relationship suggests that individuals who are better at regulating their emotions tend to experience greater satisfaction with life, supporting the theoretical view that emotional regulation contributes to overall happiness. Furthermore, it indicates that the Rajyogi youth with better emotional regulation tend to experience better life satisfaction and emotional regulation has a significant relationship with life satisfaction as a component of happiness as well.

Table:4 Effect of emotional regulation and life satisfaction(Life satisfaction is a supportive of happiness)

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	4.121	3	1.374	5.009	.002 ^b
	Residual	40.589	148	.274		
	Total	44.711	151			

a. Dependent Variable: Life satisfaction is a pivotal of happiness

b. Predictors: (Constant), Emotional regulation varies between genders (male and female), Emotional regulation is guided by social and cultural factors., Mindfulness has an effect on happiness

The above table 4 indicates emotional regulation (predictor) shows a significant amount of variance in happiness. The result of regression analysis ($F = 5.009$, $p = .002$ and $R^2 = .092$) confirms the degree of association between emotional regulation (predictor) on life satisfaction (outcome). The value of R^2 (9.2%) signals a moderate and meaningful effect size of the variance in life satisfaction. The results also indicate the emotional regulation varies between genders (male and female) and it is guided by social and cultural factors. Similarly, mindfulness has an effect on happiness and significantly predict life satisfaction explaining 9.2 percent of its variance, which is considered a pivotal component of happiness.

On the basis of result of (above tables 3&4) correlation and regression means that there is strong correlation between emotional regulation and happiness ($r = .52$ and $p = .023$). Similarly, the regression result shows that emotional regulation significantly predicts life satisfaction, explaining around 9.2% of its variance (5.009 , $p = .002$). Hence, the hypothesis (H02) is rejected.

Test of hypotheses (H03)

Table: 5 Mindfulness and life satisfaction (Life satisfaction is a pivotal of happiness)

Correlations

		Mindfulness has an effect on happiness	Life satisfaction is a pivotal of happiness.
Mindfulness has an effect on happiness	Pearson Correlation	1	.580
	Sig. (2-tailed)		.027
	N	152	152
Life satisfaction is a pivotal of happiness.	Pearson Correlation	.580	1
	Sig. (2-tailed)	.027	
	N	152	152

Source: Field survey Report, 2025

The above table 5 expresses Pearson coefficient of correlation between mindfulness and life satisfaction of Rajyogi youth is 58% ($r = .580$ and $p = .027$ two-tailed) which indicates a moderate positive association. Additionally, the result means that the higher the degree of mindfulness, the higher the life satisfaction (life satisfaction is a pivotal of happiness).

Table: 6 Regression analysis of effect of mindfulness on life satisfaction (Life satisfaction is a pivotal of happiness)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.587	2	1.293	4.575	.012 ^b
	Residual	42.124	149	.283		
	Total	44.711	151			

a. Dependent Variable: Life satisfaction is a pivotal of happiness

b. Predictors: (Constant), Mindfulness has an effect on happiness

The above table 6 indicates mindfulness (predictor) show a notable amount of variance in happiness. The result of regression analysis ($F = 4.575$, $p = .012$ and $R^2 = .058$) confirms the degree of association between mindfulness (predictor) on life satisfaction (outcome). The value of R^2 (5.8%) shows a moderate and meaningful effect size of the variance in life satisfaction. Mindfulness as predictor significantly contribute to predicting life satisfaction. The regression result proves that mindfulness significantly predicts life satisfaction, explaining about 6 percent of its variance. Mindfulness has a significant effect on life satisfaction.

Based on the result of (above tables 5 & 6) correlation and regression means that there is strong correlation between emotional regulation and happiness ($r = .58$ and $p = .027$). Similarly, the regression result also shows that mindfulness significantly predicts life satisfaction, explaining around 5.8% of its variance (4.575 , $p = .012$). Hence, the hypothesis ($H03$) is rejected.

Test of hypotheses (H04)

Table: 7 Mindfulness and happiness (Life satisfaction is a supportive of happiness)

Correlations

		Mindfulness has an effect on happiness	Life satisfaction is a supportive of happiness
Mindfulness has an effect on happiness	Pearson Correlation	1	0.680
	Sig. (2-tailed)		0.036
	N	152	152
Life satisfaction is a supportive of happiness.	Pearson Correlation	0.680	1
	Sig. (2-tailed)	0.036	
	N	152	152

Source: Field survey Report, 2025

The table 7 shows the statistical result of Pearson's coefficient of correlation between mindfulness and happiness of Rajyogiyouth. The numerical value of correlation coefficient is 68% ($r = .68$, $p = .036$, two-tailed) which signals a substantial positive association between two variables. The result also indicates Rajyogiyouth who report the higher the mindfulness the higher the level of happiness.

Table: 8 Effect of mindfulness on happiness(Life satisfaction is a supportive of happiness)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.521	1	2.521	8.962	.003 ^b
	Residual	42.190	150	.281		
	Total	44.711	151			

a. Dependent Variable: Life satisfaction is a supportive aspect of happiness.

b. Predictors: (Constant), Mindfulness has an effect on happiness

Source: Field survey Report, 2025

The above table8 indicates that mindfulness (independent variable) shows a noteworthy amount of variance in life satisfaction. The result of regression analysis ($F = 8.962$, $p = .003$ and $R^2 = .056$) confirms the degree of association between mindfulness and (predictor) on life satisfaction (outcome). The value of R^2 (5.6%) testifies a very small but meaningful effect size of the variance in life satisfaction. Mindfulness as predictor, contributes to predicting happiness as the life satisfaction is a supportive aspect of happiness. The regression model illustrates that mindfulness significantly predicts life satisfaction, explaining around 5.6 percent of its variance. Mindfulness alone has a significant effect on life satisfaction, which is a key aspect of happiness. The mindfulness (predictor) proves that it has vital role in happiness through life satisfaction of Rajyogiyouth of Makawanpur district.

Form the above results of (tables 7 & 8) correlation and regression signals that there is strong correlation between mindfulness and happiness ($r = .68$ and $p = .036$). Similarly, the regression result also shows that mindfulness significantly predicts life satisfaction, explaining around 5.6% of its variance (8.962 , $p = .003$). Hence, the hypothesis (H04) also is rejected.

Test of hypotheses (H05)

Table:9Regression analysis of effect of moderating and control variables on happiness(Life satisfaction is a pivotal of happiness)

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	12.064	6	2.011	8.930	.000 ^b
	Residual	32.647	145	.225		
	Total	44.711	151			

a. Dependent Variable: Life satisfaction is a pivotal of happiness

b. Predictors: (Constant), Age, gender, and cultural phenomena can normalize cognitive reappraisal., Mental health, education level, and income are associated with emotional regulation., Emotional regulation varies between genders (male and female), Cultural and social phenomena are vital factors affecting happiness., Wealthy and poor people may have different levels of satisfaction.

Source: Field survey Report, 2025

The table 9 reveals that mental health, education and income (predictors) show a variance in happiness significantly. The result of regression ($F = 8.930$, $p = .001$ and $R^2 = .27$) confirms the degree of association between mental health, education and income (predictors) on life satisfaction. The value of R^2 (27%) confirms a moderate effect size of the variance in life satisfaction. Mental health, education level and income as predictors, jointly contribute to forecasting life satisfaction. The regression model illustrates that mental health, education level and income significantly predict life satisfaction, explaining approximately 27percent of the variance. It means that age, gender, mental health, income, education and socio-cultural factors (moderators) predicts life satisfaction significantly. The set of predictors jointly make clear a significant variance in life satisfaction as a pivotal aspect of happiness.

The regression results of moderating and control variables(table 9) shows that overall effect of degree of control and moderating variables on happiness. Both the variables

predict happiness through life satisfaction, explaining around 27% of its variance (8.930, $p = .001$). Based on the result of regression confirms the degree of relationship between mental health, education and income (control variables) on life satisfaction. Similarly, age, gender, mental health, income, education and socio-cultural factors (moderators) predicts life satisfaction significantly. Hence, the hypothesis (H05) is rejected.

Table:10 Overall Regression analysis of effect of emotional regulation on happiness

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	11.367	6	1.895	8.239	.000 ^b
	Residual	33.343	145	.230		
	Total	44.711	151			

a. Dependent Variable: Happiness (Life satisfaction is a pivotal of happiness),

b. Predictors: (Constant), Emotional regulation (Mindfulness)

Source: Field survey Report, 2025

The table 10 comprises psychological, demographic, socio-cultural, and economic variables together, presents the most comprehensive model. The regression analysis is highly significant ($F = 8.239$, $p = .000$) and explains 25.4% of the variance in life satisfaction, representing a moderate and practically meaningful effect size. Moderating and control variables like; age, gender, mental health, education and income level, and socio-cultural factors jointly provide a robust explanation of happiness. Similarly, emotional regulation has a significant effect on happiness. The substantial increase in explained variance confirms that happiness is best understood through a several contributing factors of happiness.

Combined Interpretation of Regression Analysis

The findings indicate that while mindfulness and emotional regulation are vital psychological predictors of happiness, their influence is relatively modest when considered alone. Demographic, socio-cultural, mental health, and economic factors significantly strengthen the explanatory power of the models. The combined regression results clearly guide that happiness among Rajyogiyouth is a complex, multifaceted experience and shaped by the dealings of innermost psychological procedures and peripheral circumstantial reasons. Life satisfaction, as a pivotal dimension of happiness, is therefore best predicted when both individual and other external factors are considered concurrently.

Test of hypotheses (H01 to H05)

Hypotheses (Null)	Correlation coefficient (r)	F value	R ² value	P value (5%)	Hypotheses (Null) (Accept/Reject)
H01: There is no significant association between emotional regulation and happiness. (Related table 1&5)	67% ($p \geq .045$)	4.679	.059	.011	Rejected
H02: There is no significant association between emotional regulation and life satisfaction. (Related table 2 &6)	52% ($p \geq .023$)	5.009	.092	.002	Rejected
H03: There is no significant relationship between mindfulness and life	58%	4.575	.058	.012	Rejected

satisfaction. (Related table 3 & 8)	($p \geq .027$)				
H04: There is no significant association between mindfulness and happiness.(Related table 4 &8)	68% ($p \geq .036$)	8.962	.056	.003	Rejected
H05:There is no significant association among moderating and control variables on happiness (Related table 9)		8.930	.27	.001	Rejected

Source: Field survey Report, 2025

All the null hypotheses are rejected based on the result of coefficient of correlation and regression. The results of Pearson's correlation coefficient and regression signifies that emotional regulation has larger impact on happiness of Rajyogi youth of Makawanpur district.

Thematic Analysis

Theme 1: The interviews with five key informants (KII), numerous interconnected themes emerged vis-à-vis the effect of emotional regulation on happiness among Rajyogi youth in Makawanpur district. A recurring theme was described as a subjective matter and socially shaped experience. It is guided by gender, age, socio-cultural values and norms of individual. Comparatively, the gender variable was not considered as crucial to shape happiness.

Theme 2: The mental health was perceived as a more salient determinant of happiness than income or educational level. The informants emphasized physical and mental well-being as vital to their sense of satisfaction. If we relate Rajyoga meditation with psycho education, it offers a real approach for boosting mental health of youth (Dana, et al., 2025).

Theme 3: Furthermore, life satisfaction was positioned as a core component of happiness consistently, reflecting participants' broader evaluations of their lives. At the end of the interviews with participants, life satisfaction was strongly associated with life happiness. Also, they expressed that emotional regulation practices fostered greater acceptance, inner stability, and sustained happiness among the Rajyogi youth.

7. DISCUSSION

The results indicate that emotional regulation and mindfulness are substantially and positively correlated, and both variables play a crucial role in improving happiness of Rajyogi youth (Gillespie & Beech, 2016). The effective emotional regulation and mindful awareness are significant contributors to personal well-being and life satisfaction. Life satisfaction is a foremost component of happiness. (Gillespie & Beech). The Rajyogi youth with better emotional regulation tend to experience better life satisfaction and emotional regulation has a significant relationship with life satisfaction as a component of happiness as well. The higher the degree of mindfulness, the higher the life satisfaction. The Rajyogi youth who report higher mindfulness tends to report higher levels of subjectively measured happiness (McRae & Gross, 2020). The regression model shows that mindfulness and emotional regulation together significantly predict life satisfaction. Mindfulness has a significant effect on life satisfaction, which is a key aspect of happiness. This means that age, gender, and cultural/social variables (moderators) forecast life satisfaction of Rajyogi youth significantly (Down M. P., 2025) and (Sanchez, Schoeps, & Castilla, 2023). The demographic and socio-cultural factors play a stronger

combined role than a single predictor like mindfulness(Chen, Huang, & Lin, 2022) and(Valim , Marques , & Boggio, 2019).Mental health, education, and income influence emotional regulation, which in turn affects happiness. The combined regression results clearly guide that happiness among Rajyogiyouth is a complex, multifaceted experience and shaped by the dealings of innermost psychological procedures and peripheral circumstantial reasons (McRae & Gross, 2020) and (Gustama , Hidayah, & Wahyun, 2024). Life satisfaction, as a pivotal dimension of happiness, is therefore best predicted when both individual and other external factors are considered concurrently. The degree of happiness depends not only on emotional regulation and mindfulness, but also on age, gender, social values, mental health, income and education level. Emotional regulation has substantial effect on happiness of Rajyogiyouth. (Juwita L. &, 2021).

8. CONCLUSION

Young people are well-thought-out influential and commanding agents of social and cultural transformation. The youth are highly engaged with global studies and possess the ability to mobilize communities through social media and other digital platforms. The youth who are associated to Brahmakumaris rajyoga meditation and spiritual practices, they believe that they are happy and are able to regulate their emotion. Positive emotional regulation has significant effect on happiness. Happiness is associated with a meaningful life, and better social support and coping with stress or trauma. Mindfulness is positively associated with psychological or mental health and it can predict life satisfaction meaningfully. The hypotheses are rejected on the basis of coefficient of correlation and regression result at 5 percent level of significance. Th results of Pearson's correlation coefficient and regression suggests that emotional regulation has larger impact on happiness of Rajyogiyouth of Makawanpur district.

Implications

The foundation of happiness can be advanced as a regular practice to support emotional regulation, mindfulness, life satisfaction and transcendent preparation as well. Other factors relating to personal happiness (like; family relation, intimacy with friends and family members, art of life etc.) to be considered to gage happiness.

Delimitations

The research has limited to the qual-quan. approach. The primary facts were collected from 152Rajyogirespondents using questionnaire survey. Also, interview from five Rajyogi key informants were recorded and transcribed.

Consent of participants

Written and verbal both consents were taken from the respondents during the field survey.

Declaration of Competing Interest

The authors declare that they have no any competing financial, personal and social interest that could influence to the work reported in this paper.

Data Availability Statement

The data used in the study are available to the researchers and will be available to the corresponding authorities in case of sensible request.

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