

Impact of Brahma kumaris Rajyoga Meditation on Mental Health Among Young Adult Women: A Review

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Abstract: Mental health problems such as stress, anxiety, emotional instability, and psychological distress are increasingly prevalent among young adult women due to academic, social, and personal challenges. In recent years, meditation-based interventions have gained attention as effective non-pharmacological approaches for promoting mental well-being. Among these, Brahma Kumaris Rajyoga Meditation is recognized for its focus on self-awareness, positive thinking, and emotional regulation. This review paper aims to examine existing studies on the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. Relevant literature was collected from academic databases such as Google Scholar, Pubmed and ResearchGate, focusing on studies related to meditation, mental health, and young adults. The reviewed studies indicate that regular practice of Rajyoga Meditation may contribute to reduced stress and anxiety, improved emotional stability, enhanced self-esteem, and greater psychological well-being. The findings suggest that Brahma Kumaris Rajyoga Meditation can serve as a valuable complementary approach for supporting mental health among young adult women. However, further empirical research focusing specifically on this population is needed to strengthen the existing evidence base.

Keywords: Brahma Kumaris, Rajyoga Meditation, Mental Health, Young Adult Women, Psychological Well-being

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1. INTRODUCTION

Mental health is an essential component of overall health and well-being, influencing how individuals think, feel, and behave in daily life. According to the World Health Organization (WHO), mental health is a state of well-being in which an individual realizes their abilities, can cope with normal stresses of life, and can contribute productively to society. Young adulthood, particularly among women, is a crucial developmental stage often associated with academic pressure, career uncertainty, social expectations, and emotional challenges, which may increase vulnerability to stress, anxiety, and psychological distress.

In recent years, there has been growing interest in non-pharmacological and holistic approaches to mental health management, including meditation and mindfulness-based interventions. Meditation has been widely recognized as an effective practice for reducing stress, improving emotional regulation, and enhancing psychological well-being (Jon Kabat-Zinn, 2003). Among various meditation techniques, Brahma Kumaris Rajyoga Meditation has gained considerable attention due to its unique emphasis on self-awareness, soul consciousness, positive thinking, and connection with the Supreme Being.

Rajyoga Meditation, taught by the Brahma Kumaris World Spiritual University, is a simple and accessible form of open-eyed meditation that encourages individuals to develop inner peace, emotional balance, and mental clarity. Previous studies suggest that regular practice of Rajyoga Meditation may contribute to reductions in anxiety, depression, and stress, while promoting resilience, self-esteem, and overall mental well-being (Ramesh et al., 2013; Jha et al., 2023; Nagesh & Mehta, 2023).

Young adult women may particularly benefit from such practices, as they often face multiple psychological and social stressors during this life stage. Despite increasing interest in meditation-based mental health interventions, limited review studies have specifically examined the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. Therefore, this review aims to explore and synthesize existing literature on this topic to better understand its potential benefits and identify gaps for future research.

2. STATEMENT OF THE PROBLEM

Despite increasing global recognition of mental health as a public health priority, psychological problems among young adult women continue to rise. Stress, anxiety, emotional instability, depression, and other forms of psychological distress have become increasingly common due to rapid social changes, academic and career demands, interpersonal relationships, financial pressures, and the challenges associated with the transition to adulthood. These mental health concerns not only affect emotional well-being but also influence academic achievement, work performance, decision-making, interpersonal relationships, and overall quality of life.

In response to these challenges, researchers have increasingly explored meditation-based interventions as complementary approaches for promoting mental health. Among these, Brahma Kumaris Rajyoga Meditation has received growing attention for its emphasis on self-awareness, positive thinking, emotional regulation, spiritual consciousness, and inner peace (Nagesh, 2023). Several empirical studies have reported beneficial effects of Rajyoga Meditation contribute to stress reduction, improved emotional well-being, enhanced self-esteem, greater resilience, and better psychological health (Madhu et al., 2022; Jha et al., 2023; Jain et al., 2025). However, the available evidence remains scattered across different populations, research settings, and outcome measures, making it difficult to draw firm conclusions regarding its effectiveness for young adult women.

Although the body of literature on meditation and mental health, there remains a noticeable lack of review studies specifically examining the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. Most published reviews have focused on mindfulness meditation or meditation practices in general, while comparatively little attention has been given to Rajyoga Meditation as a distinct spiritual and psychological intervention. Furthermore, the existing studies vary considerably in their methodologies, sample characteristics, intervention duration, and assessment tools, making it difficult to draw clear conclusions regarding its effectiveness for this specific population.

This gap in the literature limits a clear understanding of the potential role of Brahma Kumaris Rajyoga Meditation in addressing the unique mental health needs of young adult women. A critical synthesis of existing evidence is therefore necessary to evaluate the reported psychological benefits, identify areas of consistency and inconsistency across studies, and highlight directions for future research.

Accordingly, the present review seeks to address this gap by critically examining and synthesizing the available literature on the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. The review aims to summarize the current evidence, identify existing research gaps, and provide recommendations for future studies and mental health promotion initiatives.

3.OBJECTIVES OF THE REVIEW

The present review aims to examine the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women through a review of the available literature. The specific objectives are:

1. To examine the existing literature on Brahma Kumaris Rajyoga Meditation and mental health.
2. To evaluate the effects of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women.
3. To identify the psychological benefits of Rajyoga Meditation, including stress reduction, anxiety management, emotional stability, self-esteem, and psychological well-being.

To explore the role of Rajyoga Meditation as a complementary approach to promoting mental health and psychological well-being.

4. To identify research gaps and suggest directions for future research.

4. METHODOLOGY OF THE REVIEW

This review paper adopts a narrative literature review approach to examine the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. Relevant research articles, review papers, books, and other scholarly publications were identified through academic databases and collected from credible sources. The selected literature was critically reviewed and synthesized to provide an evidence-based understanding of the topic.

Source of Data

The literature for this review was collected from the following academic and scientific databases:

- Google Scholar
- PubMed
- ResearchGate
- University repositories and peer-reviewed journals

Search Keywords

The following keywords were used to identify relevant studies:

- Brahma Kumaris Rajyoga Meditation
- Rajyoga Meditation and Mental Health
- Mental Health of Young Adult Women
- Meditation and Psychological Well-being
- Stress, Anxiety, and Emotional Stability

Inclusion Criteria

The review included studies that met the following criteria:

- Studies related to Brahma Kumaris Rajyoga Meditation and mental health
- Research focusing on psychological outcomes such as stress, anxiety, emotional well-being, self-esteem, resilience, and psychological well-being
- Peer-reviewed journal articles and other credible academic publications
- Articles published in the English language
- Studies involving young adults or women, where relevant

Exclusion Criteria

The following types of studies were excluded:

- Studies unrelated to Brahma Kumaris Rajyoga Meditation
- Non-academic articles, opinion pieces, and unpublished informal reports
- Duplicate publications
- Studies with insufficient methodological information

Method of Analysis

The selected studies were critically reviewed and analyzed using a thematic approach. The findings were organized under relevant themes and compared to identify common patterns, reported psychological benefits, and areas of agreement or inconsistency across the literature. Particular attention was given to evidence related to stress reduction, anxiety management, emotional well-being, self-esteem, resilience, and other aspects of mental health. The review also identified existing research gaps and potential directions for future research.

This methodology facilitates a critical synthesis of the available literature on the role of Brahma Kumaris Rajyoga Meditation in promoting mental health among young adult women and provides an evidence-based overview of the current state of research.

5. LITERATURE REVIEW

5.1 Concept of Brahma Kumaris Rajyoga Meditation and Mental Health

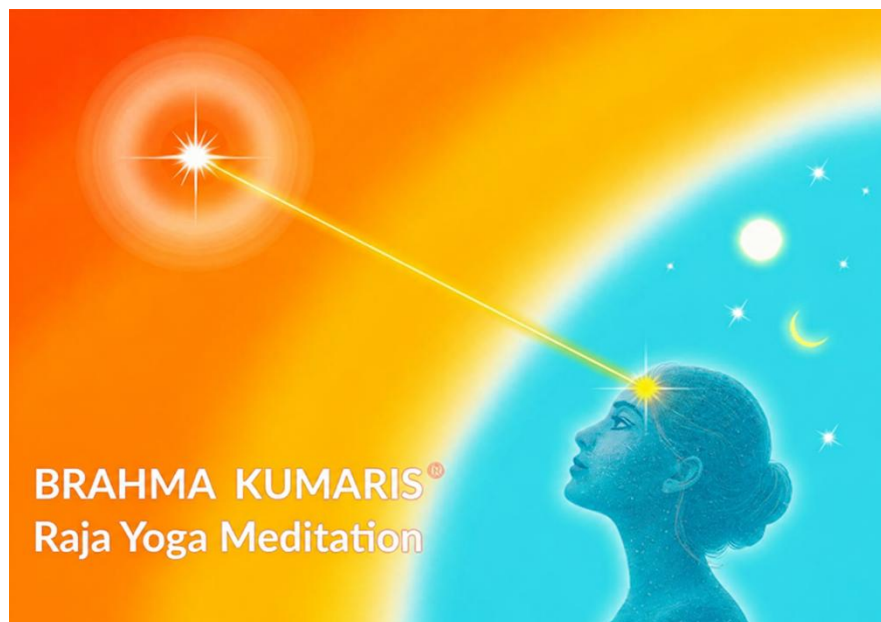
Mental health is a fundamental aspect of overall health and well-being that influences an individual's emotional, psychological, and social functioning. Positive mental health enables individuals to cope effectively with everyday challenges, maintain healthy interpersonal relationships, and make informed decisions. In recent decades, meditation-based interventions have received increasing scientific attention as effective complementary approaches for promoting mental health and psychological well-being. Among the various meditation techniques, Brahma Kumaris Rajyoga Meditation has emerged as a distinctive spiritual practice that emphasizes self-awareness, soul-consciousness, positive thinking, inner peace, and a conscious connection with the Supreme Soul (Sahu & Dubey, 2015).

Several researchers have examined the relationship between meditation and mental health outcomes. Ramesh et al. (2013) reported that Rajyoga Meditation promotes positive thinking, self-satisfaction, and happiness, thereby contributing to psychological well-being. Similarly, Jha et al. (2023) reported that Brahma Kumaris Rajyoga Meditation had beneficial effects on anxiety management and psychological well-being, supporting its potential role in improving mental health.

Kumar and Telles (2009) further reported that meditation practices were associated with improvements in attention, concentration, and cognitive performance, particularly following focused meditative practices described in classical texts. Their findings suggest that consistent meditation enhances an individual's ability to sustain focused attention and perform cognitive tasks more effectively. These cognitive improvements may indirectly contribute to better emotional regulation, psychological functioning, and overall mental well-being.

Through regular practice, Brahma Kumaris Rajyoga Meditation encourages individuals to consciously observe and regulate their thoughts, develop self-control, and cultivate positive attitudes toward life. This meditation emphasizes the soul's eternal nature and

purity, encouraging practitioners to cultivate virtues such as love, peace, compassion, and spiritual awareness. By practicing open-eyed meditation, individuals are encouraged to maintain a meditative state even during daily activities, thereby integrating spiritual awareness into everyday life (Nagesh & Tandel, 2024). Such psychological and spiritual changes contribute to greater emotional stability, improved mental clarity, and healthier coping strategies, indicating that Brahma Kumaris Rajyoga Meditation can play a meaningful role in maintaining and enhancing mental health.



5.2 Effects of Brahma Kumaris Rajyoga Meditation on the Mental Health of Young Adult Women

Young adulthood is a crucial developmental period characterized by multiple academic, social, and personal transitions. Young adult women often face unique challenges such as educational pressure, career uncertainty, family expectations, and emotional stress, all of which may negatively affect mental health.

Meditation practices have increasingly been recommended as supportive approaches for managing psychological challenges among young adults. Batubara et al. (2025) found that regular meditation practice significantly reduced stress levels among college students and contributed to improved emotional well-being. The findings suggest that meditation can serve as an effective strategy for promoting mental health in academic settings. Similarly, Madhu et al. (2022) reported that individuals practicing Raja Yoga Meditation experienced lower levels of stress and were less affected by stressful life events, indicating the potential of Rajyoga Meditation to enhance stress resilience and psychological well-being. Furthermore, Jain et al. (2025), in a randomized controlled trial, demonstrated that Rajyoga Meditation significantly reduced stress and improved psychological well-being, providing stronger empirical evidence for its effectiveness. Bhaskar et al. (2023) further reported that Brahma Kumaris Rajyoga Meditation positively influenced anger management among adolescents by improving emotional regulation and reducing negative emotional responses. Together, these findings suggest that Rajyoga Meditation may help young adults develop greater emotional stability, self-control, and overall psychological well-being and positive mental health.

Recent evidence also indicates that Rajyoga Meditation contributes to the development of positive psychological attributes. Kendole and Patil (2026), in a randomized controlled

study among engineering college students, reported significant improvements in self-confidence following Rajyoga Meditation. The improvement was observed across multiple dimensions of self-confidence, including self-assurance, social confidence, performance confidence, physical confidence, and emotional confidence. These findings suggest that Rajyoga Meditation may strengthen positive self-perception and psychological well-being among young adults.

For young adult women, Rajyoga Meditation may provide a safe and accessible method for emotional regulation and self-care. Its emphasis on positive thinking and self-respect can help address common psychological issues such as anxiety, self-doubt, and mood instability. Therefore, Rajyoga Meditation appears to be especially relevant for supporting mental health among women in this age group.

5.3 Psychological Benefits of Brahma Kumaris Rajyoga Meditation: Stress Reduction, Anxiety Management, and Emotional Stability

One of the most widely reported psychological benefits of Brahma Kumaris Rajyoga Meditation is its contribution to stress reduction, anxiety management, and emotional stability. Young adult women frequently experience academic pressure, career uncertainty, family responsibilities, interpersonal challenges, and social expectations, all of which may adversely affect their mental health. In this context, meditation has emerged as an effective complementary and non-pharmacological approach for promoting emotional well-being and psychological resilience.

A growing body of research suggests that meditation has beneficial effects on various psychological dimensions, including stress management, anxiety reduction, emotional regulation, and overall mental well-being. A comprehensive meta-analysis by Sedlmeier et al. (2012) concluded that meditation has significant positive effects on psychological functioning across a wide range of cognitive and emotional outcomes. Similarly, Batubara et al. (2025) reported that regular meditation practice significantly reduced stress levels and enhanced emotional well-being among college students. Specifically, Sahu and Dubey (2015) highlighted that Brahma Kumaris Rajyoga Meditation promotes psychological well-being by fostering positive thinking, emotional stability, and self-awareness. Furthermore, Jha et al. (2023) demonstrated that Rajyoga Meditation, when used as an adjunctive intervention, was effective in reducing anxiety symptoms and improving psychological well-being among individuals with panic anxiety syndrome. Likewise, Bhaskar et al. (2023) found that Rajyoga Meditation improved anger management and emotional regulation among adolescents, indicating its role in strengthening self-control and emotional stability. Collectively, these findings suggest that meditation, particularly Brahma Kumaris Rajyoga Meditation, has considerable potential to enhance psychological well-being and support positive mental health outcomes.

Rajyoga Meditation encourages practitioners to consciously transform negative thoughts into positive ones while developing inner peace and emotional stability. This process strengthens self-awareness and helps individuals respond to stressful situations with greater patience, confidence, and emotional control rather than impulsive reactions. As a result, practitioners may become better equipped to cope with daily life challenges, maintain psychological balance during difficult situations, and enhance their overall psychological well-being and mental health (Ramesh et al., 2013; Mala & Nagesh, 2023; Naragatti & Nagesh, 2023).

In addition to reducing emotional distress, Rajyoga Meditation has been associated with improved self-esteem, enhanced resilience, better sleep quality, greater optimism, and an

overall sense of psychological well-being. Regular practice may also improve emotional regulation, impulse control, and positive behavioural responses, thereby supporting healthier interpersonal relationships and improved quality of life.

Overall, the available literature suggests that regular practice of Brahma Kumaris Rajyoga Meditation contributes to improved psychological functioning by reducing stress, enhancing emotional stability, strengthening resilience, and promoting positive mental well-being. These psychological benefits may help young adult women navigate academic, personal, and social challenges more effectively while supporting long-term emotional health.

5.4 Brahma Kumaris Rajyoga Meditation as a Complementary Approach to Mental Health Promotion

In recent years, there has been increasing recognition of complementary and holistic approaches to mental health care. Among these approaches, Brahma Kumaris Rajyoga Meditation has gained attention as a simple, accessible, and non-pharmacological practice that can support conventional mental health interventions. By emphasizing self-awareness, positive thinking, emotional regulation, and inner peace, Rajyoga Meditation offers a holistic approach to fostering psychological well-being (Sahu & Dubey, 2015; Nagesh, 2023).

Unlike pharmacological treatments, Rajyoga Meditation can be practiced independently and integrated easily into daily life without significant financial cost or specialized equipment. Studies suggest that consistent meditation practice may improve mental resilience, emotional intelligence, self-control, and overall quality of life. It also encourages individuals to take an active role in maintaining their mental health through positive lifestyle practices and self-reflection.

For young adult women, Rajyoga Meditation may serve as a valuable preventive and supportive strategy for maintaining psychological well-being (Kotwal & Kulshreshtha, 2025). Its regular practice can help strengthen emotional regulation, develop healthy coping strategies, and promote resilience in dealing with academic, personal, and social challenges. Therefore, Rajyoga Meditation may be effectively integrated into educational institutions, community mental health programs, and wellness initiatives as a complementary approach to promoting mental health and psychological well-being.

5.5 Research Gaps in Existing Literature

Although many studies have highlighted the benefits of meditation for mental health, several research gaps remain. First, only a limited number of studies have specifically focused on young adult women as a distinct population. Most existing research includes mixed-age groups or general adult populations, which limits specific understanding of women's experiences.

Second, there is a lack of long-term longitudinal studies examining the sustained impact of Brahma Kumaris Rajyoga Meditation on mental health outcomes. Most available studies focus on short-term effects. Third, comparative studies evaluating Rajyoga Meditation against other mindfulness or therapeutic interventions are relatively limited.

Therefore, further empirical research is needed to generate stronger evidence regarding the specific mental health benefits of Brahma Kumaris Rajyoga Meditation among young adult women and to support its broader application in mental health promotion and well-being initiatives.

6. FINDINGS AND DISCUSSION

The present review examined the impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women by analysing existing literature related to meditation and psychological well-being. The reviewed studies consistently indicate that Rajyoga Meditation has a positive influence on various aspects of mental health, particularly by reducing stress and anxiety, improving emotional regulation, and enhancing psychological well-being and self-awareness (Ramesh et al. 2013 ; Jha et al., 2023).

One of the major findings of this review is that regular practice of meditation appears to reduce stress and promote emotional well-being among young adults. Batubara et al. (2025) reported that meditation significantly reduced stress levels among college students. Similarly, Jain et al. (2025), in a randomized controlled trial, demonstrated significant improvements in stress and psychological well-being following Rajyoga Meditation practice. Furthermore, Siwach and Sikka (2024) highlighted that Rajyoga Meditation fosters self-motivation, a positive mindset, and healthy psychological development among children and youth. These findings suggest that meditation may help young adults better manage academic, social, and personal challenges.

Another important finding is the positive role of Brahma Kumaris Rajyoga Meditation in anxiety management and emotional regulation. Jha et al. (2023) found that Rajyoga Meditation, when used as an adjunctive intervention, was associated with reduced anxiety symptoms and improved psychological well-being among individuals with panic anxiety syndrome. Similarly, Bhaskar et al. (2023) reported that Rajyoga Meditation positively influenced anger management and emotional regulation, indicating its potential to strengthen emotional stability and self-control. These findings suggest that regular Rajyoga Meditation may help individuals develop greater emotional balance, self-awareness, and psychological resilience.

The reviewed literature also suggests that Rajyoga Meditation contributes to overall psychological well-being by promoting positive thinking, inner peace, mental clarity, and self-awareness. These psychological and spiritual benefits may enhance resilience, emotional stability, and overall quality of life, making Rajyoga Meditation a valuable supportive approach for mental health promotion among young adults (Ramesh et al. 2013; Siwach & Sikka, 2024).

However, despite these encouraging findings, the review also highlights several limitations in the existing literature. Most available studies have focused on general populations, adolescents, or clinical groups rather than specifically on young adult women. Furthermore, variations in research design, sample characteristics, intervention duration, and assessment methods make it difficult to draw firm conclusions regarding the effectiveness of Rajyoga Meditation for this particular population.

Overall, the reviewed evidence suggests that Brahma Kumaris Rajyoga Meditation has considerable potential as a supportive approach for promoting mental health among young adult women. Nevertheless, further empirical research is required to establish stronger evidence regarding its long-term psychological benefits and broader application in mental health promotion and well-being initiatives.

7. DELIMITATIONS OF THE REVIEW

1. This review is limited to published studies related to Brahma Kumaris Rajyoga Meditation and does not include other forms of meditation unless they are used for comparison.

2. The review primarily focuses on the mental health of young adult women (18–29 years) and excludes studies involving children, adolescents, older adults, or male participants unless relevant to the discussion.
3. Only English-language peer-reviewed journal articles, books, and credible scholarly sources available through academic databases were included in the review.
4. The review is based on existing literature and does not include primary data collection, experimental investigation, or statistical meta-analysis.
5. The conclusions are dependent on the quality, availability, and scope of the published literature reviewed; therefore, the findings should be interpreted within these limitations.

8. CONCLUSION

The present review highlights the positive impact of Brahma Kumaris Rajyoga Meditation on the mental health of young adult women. Based on the reviewed literature, Rajyoga Meditation appears to be an effective and accessible practice for promoting psychological well-being and emotional balance. The findings suggest that regular practice of Rajyoga Meditation may help reduce stress, anxiety, and emotional instability while enhancing self-awareness, positive thinking, self-esteem, and overall mental health.

Young adult women often face various psychological and social challenges during an important stage of personal and professional development. In this context, Rajyoga Meditation offers a valuable non-pharmacological and complementary approach to mental health support. Its focus on inner peace, soul consciousness, and emotional regulation may contribute significantly to improving resilience and coping capacity.

Although the reviewed studies indicate encouraging outcomes, there remains a need for more focused and empirical research specifically involving young adult women. Future studies should include larger samples, long-term follow-up, and comparative designs to strengthen the evidence regarding the effectiveness of Brahma Kumaris Rajyoga Meditation.

In conclusion, Brahma Kumaris Rajyoga Meditation has strong potential to serve as a beneficial practice for enhancing mental health and psychological well-being among young adult women, and it may be considered an important supportive strategy in the field of mental health promotion.

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