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RESEARCH ARTICLE

RAJYOGA MEDITATION AND WELL BEING STATUS: AN EXPLORATORY STUDY

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ABSTRACT

Background: According to World health Organization (WHO) Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity. Rajyoga Meditation is a simple and scientific technique to elicit physical and mental relaxation response to change one's attitude and transform life style. Regular practice of it brings transformation in overall wellbeing of individuals. **Aim:** This study is aimed at to evaluate the outcome of Rajyoga Meditation on the wellbeing status of individuals practicing Rajyoga Meditation in selected Certified Rajyoga Meditation centers of Punjab. **Methods:** A quantitative research approach, non experimental exploratory research design was used to evaluate wellbeing status of 150 individuals attending certified Rajyoga Meditation centers of Punjab were selected for this study with Multi- stage sampling technique by using Standardized Singh &Gupta Well-being scale. **Results:** The study results depicted that out of 150 individuals practicing Rajyoga meditation at certified Rajyoga meditation centers i.e 134 (89.3%) have high level of wellbeing status with mean score of 203.13 and SD 19.73 followed by 16(10.7%) have average level of Wellbeing and Level of Well-being status was significantly ($p<0.05$) associated with selected demographic variables such as Duration of practice of Rajyoga meditation and shift of practice of Rajyoga meditation. **Conclusion:** It can be concluded that Individuals attending Rajyoga meditation at certified Rajyoga meditation centers have high wellbeing status.

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INTRODUCTION

"Rajyoga is a science, art and a path to enhance, enriches and strengthens our spiritual focus"

"Walt Baptiste"

Health is our birth right. It is a treasure which neither science nor wealth can buy, and to get which most people would give up everything. According to World Health Organization "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity". The objective of WHO is the attainment by all people of the highest level of health that will permit them to lead a socially and economically productive life means the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic status and social condition.

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The report given by World health organization based on the interviews of 89,000 people in 18 different countries by different researchers says that nearly 121 million people are affected by depression worldwide. Meditation has shown a number of positive effects on physiology of human mind. The word Raja means the king ,the sovereign or the supreme and the word 'yoga' means to 'to unite' Yoga is therefore the practice or art of uniting or linking the mind with God by focusing attention on him as an incorporeal being of light and thinking of nothing but his divine qualities. This takes one into a state of absorption in bliss and peace through positive thinking. It recharges one's self or soul with light and might and fills one with creative energy. Rajyoga meditation is a behavioral intervention with scientific, psychological, intellectual and spiritual process. It aims at establishing balance of head, heart and hand. It is the science and art of harmonizing spiritual, mental and physical energy through the connection with the ultimate source of this energy, the Supreme soul for enjoying ever healthy ,ever wealthy and ever- happy life. With the advent of modernization and mechanization today's human being is subjected to far greater

stress, strain and depression than before. As a result of which, it has taken toll on us by giving rise to various psychosomatic disorders. The remedial medicines used for these disorders are giving temporary relief. Yoga and meditation are one of the non pharmacological approaches to relieve stress and strain on long term basis. According to some studies depressive symptoms were present in 18.5% of the population, anxiety in 24.4% and stress in 20%. Majority of Psychiatric research studies showed that spiritual factors serve as a powerful psychological and social resource for coping with stress and also linked to hysteria, neurosis and psychotic delusions. A lot of literature and number of projects shows that Rajyoga meditation relieves physiological and psychological stress and re-establishes mental harmony when practiced regularly and promoting physical, mental, social and spiritual health. Based on the above stated reasons, consultations with the experts in the field of medical and nursing and personal experience of researcher stimulated the researcher to conduct an exploratory study to evaluate the outcome of Rajyoga meditation on the well-being of individuals attending certified Rajyoga meditation center.

MATERIALS AND METHODS

A quantitative research approach, non-experimental, exploratory research design was used to evaluate the outcome of Rajyoga meditation on the wellbeing status of individuals practicing Rajyoga meditation. The present study was conducted in 4 certified Rajyoga centers of Punjab. The centers were selected on the basis of multistage sampling technique. Sample consisted of 150 individuals attending Rajyoga meditation centers those meeting the inclusion criteria were selected for this study. Following tools are used to measure variable under study. Section I having following parts.

Part A: Socio demographic profile: It is a self-administered tool prepared by the researcher and used to assess the socio demographic profile of individuals attending Rajyoga meditation at certified centers. It consist of 8 items which are Age, Gender, Marital status, Educational status, Occupational status, Dietary habits, BMI, monthly income and 8 items related to Rajyoga meditation practice which are duration of practice of Rajyoga meditation, Place of practice of Rajyoga meditation, No of shifts of practice per day, Timing of practice per shift and mode of information about Rajyoga meditation. Total administration time for this tool was approximately 3-5 minutes. Content validity of the tool is determined by expert in the field of psychiatry, psychology and nursing.

Part B: -Health assessment tool: It is related to the Health assessment of individuals which included present health status, past health status, any treatment taken from health care agencies.

Section II: - Singh & Gupta Well being Scale (2001) is a 50 items standardized and reliable scale to assess well being of individuals. All items are related to Physical, Mental, Emotional, Social and Spiritual wellbeing and which consist of 29 positive items and 21 negative items. All items are scored on 5- point Likert scale i.e. Very much, Rather so much, Average, To some extent and Not so much .Items are scored from 1 to 5 and score ranges from 50-250. Higher score indicate individuals have high well being status. Total administration time is approximately 10-15 minutes. The scale has relatively high internal consistency and stability.

The reliability was established for the present study through split half method ($r=0.840$). Try out tool was done to ensure the reliability and understanding of the tool. Pilot study was conducted and the study was found to be feasible. Prior to administration of tool to participants all the questions and queries were discussed and sort out before actual data collection. An informed written consent form was signed by each subject before data collection.

All the subjects were ensured that confidentiality and anonymity was maintained throughout the study. Permission was obtained from institutional ethical committee to carry out the study. Written Permission was taken from the coordinator, Spiritual Applications Research centre, Mount Abu, Rajasthan. The data was analyzed by statistical package for social sciences (SPSS) version 16. The $p<0.05$ level was established as a criterion of statistical significance for all the statistical procedures performed. Appropriate descriptive and inferential statistics were used to analyze data as per purpose of the study.

RESULTS

Table 1 shows the socio demographic profile of the individuals attending certified Rajyoga meditation centers. Maximum subjects were in 51-75 years age group (50%). More than half subjects were female (53.3%). Maximum subjects were married (78%). Most of the subjects were graduated and post graduated (46.7%). Maximum of individuals were retired (45.3%).

Table 1 - Frequency and percentage distribution of demographic variables of individuals attending Rajyoga meditation centers

N=150			
S. No	Socio-demographic variables	Frequency (f)	Percentage (%)
1.	Age (in years)		
	a) Up to 25	5	3.3
	b) 26-50	68	45.3
	c) 51-75	75	50
	d) Above 75	2	1.3
2.	Gender:		
	a) Male	70	46.7
	b) Female	80	53.3
3.	Marital status:		
	a) Unmarried	19	12.7
	b) Married	117	78
	c) Divorced	3	2
	d) Widow/widower	11	7.3
4.	Educational status:		
	a) Illiterate	5	3.3
	b) Up to Matric	48	32
	c) Senior secondary	27	18
	d) Graduation/Post Graduation	70	46.7
5.	Occupational status:		
	a) Self employed	35	23.3
	b) Government job	32	21.3
	c) Private job	15	10
	d) Any Other (Retired)	68	45.3
6.	Dietary habits		
	a) Vegetarian	148	98.7
	b) Non vegetarian	1	0.7
	c) Vegetarian with egg	1	0.7
7.	BMI (body mass index)		
	a) Below 18.5 (Underweight)	5	3.3
	b) 18.5-24.9 (Normal)	69	46
	c) 25-29.9 (Overweight)	55	36.7
	d) Above 30 (Obese)	21	14
8.	Monthly income (in Rupees)		
	a) Below 10,000	65	43.3
	b) 10,001 - 20,000	21	14
	c) 20,001-30,000	19	12.7
	d) 30001 or above	45	30

Table 2- Frequency and percentage distribution of individuals attending Rajyoga meditation according to Rajyoga meditation practice

		N=150	
S. No	Questions related to Rajyoga meditation practice	Frequency (f)	Percentage (%)
1.	Since how long you are practicing Rajyoga meditation?		
	a)Less than 5 years	70	46.7
	b)5-10 years	29	19.3
	c)11-15 years	25	16.7
	d)More than 15years	26	17.3
2.	What do you practice in Rajyoga meditation?		
	a)Concentration on breathing	1	0.7
	b)Concentrated on Asana	2	1.3
	c)Focusing on commuting soul to supreme soul	145	96.7
	d)Focusing on soul only	2	1.3
3.	Where do you practice Rajyoga meditation?		
	a)At home	12	8
	b)At Rajyoga meditation centers	24	16
	c)At workplace	2	1.3
	d)Both at home and Rajyoga Meditation centers	112	74.7
4.	Do you want to continue Rajyoga meditation?		
	a)Yes b)No	149 1	99.3 0.7
5.	Do you feel Rajyoga meditation is monotonous way of Practice?		
	a)Yes b)No	41 109	27.3 72.7
6.	In how many shifts per day do you practice Rajyoga meditation?		
	a)Morning hours only	16	10.7
	b)Evening only	10	6.7
	c)Both Morning & evening hours	67	44.7
	d)Others	57	38
7.	How many minutes do you practice Rajyoga meditation in one shift?		
	a) 15-30min.	55	36.7
	b) 31-45min.	35	23.3
	c) 46-60 min	28	18.7
	d) More than 60 minutes	32	21.3
8.	From where did you come to know about Rajyoga meditation?		
	a)Conferences/workshops/seminars/scientific Papers	18	12
	b)Media-Tv/Radio/Newspaper	35	23.3
	c)Family& Friends	34	22.7
	d)Rajyoga centers	63	42

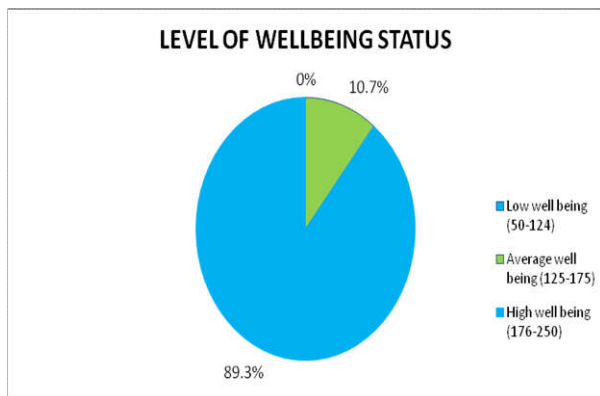


Figure 1. Pie diagram showing frequency and percentage of Well being status of individuals attending Rajyoga meditation centers

Table 3: Mean and Standard deviation of well being score of individuals attending Rajyoga meditation centers

Minimum Score	Maximum Score	Mean	SD
50	250	203.13	19.73

Table 2 shows the on the basis of duration of practice of Rajyoga meditation most of the subjects were practicing from 5years (46.7%).

DISCUSSION

The present study aimed to assess the wellbeing status of individuals attending Rajyoga meditation at certified meditation centers. findings revealed that out of 150 individuals attending Rajyoga meditation centers 134(89.3%) have high well being status 16(10.7%) have average well being status and 0(0%) have low well being status. So The average and high well being status was present among the individuals attending Rajyoga meditation centers. The findings of study is supported by one cross sectional study conducted by Sukhsohale Neelam D (2010) found that there was a significant declining trend in heart rate, respiratory rate, systolic blood pressure and diastolic blood pressure after 15 minutes as well as 30 minutes after meditation ($P<0.05$) and findings are also supported by Kiran, Harsh Chalana(2014) shows that there were 17(34%) males and 33(66%) females in Group 1 with mean age 34.12 ± 9.05 years. In group 2 there were 21 (42%) males and 29(58%) females in Group 2 with mean age 33.68 ± 10.78 years showed significant improvement following 6 weeks of intervention as suggested by significant reduction in scores of HAM-A (<0.001), and HAM-D($p<0.001$).

The findings revealed the association between well being status of individuals attending Rajyoga meditation centers with selected demographic variables. On analysis there was a statistically significant association between Duration of

Rajyoga meditation practice and no of shifts of practice per day with level of well being status as evidenced by chi square value of $\chi^2=12.297^*$ degree of freedom (3) at 0.05 level of significance. While calculated chi square value for shifts of Rajyoga meditation practice per day was $\chi^2=13.613^*$ degree of freedom (3) at 0.05 level of significance respectively which was found to be significant. The Above findings are supported by case control study conducted by Mandape Archana (2015) showed the values for TC and TG were significantly less in meditators than nonmeditators. HDL was significantly more in meditators. LDL and VLDL values were low in meditators but not statistically significant. The FBS level was lower in meditators. So the study concluded that Meditators who were practicing Rajyoga meditation for more than 5 years had lower levels of TC, TG, VLDL and FBS and higher level of HDL than non meditators and also supported by study conducted by Mishra Nishi 2013 revealed that the group practicing Rajyoga for longer duration had significantly less neurotic symptoms in comparison to the group practicing Rajyoga for shorter duration.

Conclusion

Study concluded that there is a significant association between well- being status of the individuals attending Rajyoga meditation centers with selected demographic variables such as Duration of practice of Rajyoga meditation and shifts of practice of Rajyoga meditation at 0.05 level of significance. Hence it concluded that there is impact of Duration of Rajyoga meditation practice and shifts of practice of Rajyoga meditation on well being status of individuals attending Rajyoga meditation centers.

Implications and Recommendation

Nurses should be taught about maintenance of well being status with the help of Rajyoga meditation. Need based education should be provided to nurses on effectiveness of Rajyoga meditation to maintain blood pressure and to relieve Anxiety and depression. Continuing nursing education should be designed to help the nurse to update their knowledge regarding Rajyoga meditation. The need of well-organized in-service education program for nurses by administrators is felt to provide knowledge regarding Rajyoga meditation to cope up with various physical, mental, social, emotional and spiritual problems. Rajyoga meditation is non-pharmacological, easy to learn/do, safe, cost effective and complimentary method to prevent & manage physical, mental, social, emotional and spiritual problems in health care setting and communities. Study recommends that the present study was limited to individuals attending certified Rajyoga meditation centers. So, studies should be conducted on large sample size with different variables on different population. An interventional study can be conducted to assess the effect of Rajyoga meditation on physical & mental aspects of health. A longitudinal study can be conducted to identify the impact of Rajyoga meditation on spiritual health.

Limitations

The present study was limited to individuals attending certified Rajyoga meditation centers of Punjab. The use of interview schedule restricted the amount of information that collected from the respondents.

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