



# Impact of Rajyoga Meditation on Self-Esteem Among High School Students

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## Abstract

Self-esteem is a crucial psychological factor that influences students' academic achievement, emotional well-being, social adjustment, and personality development. High school students often experience low self-esteem due to academic pressure, social comparison, emotional stress and excessive use of technology and social media. Poor self-esteem can negatively affect confidence, motivation, classroom participation and mental health.

Rajyoga Meditation, popularized by the Brahma Kumaris World Spiritual University, is an ancient meditation practice founded on spiritual awareness, constructive thought, and emotional balance. This narrative review examines the impact of Rajyoga Meditation on self-esteem among high school students through a review of literature related to meditation, mindfulness, adolescent mental health and personality development.

The reviewed studies indicate that meditation practices improve self-confidence, emotional regulation, self-awareness and psychological well-being. Rajyoga Meditation may help students develop positive thinking, emotional stability, self-discipline, and a healthy self-

image, thereby enhancing self-esteem and overall development. The paper concludes that Rajyoga Meditation can be an effective educational and psychological intervention for promoting holistic development among adolescents. Further school-based and experimental research is recommended to strengthen evidence in this field.

**Keywords:** Rajyoga Meditation, Self-Esteem, High School Students, Mindfulness, Psychological Well-Being, Adolescents, Personality Development.

## 1. Introduction

Students' intellectual, emotional, and social well-being and development are significantly promoted through education. Beyond academic achievement, education also contributes to the development of a healthy personality and positive self-esteem, both of which are essential for students' overall growth. Self-esteem refers to an individual's sense of self-worth, confidence and personal value. High school students with positive self-esteem generally demonstrate better academic motivation, emotional stability, social adjustment and decision-making abilities. In contrast, low self-esteem may lead to stress, anxiety, lack of confidence, poor classroom participation and negative emotional experiences.

Meditation and mindfulness-based practices have gained significant attention as effective approaches for improving psychological well-being and emotional regulation among students. Several studies suggest that mindfulness practices improve self-awareness, emotional balance and positive thinking, which are closely related to self-esteem (Brown & Ryan, 2003). Similarly, Siwach and Sikka (2024) suggested that Rajyoga-based practices can positively influence self-confidence, psychological well-being and personality development among children and adolescents.

Rajyoga Meditation, promoted primarily by the Brahma Kumaris World Spiritual University, is a simple and practical meditation technique that cultivates constructive thinking, introspective awareness, and psychological tranquility. In contrast to physical yoga practices, Rajyoga Meditation emphasizes the management of thoughts and emotions through conscious awareness. It encourages individuals to develop positive attitudes, emotional stability, self-discipline and self-confidence.

While several studies have investigated the effects of mindfulness and meditation on mental health and emotional well-being, limited research specifically focuses on the impact of

Rajyoga Meditation on self-esteem among high school students. Therefore, the present narrative review aims to examine existing literature related to Rajyoga Meditation, self-esteem, mindfulness and adolescent psychological development.

## 2. Objectives of the Study

The present review was aimed to achieve with the following objectives:

1. To study the concept of Rajyoga Meditation and self-esteem.
2. To investigate the impact of Rajyoga Meditation on self-esteem among high school students.
3. To explore the effects of Rajyoga Meditation on emotional well-being, self-confidence and personality development among students.
4. To review existing literature related to meditation, mindfulness and adolescent psychological development.

## 3. Methodology

The present study is based on a narrative review of existing literature related to Rajyoga Meditation, self-esteem, mindfulness and psychological well-being among high school students. Relevant research articles, review papers, books and educational studies were collected and analyzed to understand the psychological and educational effects of meditation practices on adolescents.

The literature for this study was retrieved from academic sources such as Google Scholar, Scopus, ResearchGate and Web of Science. Keywords including “Rajyoga Meditation,” “self-esteem,” “mindfulness,” “high school students,” “adolescent mental health,” and “psychological well-being” were used during the literature search process.

The review primarily included peer-reviewed journal articles and educational studies related to meditation, self-esteem and adolescent psychological development. Only English-language studies relevant to school students and adolescents were included in the review. Irrelevant studies, duplicate articles and non-scientific sources were excluded. The identified literature was critically analyzed and classified according to major themes such as self-confidence, emotional regulation, positive thinking, psychological well-being and personality development among students.

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## 4. Review of Literature

### 4.1. Understanding Rajyoga Meditation

Rajyoga Meditation is a spiritual meditation technique **Predominantly** promoted by the Brahma Kumaris World Spiritual University. The term "Rajyoga" meaning "the king of yoga" reflects its emphasis on achieving mastery over the mind and regulating thoughts and emotions. In contrast to physical forms of yoga, Rajyoga Meditation focuses on cultivating constructive thinking, introspective awareness, and inner peace. The practice is performed with the eyes open and does not involve physical postures (asanas) or controlled breathing techniques (pranayama), making it simple and accessible to people of all age.

Rajyoga Meditation is practiced with open eyes and can easily be integrated into daily life, classrooms and educational environments. The practice encourages self-awareness, emotional balance, positive attitudes and peaceful thinking. It also helps individuals reduce negative thoughts and develop self-confidence and emotional stability. Meditation researchers suggest that regular meditation practice improves attentional control, emotional regulation and psychological well-being among individuals.

### 4.2. Understanding Self-Esteem among High School Students

Self-esteem refers to an individual's overall sense of self-worth, confidence and personal value. It plays an important role in students' emotional, social and academic development. High self-esteem helps students develop confidence, motivation, positive relationships and emotional resilience, whereas low self-esteem may result in stress, anxiety, fear of failure and poor social adjustment.

Adolescence is a critical stage for personality development and self-identity formation. High school students often experience emotional pressure due to academic competition, peer comparison, parental expectations and social media influence. These factors may negatively affect students' confidence and self-image.

Morris Rosenberg explained that self-esteem is an individual's positive or negative attitude toward oneself. Positive self-esteem contributes to psychological well-being, emotional balance and healthy personality development among adolescents.

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### 4.3. Rajyoga Meditation and Self-Esteem

Several studies suggest that meditation practices positively influence self-esteem and self-confidence among students. Meditation encourages self-awareness, positive thinking and emotional control, which are closely associated with healthy self-esteem.

Brown and Ryan (2003) reported that mindfulness practices enhance self-awareness and mental well-being. Students practicing meditation regularly often demonstrate better emotional regulation, confidence and positive thinking patterns. Rajyoga Meditation specifically emphasizes positive self-identity, peaceful thinking and emotional stability, which may help adolescents develop a healthy self-image.

Siwach and Sikka (2024) observed that Rajyoga-based practices can positively influence self-confidence, psychological well-being and personality development among children and adolescents. Meditation practices also encourage students to reduce negative thinking and develop greater emotional resilience and self-acceptance.

Arora and Agarwal (2017) found that yoga combined with meditation had a more positive impact on psychological well-being than yoga alone, suggesting that meditative practice may enhance students' emotional stability and self-esteem.

### 4.4. Rajyoga Meditation and Emotional Well-being

Emotional well-being is an important factor influencing adolescents' mental health and personality development. Students with good emotional well-being generally show better social adjustment, academic motivation and self-confidence.

Teaching mindfulness techniques to students creates the potential to enhance self-awareness, improve impulse control and reduce emotional reactivity to challenging situations (Thompson & Gauntlett-Gilbert, 2008).

Meditation and mindfulness practices are widely associated with improvements in emotional stability and stress management. Rajyoga Meditation helps individuals develop patience, emotional control and positive attitudes toward life situations. Students practicing meditation regularly may experience reduced stress, emotional balance and greater mental calmness.

Yogeswaran and El Morr (2021) reported that mindfulness interventions positively influenced students' mental health and emotional well-being. Similar findings have also been reported in

educational mindfulness programs, where meditation practices improved emotional regulation and psychological adjustment among adolescents.

#### **4.5. Rajyoga Meditation and Personality Development**

Personality development is an important aspect of adolescent growth and educational development. Positive personality traits such as confidence, self-discipline, emotional balance and positive thinking contribute to healthy social and academic functioning.

Rajyoga Meditation has been associated with improvements in these psychological attributes by promoting emotional regulation and mental stability. In addition, Rajyoga Meditation was also found to reduce the response of the amygdala, a brain structure associated with emotion and stress, to negative stimuli. This effect was observed in brain imaging scans of students who were exposed to photographs of fearful facial expressions during neuroimaging tests (Bauer et al., 2019).

Rajyoga Meditation promotes qualities such as patience, self-control, inner peace and self-awareness. These qualities help students develop positive behavior, emotional maturity and healthy interpersonal relationships. Meditation practices also encourage moral and spiritual development, which may contribute to holistic personality growth among adolescents.

Educational researchers suggest that mindfulness and meditation-based interventions improve students' self-regulation, discipline and emotional awareness. Such improvements may indirectly strengthen self-esteem and psychological well-being among high school students.

#### **4.6. Research Gap**

While numerous studies have examined mindfulness and meditation-based interventions, limited research specifically focused on the impact of Rajyoga Meditation on self-esteem among high school students. Most existing studies emphasize general mental health, stress reduction or mindfulness practices rather than adolescent self-esteem and personality development.

In addition, although several meditation studies have been conducted in other countries, there is limited longitudinal and experimental research related to Rajyoga Meditation in Indian school settings. Future research should therefore focus on school-based intervention studies, larger student samples and long-term psychological outcomes to strengthen scientific understanding in this field.

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## 5. Findings and Discussion

The present narrative review explored the impact of Rajyoga Meditation on self-esteem among high school students by analyzing existing literature related to meditation, mindfulness, emotional well-being and adolescent psychological development. The reviewed studies indicate that Rajyoga Meditation has positive psychological and educational effects on students and may contribute to the development of healthy self-esteem and personality growth. Page | 65

One of the major findings of the review is that Rajyoga Meditation enhances self-confidence and self-awareness among students. Adolescents often experience emotional insecurity, social comparison and academic pressure, which may negatively affect their self-esteem and self-image. Meditation practices encourage positive thinking, self-acceptance and emotional balance, which support the development of healthy self-esteem. Brown and Ryan (2003) explained that mindfulness practices improve self-awareness and psychological functioning, which are closely associated with emotional well-being and positive self-development.

The review additionally indicated that Rajyoga Meditation positively influences emotional regulation and stress management among high school students. Meditation practices help students control negative thoughts, reduce emotional instability and manage stress more effectively. Students practicing meditation regularly may become more emotionally balanced, calm and confident in social and academic situations. Similar findings were reported by Yogeswaran and El Morr (2021), who observed positive effects of mindfulness interventions on students' mental health and emotional well-being.

Further significant finding of the review is the role of Rajyoga Meditation in personality development. Meditation practices encourage qualities such as patience, self-discipline, emotional maturity and positive attitudes. These qualities help students develop better social relationships, improved classroom behavior and stronger emotional resilience. Siwach and Sikka (2024) also observed that participation in Rajyoga-based practices is associated with improved self-confidence, psychological well-being, and personality development among children and adolescents.

The results of the present review support previous findings from mindfulness and meditation studies in educational environments. Earlier studies have also reported improvements in

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emotional stability, self-regulation, self-confidence and psychological adjustment among students practicing meditation and mindfulness techniques.

Nevertheless, the review highlights certain research gaps in this field. Few studies specifically investigate the impact of Rajyoga Meditation on self-esteem among high school students. Most available studies focus mainly on stress management, mindfulness or general mental health outcomes rather than adolescent self-esteem and personality development. In addition, there is limited longitudinal and experimental research related to Rajyoga Meditation in Indian school settings. Further research should therefore focus on larger student samples and examine long-term intervention studies to provide scientific evidence regarding the psychological benefits of Rajyoga Meditation. Page | 66

The review points to important educational implications. Schools and educational institutions are encouraged to integrate Rajyoga Meditation into student wellness programs, value education activities, and mental health support frameworks. Since Rajyoga Meditation is simple, low-cost and easy to practice, it may function as an effective psychological and educational intervention for promoting self-esteem, emotional well-being and holistic development among high school students.

## **6. Conclusion**

This review indicates that Rajyoga Meditation has a positive influence on self-esteem, emotional well-being and personality development among high school students. The reviewed literature suggests that meditation practices help students develop self-confidence, positive thinking, emotional balance and self-awareness, which are important for healthy psychological growth during adolescence.

Rajyoga Meditation may also help students manage stress, reduce negative thinking and improve emotional regulation. In the modern educational environment, where adolescents face increasing academic pressure, social comparison and emotional challenges, meditation-based practices can serve as supportive tools for promoting mental well-being and holistic development.

Despite this, existing research on Rajyoga Meditation and self-esteem among high school students is limited. Additional experimental and school-based investigations are necessary to strengthen evidence of its psychological and educational outcomes.

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## Conflict of Interest/Competing Interests

No conflict of interest.

## Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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