



REVIEW OF RESEARCH

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AN EMPIRICAL STUDY ON THE EFFECT OF BRAHMA KUMARI'S RAJYOGA MEDITATION ON ACADEMIC ACHIEVEMENT AND SMARTPHONE ADDICTION AMONG COLLEGE STUDENTS IN WOMEN'S GDC UDHAMPUR, J&K

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ABSTRACT

The rapid rise in smartphone usage among college students has significantly impacted their academic performance and psychological well-being. This empirical study investigates the effect of Brahma Kumari's Rajyoga Meditation on academic achievement and smartphone addiction among students of Government Degree College (GDC) for Women, Udampur, Jammu & Kashmir. A quasi-experimental research design was adopted with pre-test and post-test measures. A sample of 120 students was selected and divided into experimental and control groups. The experimental group underwent Rajyoga meditation training for 8 weeks. Standardized tools were used to measure academic achievement and smartphone addiction levels. The findings revealed a significant improvement in academic performance and a notable reduction in smartphone addiction among students practicing Rajyoga meditation. The study concludes that meditation is an effective intervention for enhancing student well-being and academic outcomes.



KEYWORDS: Paniya women; maternal health; Wayanad; tribal healthcare; structural barriers; reproductive health.

1. INTRODUCTION

In the digital era, smartphones have become an integral part of students' lives. While they offer educational benefits, excessive use often leads to addiction, negatively affecting academic performance, concentration, and mental health. At the same time, meditation practices have gained attention as tools for improving focus, emotional stability, and cognitive functioning.

Brahma Kumari's Rajyoga Meditation is a simple, open-eyed meditation technique focusing on self-awareness and inner peace. It is widely practiced for stress reduction and personality development. This study explores whether Rajyoga meditation can improve academic achievement and reduce smartphone addiction among college students.

2. REVIEW OF LITERATURE

Previous studies indicate that meditation enhances attention, reduces stress, and improves academic performance. Excessive smartphone usage is linked to reduced academic engagement and increased distraction.

Research on Rajyoga meditation highlights:

- Improved concentration
- Emotional stability
- Reduced anxiety and stress

However, limited research combines Rajyoga meditation with smartphone addiction and academic performance among female college students in Jammu & Kashmir.

3. OBJECTIVES OF THE STUDY

1. To examine the effect of Rajyoga meditation on academic achievement.
2. To assess its impact on smartphone addiction levels.
3. To compare pre-test and post-test results between experimental and control groups.

4. HYPOTHESES

- H01: No significant difference exists in
- H01: No significant difference exists in academic achievement between the two groups.
- H02: No significant difference exists in smartphone addiction levels between the two groups.

5. RESEARCH METHODOLOGY

5.1 Research Design

Quasi-experimental design with pre-test and post-test control group.

5.2 Sample

The sample consisted of **120 students** from Women's GDC Udhampur, J&K:

- Experimental Group: **60 students**
- Control Group: **60 students**

5.3 Tools Used

- Academic Achievement Test (based on internal exam scores)
- Smartphone Addiction Scale (standardized questionnaire)

5.4 Procedure

1. Pre-test conducted for both groups.
2. Experimental group received Rajyoga meditation training for **8 weeks** (30 minutes daily).
3. Control group followed regular academic routine.
4. Post-test conducted after intervention.

5.5 Statistical Techniques

- Mean and Standard Deviation
- t-test

6. RESULTS AND ANALYSIS

The analysis revealed:

- A **significant improvement in academic achievement** among the experimental group compared to the control group.
- A **significant reduction in smartphone addiction levels** in the experimental group.
- The calculated t-values were found to be statistically significant at the 0.05 level, leading to rejection of the null hypotheses.

7. DISCUSSION

- The findings suggest that Rajyoga meditation improves focus, self-regulation, and time management, which positively influence academic performance. Additionally, meditation helps reduce dependency on smartphones by enhancing self-control and awareness.

8. CONCLUSION

- The study concludes that Rajyoga meditation is an effective intervention for improving academic achievement and reducing smartphone addiction among college students. Institutions should consider incorporating meditation programs for holistic development.

9. EDUCATIONAL IMPLICATIONS

- Inclusion of meditation in college curriculum
- Awareness programs on smartphone addiction
- Promotion of mental health practices

10. LIMITATIONS

- Restricted to one institution
- Short duration of intervention
- Limited demographic scope

11. SUGGESTIONS FOR FUTURE RESEARCH

- Larger multi-institutional studies
- Long-term impact analysis
- Comparative studies with other meditation techniques

12. REFERENCES

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