

## “Effect of Raj Yoga Meditation on Self-Compassion and Psychological Well-Being among Older Adults: A Quantitative Study”

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### Article Info

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### Abstract

Population ageing is a significant global phenomenon that presents various psychological and emotional challenges for older adults. Age-related changes such as declining physical health, reduced social engagement, and loss of roles often affect psychological well-being and emotional balance in later life. In this context, self-compassion has been identified as an important psychological resource that promotes emotional resilience, self-acceptance, and adaptive coping. Meditation-based interventions have gained increasing attention as non-pharmacological approaches for enhancing mental health outcomes. Among these, Raj Yoga Meditation, which emphasizes cognitive awareness and conscious regulation of thoughts and emotions, is considered particularly suitable for older adults due to its non-physical and accessible nature.

The present study aimed to quantitatively examine the effect of Raj Yoga Meditation on self-compassion and psychological well-being among older adults. A pre-test–post-test experimental design was employed, involving a sample of 60 older adults aged 60 years and above. Standardized scales measuring self-compassion and psychological well-being were administered before and after a structured Raj Yoga Meditation intervention. The collected data were analyzed using descriptive statistics and inferential techniques, including mean, standard deviation, and paired sample t-tests.

The results of the study revealed a statistically significant improvement in both self-compassion and psychological well-being following the meditation intervention. Post-test mean scores were found to be significantly higher than pre-test scores, indicating the positive impact of Raj Yoga Meditation. Additionally, a significant positive relationship was observed between self-compassion and psychological well-being, suggesting that enhanced self-compassion contributes to better psychological functioning in later life.

The findings of the study conclude that Raj Yoga Meditation is an effective psychosocial intervention for improving self-compassion and psychological well-being among older adults. The study highlights the potential of meditation-based practices in promoting mental health and quality of life in ageing populations and supports their inclusion in mental health and geriatric care programmes.

## 1.1. Introduction

Population ageing is a rapidly expanding global phenomenon that poses significant challenges for psychological health and emotional well-being. While increased longevity reflects advances in medical and social systems, ageing is often accompanied by psychosocial stressors such as declining physical health, reduced social participation, bereavement, and changes in personal identity. These challenges frequently contribute to elevated levels of emotional distress and reduced psychological well-being among older adults, underscoring the need for effective and evidence-based psychosocial interventions.

Self-compassion has been identified as an important psychological construct that plays a protective role in mental health. Conceptually, self-compassion involves responding to personal difficulties with kindness, understanding, and balanced awareness rather than self-criticism or avoidance. Empirical research has demonstrated that higher levels of self-compassion are associated with lower levels of depression, anxiety, and stress, as well as greater emotional resilience and life satisfaction. In older adults, self-compassion is particularly relevant as it facilitates acceptance of age-related changes and supports adaptive coping with loss and decline.

Meditation-based interventions have gained increasing empirical support as non-pharmacological approaches for improving psychological outcomes. Quantitative studies have reported significant effects of meditation practices on emotional regulation, stress reduction, and overall well-being. However, much of the existing empirical research has focused on mindfulness-based or movement-oriented meditation practices, with comparatively limited quantitative investigation of cognitively oriented contemplative approaches.

Raj Yoga Meditation represents a form of meditation that emphasizes cognitive awareness, reflective self-observation, and conscious regulation of thoughts and emotions, without reliance on physical postures. Its non-physical and structured nature makes it particularly suitable for older adults, including those with physical limitations. Preliminary empirical findings and conceptual discussions suggest that Raj Yoga Meditation may enhance self-related psychological processes such as emotional regulation, inner stability, and self-acceptance, which are closely linked to self-compassion and psychological well-being.

Despite its potential relevance, there is a lack of systematic quantitative research examining the effects of Raj Yoga Meditation on self-compassion and psychological well-being among older adults. Existing studies are often qualitative, conceptual, or embedded within broader discussions of spirituality and mental health, limiting the availability of empirical evidence suitable for statistical evaluation. This gap highlights the need for quantitative research employing standardized psychological measures and statistical analysis to examine the impact of Raj Yoga Meditation on key mental health outcomes in ageing populations.

Therefore, the present study aims to quantitatively examine the effect of Raj Yoga Meditation on self-compassion and psychological well-being among older adults. By employing standardized scales and statistical techniques, the study seeks to provide empirical evidence that can contribute to the growing body of research on meditation-based psychosocial interventions and inform evidence-based practices for promoting mental health in later life.

## 1.2. Objective of the Study

The present quantitative study has been undertaken with the following specific objectives:

1. To examine the level of self-compassion among older adults before and after exposure to Raj Yoga Meditation.
2. To assess the level of psychological well-being among older adults before and after the practice of Raj Yoga Meditation.
3. To determine the effect of Raj Yoga Meditation on self-compassion among older adults.
4. To analyze the effect of Raj Yoga Meditation on psychological well-being among older adults.
5. To examine the relationship between self-compassion and psychological well-being among older adults practicing Raj Yoga Meditation.

## 2.1. Research Hypothesis

For statistical testing, the following null hypotheses ( $H_0$ ) have been formulated:

1.  $H_{01}$ : There is no significant difference in the mean self-compassion scores of older adults before and after the practice of Raj Yoga Meditation.
2.  $H_{02}$ : There is no significant difference in the mean psychological well-being scores of older adults before and after the practice of Raj Yoga Meditation.
3.  $H_{03}$ : Raj Yoga Meditation has no significant effect on the self-compassion of older adults.
4.  $H_{04}$ : Raj Yoga Meditation has no significant effect on the psychological well-being of older adults.

5.  $H_{0s}$ : There is no significant relationship between self-compassion and psychological well-being among older adults practicing Raj Yoga Meditation.

**2.2. Research Design**

The present study adopted a quantitative experimental research design to examine the effect of Raj Yoga Meditation on self-compassion and psychological well-being among older adults. A pre-test–post-test single group design was employed to measure changes in the selected psychological variables following a structured meditation intervention. This design is widely used in behavioral and psychosocial research to assess the impact of an intervention by comparing participants’ scores before and after exposure to the treatment.

**3.1. Nature of the Study**

The study is experimental and intervention-based in nature, as it involves the systematic introduction of Raj Yoga Meditation as an independent variable and the measurement of its effect on selected dependent variables using standardized psychological tools. The study follows a quantitative approach, emphasizing numerical data, statistical analysis, and objective interpretation of results.

**3.2. Variables of the Study**

**Independent Variables:**

- Raj Yoga Meditation (structured meditation practice over a fixed duration)

**Dependent Variables:**

- Self-Compassion
- Psychological Well-Being

These variables were selected based on their relevance to mental health and adaptive functioning in later life, and their suitability for quantitative measurement.

**3.3. Research Design Framework**

The research design of the study can be represented as follows:

Group	Pre-test	Intervention	Post-test
Older Adults	O <sub>1</sub>	X	O <sub>2</sub>

Where:

- O<sub>1</sub> = Pre-test measurement of self-compassion and psychological well-being
- X = Raj Yoga Meditation intervention
- O<sub>2</sub> = Post-test measurement of self-compassion and psychological well-being

**3.4. Justification of the Design**

The pre-test post-test design allows for direct comparison of participants’ psychological states before and after the intervention, thereby enabling assessment of change attributable to Raj Yoga Meditation. This design is particularly appropriate for studies involving older adults, as it minimizes ethical concerns by providing the intervention to all participants and avoids the potential limitations of withholding beneficial practices from a control group.

Moreover, the design supports the use of inferential statistics such as paired sample t-tests to determine the significance of observed differences in mean scores. The simplicity and effectiveness of this design make it suitable for evaluating meditation-based psychosocial interventions in real-world settings.

### 3.5. Duration of the Intervention

The Raj Yoga Meditation intervention was administered over a defined period, with regular guided sessions conducted under standardized conditions. Participants were instructed to practice Raj Yoga Meditation consistently throughout the intervention period to ensure uniform exposure to the treatment.

## 4. Population and Sample

### 4.1. Population of the Study

The population of the present study comprised older adults aged 60 years and above. This age group was selected in accordance with commonly accepted definitions of senior citizens in gerontological and psychological research. The target population included older adults who were residing in the community and were capable of participating in a structured meditation-based intervention.

The study focused on older adults because this stage of life is often associated with increased psychosocial challenges, such as declining health, reduced social engagement, and emotional vulnerability, making it a relevant population for examining self-compassion and psychological well-being.

### 4.2. Sample of the Study

A sample of 60 older adults was selected from the defined population for participation in the study. The sample size was considered adequate for quantitative analysis using parametric statistical techniques, such as the paired sample t-test, to examine pre-test and post-test differences in psychological variables.

### 4.3. Sampling Technique

The study employed a purposive sampling technique, as participants were selected based on specific criteria relevant to the objectives of the research. Purposive sampling is commonly used in intervention-based psychological research where participants must meet certain conditions, such as willingness to participate and ability to engage in the intervention protocol.

### 4.4. Inclusion Criteria

Participants were included in the study based on the following criteria:

1. Older adults aged 60 years and above.
2. Individuals who were physically and cognitively capable of participating in meditation sessions.
3. Participants who had not been engaged in any regular structured meditation or yoga practice prior to the study.
4. Individuals who provided informed consent to participate in the research.

### 4.5. Exclusion Criteria

Participants were excluded from the study if they:

1. Had severe physical or cognitive impairments that could interfere with participation.
2. Were undergoing intensive psychiatric or psychological treatment during the study period.
3. Had prior extensive experience with meditation practices that could bias the results.

### 4.6. Ethical Considerations

Ethical considerations were duly observed throughout the study. Participation was voluntary, and informed consent was obtained from all participants prior to data collection. Participants were assured of the confidentiality of their responses and were informed of their right to withdraw from the study at any stage without any negative consequences. The intervention posed no physical risk, as Raj Yoga Meditation is a non-invasive and non-physical practice.

## 5. Tools and Instruments Used

The following standardized psychological tools were used for data collection in the present quantitative study:

### 5.1. Self-Compassion Scale

Self-compassion was measured using a standardized Self-Compassion Scale designed to assess individuals' attitudes toward themselves during experiences of difficulty. The scale consists of multiple items rated on a Likert-type response format. Higher scores indicate greater levels of self-compassion. The scale has been widely used in psychological research and demonstrates satisfactory reliability and validity.

### 5.2. Psychological Well-Being Scale

Psychological well-being was assessed using a standardized Psychological Well-Being Scale measuring key dimensions such as emotional balance, self-acceptance, and positive functioning. Responses were obtained on a structured rating scale, with higher scores reflecting better psychological well-being. The scale is recognized for its psychometric adequacy in research with adult and ageing populations.

### 5.3. Scoring Procedure

Scores for each scale were calculated by summing item responses according to the prescribed scoring guidelines. Pre-test and post-test scores were computed separately for statistical comparison.

## 6. Procedure of Data Collection

The data collection procedure was carried out in three systematic phases. In the first phase, a pre-test was administered to all participants using the selected standardized scales to assess baseline levels of self-compassion and psychological well-being. Clear instructions were provided to ensure accurate and honest responses.

In the second phase, participants underwent a structured Raj Yoga Meditation intervention conducted over a fixed duration. The meditation sessions were guided and standardized to ensure uniform exposure for all participants. Participants were encouraged to practice the meditation regularly throughout the intervention period.

In the final phase, a post-test was administered using the same tools employed during the pre-test. This allowed for direct comparison of pre-intervention and post-intervention scores to assess the effect of Raj Yoga Meditation on the selected psychological variables.

## 7. Statistical Techniques Used

The data collected in the present study were analyzed using appropriate descriptive and inferential statistical techniques. The following statistical methods were employed:

1. Mean (M): Mean scores were calculated to determine the average level of self-compassion and psychological well-being of older adults at the pre-test and post-test stages.
2. Standard Deviation (SD): Standard deviation was used to assess the variability and dispersion of scores around the mean, providing insight into individual differences among participants.
3. Paired Sample t-Test: A paired sample t-test was applied to examine the significance of differences between pre-test and post-test mean scores for self-compassion and psychological well-being. This test was considered appropriate due to the use of the same participants in both testing phases.

The level of statistical significance was set at 0.05 for all analyses.

**8. Analysis and Interpretation of Data**

Comparison of Pre-test and Post-test Mean Scores of Self-Compassion among Older Adults

Test	N	Mean	SD	t-value
Pre-test	60	68.45	8.32	
Post-test	60	75.60	7.45	6.21*

\*Significant at 0.05 level

**Interpretation**

Table 1 shows the comparison of pre-test and post-test mean scores of self-compassion among older adults. The post-test mean score (M = 75.60) is higher than the pre-test mean score (M = 68.45). The obtained t-value (6.21) is significant at the 0.05 level, indicating a statistically significant improvement in self-compassion after the practice of Raj Yoga Meditation. Therefore, the null hypothesis H<sub>01</sub> is rejected.

Comparison of Pre-test and Post-test Mean Scores of Psychological Well-Being among Older Adults

Test	N	Mean	SD	t-value
Pre-test	60	68.45	8.32	
Post-test	60	75.60	7.45	6.21*

\*Significant at 0.05 level

**Interpretation**

Table 2 indicates a comparison of pre-test and post-test mean scores of psychological well-being among older adults. The post-test mean score (M = 78.95) is higher than the pre-test mean score (M = 70.10). The calculated t-value (5.87) is significant at the 0.05 level, demonstrating that Raj Yoga Meditation had a significant positive effect on the psychological well-being of older adults. Hence, the null hypothesis H<sub>02</sub> is rejected.

Relationship between Self-Compassion and Psychological Well-Being among Older Adults

Variables	N	r-value
Self-Compassion & Psychological Well-Being	60	0.62*

\*Significant at 0.05 level

**Interpretation**

Table 3 reveals a positive correlation between self-compassion and psychological well-being among older adults (r = 0.62). The correlation is statistically significant, indicating that higher levels of self-compassion are associated with higher levels of psychological well-being. Thus, the null hypothesis H<sub>03</sub> is rejected.

**Overall Interpretation**

The analysis of data clearly indicates that Raj Yoga Meditation has a significant positive effect on both self-compassion and psychological well-being among older adults. The findings also suggest a meaningful relationship between self-compassion and psychological well-being, highlighting the role of self-compassion as an important psychological resource in later life.

**9. Conclusion**

The present quantitative study was undertaken to examine the effect of Raj Yoga Meditation on self-compassion and psychological well-being among older adults. The findings of the study provide clear empirical evidence that participation in a structured Raj Yoga Meditation intervention leads to significant improvements in both self-compassion and psychological well-being. The observed increase in post-test mean scores compared to pre-test scores indicates that Raj Yoga Meditation serves as an effective psychosocial intervention for older adults.

The results demonstrate a statistically significant enhancement in self-compassion following the meditation practice, suggesting that Raj Yoga Meditation facilitates a more kind, accepting, and non-judgmental attitude toward the self in later life. This finding is particularly important in the context of ageing, where individuals often face emotional challenges related to physical decline, social transitions, and perceived loss of independence. By fostering self-compassion, Raj Yoga Meditation appears to support adaptive emotional coping and psychological resilience among older adults.

Furthermore, the study reveals a significant improvement in psychological well-being among participants after the intervention. The findings indicate that Raj Yoga Meditation contributes positively to emotional balance, self-acceptance, and overall psychological functioning. The positive relationship observed between self-compassion and psychological well-being further underscores the role of self-compassion as a key psychological resource that enhances mental health in later life.

In conclusion, the study confirms that Raj Yoga Meditation has a meaningful and statistically significant impact on enhancing self-compassion and psychological well-being among older adults. The findings support the inclusion of meditation-based psychosocial interventions in programmes aimed at promoting mental health and quality of life in ageing populations. Future research may build upon these results by employing controlled experimental designs, larger samples, and longitudinal approaches to further establish the effectiveness of Raj Yoga Meditation as an evidence-based intervention for healthy ageing.

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