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Council for Teacher Education Foundation (CTEF, Gujarat Chapter)

Patron: Prof. R. G. Kothari

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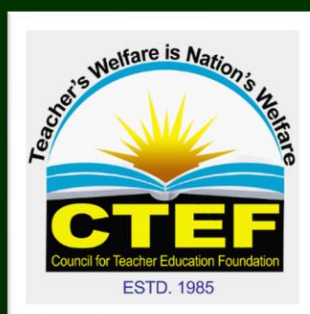
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Study of the Karmayoga of Bachelor's Students

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Abstract

The present research has been conducted to “study the karmayoga of bachelor students”. In the present research, the researcher has measured the karmayoga of the first year bachelor students. This study intends to assess the understanding of karmayoga principles among bachelor students. The survey method and content analysis method have been used as the research method in the present research study. Gender, stream, spirituality and karmayoga have been taken as variables in this research. And a total of 23 colleges of the graduate level run by Sardar Patel University have been selected as the research scope. Out of which 6 colleges (Arts stream, Commerce stream and Science stream) have been selected as the sample in the present research through stratified random sampling method. For the present study, the researcher had designed the karma yoga scale and an open-ended questionnaire. And, a standardized instrument for measuring spirituality was selected and translated. The researcher used the critical ratio method and content analysis method to analyze and interpret the data obtained through the device.

Keywords: Karmayoga, Bachelor students, Spirituality

Introduction

Education is crucial for transferring India's rich culture and heritage to future generations. The new education policy emphasizes all-round development, focusing on value education. According to *Swami Vivekananda*, moral education develops a person's character and intelligence. As literacy rates rise, values decline, making value education vital.

The Indian Knowledge System (IKS) is a treasure trove of ancient knowledge, encompassing philosophy, science, and mathematics. IKS remains relevant today, offering a holistic

approach to life and well-being. The New Education Policy (NEP) 2020 recognizes IKS as a guiding principle, integrating it into school and higher education curricula.

Goal setting in the Indian perspective is to train the integrity of life. According to *Swami Vivekanandaji*, “The aim of education is human development and character building.” In this way, the components associated with goal setting are such as personality, behavior and values. By including such things in the curriculum, the idea of Indian ideology has been honored by independent thinking. The *Upanishads*, *Bhagavad Gita*, *Vedas*, *Jainism*, *Buddhism*, *Yoga* philosophy, *Nyaya* philosophy, *Vedanta* and the independent and unique contributions of Indian thinkers are invaluable in this regard. In all Indian philosophies, the main focus is on karma, truth and values, and in this too, more emphasis is placed on karma. According to Indian philosophy, karma is the best in any person’s life. Karma is given priority. Be it *Ramcharitmanas*, *Gita* or any other scripture, karma is given priority. Karma is not only done through physical actions but also through mind, thoughts and emotions. Karmayoga is the main reason for the love and credit of anthropology. Karmayoga illuminates the path of anthropology, by walking on which man attains the door of liberation.

Literature review

Dr. Gupta (2022) presented a research article on Karmayoga as a path to health and well-being. This research was published in *The International Journal of Indian Psychology*. The primary goal of this research was to investigate the application of Karmayoga and yoga practices for promoting health and well-being in modern times. He conducted qualitative research and used the content analysis method. He studied Karmayoga and other contexts for data analysis. The main finding of this research study is that a detached person not only enjoys his health, but also enjoys his existence. He lives in a blissful state of inner self-fulfillment.

Navarre and Pandey (2022) studied Karma Yoga: Skill Development and Effects on Positive Psychological Outcomes at the Workplace. This research article from the *International Journal of Cross Culture*. The first goal is to create a reliable and valid measurement tool, a Karmayoga scale, and examine the impact of Karmayoga on positive psychological outcomes. They conducted a quantitative research and used survey research method. The researcher took age, work experience, Karmayoga, consciousness (awareness) and self-transcendence as variables in this study. The researcher selected 1056 people as a sample and used snowball sampling method. They collected data through Karma Yoga Scale Questionnaire and the main findings of this study are the effect of Karmayoga on well-being. And the effect of Karmayoga is also seen on mental stress.

Pallathadaka, Takhelchangbam and Pushparaj (2022) presented a research paper on the importance of Karmayoga in modern society. This research paper was presented in the Integrated Journal for Research in Arts Initiates. This study primarily aims is to understand the importance of Karmayoga in modern society and the current perspectives and future trends of Karma Yoga in modern times. They conducted quantitative research and used survey research method. In this study, gender, age, education, income and marital status were studied as variables. 165 people were taken as a sample. In the present study, data collection was done through Karmayoga Measurement Instrument was conducted and analyzed using appropriate statistical methods. The study's primary conclusion is that Karmayoga, a path of action, ultimately serves as a means to achieve liberation.

Tegnetti and Tegnetti (2021) presented a research article on Karmayoga: The Science of Human Excellence. This research article was published in Management Dynamics. This research aims to illuminate the concept of 'action,' detailing the necessary rationale (why) and practical methodology (how) for its implementation. The researcher conducted qualitative research and used the content analysis method. He studied the Bhagavad Gita to collect data for this research. The main findings of this research are that people consciously or unconsciously believe that the actions they perform are part of a plan designed by the Supreme Power, God.

Sharma and Sharma (2020) presented a research paper on the relationship between Karmayoga and life satisfaction. This research paper was published in the journal Shodh Sangam. The main aim of this study was to differentiate between the dimensions of Karmayoga in relation to life satisfaction. They conducted quantitative research and used survey research method. In this study, duty (work), orientation and self-control were taken as variables. In this study, educational training institutions of Raipur district of Chhattisgarh were taken as the study area. Sample Selection in the study 100 teacher trainers were randomly selected from different institutions. The study instrument was a self-designed questionnaire by the researchers. Critical ratio was used for data analysis. The main findings of the research are that the dimensions of Karmayoga are not measurably different in how they relate to life satisfaction. Levels of life satisfaction inherently differ, and the practice of self-control within Karma Yoga varies significantly depending on whether one's overall life satisfaction is high or low.

Rastogi, Patti, Kumar and Dixit (2019) presented a research paper on the development of karmayoga instrument, score of Hindu work ethic. This research paper was presented at the Indian Institute of Management Bangalore. The primarily goal of this research is to work on

Karmayoga To develop and study a measure of the impact of positive psychological outcomes on individuals working at the workplace. The researcher conducted quantitative research and used a survey research method. The variables considered in this study were gender, education and field of work. The researcher chose a purposive sampling method, and data were collected through the Karmayoga Scale Questionnaire. The main findings of this study are that Karmayoga decrease stress, and leads to a path of well-being, and Karmayoga provides a way and means to realize spirituality at work from an ego-centered approach to work.

Agreni (2017) has presented a research paper on the concept and value of the teaching of Karmayoga according to the book of Bhagavad Gita in Vidhottam Sanatana: International Journal of Hindu science and Religious Studies. The main objective of this study is to present Karmayoga as a concept and value of education. Bhagavad Gita is one of the Vedic Puranas. It contains the teachings of Karmayoga. It functions as a practical and spiritual guide for Hindus seeking happiness through the fulfillment of their physical and spiritual needs. Karmayoga teaches that the path to achieving fulfillment in life revolves around performing one's necessary work (dharma) without attachment to the results of that work. It is the practice of working with devotion for the welfare and happiness of others, without expecting personal gain. A modern interpretation describes this as performing one's obligatory duties without needing to justify or explain the underlying decisions or actions to others. The core teaching focuses entirely on the act of selfless work itself, without attachment to the outcomes or the work as an ego-driven possession.

Patti, Rastogi and Kumar (2017) presented a research paper titled Arresting Burnout: The Role of Karmayoga, Indian Institute of Management Kozhikode. This research aim is to investigate the relationship between Karmayoga and burnout. This research is quantitative in nature, and survey research method was used in it. As variables, exploitation, service, Karmayoga and job burnout were selected. A sample of 207 was selected for the research. A self-designed instrument was chosen for data collection. The findings of this research suggest that by dedicating Karmayoga as a way of life, organizations can help their employees develop a more positive and resilient mindset. Which in turn reduces the feeling of burnout.

Mulla and Krishnan (2014) presented a research paper on Karmayoga: An Indian Perspective on Moral Development. This research paper was published in the Journal of Business Ethics. This research proposes a comprehensive model for moral development grounded in the Indian philosophy of Karmayoga. They conducted a quantitative research and used a survey research method. They took gender, age, work experience and qualification as

variables. In this study, two organizations were selected as a sample from which 420 people were selected through purposive sampling. They used the Karma Yoga-moral development scale and the data were analyzed using appropriate statistical methods. The research findings establish Karmayoga as an alternative framework for fostering moral development among Indian managers. The three outcomes of Karmayoga are moral awareness, moral motivation, and moral character.

Statement of research problem:

“Study of the Karma yoga of bachelor student”

The type of the research is mixed. Which has been selected from the field of educational philosophy. In this research, the main objective has been set by the researcher to study the Karma Yoga of bachelor level students and gender, stream, spirituality, and Karma Yoga have been selected as variables. The researcher has selected 6 samples from Sardar Patel University using stratified random sampling method. To collect data, a open-ended questionnaire and an close-ended questionnaire have been designed for the Karma Yoga measure, and a standardized instrument has been selected and translated for the Spirituality measure, and then the obtained results have been analyzed using appropriate statistical methods and conclusions have been drawn.

Objective:

1. To study the karmayoga of bachelor level students.
2. To study the karmayoga of bachelor level students in the context of sexuality.
3. To study the Karmayoga of bachelor students in the context of flow.
4. To study the Karmayoga of bachelor students in the context of spirituality
5. To study the ideas of Karmayoga of bachelor students.

Hypothesis:

Ho1: There will be no significant difference in the average scores of male and female Bachelor students on the Karmayoga scale.

Ho2: There will be no significant difference in the average scores of science stream and commerce stream students on the Karmayoga scale among bachelor students.

Ho3: There will be no significant difference in the average scores of the arts stream and commerce stream students on the Karmayoga scale among bachelor students.

Ho4: There will be no significant difference in the average scores of the arts stream and science stream students on the Karmayoga scale among bachelor students.

H05: There will be no significant difference in the average scores on the Karmayoga scale between students with high spirituality and students with low spirituality among bachelor students.

Variable

Variable	Detail	Variable level
Independence variable	Gender	Male and female
	Stream	Science, commerce and arts
	Spirituality	High and low
Dependent variable	Karmayoga	

Research Methodology:

The type of research presented is mixed research. It includes quantitative research and qualitative research. The presented research is a mixed type of research. Therefore, in this research study, survey research method has been used for quantitative research and content analysis method for qualitative research.

Research Tool:

During the research process, the instrument used to obtain the necessary information according to the objectives of the study is called an apparatus. In educational research, various types of apparatus are used to obtain quantitative and qualitative information. The researcher can use ready-made available apparatus for research and if necessary, the researcher himself designs the apparatus. In the present research, the Karma Yoga Scale, an open-ended questionnaire apparatus has been designed. And a standardized apparatus has been selected for the spirituality scale and translated.

Steps of Karma Yoga Scale Design:

(1) Reading of Reference Literature

Here, the researcher read various literature. First, the components were determined by the researcher. For determining the components, the researcher referred to the Bhagavad Gita. After that, the Karma Yoga apparatus of various researchers was also studied. In the present research, the researcher has designed two types of apparatus. And one standardized apparatus was translated.

1. Karma Yoga Scale
2. Open-ended questionnaire
3. Spirituality scale

(2) Preliminary format

The determination of the components is very important for the creation of the device. Therefore, the researcher first determined the components. From the study of Bhagavad Gita, the researcher determined three components. Which are as follows.

1. *Nishkam Karma*
2. *Ishwar pranithan Karma*
3. *Kartavya Bodh*

- Karmayoga scale:

Through the research, 15 clauses based on the situation corresponding to the three components have been created for this criterion. In which three scale point have been kept for each clause. Students will answer by marking the correct answer on the answer that applies to them. The marks of each scale point have been kept 1, 2, 3 respectively.

- Open-ended questionnaire

In the open-ended questionnaire, a total of six questions have been designed by the researcher. 2-2 questions have been designed for each component. The students have read the questions and answered them according to their own understanding. The answers given have been analyzed and interpreted according to the content analysis method.

- Spirituality scale: The researcher selected a validated tool for measuring spirituality.

Components	Positive	Negative
God and Religious	3	3
Religious Concept	3	3
Spiritual Changes	4	3
Religious Experience	4	3
Self-Awareness	3	3

(3) Discussion with the guide

The primary format of tool prepared by the researcher was discussed with the guide. After that, the guide made suggestions for improvements and additions wherever necessary. As per the suggestions made by the guide, the researcher created a second version of the tool with improvements.

(4) Second form

After the design of the primary form of the tool, the researcher designed the secondary form of the device according to the improvements suggested in the discussion between the researcher and the guide. The devices were then given to the experts.

(5) Final format

The researcher modified and improved the device according to the suggestions given by the experts, and then designed the final tool.

Research finding:

- There is no significant difference in the average scores of male and female bachelor students on the Karmayoga scale. That is, the Karmayoga scores are similar in boys and girls. Therefore, it can be said that the effect of gender is not observed on the Karma Yoga scores of students.
- There is no significant difference in the average achievement of the students of the science stream and the students of the commerce stream on the karmayoga scale of the bachelor students. That is, the karma yoga is found to be the same in the students of the science stream and the students of the commerce stream. Therefore, it can be said that the effect of the stream is not seen on the karmayoga of the students.
- There is no significant difference in the average achievement of the students of the arts stream and the students of the commerce stream on the karmayoga scale of the bachelor students. That is, the karmayoga is found to be the same in the students of the arts stream and the students of the commerce stream. Therefore, it can be said that the effect of the stream is not seen on the karmayoga of the students.
- There is no significant difference in the average scores of arts stream students and science stream students on the Karmayoga scale among bachelor students. That is, Karmayoga is seen as similar among arts stream students and science stream students. Therefore. It can be said that the effect of stream is not seen on Karmayoga.
- There is a significant difference in the average scores of high spirituality students and low spirituality students on the Karmayoga scale among bachelor students. That is, Karmayoga is not seen as similar among high spirituality students and low spirituality students. Karmayoga is seen more in students with high spirituality while Karmayoga is seen as low in students with low spirituality. Hence it can be said that the effect of spirituality is seen on Karma Yoga.
- While studying the thoughts of Karmayoga of bachelor students, it was found that the answers of most of the students are positive. From the answers given by the students, it is

known that they have a sense of selfless work, a sense of detachment, a sense of dedication to God, empathy, a sense of duty and a sense of helping, and hence it can be said that the bachelor students have an awareness of Karmayoga, and high Karmayoga is also seen in them.

Conclusion

This research provides valuable perspective on the concept of Karmayoga among first-year bachelor students, highlighting the significance of spirituality, gender, and stream in shaping their understanding of Karmayoga. The findings of this research offers insights that can be utilized to develop effective educational initiatives promoting Karmayoga and holistic development among young adults. An exploration of the concept of Karmayoga provides a deeper understanding of the core values and principles guiding young adults, which is crucial for informing targeted strategies aimed at promoting their personal and professional growth. The study's insights can inform educational programs and interventions that aim to cultivate Karmayoga, enabling students to navigate life's challenges with greater purpose and resilience.

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