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From Inner Peace to Global Harmony: Role of Sahaja Yoga Meditation in Promoting Emotional Maturity among Adolescents.

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Abstract

Adolescence is a developmental stage marked by emotional instability, identity exploration, and heightened vulnerability to stress and anxiety. Recently, increasing academic pressure, social expectations, and digital exposure have affected adolescents' emotional maturity and psychological well-being. The ancient Indian philosophy of Vasudhaiva Kutumbakam—the vision of the world as one family—the study examines the role of Sahaja Yoga Meditation as a holistic intervention for promoting emotional maturity among adolescents.The study employed a quasi-experimental pre-test–post-test research design including secondary school students. Emotional maturity was assessed using a standardized emotional maturity scale before and after intervention. The findings suggest that Sahaja Yoga Meditation fosters emotional regulation, self-awareness, empathy, and inner balance among adolescents.The study highlights the educational relevance of integrating meditation-based practices into school curricula to support holistic development, peace education, and global harmony. The paper concludes by advocating the incorporation of Sahaja Yoga Meditation within school education systems in alignment with the National Education Policy (NEP) 2020 and global well-being initiatives.

Keywords: emotional maturity, Sahaja Yoga meditation, adolescents, inner peace, Vasudhaiva Kutumbakam, holistic education.

Introduction:

Adolescence represents a significant transitional phase characterised by rapid emotional, psychological, and social changes. During this period, adolescents often experience mood fluctuations, emotional reactivity, and difficulty in managing interpersonal relationships. Emotional maturity is vital for healthy personality development and social adjustment.

In contemporary education systems, adolescents face increasing academic competition, peer pressure, and digital influences, which contribute to emotional imbalance and psychological

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distress. Hence, there is a growing need of educational interventions for emotional maturity and inner stability.

The ancient Indian philosophy of Vasudhaiva Kutumbakam emphasizes universal harmony, empathy, and collective well-being. Sahaja Yoga Meditation, which is founded on the principle of spontaneous self-realization, offers a practical approach to cultivate inner peace and emotional balance. This study explores how inner transformation through Sahaja Yoga Meditation can contribute to emotional maturity among adolescents and inculcates values that are essential for global harmony.

Conceptual Framework

Emotional maturity: An individual's capacity to manage emotions effectively, demonstrate self-control & respond adaptively to social situations. Emotionally mature adolescents exhibit emotional stability, empathy, resilience, and responsible behaviour.

Sahaja Yoga Meditation: Sahaja Yoga Meditation - A meditation technique aimed at achieving self-realization and mental silence. Unlike effort-based practices, Sahaja Yoga focuses on spontaneous awakening of inner consciousness that promotes natural emotional regulation. Sahaja Yoga Meditation emphasizes thoughtless awareness, allowing practitioners to experience a state of inner calm and clarity without mental struggle. This state facilitates balanced emotional responses, reduces stress reactivity, and enhances self-awareness among adolescents. Regular practice helps individuals develop emotional stability, empathy, and a harmonious integration of mind and emotions.

Inner Peace and Global Harmony: Inner peace forms the foundation of harmonious social relationships. Adolescents who develop emotional maturity are more likely to engage in empathetic behavior, peaceful conflict resolution, and responsible citizenship—key elements of global harmony as envisioned in Vasudhaiva Kutumbakam. Inner peace nurtures a sense of connectedness and respect for others, enabling adolescents to transcend self-centered reactions. When individuals are emotionally balanced, they contribute positively to their families, schools, and communities. Such inner transformation gradually extends outward, fostering collective well-being, social cohesion, and a culture of peace at the global level.

Review of Literature: Research has consistently emphasized the importance of emotional maturity in adolescent development. Studies indicate that emotionally mature adolescents demonstrate better academic engagement, social competence, and mental health outcomes.

Meditation-based interventions have been found effective in improving emotional regulation and reducing stress among adolescents (Kabat-Zinn, 2003). Majumdar S. et al (2019) in their study entitled "Emotional Maturity- A Study of Secondary School Students" studied the

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emotional maturity of students of class IX in Asansol, West Bengal. Singh B. (2016) conducted research entitled "A Study the Effect of Meditation on Emotional Stability. The findings of the study indicated that there can be a significant impact of Meditation on people at diverse levels, with each person benefiting accordingly.

Studies on Sahaja Yoga Meditation have reported benefits such as reduced stress, enhanced emotional balance, and improved psychological well-being. However, empirical research specifically on emotional maturity among adolescents by using Sahaja Yoga Meditation remains limited. This study seeks to contribute to this emerging area of research.

Objectives of the Study

The objectives of the study were to:

Assess the level of emotional maturity among adolescents.

Examine the effectiveness of Sahaja Yoga Meditation in fostering emotional maturity.

Compare pre-test and post-test emotional maturity scores of adolescents.

Explore the educational implications of meditation-based interventions for peace and harmony.

Hypotheses: Null Hypothesis (H_0): There is no significant difference in emotional maturity levels of adolescents before and after Sahaja Yoga Meditation intervention.

Alternative Hypothesis (H_1): There is a significant improvement in emotional maturity levels of adolescents after Sahaja Yoga Meditation intervention.

Method & Research Design

A quasi-experimental pre-test–post-test design was employed for the study.

Sample

The sample included adolescents aged 13–17 years selected through purposive sampling from secondary schools in Navi Mumbai.

Tool

A standardized Emotional Maturity Scale was used to assess emotional maturity across various dimensions - emotional stability, emotional progression, social adjustment, and independence.

Intervention

A structured Sahaja Yoga Meditation program was conducted over a period of several weeks. The sessions included guided meditation practices on self-awareness, mental silence, and emotional balance. Sessions were conducted regularly under trained supervision.

Data Analysis: Descriptive statistics (mean and standard deviation) and inferential statistics (t-test) were used to analyze the data.

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Results: The comparison of pre-test and post-test scores revealed a statistically significant improvement in emotional maturity levels among adolescents. The calculated t-value was significant at the 0.05 level, leading to the rejection of the null hypothesis.The findings indicate that Sahaja Yoga Meditation positively influences adolescents' emotional development.

Discussion: The findings demonstrate that Sahaja Yoga Meditation enhances emotional stability, self-awareness, and empathy among adolescents. The practice of mental silence and inner observation enables adolescents to respond thoughtfully rather than reacting impulsively to emotional stimuli.

The results support earlier research highlighting the benefits of meditation for emotional regulation and mental well-being. Furthermore, the study aligns with the philosophy of Vasudhaiva Kutumbakam, emphasizing that individual inner peace contributes to social harmony and global well-being. By cultivating inner awareness, adolescents gradually develop greater control over their emotional responses, leading to improved interpersonal relationships and reduced behavioral conflicts. The meditation practice encourages reflective thinking, emotional responsibility, and compassionate understanding of others. Such inner transformation reinforces the idea that personal well-being serves as the foundation for collective peace, thereby strengthening the interconnected vision of global harmony inherent in *Vasudhaiva Kutumbakam*.

Educational Implications

The study offers several educational implications:

Sahaja Yoga Meditation can be integrated into schools' well-being programs.

Teacher training initiatives can facilitate meditation skills.

Schools can promote peace education and emotional literacy.

The approach aligns with NEP 2020's focus on holistic and value-based education.

Conclusion: The study concludes that Sahaja Yoga Meditation is an effective intervention for promoting emotional maturity among adolescents. Integrating Sahaja Yoga Meditation into school education can play a significant role in fostering inner peace and global harmony. The practice supports adolescents in developing emotional balance, self-awareness, and resilience, which are essential for healthy personal and social functioning. When incorporated into the school routine, Sahaja Yoga Meditation can create a nurturing learning environment that addresses students' emotional needs alongside academic growth. Such holistic development contributes not only to individual well-being but also to the broader vision of peaceful

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coexistence and collective responsibility as embodied in the philosophy of *Vasudhaiva Kutumbakam*.

Limitations: The study was limited by sample size, geographical scope, and duration of intervention. These limitations may restrict the generalizability of the findings and suggest the need for caution while extending the results to broader populations and diverse educational settings.

Suggestions for Future Research: Future research may explore longitudinal effects of Sahaja Yoga Meditation, cross-cultural comparisons, and qualitative assessments of adolescents' emotional experiences. Future research may explore longitudinal effects of Sahaja Yoga Meditation, cross-cultural comparisons, and qualitative assessments of adolescents' emotional experiences. Additionally, studies can examine the integration of Sahaja Yoga Meditation into regular school curricula and its sustained impact on academic engagement and social behavior. Further investigation involving larger and more diverse samples may strengthen the generalizability and applicability of the findings across varied educational contexts.

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