1 RESEARCH METHODOLOGY

1.1 Background
Here of introduced hypothesis, research hypothesis related are broke down & differing key structures, for occasion, research course of action, testing, information examination approaches, speculative model utilized for concentrate along these lines on are talked about.

1.2 Research Design
Beginning late, number of individuals have pulled in towards Raj Yoga hones at Brahma Kumaris alliance. In this world, where individual routinely tries endeavors to complete all more normal creatures & accomplishment, decision of Raj Yoga for long run & submitting towards Brahma Kumaris is dazzling examination domain to be inquired about. examination of different motivational parts that put enthuse among individuals to handle Raj Yoga, can help both individual willing to join Raj Yoga at reflection at Brahma Kumaris & besides dynamic association to draw in progressively lovers of Raj Yoga thought. Along these lines, considering of such significances, here in this theory observational & expressive examination has been performed to take gander at changed motivational segments to join Raja yoga meditation at Brahma Kumaris International base camp. underneath demonstrated examination reviews plans to investigate distinct data about different motivational parts of Raja yoga meditation at Brahma Kumaris, Mount Abu, Rajasthan.

Recalling completed goal to perform examination of different motivational variables that urges individuals to join Raj Yoga Meditation at Brahma Kumaris relationship at Mount Abu, Rajasthan, in this suggestion, blended examination viewpoint that consolidates both subjective & quantitative examination point of view. Here, at first subjective examination has been proposed which would audit differentiated significances & vital parts of Raj Yoga Meditation at Brahma Kumaris International Spiritual University; Mount Abu, Rajasthan, which has been trailed by engaging or cautious examination. exact study depends on upon quantitative examination viewpoint utilizing key information/reactions recovered through audit based semi-sorted out social events at Brahma Kumaris Worlds otherworldly school, Mount Abu, Rajasthan. Being blended examination point of view (subjective & quantitative), this examination & study has been proposed to be performed in certain depicted investigation groupings to complete flawless examination destinations. proposed dynamic examination procedure is given as takes after:
overall research methodology encompasses following phases:

1. Defining Research Objectives
2. Literature survey & analysis
3. Research Hypotheses definition
4. Questionnaires preparation
5. Primary Data collection
6. Sampling & data processing
7. Data analysis & Hypothesis test
8. Research conclusion & limitations analysis

overall proposed methodology applied in this dissertation is given as follows:

Fig. No. 1: Research Methodology

In this thesis, initially qualitative study has been done where predominant literatures discussing Raja yoga meditation & various Raja yoga practices performed at Brahma Kumaris. In addition, various literatures discussing motivational factors & other
significances of Raja yoga meditation etc. have been discussed. Qualitative analysis has been followed by quantitative or empirical analysis. Here, to perform empirical & descriptive analysis, questionnaires with open ended as well as closed ended questions have been prepared as per defined research objectives & hypothesis.

Overall defined research hypothesis in this thesis are given as follows:

### 1.3 Conceptual Model

In this thesis, theoretical model has been characterized to be connected to perform research & investigation for planned targets & speculation. Created applied model is given as takes after:

![Conceptual Model](image_url)

**Fig. No. 2: Conceptual model & Hypothesis formulation**

As portrayed in above figure, reasonable model uncovers research approach as explorative push to evaluate distinctive motivational builds & their effect on BKRM thought & catching up. Considering speculation & their interrelation with general exploration objective, it can be found that at first in this postulation different demographic elements, for example, training; age, sex & so forth have been analyzed. Likewise, budgetary statuses of enthusiasts & separate desires or inclinations have additionally been talked about in this study stage. Here, effect of demographic elements on inspiration individuals to join BKRM has been explored.

In second theory of proposed calculated model, individual push, desires & inclinations including dedication, smugness & accomplishment, peace, mental peace
& merry life, commitment towards society & extraordinary force & soon have been analyzed to have their effect on persuading individuals to join BKRM.

In this third period of exploration process, certain critical elements, for example, otherworldly elements, physical elements, & mental elements have been inspected to have sway on spurring individuals towards BKRM, Mount Abu, Rajasthan (India). Finally, of exploration stage, in forward speculation, nonspecific however exceptionally critical components, for example, way of life, method for living at BK, otherworldly environment & different sacred practices & soon have been analyzed for its motivational noteworthy towards Brahma Kumaris Raj Yoga Meditation (BKRM).

So as to look at & examine these variables, essential information based experimental & systematic examination has been performed utilizing research surveys. examination of information accumulation process & separate investigation is given in taking after area of introduced proposition.

1.4 Data Collection

In subjective study, information has been gathered from auxiliary sources like diaries, magazines, different online & disconnected writings & data index accessible for Raj Yoga reflection, homes at Brahma Kumaris Raj Yoga Meditation (BKRM) & so on subjective study, it has been proposed to perform study & examination of shifted motivational elements that impact individuals basic leadership procedure to get partnered with Brahma Kumaris Raj Yoga contemplation & turn out to be piece of BRRM practices at its global home office, Mount Abu, Rajasthan, India. In subjective study, huge data has been recovered through different web assets & existing diaries examining Raj Yoga inspirations.

In starting period of exploration work, investigation of fluctuated writings & articles has been done, which has empowered separating basic data about Raj Yoga inspirations & partnered motivational components at Brahma Kumaris. On premise of written works examined, certain theories have been figured, which has been trailed by arrangement of examination survey to be utilized for reaction accumulation through semi-organized meetings at BK headquarter, Mount Abu, Rajasthan. To accomplish experimental exploration examination surveys has been utilized to gather reactions of aficionados connected with Brahma Kumaris association for Raj Yoga reflection for certain period & their inspiration towards being partnered with Brahma Kumaris association. In this proposal, semi-organized meetings have been directed with individual respondents to recover reactions from respondents at Brahma Kumaris,
Mount Abu, & Rajasthan. On premise of information gathered & reactions recovered information examination has been performed to legitimize research theory.

1.5 Data Source
To perform proposed or characterized research work, in this proposition, two overwhelming information sources have been considered. These are auxiliary information source & essential information source. brief exchange of these information sources is given as takes after:

• Secondary Data
In this postulation, considering significances of exact & precise data, number of practices towards Raj Yoga contemplation & its significances are investigated & applicable data are examined. In proposition, auxiliary information sources, for example, books, eBooks, diaries, research articles identified with Raj Yoga reflection & its significances, subjective literary works, magazines, daily papers & fluctuated other online (web based) assets have been utilized. Furthermore, articles & records accessible for different meditational hone at Brahma Kumaris International central station otherwise called Brahma Kumaris world profound focus have been considered to extricate different critical data.

• Primary Data
essential information sources speak to reactions recovered through survey based semi-organized meetings. In this proposition, polls have been set up in such way that it removes huge data required to legitimize or survey research theory. poll envelops inquiries or questions identified with different demographic & in addition motivational elements that spur individuals to receive Raj Yoga contemplation. individual perceptions based information readiness has been considered as essential information. open finished & in addition shut finished polls expect to remove noteworthy data about motivational variables that spurs individuals to receive Raj Yoga at Brahma Kumaris. Here, semi-organized meetings based essential information has been gathered from Raj Yoga professionals, related individuals from Brahma Kumaris global base camp at Mount Abu, Rajasthan, India.

1.6 Sample Size
In this theory, to perform exact study & investigation, reactions have honey bee gathered from 500 respondents at Brahma Kumaris global central command, Mount Abu, Rajasthan, India. Here, 500 devoted Raj Yogis performing Raj Yoga reflection at BK, particularly in age gathering of 20-45 years, have been considered for
meetings. chosen reactions have been checked for replication or wrong section or rehashed reaction. In this way handling for pruning, last information tests have been readied. Further, irregular testing plan has been connected for information inspecting process.

When preparing, information examining, tested reactions have been handled measurably to assess or confirm research speculation. brief examination of information preparing approach connected in this proposition is given in taking after area.

1.7 Data Processing
To perform theory legitimization or confirmation, it gets to be inescapable to evaluate recovered reactions measurably. In this proposition, to break down gathered reactions for different motivational components towards Raj Yoga reflection at Brahma Kumaris, Mount Abu, Rajasthan, measurable examination approaches have been utilized. Here, three surely understood & noteworthy measurable methodologies have been considered to perform study. These are:

1. Reliability test
2. Mean, standard deviation
3. Correlation investigation

1.8 Tools for Data Analysis
Mulling over of huge necessities of very exact & proficient information investigation, in this exploration proposition exceptionally effective apparatuses, for example, SPSS & MS Excel have been proposed. These devices or programming stages can be huge for performing information investigation & results perception. In proposed work two instruments would be utilized for information preparing & investigation. These are:

• Microsoft Excel
• Statistical Package for Social Sciences (SPSS)

1.9 Summary
In this Chapter examination of different systems & related builds were talked about. Different legendary methodologies, for example, research plan, speculation definition, information accumulation techniques & nature of information, devices usage & so on & their execution to fulfill general exploration goals were advised in
this area of displayed proposition. In next part (Chapter-4) exchange of information investigation & separate significances towards theory defense is displayed.