



The importance of the teachings of the *Bhagavad gita* in Hindu society in Bali

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ABSTRACT

Background: The Bhagavad Gita is one part of the Vedas, and it is also referred to as the fifth Veda or Pancama Veda. The history of the growth of the Vedas is fundamentally known as the Veda Trayi, which consists of the Rig Veda, Sama Veda, and Yajur Veda. The Atharva Veda contains various magical mantras. Structurally, the Bhagavad Gita is more directed and serves as a compilation of the previous Vedas. This represents a step in the historical development of Hindu thought. In-depth and extensive research has proven that, as mentioned in the Puranas, the codification of the Four Vedas is the greatest achievement of Bhagawan Abiasa (*Vyasa*). **Methods:** This study employs a qualitative descriptive approach using interviews and questionnaires to explore how the teachings of the Bhagavad Gita are understood and practiced among Hindu students and communities in Bali. The data were collected from student responses and analyzed thematically. **Findings:** The majority of respondents acknowledge the Bhagavad Gita as a sacred scripture that plays an essential role in shaping values such as *dharma* (duty), *karma yoga* (selfless action), devotion, self-control, and emotional resilience. Respondents emphasized its relevance in daily life, particularly in building character, facing modern challenges, and fostering communal harmony. A bar chart analysis revealed that 28 out of 30 respondents stated that the Bhagavad Gita “strongly influences” their daily lives. **Conclusion:** The teachings of the Bhagavad Gita are not only regarded as religious doctrine but also as a comprehensive guide for ethical behavior and emotional well-being in both personal and social contexts. Its philosophical messages remain highly relevant and are deeply internalized by the Hindu community in Bali, especially among students who use its values to navigate contemporary challenges. **Novelty/Originality of this article:** This study highlights the lived experience of Balinese Hindu students with the Bhagavad Gita, showing how an ancient spiritual text continues to inform practical moral choices in modern society.

KEYWORDS: *bhagavad gita*; vedas; hindu religion.

1. Introduction

The *Bhagavad Gita* is a sacred Hindu text that is part of the epic *Mahabharata* (Kosuta, 2020). Known as the 'Song of God', this text contains a dialogue between Arjuna, a Pandava, and Sri Krishna, who serves as his charioteer and spiritual advisor, just before the Kurukshetra war (Darmayasa, 2015). In its 700 verses, it elaborates on teachings about *dharma* (duty), *yoga* (spiritual practice), and *bhakti* (devotion), as well as providing moral and philosophical guidance for life (Frazier, 2021). The *Bhagavad Gita*, as part of the *Mahabharata*, has also become one of the most important works in the Hindu tradition and plays a significant role in shaping thought, philosophy, and spirituality. The *Bhagavad Gita* consists of 700 verses. The *Bhagavad Gita* is not only studied by Hindus but also by great scholars of the world who are not Hindus (Maitra, 2022; Nayak, 2022; Sivananda, 2000).

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For example, Albert Einstein, the master of relativity, was fond of studying the *Bhagavad Gita* (Marselinawati, 2020). The content of the *Bhagavad Gita* is a conversation between Sri Krishna and Arjuna on the battlefield of Kurukshetra, where the Pandavas and Kauravas face each other.

At the beginning of the battle, Prince Arjuna, one of the Pandavas, feels doubt and moral disturbance about fighting against his relatives and teachers who are on the opposing side. He is confused about what he should do and refuses to fight. It is at that moment that Krishna, his friend and also the incarnated god Vishnu, plays the role of his charioteer and provides teachings in the form of dialogue to Arjuna. The conversation between Arjuna and Krishna forms the core of the *Bhagavad Gita* (Fitzgerald, 2019; Ježić, 2022). Krishna teaches Arjuna about various concepts such as *dharma* (duty), *karma* (action and consequence), *yoga* (control of the mind and body), *bhakti* (devotion), and *moksha* (spiritual liberation). Krishna encourages Arjuna to fulfill his duty as a warrior, but without emotional attachment and without desire for the results. This conversation not only provides guidance to Arjuna in the context of the Kurukshetra War but also offers universal teachings on how to live life wisely and responsibly. The relationship with the *Bhagavad Gita*, from the perspective and attitude of individuals, can vary depending on personal beliefs and understanding (Chatterjee, 2024; Desai, 2020). The *Bhagavad Gita*, which is part of the *Mahabharata*, is considered one of the main sacred texts in the Hindu tradition and has profound teachings on spirituality, ethics, and the philosophy of life. Some people may view the *Bhagavad Gita* as a moral and ethical guide that provides direction for living a righteous life. The teachings in this text, such as *karma yoga* (the path of selfless action), *bhakti yoga* (the path of devotion), and *jnana yoga* (the path of knowledge), offer spiritual paths that one can follow. The study of the *Bhagavad Gita* are able to provide ethical and moral guidance that is relevant amidst the dynamics of modern life.

In this era of globalization and technological advancement, many people face mental pressure, a loss of meaning in life, and a search for self-identity (Milner, 2021; Raharjo et al., 2024; Ropu & Syukur, 2025). In this condition, the teachings of the *Bhagavad Gita* emerge as a source of inspiration that offers solutions to face life's challenges, cultivate inner peace, and live life with full wisdom (Edgerton, 2010). Certainly, the study of the *Bhagavad Gita* can provide guidance to both the younger and older generations in navigating community life today (Dhillon, 2023; Wiguna, 2025). Among the Hindu community in Bali, both the younger and older generations, has its own benefits, as the teachings within it are able to provide ethical and moral guidance that is relevant amidst the dynamics of modern life (Suwitri, 2024). In this era of globalization and technological advancement, many people face mental pressure, a loss of meaning in life, and a search for self-identity. In this condition, the teachings of the *Bhagavad Gita* emerge as a source of inspiration that offers solutions to face life's challenges, cultivate inner peace, and live life with full wisdom. Certainly, the study of the *Bhagavad Gita* can provide guidance to both the younger and older generations in navigating community life today.

2. Methods

This research uses qualitative research methods and philology. Qualitative research is used to explain the importance of the *Bhagavad Gita* among the Hindu community in Bali. It also employs philological research methods because the research data consists of sacred texts written in Devanagari script, thus the philological approach aims to uncover data that will be analyzed regarding the importance of learning the *Bhagavad Gita* within the community. The data sources used in this research are the sacred text of the *Bhagavad Gita* translated by Puja (1999), and the book *The Power Of 33 Sloka Bhagavad Gita* written by Surpi (2024), in addition to involving several community members as informants.

Data collection was carried out through interviews using Google Forms. The interview method is a technique for collecting data or information through direct conversation with informants or through filling out Google Forms. Interviews allow the author to obtain authentic and in-depth perspectives, facts, experiences, or opinions from individuals who

have direct knowledge or involvement with the learning of the *Bhagavad Gita*. In the context of the article, interviews are often used to support arguments or narratives directly from experienced or expert individuals, making the article more credible and engaging for readers.

Data analysis is conducted through qualitative analysis. The steps of data analysis are as follows. Data reduction is carried out by sorting the data and focusing on the important aspects of learning the *Bhagavad Gita*, as well as reducing data that is not related to the learning of the *Bhagavad Gita*. Data classification is done by categorizing the important aspects of learning the *Bhagavad Gita* within the community. Data display is performed by grouping the data that has been divided based on the same category. Interpretation and analysis are conducted systematically and objectively based on the data obtained, which is then described in detail.

3. Results and Discussion

The *Bhagavad Gita* plays an important role among the Hindu community in Bali because it not only provides profound spiritual values but also contains ethical values of duty and wisdom, as well as a philosophy of life that is relevant to everyone, regardless of their belief or cultural background (Aryadharma, 2019). This text is considered one of the main scriptures in Hinduism and serves as a significant source of inspiration for those seeking meaning in life and ways to face challenges. In the modern era, which is full of dynamics, stress, and rapid changes, The *Bhagavad Gita* provides many important lessons that can be applied in everyday life (Nagar, 2021).

As a spiritual and ethical guide, the *Bhagavad Gita* not only teaches faith but also discusses how humans can live responsibly, perform their duties without attachment, and face challenges with courage. This article will discuss the role of the *Bhagavad Gita* as a guide that encompasses not only spiritual dimensions but also ethical principles that can be applied in everyday life. In the *Bhagavad Gita*, Krishna emphasizes the concept of *dharma*, which refers to the moral obligations or duties that each individual must fulfill. *Dharma* is a principle of life that guides a person to perform their roles and responsibilities according to the tasks they are entrusted with. In the context of the ethics of life, *dharma* teaches that every person has a unique role and is responsible for fulfilling their duties without expecting rewards. As a spiritual guide, the concept of *dharma* teaches that a meaningful life is one lived according to moral obligations, not just focused on material achievements. *Dharma* teaches that one should work for the common good and prioritize the greater interests. This value provides an important perspective in facing life's challenges and maintaining social harmony. Some of the insights gained regarding the importance of learning from the *Bhagavad Gita* in society.

The word ethics comes from the word *ethos* (Greek) which has many meanings: character, feeling, attitude, behavior, character, etiquette, morality, politeness, way of thinking (Hamsah, 2003; Paudel, 2023; Suhardana, 2007). The etymology of the word 'ethics' is the same as the etymology of the word 'moral', because both originate from words that mean customs or habits. The only difference is their source language. The first comes from Greek, while the second comes from Latin. Ethics in Hinduism is called '*susila*'. The word '*susila*' comes from two syllables, namely '*su*' and '*sila*'. '*Su*' means good, while '*sila*' means the habits or behaviors of human actions that are good. Therefore, in Hinduism, ethics is said to be the science that studies values, about the good and bad of an action, what should be done or avoided, so that a good relationship is created among fellow humans. One aspect of the science of ethics is to discuss moral aspects and the meaning of what is said to be good and not good. Ethics is a sense of love, a sense of compassion where someone who receives ethics does so because they love themselves and respect others (Suhardana, 2007). In Hinduism, ethics is called '*tata susila*', which means the rules of good and noble behavior that should be used as a guideline for human life.

The aim is to maintain harmonious and balanced relationships among fellow humans, so that a safe and prosperous community life can be achieved. *Tata susila* fosters the

character of humans to become good family members and good members of society, to become noble individuals of the nation. The foundation or basic guideline of Hindu ethics is the Holy Scriptures of the Vedas. The sacrifice performed with knowledge is superior to the material sacrifices, O conqueror of enemies. All actions, O Partha (Arjuna), culminate in knowledge.

The meaning is, "*O conqueror of enemies, the sacred sacrifice performed with knowledge is better than merely sacrificing material possessions. O son of Partha (Arjuna), however, all sacred sacrifices that consist of work culminate in spiritual knowledge*" (*Bhagavad Gita, Sloka 4.33*).

This *Sloka* from the *Bhagavad Gita* means that if we relate it to students or learners, a student is the most capable of fulfilling the essence of the *Bhagavad Gita* because they have the most time to learn, and when used for the benefit of humanity, it is the highest offering compared to other offerings to God. Since it is the highest offering, students should acquire knowledge as much as possible and then use it for the benefit of humanity in this world. The above *Sloka* from the *Bhagavad Gita* means that all sacred sacrifices are intended to achieve a complete state of knowledge, then attain liberation from material suffering, and ultimately engage in devotional love for God Almighty.

Nevertheless, there is a secret regarding all activities of sacred sacrifices, and one should know about this secret. Sometimes there are various forms of sacred sacrifices according to the beliefs held by the practitioners of those sacrifices. When a person's faith reaches the level of spiritual achievement, it should be considered that those who perform the sacred sacrifices are more advanced than those who only sacrifice material possessions without such knowledge; for without attaining knowledge, the sacrifices remain at the material level and at the level of granting spiritual blessings. The above verse broadly means that the path to achieving enlightenment is certainly difficult. Therefore, God advises to approach a spiritual Guru, who can be trusted within the lineage of God Himself. No one can become a trusted spiritual Guru without adhering to the principles of that spiritual lineage.

Kresna (God) is the original spiritual *Guru*, and those who belong to the lineage can convey Kresna's message as it is to their disciples. No one attains spiritual enlightenment by creating their own process, as has become the trend among foolish people who pretend. One of the important teachings in the *Bhagavad Gita* is Nishkama Karma or action without attachment. Krishna explains to Arjuna that he must act with determination without being attached to the results. According to the *Bhagavad Gita*, the best action is one that is performed sincerely, without thinking of rewards or personal gain. This principle is relevant in the ethics of life, especially in today's competitive era, where many people act for personal or material gain. Through Nishkama Karma, the *Bhagavad Gita* teaches that inner peace and true happiness come from dedication to tasks performed sincerely. Selfless action reduces stress, fear, and anxiety caused by excessive desire for results. For modern society, this principle can help develop a positive attitude towards work, reduce life pressure, and improve overall quality of life, as stated in the following *sloka*:

"Therefore, one should act according to duty without attachment to the results of the activities, for by working without attachment to the results, one attains the Supreme Being. Meaning: Therefore, one should act out of duty without being attached to the results of the activities, for by working without attachment to the results, one reaches the Supreme Being". (*Bhagavad Gita: III.19*).

This verse is part of the teachings of *karma yoga* (the yoga of action) conveyed by Sri Krishna to Arjuna on the battlefield of Kurukshetra. This verse emphasizes the importance of working without attachment as a path to spiritual freedom and the highest happiness. Here are the meanings and implications of this verse in the context of life and spirituality (Bakker, 2016). Krishna teaches that we should perform our duties or obligations without attachment to the results or fruits of those actions. Attachment to results can lead to stress,

anxiety, and dissatisfaction, especially if the outcomes do not meet our expectations. By focusing on the action itself, rather than the results, we can work calmly, with concentration, and free from pressure. Attachment often causes a person to become selfish and think of personal gain, which can hinder spiritual development.

When someone works selflessly or without attachment, they find it easier to develop a sense of devotion to something greater than themselves, such as God, humanity, or a higher purpose. This verse supports the concept of *karma yoga*, which is devotion to God or the highest principle through sincere actions. In *karma yoga*, work becomes a form of meditation and worship, where every task is performed with pure intent and without expecting personal rewards. This teaching is very relevant in modern life, where people often work solely for material results or social recognition. Adopting the principle of working without attachment helps reduce stress and makes us more focused and productive.

By concentrating on the process and quality of work, rather than the results, we can achieve inner satisfaction and greater balance in life. Policy is a series of actions to solve a problem. In *Bhagavad Gita Sloka 9 Verse 1*, Krishna teaches the importance of policy in understanding and living life based on pure spiritual knowledge. This verse reads:

"Raja Vidya Raja Guhyam Pavitram Idam Uttamam, Pratyaksavagamam Dharmyam Susukham Kartumavyayam."

The general translation of this verse is:

"This is the royal knowledge (the highest) and the highest secret, pure, and the best, which can be understood directly, related to Dharma, which is very pleasant to perform, and cannot be destroyed."

What is meant in the above *sloka* is that Sri Krishna wants to impart his most secret knowledge to Arjuna due to Arjuna's non-jealous nature. The condition for learning is when someone does not have feelings of jealousy. Even the teachings of truth cannot be absorbed if one still harbors jealousy. Humans can feel jealous because they perceive that there is something greater than themselves; they can and often do feel jealous of others.

In fact, humans can even feel jealous of avatars or God Himself. This insight reflects a deeper truth about human nature and the complex relationship between the individual and the divine. In the realm of policy, this verse from the *Bhagavad Gita* can be interpreted as a profound guide for creating principles that are not only effective but also grounded in timeless wisdom (Geertz, 1973). The *Bhagavad Gita* teaches that true policy must be rooted in deep knowledge—knowledge of the self and of the divine. This kind of wisdom transcends mere pragmatism; it involves an understanding of life's higher purpose. As taught in Sloka 9.1, knowledge that is truly enlightening brings not only intellectual clarity but also eternal and profound wisdom. Therefore, in both personal and public spheres, policy must be shaped by truth and *dharma*—principles that sustain moral and spiritual integrity.

Moreover, a wise policy is one that leads to both individual and collective welfare. It aligns worldly interests with spiritual values, ensuring that decisions made in the material realm do not stray from the pursuit of the good. Krishna affirms that this kind of knowledge brings *susukham*—a deep sense of happiness—and is accessible to those who are grounded in true understanding. When translated into action, such insight results in policies that promote harmony and well-being for all, avoiding harm, injustice, or unnecessary conflict. The verse also introduces the concept of *pavitram*, or purity, reminding us that authentic policy-making must prioritize truth and honesty over short-term gain or political expediency. Policies, therefore, should reflect high moral values, standing as testaments to integrity in both private and public life. Finally, the use of the word *avyayam*—meaning imperishable—suggests that policies grounded in correct knowledge will remain relevant over time. They are not easily swayed by external conditions or temporal pressures. Instead,

they endure, offering guidance and stability even in the midst of change. Taken together, this verse from the *Bhagavad Gita* offers a timeless framework for ethical governance and personal decision-making. It invites us to reimagine policy not merely as a tool for control or administration, but as a moral expression of wisdom, balance, and enduring truth.

Thus, policies inspired by the teachings of the *Bhagavad Gita* are those that prioritize universal values such as truth, collective welfare, and a balance between the worldly and the spiritual. To explore how this ancient wisdom is understood and internalized within the Hindu community in Bali, a brief questionnaire was conducted with several students, asking them about their understanding of the *Bhagavad Gita*.

Table 1. Students' understanding of the *Bhagavad Gita*

Respondents	Answers about the <i>Bhagavad Gita</i>	Meaning/Essence of the Answer
A.P.	The Bhagavad Gita is a holy book related to the Vedas.	Recognizes the Bhagavad Gita as a sacred scripture connected to the Vedic tradition.
W.P.	The Bhagavad Gita is a Hindu scripture that is part of the Mahabharata; a dialogue between Krishna and Arjuna before the Kurukshetra war; literally means "The Song of God"; contains teachings on yoga, karma, and devotion; 18 chapters discuss aspects of life and spirituality.	Emphasizes the narrative context, philosophical depth, and the relevance of its teachings for spiritual and ethical life.
D.A.S.	The Bhagavad Gita is knowledge that I can use as a guide to live better.	Views the Gita as a practical guide for better living.
W.P.	The Bhagavad Gita is a Hindu scripture that is part of the Mahabharata; literally means "The Song of God."	Reaffirms the Gita's identity as a divine song within the epic tradition.
D.R.	The Bhagavad Gita is a Hindu religious text in the form of a dialogue between Arjuna and Krishna (the avatar of Vishnu).	Highlights the narrative structure: a divine dialogue within the Mahabharata epic.
S.E.	The Bhagavad Gita is a Hindu scripture that is part of the Mahabharata; a dialogue between Krishna and Arjuna; literally means "The Song of God"; essence of Vedic knowledge; contains teachings on yoga, karma, devotion; 18 chapters discuss spirituality and life's purpose.	Provides a deep understanding: theological, philosophical, and ethical aspects, presenting it as a comprehensive guide to spiritual living.

In exploring how students perceive the importance of studying the *Bhagavad Gita* in Table 1, various responses reveal a shared recognition of the text's profound spiritual and practical relevance. When asked, "*How important is it for you to study the Bhagavad Gita? Please include an explanation,*" the students offered reflections that demonstrate both personal and philosophical engagement with the text. Reva Dhanuarta emphasized the foundational nature of the *Bhagavad Gita*, stating, "It is important because it contains teachings and rules for life." Her response highlights the *Gita's* function as a moral and spiritual compass that offers essential guidance for daily living. Sri Evita also underscored its significance from the perspective of religious identity and responsibility. She remarked, "It is very important because as Hindu students, we should at least know about the things that are in the holy scriptures, one of which is the *Bhagavad Gita*." Her comment points to the role of the *Gita* in shaping one's understanding of their own tradition and ethical grounding. Dewa Rama offered a detailed and comprehensive reflection, explaining that studying the *Bhagavad Gita* is important for many people for several profound and diverse reasons. He elaborated on seven key points: First, the *Gita* serves as spiritual education, offering insights into life, purpose, and the human relationship with the Divine. Second, it provides ethical and moral guidance, teaching values such as honesty, sacrifice, and integrity that are applicable in daily life. Third, it offers direction for facing life's challenges, helping readers confront inner conflict, doubt, and fear through the dialogue between

Arjuna and Krishna. Fourth, the concept of *dharma* is central in the *Gita*, guiding individuals to understand their role and duty in life. Fifth, the *Gita* discusses meditation and spiritual practices that cultivate inner peace and self-awareness. Sixth, its teachings possess universal relevance—applicable to people of all backgrounds. And lastly, it fosters self-development, encouraging personal reflection and growth in emotional, mental, and spiritual dimensions. Dewa concluded that the *Bhagavad Gita* not only imparts spiritual insight but also provides practical tools for living a better and more meaningful life. Similarly, G.O. described the *Bhagavad Gita* as a universal guide to life, not restricted to religious doctrine. He explained,

“Studying the Bhagavad Gita is important because this text offers a universal guide to life, not limited to religious teachings. The Bhagavad Gita teaches values such as responsibility, self-control, and living life without attachment to outcomes. By understanding these concepts, one can be wiser in facing life’s challenges, find inner peace, and lead a meaningful life. Its teachings can also help in developing character and overcoming confusion or doubt, making it important for anyone seeking moral and spiritual guidance.” (Informant, G.O.).

W.S. offered a concise yet powerful statement, saying,

“Very important because it serves as a guideline for life.” (Informant, W.S.).

This response reflects a deep reverence for the *Gita* as a foundational life text. Finally, W.P. highlighted the transformative power of the *Bhagavad Gita*. She stated:

“There are many benefits of reading the Bhagavad Gita: (1) Humans can be freed from their ignorance, (2) The Bhagavad Gita has saved many people from suicide, (3) The Bhagavad Gita informs us about our true identity.” (Informant, W.P.).

Her answer reveals the *Gita*’s ability to illuminate, heal, and guide individuals toward a deeper understanding of themselves and their place in the world. These reflections from students show that the *Bhagavad Gita* holds a meaningful place not only within Hindu religious life but also in the broader search for truth, purpose, and inner clarity (Nurcahyo et al., 2024; Sriasih et al., 2022; Sudiarja, 2012). For many, it serves as both a sacred scripture and a timeless manual for navigating the complexities of human existence.

When asked about the values from the *Bhagavad Gita* that are easiest to implement in community life, the students offered thoughtful and insightful reflections rooted in both observation and lived experience. G.O. highlighted the value of *bhakti*, or devotion, as a deeply embedded practice in Balinese Hindu communities. He explained,

“The value of bhakti where Hindus, whether rich or poor, continuously perform yadnya such as doing ngayah and worship. From what I see, Hindus in Bali are very enthusiastic when carrying out religious events, whether on the day of Gumi or ordinary days, or on days without celebrations (commemorating holy days), every day they actively perform offerings with full sincerity and also involve God in every activity, not forgetting to express gratitude to God.” (Informant, G.O.).

His response points to the cultural rootedness of devotional practice as an accessible and living expression of *Bhagavad Gita* values in everyday life. W.P. identified *karma yoga* (selfless action), *dharma* (duty), and *ahimsa* (non-violence) as values that are especially applicable in social settings. She noted,

“Karma yoga inspires mutual cooperation by encouraging people to work without expecting rewards, thus strengthening solidarity. Dharma emphasizes the importance of fulfilling responsibilities according to one’s role, creating social order. Meanwhile, ahimsa

teaches to avoid violence and maintain a tolerant attitude, which creates a peaceful and respectful environment.” (Informant, W.P.).

These three principles, according to Wini, are not only easy to understand, but directly support harmony, cooperation, and peace within the community. Sri Evita expanded on the values found in the *Bhagavad Gita* by referring to several core components; *Tattwa*, which includes foundational spiritual concepts such as *Widhi Tattwa* (divine truth), *Atma Tattwa* (soul), and *Moksa Tattwa* (liberation); *Susila*, which focuses on morality and ethics as the basis of a meaningful life; and ritual practices that reinforce devotion. She added, “Self-control, or emotional discipline, is also emphasized in the *Gita*, teaching individuals to act without attachment to outcomes—an attitude that helps them face life’s challenges with composure.” Radhi Sugandi also emphasized the practicality of values like *dharma*, *karma*, and *bhakti* in communal life. He explained that *dharma*, or duty, encourages people to fulfill their responsibilities in their roles as family members, friends, or citizens, thus fostering social harmony. *Karma* encourages action without attachment to results, which promotes a spirit of selfless service and cooperation. Lastly, he mentioned the *bhakti attitude*, which encourages devotion and compassion toward others—essential for nurturing a caring and united community. Together, these reflections demonstrate that the teachings of the *Bhagavad Gita* are not distant philosophical ideals, but practical and living values. From devotion and ritual to ethics, duty, and compassion, the *Gita* continues to shape and inspire harmonious social life, especially in cultural contexts like Bali where spiritual tradition and community engagement are deeply intertwined.

The teachings of the *Bhagavad Gita* continue to influence many aspects of daily life among Hindus in Bali. One of the values reflected is the importance of patience and tolerance. These teachings emphasize being patient when facing conflicts or differences of opinion, and how tolerance toward diversity can strengthen relationships within a heterogeneous society. In addition, the value of education and learning is also prominent. The *Gita* encourages the pursuit of knowledge and lifelong learning. This can be implemented in daily life through knowledge-sharing and mutual support for access to education for all individuals in society. Another core value found in the *Bhagavad Gita* is balance. The text teaches the need to maintain harmony between spiritual and worldly life. In practice, this could mean managing time between work, family, and spiritual or social activities. These principles also guide how to face difficulties wisely. By encouraging a positive and thoughtful attitude when facing life’s challenges, the teachings help individuals become more resilient in dealing with everyday problems. When applied in daily interactions, these values can help create a more harmonious, respectful, and productive environment. The interviews conducted further emphasize how these teachings are deeply embedded in the life of Balinese Hindus.

“The value of Bhakti where Hindus, both rich and poor, continuously perform Yadnya such as doing ngayah and prayers. From what I have seen, Hindus in Bali are very enthusiastic when carrying out religious events, whether on Gumi holy days or ordinary holy days, or on days without celebrations (commemorating sacred days). Every day they actively perform offerings with full sincerity and also involve God in every activity, not forgetting to express gratitude to God.” (Informant, J.).

Reva Dhanuarta also shared a reflection on how a core concept in Hinduism shapes community life:

“Tri Hita Karana. As Hindus, we have certainly been taught about the teachings of Tri Hita Karana. That is, three things that must be harmonized by every Hindu and humanity in general.” (Informant, R.D.).

Likewise, Dewa Sathiya highlighted another important concept:

"The value of Tattwa includes Widhi Tattwa, Atma Tattwa, Karma Phala Tattwa, Punarbhawa Tattwa, and Moksa Tattwa."

To support these insights, a brief survey was conducted to understand how influential the *Bhagavad Gita* is in people's daily lives. Out of 30 respondents, 28 individuals chose "strongly influence," and 2 selected "influence." This means that 80% believe it strongly influences their lives, while 20% consider it influential. These results reflect that the teachings of the *Bhagavad Gita* provide important guidance for society, especially for students in understanding and applying these principles in daily life. Many individuals refer to the teachings of the *Gita* when considering actions and karma in everyday situations. Especially in modern life and various campus settings, students often face difficult choices that require quick and accurate decisions. The teachings of the *Bhagavad Gita* about wisdom, introspection, and calmness offer a mental framework that helps students stay composed and think clearly in any situation.

The teachings of the *Bhagavad Gita* offer many benefits for the general public. One of the main values is the ability to achieve inner peace. By dedicating ourselves to God or the Supreme Being, as taught in the *Gita*, individuals can find spiritual fulfillment and calmness within. The *Gita* also encourages the development of focus and inner determination. Rather than being distracted by external circumstances, the teachings help people stay committed to their duties and life goals. Through this path, individuals can become more focused and responsible. Another benefit is a deeper understanding of the relationship between humans and God. The *Bhagavad Gita* helps readers understand their true connection with God Krishna. It also fosters tolerance; by remaining calm in difficult times, individuals learn not to be reactive and instead become more tolerant and wise. Furthermore, the *Gita* invites readers to know the secrets of true life. It teaches that liberation from worldly and afterlife suffering is possible through knowledge and spiritual discipline. The *Bhagavad Gita*, often referred to as the Fifth Veda, is considered a sacred text within the Hindu tradition. Its wisdom is addressed to all of humanity, beyond religious or cultural boundaries, and remains relevant across generations. A famous verse from the *Bhagavad Gita* says:

"Yatra Yogeshvarah Krshno yatra Paartha dhanur-dharah, Tatra shriir-vijayo bhuutir-dhruvaa niitir-matir-mama," which underscores the significance of the presence of Krishna and Arjuna in achieving well-being, victory, glory, and enduring moral values.

In everyday life, the teachings of the *Gita* can be applied in many meaningful ways. One key value is self-control and emotional regulation. In daily situations that may trigger anger or frustration, the *Gita* teaches the importance of staying calm and controlling negative emotions. This wisdom helps people make better decisions and maintain healthy relationships. Another important lesson is the idea of action without attachment to results. The *Gita* teaches that one should carry out duties sincerely without being fixated on outcomes. This mindset reduces stress and anxiety caused by the pressure to succeed. When working, for example, focusing on the quality of our efforts rather than solely on results allows for more peace and satisfaction. The value of balance in life is also emphasized in the *Gita*. Individuals are encouraged to maintain harmony between work, family, spirituality, and personal care. This balance can prevent burnout and promote holistic well-being. Additionally, the *Gita* teaches devotion and selfless service. By dedicating ourselves to something greater than the self, whether through prayer, meditation, or charitable acts, we can find deeper meaning and purpose in life.

"The value of Bhakti where Hindus, both rich and poor, continuously perform Yadnya such as doing ngayah and prayers. From what I have seen, Hindus in Bali are very enthusiastic when carrying out religious events, whether on Gumi holy days or ordinary holy days, or on days without celebrations (commemorating sacred days). Every day they actively perform offerings with full sincerity and also involve God in every activity, not forgetting to express gratitude to God." (Informant, J.).

R.D. also added:

"Tri Hita Karana. As Hindus, we have certainly been taught about the teachings of Tri Hita Karana. That is, three things that must be harmonized by every Hindu and humanity in general." (Informant, R.D.).

"The value of Tattwa includes Widhi Tattwa, Atma Tattwa, Karma Phala Tattwa, Punarbhawa Tattwa, and Moksa Tattwa." (Informant, D.S.).

When asked, "Does the teaching of the Bhagavad Gita influence Hindus in Bali in their daily lives?" 30 respondents participated in a survey. Among them, 28 answered "strongly influence," while 2 selected "influence." This means that 80% of respondents felt that the teachings strongly influence their lives, and 20% said they were influenced. These results show that the *Bhagavad Gita* plays an important role in shaping daily behavior and thinking, especially among students. The values in the *Gita*, such as karma, introspection, and calmness, are often used as references when making difficult decisions. In the face of modern challenges, especially in academic life, students are frequently confronted with pressure and uncertainty. The *Bhagavad Gita* provides a mental framework that encourages wisdom, clarity, and inner peace—qualities that help them remain focused and thoughtful in any situation.

4. Conclusions

The *Bhagavad Gita* is a source of wisdom that is highly relevant for students in facing the challenges of their lives. This scripture not only provides spiritual guidance but also offers practical teachings that can be applied in everyday life, especially in the context of academic studies. Through the values contained in the *Bhagavad Gita*, students can find inner peace, a clearer life purpose, and a balance between academic demands and spiritual well being. Some of the main teachings that can be derived from the *Bhagavad Gita* are the concept of *Nishkama Karma*, which teaches the importance of acting selflessly and without attachment to the results, as well as the principle of life balance that combines the practice of yoga and self-control to maintain the balance of body, mind, and soul. These two concepts help students to focus more on the learning process and fulfill their responsibilities with full accountability, without getting caught up in excessive pressure for results. The teachings of the *Bhagavad Gita* also provide guidance on leadership and wisdom in decision-making. Students facing various difficult choices in campus life, whether in academics or organizations, can use Krishna's teachings to make wise decisions, manage emotions, and act based on *dharma* (truth). This also helps students to find deeper meaning in living their lives. The *Bhagavad Gita* invites its readers to understand themselves and live with a higher awareness. In facing existential difficulties and the search for the meaning of life, students can deepen their understanding of the essence of themselves and a greater purpose in life, which is more than just material achievements. Overall, the *Bhagavad Gita* offers a comprehensive guide for students to build a strong religious, spiritual, and mental character, which not only helps them face academic challenges but also in shaping a more meaningful and balanced life. By applying these teachings, students can live their college life with more tranquility, wisdom, and inner peace.

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Author Contribution

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