Personality in ancient Indian Perspective

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Introduction

- The Tri-gunas, Rajas Tamas and Sattva, are the qualities in which a human being has to evolve himself from one stage to the other and also experiences the same at every stage of life.
- The Tri-Gunas, Chitta shuddhi, and other Aadhystic ways to evolve from a personality to the other.
- Many stances in Bhagavadgita, Thoulwars which says about a person's personality, and is said and proven fact that it is not fixed at any stage of life.
- But according to many great western researchers like Eric Erikson, Sigmund Freud, Abraham Maslow, it is generalised that the personality is fixed or only works upon the fixations written in their theories.
- The research helps in understanding personality of individuals from Indian perspective and it throws the light that the personality of people could be moulded when approached with love and care.
- The study can be taken ahead further by concentrating on the other programmes of Gitamritam camps.
- Having time as a constraint could only meet a very few participants of the crowd.
- Allport's psychology of the individual theory, Cattell's factor theory, stimulus-response theory and Skinner's operant reinforcement theory are the most popular and influential theories that deals with the variant personality pattern and causes of individual difference.
- The study can be further extended by adding further perspectives from other Indian literature works and ways of practicing logic and other Aadhystic methods to purely and evolve cross.

Literature Review

- Emphasis on ancient Indian literature is on rise and we can see many scholars doing so. The list of paper in corporate world where they elaborate Bhagavad Gita as a basis for growth.
- From the perspective of the Vedas, our psychophysical disposition consists of mixtures of the gunas (Prabhupada, 1976) According to this view, the material personality manifested through the gunas covers the original spiritual personality of the living entity. Bhagavadgita (1973) asserts that the self is eternally individual.
- The psychological development of Eric Erikson consists of eight different levels, considering five stages till the age of 18 years and then further three stages, precisely into adulthood.
- The instinctive approach of McDougall's classical and neo-classical or contemporary psychanalytical theories of personality, Jung's analytical theory, social psychological theories of Adler and Sullivan, Roger's person-centered theory, existential theory, Lenz's field theory, Allport's psychology of the individual theory, Cattell's factor theory; stimulus-response theory and Skinner's operant reinforcement theory are the most popular and influential theories that deals with the variant personality pattern and causes of individual difference.

Research Gap

- Western theories state that personality of person is fixed, however: it does not perceive the notion that the people can change over time. This aim of this research is to bring out the hidden facts about personality types from renowned Indian Epics.
- MOHANDAS KARAMCHAND GANDHI
- NARENDRA NATH
- This research could be further extended by adding further perspectives from other Indian literature works and ways of practicing logic and other Aadhystic methods to purely and evolve cross.
- This research could be further extended for similar training programs conducted for a longer period with focus on corporates, patients, rehabs, etc.,
- But according to many great western researchers like Eric Erikson, Sigmund Freud, Abraham Maslow, it is generalised that the personality is fixed or only (works upon the fixations) written in their theories. The present study tries to analyse the Personality of an Indian based on Indian perspective.
- This research helps in understanding personality of individuals from Indian perspective and it throws the light that the personality of people could be moulded when approached with love and care.
- People get stressed out more often when they face difficult situations and end up pushing themselves to physical pains. This could be avoided if they are educated on how to handle their situations and how to change themselves to make a better mark in life.

Research Question

- Did attending Gitamritam camps have a beneficial impact on the participants' personality.
- The study of the above camps will be conducted for the students who have attended the 1st camp as Patanjali or Yuva camp.
- The second set of questionnaire was given to the acquaintances of participants, the duration of impact change on the participant is not noticed.
- The survey I could find that the students who had issues in behavior, communication, attitude was changed to great extent when compared to their past.
- It was found that the students were happy after attending the camp and happily recommended peers mates to read Bhagavadgita for their better life.
- It was also found that the reading of Bhagavadgita should be advised to people who for corporates.

Research Methodology

- This study required two sets of questionnaires and the respondents were Students, Guides, Enthusiasts who participated in Gitamritam camps from 2013 till date.
- The first questionnaire evaluated the changes and that student had undergone at Gitamritam camps to all about themselves before and after attending the camp.
- The second set of questionnaire was given to the acquaintances of the participants who had seen the students before and after Gitamritam camps.

Limitations of the Study:

- Having time as a constraint could only meet a very few participants of the crowd.
- The survey was prescribed only to the crowds of Gitamritam participants and their acquaintances.
- The study is limited to immediate pre-camp changes and experiences of Gitamritam camps by the participants, the duration of impact change on the participant is not notified.
- The research can be taken ahead further by adding further perspectives from other Indian literature works and ways of practicing logic and other Aadhystic methods to purely and evolve cross.

Further directions for the study:

- The study can be taken ahead further by combining on the other programmes of Gitamritam: Viva, Viva camp, Kalasha camp, Sanarthu camp, Muniraj camp.
- The above camps will be conducted for the students who have attended the 1st camp as Patanjali or Yuva camp.
- With this research one can find that how long does the impact of the camp and it's education helps the student, and how do they need more inputs when they feel required.

Results and Discussions

- The self-evaluation results shows a positive change in personality measured in terms of attitude, behavior, and communication.
- Acquaintance evaluation results shows a similar realization in personality on comparison with attitude behavior and communication prior to the Camp.
- This research could be further extended for similar training programs conducted for a longer period with focus on corporates, patients, rehabs, etc.

Conclusion

- This research helps in understanding personality of individuals from Indian perspective and it throws the light that the personality of people could be moulded when approached with love and care.
- It was found that the students were happy after attending the camp and happily recommended peers mates to read Bhagavadgita for their better life.
- People get stressed out more often when they face difficult situations and end up pushing themselves to physical pains. This could be avoided if they are educated on how to handle their situations and how to change themselves to make a better mark in life.

References