

Construction and Standardization of Kashay: The Four Emotion Test

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ABSTRACT

It is always said that emotions appear to be natural but when emotions go beyond certain level it starts affecting our persona. Extreme holding on to emotions lead to many issues. Our physical and mental health starts getting affected for example., neck pain, back pain, headache, stress, anxiety, depression, and other behavior issues like overeating, fidgeting, obsession, hyperactivity, addiction etc, starts taking place. Thus, it is very important to measure its intensity and longevity and be aware of one's level of emotions and hence the kashay test measures the basic four important emotions- anger, self-esteem, illusion, and greed. The test also measures the extremes of each emotion, such as anger and passion, low self-esteem and high self-esteem, positive illusion/imagination and negative illusion/imagination, greed-liking, and greed-disliking. The items of the scale were selected through item analysis and the items whose correlation of coefficient occurred less than .53 were rejected as the correlation was high in this scale. The items with correlation of coefficient between .53 -.75 were selected. For reliability the test-retest reliability with a gap of 25 days was chosen and it appeared to be high .92. For establishing validity, item validity was done, and it came out to be between .59-.79. and construct validity appeared to be .68-.79 for Passion as correlated with The Passion Scale given by H. Sigmundsson, M. Haga, & F. Hermundsdottir, 2020. For anger, the Pearson correlations coefficient between total score of Anger dimension and State-Trait Anger Expression Inventory were (.58-.65) given by Spielberger, 1988. Correlation of the self-esteem dimension with the Coopersmith Self-Esteem Inventory given by Coopersmith (1981) was .72 - .76. The scores of illusion/imagination dimension were moderately correlated (.52-.56) with Imaginative Thinking Scale given by Hsiao-Hui Lin and Sai-ue Yue Tsau, 2013. And the last construct validity was indicated to be .66-.73 between the Greed dimension and Greed scale correlation given by Zeelenberg, Marcel, Seuntjens, T.G, van de Ven, Niels, Breugelmans, Seger, 2021. Thus, the construction and validation of the test was established.

Keywords: Construction, Standardization, Kashay: The Four Emotion Test

KASHAY is a term adopted from Jainism philosophy. *Kashays* are the major basic emotions which are found in every human being that leads to further actions or reactions. Here action is also related to the mental activity which then may lead to any kind of physical activity as well. These emotions automatically get generated when

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Received: February 20, 2023; March 27, 2023; Accepted: March 31, 2023

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forming an attachment through attraction or repulsion. These *kashays* (deluding emotions) can induce a short term or long-term change in one's perception/behavior/personality which are more biased in nature.

The test measures the intensity and longevity of each emotion. Here intensity means how intensely an individual reacts to certain situations with these emotions and longevity means for how long an individual holds on to these emotions for any person or situation.

There are majorly four kinds of deluding emotions (*kashays*) and every emotion is bilateral in nature.

1. Anger – Passion (*Krodh*)
2. High self-esteem - Low self-esteem (*Maan*)
3. Positive Illusion/Imagination-Negative Illusion/Imagination (*Maya*)
4. Greed liking-Greed disliking (*Lobh*)

Source of deluding-emotion(kashays):

- **Internal stimulation:** When the source of the feeling or emotion is internal (their personal thought and feeling) and not from any external stimulus or situation.
- **External stimulation:** It's the opposite. Here the person's feelings and emotions are the reaction to any change in his/her environment that is due to any external stimulus and not due to internal feeling and thoughts.
- **Internal stimulation and external stimulation:** Here reasons for certain behaviour, emotion or feeling are both internal and external.
- **Neither:** Where as there are situations when people get angry without any internal or external reason. It (not it's – delete this bracket) just gets burst out sometimes.

Dimension of the Test

As mentioned above there are four dimensions of the *Kashay* Test. And every dimension is bilateral in nature.

1. Anger – Passion (*Krodh*)
2. High self-esteem - Low self-esteem (*Maan*)
3. Positive Illusion/Imagination-Negative Illusion/Imagination (*Maya*)
4. Greed liking-Greed disliking (*Lobh*)

1. Anger - Passion (*Krodh*)

Here in this context, we are taking two sides of anger, which are likable and unlikable. The likable part includes the passionate response of a person towards anything which is constructive in nature and the unlikable part includes the harsh destructive way to respond towards things or situation.

Anger is the increase in energy that motivates us to act or respond that appears to be more destructive in nature. And excessive **anger** on the other hand can lead to a lot of negative consequences such as violence, health concerns like increased blood pressure, cognitive biases, misperceptions, and deterioration in mental health.

Passion could be seen as a good thing and may be practised a lot in the real world but the truth behind it is that the extreme energy and high emotions associated with passion will lead to conflicts, changes and discomforts in the state of mind and personality. Passion binds us to chasing the north so much that we break when things go south. Passion makes us lose sight of

realism and makes us slaves of idealistic standards that do not exist. It makes us greedy, needy, and oblivious to life's gifts.

2. High self-esteem - Low self-esteem (*Maan*)

A person's total perception of his or her value or worth is referred to as self-esteem. It can be viewed as a gauge of how much someone "values, approves of, appreciates, prizes, or likes [themselves]" (Adler & Stewart, 2004). Thus, Self-esteem is what one thinks, feels, perceives, and believes about oneself. It is how worthy or valuable we feel about ourselves.

This is basically evaluating one's self-concept, that is how good or bad or positive or negative one sees one's qualities, skills, characteristics etc. Understanding self-esteem is important because how one feels about oneself determines the relationship quality one has with oneself and others and it also influences one's motivation levels, decisions and choices in life. People can have either healthy self-esteem or low self-esteem or excessively high self-esteem.

People with **low** self-esteem struggle in confidence as their attention is too much on their weaknesses. They often consider themselves inferior to others and feel that others are better than them. They feel that they are not good enough or they will not succeed. They experience anxiety, fear, worry, self-guilt, shame, self-doubt. It's not easy for them to accept praise or gifts. More than taking care of themselves, they take care of others and fail to set healthy boundaries in relationships. Such people put others' needs before theirs.

People with excessively **high** self-esteem put extremely high regard on themselves and consider others as inferior to them. Such people are overconfident, they overestimate their strengths and ignore their weaknesses as if they do not exist. Their focus is too much on being perfect and always right. Such people tend to be prideful and narcissistic.

3. Positive Illusion/Imagination-Negative Illusion/Imagination (*Maya*)

Imagination is the image-making power of the mind; the act of creating or reproducing ideally an object not previously perceived; the ability to create such images while illusion is anything that seems to be something that it is not. Maya has been interpreted as Illusion in this case. A person is in reality or even pondering reality when they are in awareness, but the instant they begin to attach feelings or emotions to something, they enter the realm of illusion. As a creative emotion, maya entails coming up with new ideas regarding individuals, ideas, or circumstances. Something that is untrue or unreal but appears to be true is known as illusion/imagination. It involves our senses misinterpreting reality. As an illusion, denotes something unreal. In illusion, things are not always as they seem.

Imagination will cause one to feel unfavourably about the stimuli or provide an unfavourable perception, such as feeling nervous when one sees waves in the ocean or fearing one will die when one is standing at a height and looks down. The influence of imagination is transient, meaning it lasts for as long as the person is engaging in it. And illusion/imagination can be both **positive and negative**. Once the person stops engaging in it, they return to reality.

4. Greed liking-Greed disliking (*Lobh*)

Greed (*Lobh*) is an excessive desire to acquire and possess valuable, pleasurable things and repulse valueless, unpleasant things. It's one's perception of the commodity or concept that makes it valuable or valueless. It could include anything, such as food, money, land, power, relationship, sex, affiliation, animate or inanimate possessions. Greed drives the individual to use all kinds of means to attain it.

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The problem with greed is that there is no end to it. Greed drives one towards more greed. Basically, greed deludes one to think that once they acquire the object of their greed, they will be happy or will settle for it. But when you do achieve that milestone greed further pushes you to go after more. For instance, consider a person who wishes to buy a certain gadget. In extreme degrees of lobha, even after acquiring the gadget, the person may feel content and happy only for a short period of time. As soon as there is a new gadget in the market, the desire to want it shall prevail. The person shall perceive the new one as better than the one he or she has even if it is not outdated and works perfectly fine. The importance of that object is lost and again, a feeling of dissatisfaction creeps in. When such a cycle keeps running in all sectors of life, it makes the person discontented with life in general, reducing happiness, peace, and quality of life.

Greed is also caused by a feeling of **dislike** for a certain aspect or state too. While talking about greed we tend to focus on our likes, attachment or obsession with something, while forgetting where this like may be originating from. Sometimes the like comes from disliking the counterpart or the opposite.

Need for the Scale

The test measures the four basic emotions namely anger, self-esteem, illusion/imagination, greed. As it has already been discussed that how deluding emotions can bring change is our natural state of being and our personality, when emotions like anger, ego, illusion and greed go high in their level it would harm an individual not only psychologically but also physically. As these basic emotions are the action driving emotions, thus this scale gives a very important aspect of understanding an individual's pattern of behaviour or line of action.

Also, after reviewing the literature and available scales it is found that in Indian culture, no test is available to measure the **intensity and longevity** of these four emotions together. Here intensity means how intensely an individual reacts to certain situations with these emotions and longevity means for how long an individual holds on to these emotions for that person or situation.

The test also provides dichotomous aspect of each emotion. The test will also give a clarity of an individual's level of emotional reaction and as a result of which he/she can try to work on their emotional reaction, which will also help them to have a balanced life.

Standardization of the Test

Item Analysis

Through item analysis the final items were chosen for the scale. So, to select and reject the items the correlation of the items were measured. the correlation scores of the item to the total score of the test was measured.

In the case of *kashay* Test, the correlation was really high. The correlations were between 0.53-0.75. The items were removed whose correlation appeared to be below .53. Check **Table no. 1.1** for dimensions wise correlations.

Table 1.1: Item analysis (Internal Consistency)

Srl no.	Dimensions	Coefficient of Correlation
1	Anger	.53-.71
2	Self-esteem	.56-.72

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3	Illusion/imagination	.54-.71
4	Greed	.57-.75

Table 1.2: Item Analysis of dimension 1 (Anger)

ITEM NO. SELECTED	ITEM NO. REJECTED	ITEM NO. REJECTED
8	1	32
16	2	33
17	3	34
21	4	35
22	5	36
23	6	37
24	7	38
28	9	39
29	10	41
30	11	42
31	12	45
40	13	46
43	14	49
44	15	50
47	18	51
48	19	53
52	20	54
55	25	57
56	26	59
58	27	60

Table 1.3: Item Analysis of dimension 2 (Self-esteem)

ITEM NO. SELECTED	ITEM NO. REJECTED	ITEM NO. REJECTED
5	1	31
6	2	32
7	3	33
10	4	34
12	8	35
19	9	37
21	11	39
23	13	40
26	14	42
27	15	43
36	16	44
38	17	48
41	18	50
45	20	51
46	22	53
47	24	54
49	25	55
52	28	58
56	29	59

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57	30	60
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Table 1.4: Item Analysis of dimension 3 (Illusion/Imagination)

ITEM NO. SELECTED	ITEM NO. REJECTED	ITEM NO. REJECTED
4	1	31
6	2	34
10	3	35
12	5	36
13	7	37
16	8	38
17	9	40
18	11	42
24	14	43
28	15	44
32	19	46
33	20	47
39	21	48
41	22	50
45	23	52
49	25	53
51	26	55
54	27	56
57	29	58
59	30	60

Table 1.5: Item Analysis of dimension 4 (Greed)

ITEM NO. SELECTED	ITEM NO. REJECTED	ITEM NO. REJECTED
5	1	37
11	2	39
13	3	40
14	4	41
17	6	42
21	7	43
22	8	44
24	9	45
29	10	34
30	12	36
31	15	48
32	16	49
33	18	51
35	19	52
38	20	53
46	23	55
47	25	56
54	26	59
57	27	60
58	28	

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Reliability

The reliability estimates were derived using the method of test re-test reliability coefficients (Correlation). Test-Retest Reliability of the scale (with a time gap of 25 days) came out to be **.92**. The reliability of the test occurred to be very high thus the correlation between the test is highly significant at the 0.01 level (2-tailed). (Table no. 3)

Table 2: Correlations (Test-Retest Reliability)

		Set 1 of 100 Samples	Set 2 of 100 Samples
Set 1	Pearson Correlation	1	.924**
	Sig. (2-tailed)		.000
	N	99	99
Set 2	Pearson Correlation	.924**	1
	Sig. (2-tailed)	.000	
	N	99	99

***. Correlation is significant at the 0.01 level (2-tailed).*

Validity

To make a Psychometric test standardized, validity is considered to be an important aspect. Here in this sector, we are considering various ways of validation of the test such as item validity of the test, construct validity and face validity of the test.

The item validity of each dimension were done individually through correlation coefficient and all the validity of off all the items were high as correlations were significant at the 0.01 level ($p > 0.01$).

Table 3: ITEM VALIDITY OF THE ITEMS OF FOUR DIMENSION

Anger	Passion	High Self-Esteem	Low Self-Esteem	Positive Illusion/Imagination	Negative Illusion/Imagination	Greed-Liking	Greed-Disliking
.586-.758	.615-.786	.638-712	.657-.840	.579-.697	.633-.788	.612-.777	.661-.799

Construct Validity

Each of the dimensions were correlated to a similar test which are already standardized and measures the same aspect.

In our samples passion was found to be highly correlated with The Passion Scale (.68 - .79) given by H. Sigmundsson, M. Haga, & F. Hermundsdottir, 2020.

For anger, the Pearson correlations coefficient between total score of Anger dimension and State-Trait Anger Expression Inventory were (.58-.65) given by Spielberger, 1988.

Correlation of the self-esteem dimension with the Coopersmith Self-Esteem Inventory given by Coopersmith (1981) was .72 - .76.

The scores of illusion/imagination dimension was moderately correlated (.52-.56) with Imaginative Thinking Scale given by Hsiao-Hui Lin and Saiiau-Yue Tsau, 2013.

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Construct validity was indicated to be .66-.73 between the Greed dimension and Greed scale correlation given by Zeelenberg, Marcel, Seuntjens, T.G, van de Ven, Niels, Breugelmanns, Seger, 2021.

Scoring

Scoring is an important part of the standardization procedure. The KASHAY Test is designed to be hand scored without the need for scoring keys or any extensive computations. The scoring procedure requires only the addition of item scores to obtain the *Kashay* total raw score and the total raw score of their Sub scale. To calculate the Kashay Test's raw score, sum the responses for Items 1 through 10 and enter this value in the box at the bottom of the page. For every item scores will be provided according to the option chosen by the population. To score the items please follow **Table no. 5.1 and 5.2** for longevity and intensity respectively.

Then sum the responses for Items 11 through 20 and enter this numbers in the box at the bottom of the page. Again, sum the responses for items 21 through 30, and enter this number in the box at the bottom of the page, and do the same for the remaining sets and enter this number in the box at the bottom of the page. Also, a different scoresheet is made for each of the dimension and its subpart. Every score sheet has a table that includes srl no. of the items and theirs scores and the at end total of the score. The possible range of KASHAY TEST raw scores for every sub test of dimension is 0 to 40.

Table 5.1: Longevity score

Longevity	Scores
Not applicable	0
For few moments / few days	1
For few weeks	2
For few months	3
For few years/ Forever	4

Table 5.2: Intensity score

Intensity	Scores
Not at all	0
Slightly	1
Moderately	2
Very	3
Extremely	4

Norms

Scores on psychological tests are most commonly interpreted by reference to norms which represent the test performance of the standardized sample. A sample of 100 subjects from different regions and cities of the country was taken and the population is mixed of males and females. The sample age falls between 18-70 years. The norms of this test are established on the basis of mean and SD as well as median and quartile deviation as cut points. Thus, the scale scores are divided into five parts. Higher the score on the dimension more would be the emotion level. Lower the score lower will be emotion level.

Table 6.1: Intensity

Score Range	Interpretation
0-8	Very low
9-16	Low
17-24	Average
25-32	High
33-40	Very high

Table 6.2: Longevity

Score Range	Interpretation
0-8	Minimal
9-16	Mild
17-24	Moderate
25-32	Severe
33-40	Profound

Interpretation of the Scores

In the present test there are two parts of every questions one measures the intensity and the other longevity. For both the parts scoring is similar. High scores indicate the level of the emotion to be high, whether it is high on intensity or longevity. If subjects score is more than 33 it is considered to be very high intensity or profound longevity. And if the score is less than 8 then the level of intensity of the emotion is very low or minimal longevity. The division of the scores and their interpretation is shown in the below tables.

Table 6.: Full scale

Range of scores	Interpretation
0-16	No concern
17-32	Low concern
33-48	Average concern
49-65	High concern
66-80	Very high concern

Implication of the Scale

The test is made in a very easy and simple language. As this test is applicable to the age of 18-70 years, this scale can be used to assess the four emotions level among anyone and everyone such as: college going students, couples, people with anger, passion, self-esteem, day dreaming, overthinking, greed issues. From clinical point of view, after assessing emotions with this constructed scale one will be aware of their emotions not only intensity but longevity as well that is how long the person holds on those emotion. And also will guide them to reduce or manage their emotions level.

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Acknowledgement

I would like to acknowledge and give my warmest thanks to my colleague **Punit Sipani** and **Karma Centre**, Koramangala, Bangalore who gave this opportunity and made this work possible.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Jain, P. (2023). Construction and Standardization of Kashay: The Four Emotion Test. *International Journal of Indian Psychology*, 11(1), 1888-1897. DIP:18.01.191.20231101, DOI:10.25215/1101.191