

A Study of Stress and Triguna in Relation to Personality

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ABSTRACT

Present paper a Review based paper of studies done of Triguna and Stress. The Indian perspective of personality deals with the tri-dimensional classification of Gunas (Sattva, Rajas, and Tamas) entailing physical and mental and spiritual elements of personality. The present study aims to examine the relationship between Guna and stress indicators such as psychological, physical, and behavioral. For this purpose, review of existing article 's was done. Review of studies several a positive significant relationship between Rajasic Guna and Resilience. However no conclusive relationship has been found between Stress and Sattvik Guna as well as stress and Tamasic Guna. Some studies suggest that Sattva and stress are negatively correlated. However, some studies suggest no significant correlation between two. Similarly, a significant positive correlation has been found between Tamasic Guna and Resilience in some studies. However, a significant negative correlation has been related by some researchers. Thus, as conclusion it can be said that people with Rajasic Guna are none to Resilience experience, however no such conclusion can be drawn for people with dominance of Sattvik Guna and Tamasic Guna.

Keywords: *Stress, Triguna, Personality*

Stress: Stress is the body of reaction to any change that requires an adjustment or responses. The body reacts to these changes with physical, mental and emotional responses. Stress is a normal part of our life. We can experience stress level from our environment, our body, and thought

Triguna: The concept of Triguna mentioned in Atharvaveda. However, it is in the Samkhya system, that this concept has gained prominence as a major explanatory construct apart from the personality, everything in the universe, physical and psychological, including the mind, are regards as originated from Prakriti, which is constituted of three gunas, Sattva, Rajas and Tamas. These gunas act together and never exist in isolation. They interact and complete with each other resulting in the preponderance of one over the others the individuals personality type. **Triguna in Relation to Personality:** Triguna theory provides platform for understanding personality as a dimension of human behavioral attempt.

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REVIEW LITERATURE

Zaidi and Singh (2001) the findings of the study obtained significant effect of Sattva and Rajas Gunas on depression, the former showing low depression and latter leading to high depression. Further the moderating role of all three gunas was found in the relationship between negative life events and depression. High Sattva, low Rajas and high Tamas groups reported higher psychological well-being. Roisman et al (2005) by comments on George Bonanno's, according to the author in essence, defined adult resilience as an individual's capacity to resist maladaptation in the face of risky experiences. Although this is one plausible way of conceptualizing Resilience, it is by no means an exclusive definitional. Murty et al (2007) founded that the Triguna concept of the Indian tradition has attracted the attention of psychologists in India involved in the development of indigenous theories and models of human behavior, specifically personality. Here the attempts made to develop personality inventories and relate to gunas to psychological constructs prevalent in modern psychology are briefly reviewed. The paper further analysis these attempts critically and endeavors to clarify the concept Guna based on etymology and exhaustive indigenous literature survey. A conceptual synthesis is arrived at taking into account the traditional textual interpretations and the interpretation of the psychologists. Research by Michael Ungar et al. (2008) the goal of the International Resilience project was to develop a culturally and contextually relevant measure of youth Resilience Measure. Cultural sensitivity and an iterative research design introduced to the study a number of problems that future studies of resilience will need address: ambiguity in the definition of positive outcomes. Pulkit Khanna Kamkesh Singh et.al. (2013) found that the relationship between Gunas and well-being indicators such as psychological capital, personality life satisfaction, and subjective happiness. Across both studies, Sattva was found to be positivity correlated with well – being Rajas and Tamas were negativity correlated with well-being. Higher levels of Sattva and well-being were reported in the order age group, male scored higher or Rajas while no gender differences were found in well-being. A study by Department of Psychology, Swami Vivekananda Yoga Anusandhan, Bengaluru, Karnataka India the found Triguna is considered an important Personality concept. This paper is presented in light of these considerations. We discuss the concept of Triguna, characteristics of a successful personality theory and challenges in Triguna research, in the field. Study by Elizabeth Carlson et al. September 9, (2009) Resilience, the development of competence despite severe or pervasive adversity, is examined using data from a longitudinal study of high-risk children and families. They have found emotionally responsive care giving to mediate the effects of high-risk environment and to promote positive change for children who have experienced poverty, family stress and maltreatment. A study by M.V Anuradha, YLN Kumar, July 13. 2015 according to the Indian philosophy, Trigunas (three trait- like components), are present in everyone, but it is the relative predominance of one of the three gunas that determines the personality of an individual Results Confirm that high Sattva Guna strongly predicted organizational citizenship behavior and high performance but not job satisfaction. Rajas was the second-best predictor of these outcomes behaviors but was negatively related to them, suggesting that only when rajas was low would these desirable behaviors be exhibited. Tamas did not predict any of the outcome behaviors measured. A study by M.V Anuradha, YLN Kumar, July 13. 2015 according to the Indian philosophy, Trigunas (three trait- like components), are present in everyone, but it is the relative predominance of one of the three gunas that determines the personality of an individual Results Confirm that high Sattva Guna strongly predicted organizational citizenship behaviour and high performance but not job satisfaction. Rajas was the second best predictor of these outcomes behaviors but was negatively related to them, suggesting that only when rajas was low would these desirable behaviors be exhibited. Tamas did not predict any of the

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Objective

1. To examine the nature of relationship between Stress and Triguna.
2. To identify the specific Guna associated with stress.
3. To examine the moderating effect of Triguna on stress.

Hypotheses -

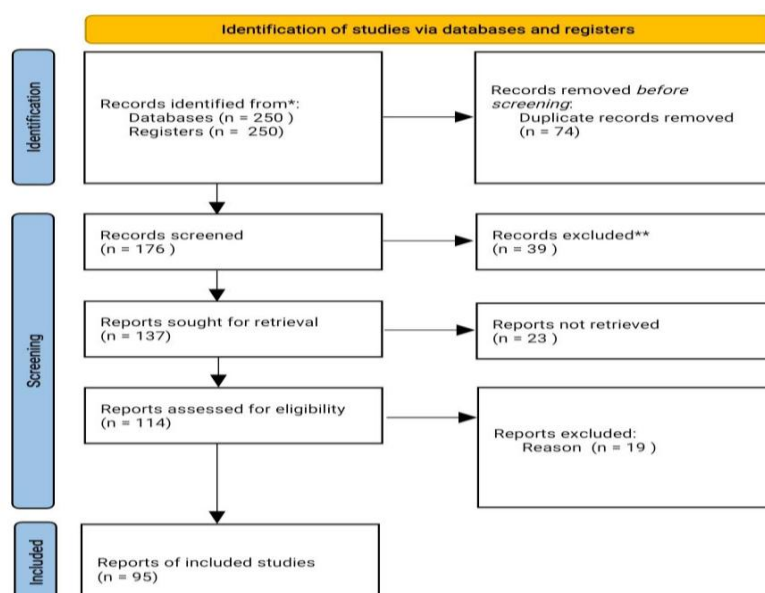
On the basis of objective, it has been hypothesized that

1. There will be a negative relationship between Triguna and Stress.
2. An exploratory hypothesis has been made to identify specific Guna associated with Stress.

METHOD

Present paper based on the systematic review. For this review, we searched the electronic data bases of MEDLINE through Cochrane Library, Google Scholar, Shodhgangotri, Shodhganga Science -direct. We located 250 articles in which, 95 studies met inclusion criteria, studies were observational & survey and cross-section, longitudinal, experiment methods used, and some studies are systematic review paper. PRISMA – Preferred reporting Items for Systematic reviews and Meta Analysis –

PRISMA 2020 flow diagram –



CONCLUSION

Present research will give a direction regarding the relationship between Triguna and Stress. If stress have been found to be negatively related with stress then in future it will help individuals to survive better by practicing Triguna. Similarly present research is also an attempt to explore this relationship in light of personality. Personality traits which has been chosen in Triguna, i.e. Sattva, Rajas and Tamas. Findings will contribute a lot in the field of indigenous psychology.

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Conflict of Interest

The author(s) declared no conflict of interest.

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