

Psychometric Properties of Personality Scale (Triguna Personality - Sat, Raj, Tam) among the Adult Person

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ABSTRACT

To establish the psychometric properties of the personality scale in assessed on personality attributes for adult population. Survey type research and correlational design were use. The personality scale was administered on the adult population (N=200, Age group 30-60 years) of Raipur City, Chhattisgarh, India. The psychometric properties of the scale were established by computing Exploratory Factors analysis, reliability (Cronbach's Alpha) and validity. The result of the exploratory factor analysis in varimax rotation model reveals that 29 items were significantly loaded in three factors out of 30 items. Each items of the scale were highly discriminate. The reliability of personality scale Cronbach's Alpha is 0.84. The psychometric properties of the personality trigun scale confirm that it is reliable and valid measure of personality attribute (e.g. sat, raj and tam) among adult with age range of 30-60 years.

Keywords: *Personality Attributes (Satva, Rajas and Tamas), Reliability and Validity*

The word trigun is first derived from Sankhya philosophy, Modern western culture a unique perspective on Sankhya (also spelled samkhya) philosophy (Bhatia, 2010). Sankhya philosophy is the oldest school of Indian philosophy. The founder of Sankhya was Kapila. Hindu philosopher developed Gita were contemporaries of Kapila the author of the Sankhya system (Bhatia, 2010). Before describing the Sankhya concept of triguna, it is necessary to know some other basic principles related to the triguna (Rao, 2002).

According to Sankhya philosophy the twenty five basic principles, only pure consciousness (Purusha) and primordial materiality (prakriti) have independent existence. The purusa is clearly distinguished from other basic principals in the sense of not being implicated in what is generating or generated, Samkhya Karika (Chaturvedi, 1994) and Samkhya Tattva Kaumundi (in Musalgaonker, 1992).

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According to samkhya philosophy (in Shastri, 1994) prakriti made up of the three constituent processes (traits), i.e., intelligibility, activity and inertia. Constituent in Sanskrit it has three meanings 1) quality, 2) rope and 3) not primary.

According to Aswamedha parva of Mahabharata (Singh, 2009) there is good interpretation of gunas is given in the section 36, 37 and 38. The meaning of three gunas or characteristics of gunas-

- Characteristics of Tamas personality (darkness) verses 12 to 20 section of 36 of Aswamedha parva of Mahabharata describe the basic nature or characteristics of the tamas guna, the nature as tamas guna is complete delusion, ignorance, illiberality, indecision in respect of action or work, sleep, haughtiness, fear, cupidity, grief, censure of good acts, loss of memory, unripeness of judgment, absence of faith, violation of all rules of conducts, want of discrimination, blindness, vileness of behavior.
- Characteristics of rajas personality - verses 2- 14 section 37 of Aswamedha parva of Mahabharata describe the basic nature of rajas guna is injuring (others), beauty, toil, pleasure and pain, cold and heat, lordship (power), war, peace, argument, dissatisfaction, endurance, might, valour, pride, wrath, exertion, quarrel (collision), jealousy, desire, malice, battle, the sense of meum or mineness, protection of others.
- Characteristics of sattva personality- verses 1-8 to the 38 section of Aswamedha parva of Mahabharata describe the nature of sattva guna the sattva is beneficial to all creatures in the world and unblamable, and constitutes the conduct of those that are good, joy, satisfaction, nobility, enlightenment, and happiness, absence of stinginess, absence of fear, contentment, disposition for faith, forgiveness, courage, abstention from injuring any creature, equability, truth, straightforwardness, absence of wrath, absence of malice, purity, cleverness, and prowess.

METHOD

Research Design- Correlational research design used.

Sampling Process- Purposive sampling technique used.

Size of Sample - Total 200 adult participants were included.

Measures- Personality attribute was measured on the personality scale, the personality trigun scale was developed by Janghel & shrivastava (2012). The personality trigun scale basically measures the characteristics of personality attributes (trait- satva, rajas and tamas) in individually. The scale included 30 items, personality scale was divided on three attributes factors (e.g. satva, rajas and tamas) 10 items were included on each trait/personality attributes in the personality scale. The scale has two option response, respondent have choose any one of the

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two options, yes or no option, scoring of the personality scale is very clear and easy “yes” response is two score and “no” response is one score.

Statistical Analysis

The psychometric property of the personality scale was analyzed by computing Exploratory Factor analysis, reliability (Cronbach’s Alpha) with the help of SPSS 16 version.

RESULT

Obtained scores of the subjects were analyzed employing the principal component method of factor analysis. Only three factors were extracted as the aim of the analysis was to obtain loading of items in three factors i.e., satvik, rajsik and tamsik attributes. Varimax rotation was done to clarify the loading on these factors.

It was observed that eigenvalue of the three factors were more than the value of three. There were 29 items which had significant loadings on any of the three factors while rest of the one items had insignificant loading on any of the three factors. A second round principal component factor analysis was again done taking only 29 items. Again varimax rotation was done. Obtained loading of items on the three factors are presented in the table.

Table shows the Rotated factor matrix in personality attribute

Items	Satvik	Rajsik	Tamsik
1. सादा व हल्का भोजन पसंद करते हैं ।	.606		
2. किसी भी व्यक्ति की सहायता मानव धर्म समझ कर करते हैं ।	-.373		
3. प्रदान की गई सूचना लंबे समय तक याद रहती हैं ।	.512		
4. गलती होने पर सच बताकर क्षमा मांग लेते हैं ।	-.338		
5. पुरी तरह से भरी बस में विकलांग व्यक्ति को देखकर अपना स्थान देते हैं ।	.648		
6. जीवन में किसी लक्ष्य को प्राप्त करने के लिए स्वयं को उस लक्ष्य के अनुरूप योग्य बनाते हैं ।	.358		
7. यदि माता-पिता या अन्य बड़े मित्रों के सामने डाटे तो अपनी गलती स्वीकार कर उसे सुधारने का प्रयत्न करते हैं ।	.583		
8. यदि कोई व्यक्ति दुर्घटनाग्रस्त है एवं आप अत्यंत आवश्यक कार्य से जा रहे हैं तो ऐसी स्थिति में अपना कार्य स्थगित कर उसकी सहायता के लिए रुक जाते हैं ।	.686		
9. अपनी वैवाहिक तथा व्यावसायिक जीवन से संतुष्टी का अनुभव करते हैं ।	-.355		
10. अपनी वर्तमान स्थिति की कमियों पर विचार कर, दूर करने का प्रयास करते हैं ?	.665		
11. स्वार्थ पर चोट पहुंचता है तो अधिक क्रोध आता है ।		.678	
12. जीवन में लक्ष्य निर्धारित करने के पश्चात, इस विचार के साथ कार्य करते हैं कि जीवन में आराम आवश्यक है अतः हाय तौबा क्यों की जाए ।		.355	
13. तीखा व मसाला युक्त भोजन पसंद करते हैं ।		.438	
14. अन्य लोगों से बात करते समय स्वयं को प्रभावशाली प्रदर्शित करते हैं ।		.604	
15. जीवन में लक्ष्य निर्धारण के बाद लाभ प्राप्ति के उद्देश्य से कार्य करते हैं ।		.824	
16. सुखी जीवन के लिए एशेवर्य व समाज में प्रतिष्ठा आवश्यक हैं ।		.644	
17. स्वादिष्ट तथा व्यवस्थित रूप से लगाया भोजन पसंद करते हैं ।		.822	
18. आरामदायक बिस्तर पर सोना पसंद करते हैं ।		.586	

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19. दूसरो की सफलता से स्वयं भी प्रेरित होते हैं ।	-405	
20. उस समय सर्वधिक क्रोध आता है जब कोई उददेश्यानुसार तकलीफ पहुंचाता है ।	.680	
21. गालियों का उपयोग करते हुए ही बात करते हैं ।		.634
22. आयु में छोटे व्यक्ति से गलती हो जाए, तो उसे अपमानित करते हैं ।		.827
23. जीवन में लक्ष्य प्राप्त करने के लिए अनुचित माध्यम का प्रयोग कर सकते हैं ।		.822
24. मित्रता का उददेश्य आवश्यकताओं की पूर्ति होती है ।		.841
25. गलती होने पर भी इस बात पर अड़े रहते हैं कि गलती हुई ही नहीं है ।		.830
26. कोई सूचना प्रदान की जाए तो भूल जाते हैं ।		.791
27. शराब का उपयोग विलासिता प्रदर्शित करने के लिए करते हैं ।		.779
28. क्रोधित होते हैं तो दूसरो के अहम को चोट पहुंचाते हैं ।		.780
29. नींद आने पर कही भी किसी प्रकार की बिस्तर पर सो जाते हैं ।		.314

*values less than .30 are omitted (DiStefano, Zhu & Mindrila, 2009).

A close perusal of the above factor matrix revealed that 8 items had significant high loading on factor one. Item no. 3 and 15 also had significant loading on factor one and two. Loading of items no. 3 is high the factor one than factor two. Item no.24, 29, 23, 22 and 25 had significant loading on factor one and factor three. Item no. 17, 19, 21, 28, 18, 26 and 20 had significant loading on factor two and factor three.

Considering all the items and the nature of their loading on the three factors, it was logical to include 10 items in factor one, i.e., satvik, 10 items in the factor two i.e., rajsik, and 9 items in the factor three i.e., tamsik.

Reliabilies

The internal consistencies of the personality scale were obtained by calculating the overall reliability of Cronbach's Alpha is found to be 0.84.

DISCUSSION

The result of factor analysis supported our attempt to developed scale that would assess relatively distinct and clearly focused aspects of personality attributes in western concept that mean Sat, Raj and Tam, there were three factors identified as sub-scales (Satvik, Rajsik and Tamsik attributes of personality). Factor loading of individually personality sub-scale were higher than the Eigenvalue of one, which eigenvalue is 9.229 satvik attribute, 7.471 Rajsik attribute and 6.768 Tamsik attribute.

CONCLUSION

The psychometric properties of the personality scale confirm that it is reliable and valid instrument, which could be used for the assessed in personality attributes on adult population for the age group of 30-60 years.

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Conflict of Interests

The author declared no conflict of interests.

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