



# 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, Chittashuddhi, and other aadhyatmic ways to evolve from a personality to the other.
- Many stanzas in Bhagavadgita, Thirukural which says about a persons 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 I their theories. The present study tries to analyse the Personality of an Indian based on Indian perspective.
- The importance of doing such study at post graduate level is that, students who don't know about themselves or confused at the any age should be helped in building up their personalities. The western world view says that the Personalities have limitations to build, they have their fixations.
- Bhagavadgita teaches you how to lead your life, it's a guide for way for way of living and Gitamritam Enables it for you to learn and lead your life.

## Literature Review

- Emphasis on ancient Indian literature is on rise and we can see many scholars doing so. There are lot 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 [2:12 (Prabhupada, 1972)] asserts that the self is eternally an 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 McDaugall's classical and neo-classical or contemporary psychoanalytical theories of personality, Jung's analytical theory, social psychological theories of Adler and Sullivan, Roger's person-centred theory, existential theory, Lewin's field theory, Allport's psychology of the individual theory, Cattel'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.
- Sangeetha Menon, put forth that Bhagavad Gita is not a conversation between two people, rather it is a psychological as well as guide us to a spiritual living. Also the significance of Guna is taken a prime importance to lead a mentally healthy life.
- As per the ancient indian world view a personality can be refined with 'tapas' and value based education.

MOHANDAS KARAMCHAND GANDHI



NARENDRANATH



## 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.
- This research could be further extended by adding further perspectives from other Indian literature works and ways of practicing Yogic and other Aadiyatmic methods to purify and evolve oneself.

## Research Question

- Did attending gitamritam camps have a beneficial impact on the participants' personality.

## Research Methodology

- This study required two sets of questionnaires and the respondents were Students, Guides, Enablers who participated in Gitamritam camps from 2013 till date.
- The first questionnaire evaluated the learnings and change that student had undergone at Gitamritam camps to tell 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 Gutamritam camps.
- Focused group discussion with a mix of students from various versions of camps.
- FGD with the people who were involved in conducting and enabling the camp.
- Experts interview with the Gurus in Bhagavadgita.



## Findings:

- By 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.
- And the same was Validated by the participants acquaintances, by responding to the other set of questionnaire.
- It was found that the students were happy after attending the camp and happily recommend peer 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.

## 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 crowd of Gitamritam participants and their acquaintances.
- The study is limited to immediate overall changes and experience of Gitamritam camp, by the participants, the duration of impact change on the participant is not noticed.

## Further directions for the study:

- The study can be taken ahead further by concentrating on the other programmes of Gitamritam viz. Bala camp, Kalyan camp, Samartha camp, Mananam camp.
- The above camps will be conducted for the students who have attended the 1<sup>st</sup> camp as Bala or Yuva camp.
- With this the researcher/author 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.
- Hence it is a useful application in various sectors such as Hospitals, rehabs, and corporate companies where the implication of personality change is more relevant.
- 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.

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