SUMMARY

The dissatisfaction of using Western modes of assessment and therapy in the Indian set up, with its unique socio-cultural environment, and the lag in definitive modes of assessments and therapy based on Indian conceptualisations of mental health brought about the present study.

Thirukkural being a unique and a universally applicable set of couplets, is assumed to give norms for adaptive behaviour, that is, 'ideal norms'. Consequently, the conventional methodology of standardisation and developing norms is not done.

The main objective is to develop a psychological assessment tool to elicit areas of maladaptive behaviour based on Thirukkural. The inventory is developed by making items from the interpretations of 'adihāram' in Thirukkural. The 'adihāram' are interpreted with the knowledge gained by reading the translations, commentaries, and by discussions with Thirukkural experts. After the items are made, it is sent for validations by Thirukkural experts. Based on their comments the TABI is finalised.

The TABI is tried out with a sample of 505 adults, both sexes, in the age group 20 to 40 years, belonging to different educational levels, occupational status and
marital status. Along with TABI POI to assess self-actualisation and EPI to assess neuroticism are also administered to the sample, and the data is obtained.

The analyses of the data have answered the questions to a certain extent.

The first question has one hypothesis. The findings are in conformity with the hypothesis to a certain extent. The distribution of TABI is skewed for the whole sample and for different categories of the sample. But the degree of skewness varies for different categories of subjects.

The second question has four null hypotheses. The findings are in conformity with the hypotheses statistically. However, there is a definite trend to reject all the null hypotheses. There is a difference between the self-actualisers, normals and non-actualisers in their performance on TABI. And there is a positive correlation between self-actualisation and TABI. And there is a trend towards negative correlation between TABI and neuroticism.

The third question has 2 null hypotheses. The findings are in conformity with the hypotheses statistically like for the question 2. However, there is a definite trend to reject all the null hypotheses. There is a difference between neuroticism and TABI.
In addition, keeping in mind the nature of TABI, a case study is done. It is found that TABI definitely has identified the problem of the case. Suggestion for using TABI is also given.

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