CONTENTS

Certificates i
Abstract iii
Acknowledgement viii
Contents xii
List of Tables xvii
List of Graphs xx

CHAPTER—1: Introduction 1
• Indian psychology 1
• Sources for study of Personality from Indian intellectual tradition 2
• Study of personality in India 4
• Necessity for personality classification in Indian perspective 6
• Personality evolution from an Indian perspective 8
• Characteristics of Pancha Mahabhutas 8
• Combination of Pancha Mahabhutas to form Tridoshas 10
• Delineation of Tridoshas—Vata, Pitta, and Kapha 13
• Evolution of Tanmatras into Mahabhutas and sense organs 14
• Divisions and characteristics of Vata, Pitta and Kapha 16
• Tridoshas and their blends 21
• Delineation of Trigunas—Sattva, Rajas, and Tamas 21
• Divisions and characteristics of Sattva, Rajas and Tamas 23
• Trigunas and their blends 25
• Different types of Sattva, Rajas and Tamas 25
• Types of Sattva and their characteristics 26
• Types of Rajas and their characteristics 27
• Types of Tamas and their characteristics 27
CHAPTER—2:  Review of related literature

Personality study from Western tradition:

• Background 30
• History of Personality tests in changing times 31
• History of Personality tests in 20th century 31
• Emerging dominance of personality assessment 34

Personality study from Indian tradition:

• ‘Psyche’ in different systems of Indian thought 37
• Personality and convergence of different perspectives of Indian philosophies 41
• Yoga and Personality study 44
• Samkhya perspective of Personality study 44
• Upanishadic Pancha Kosa perspective of Personality 46
• Tridosha model of Personality understanding 48
• Tridoshas and Personality studies 49
• Trigunas and personality studies 50
• Trigunas and their empirical studies from different schools of Indian thought 52
• Psychometric tools on Indian concepts 55
• Psychometric properties of tools developed from the Indian milieu 56

CHAPTER—3:  Methodology

Introduction:

• Research questions 58
• Objectives 58
• Hypotheses 58

Methodology:

• Research design 58
• Development of Tridosha based Scale (Section 1, Part 1) 60
• Development of Triguna based Scale (Section 1, Part 2—A) 66
• Development of Triguna based Scale (Section 1, Part 2—B) 70
• Rating pattern for the 3 scales 71
• Psychometric properties of the Scales 71
• Sample for establishing validity measure 72
  Tridosha scale
  Triguna scales
• Sample for establishing reliability measure 73
• Sample used for establishing norms 74
• Criteria for inclusion and exclusion 75
• Tools and techniques 76
• Section 1, Part 3: 189 VPK and 189 SRT Trait analyses 76
• Section 1, Part 4: Comparison of 189 Traits (Part 3) with 16 CPT (Part 4) 77
• Different kinds of analyses that a respondents’ answers are subjected to 78
• Descriptions of others’ tests used in the study for inclusion criteria 79

CHAPTER—4: Outcomes, Results and Discussions 87

Section 1: Test Development issues 87

• Section 1, Part 1: (Development of 1 scale) 88
  Development of Tridosha (VPK) Psychological Personality Assessment Scale 88
  Establishing psychometric properties of the Scale 88
  Reliability 88
  Validity 90
  Norms 92

• Section 1, Part 2: (Development of 2 scales, A and B) 94
  Development of Triguna (SRT) Personality Assessment Scale—A 94
  Establishing psychometric properties of the Scale 94
  Reliability 94
  Validity 96
  Norms 99
<table>
<thead>
<tr>
<th>Section 1, Part 2: (Continued)</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Development of <em>Triguna</em> (SRT) Personality Assessment Scale—B</td>
<td>100</td>
</tr>
<tr>
<td>Reliability</td>
<td>101</td>
</tr>
<tr>
<td>Validity</td>
<td>101</td>
</tr>
</tbody>
</table>

**Section 1: Part 3—189 VPK and 189 SRT Trait analyses**

- Enumeration of 189 Traits
- Norms: 189 Physical (VPK) Traits
- 189 Psychological (SRT) Traits
- Interpretation of Traits (189 VPK + 189 SRT) and their categorization based on Stanine scores

**Section 1, Part 4:**
**Comparison of 189 Trait analyses (of Part 3) with 16 CPT**
- Seven (7) Types of *Sattva* Personalities
- Six (6) Types of *Rajas* Personalities
- Three (3) Types of *Tamas* Personalities
- Norms
- Salient characteristics of 16 Classical Personality Types

**Section 2**

- Testing of Hypotheses issues
- Hypothesis 1
- Hypothesis 2
- Hypothesis 3
- Hypothesis 4

**Section 1, Part 4 (Continued)**
- 16 Classical Personality Types Analyses (16 CPT)
- Graphical representation of 16 CPT for different groups
- Score ranges for different professions
- 16 CPT Grids
- Grid representation of 16 CPT range scores for different groups