CHAPTER V

SUMMARY, CONCLUSIONS, AND SUGGESTIONS FOR FUTURE RESEARCH

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SUMMARY, CONCLUSIONS AND SUGGESTIONS FOR FUTURE RESEARCH

5.1 SUMMARY

The present study explored the effect of triguna (personality factor), tridosha (constitutional factor) and irrational beliefs on anger and physical and mental health of an individual. In the light of the existing literature the following hypotheses were formulated:

1. Sattva, rajas, tamas personality groups differ on Trait-Anger, Anger Expression-Out, Anger-Expression-In, Anger Control-Out and Anger Control-In scores

2. Sattva, rajas, tamas personality groups differ on irrational beliefs scores

3. Sattva, rajas, tamas personality groups differ on physical and mental health scores

4. Vata, pitta, kapha constitution groups differ on Trait-Anger, Anger Expression-Out, Anger-Expression-In, Anger Control-Out and Anger Control-In scores

5. Vata, pitta, kapha constitution groups differ on irrational beliefs scores

6. Vata, pitta, kapha constitution groups differ on physical and mental health scores

Three of the five scales were newly developed, that is, Triguna-SRT Scale (N=250), Tridosha-VPK Scale (N=250), and Irrational Beliefs-Anger Scale (N=150). Data were collected from different colleges in Pune city for standardization of the tools. Along with newly developed tools, State-Trait Anger Expression Inventory-2 (Spielberger, 1999), Physical Health Scale (Thingujam, 2002), Mental Health Checklist (P. Mathew & Ram, 1999). The results were analyzed using statistical software SPSS 11.5 version for Windows. To examine the hypotheses Pearson’s product-moment correlation, t-test, One-Way ANOVA and Multiple Regression Analysis were carried out on the sample of 250 students studying in the colleges and
universities in Pune city in the age-group of 20 to 25 years knowing adequate English.

5.2 CONCLUSIONS

The conclusions drawn from the study were:

1. Sattva personality group showed lower Trait-Anger and irrational beliefs compared to rajas and tamas personality groups.
2. Sattva personality group showed better physical and mental health than rajas and tamas personality groups.
3. Rajas personality group showed higher Trait-Anger and had lower physical health.
4. Kapha constitution group showed lower Trait-Anger compared to vata and pitta constitution groups.
5. Kapha and pitta constitution groups did not differ on irrational beliefs, physical and mental health.

5.3 LIMITATIONS OF THE PRESENT STUDY

The present study’s limitations were:

1. It did not include population from other geographical regions, which could affect the physical health.
2. As the tools were in English, the sample consisted of only those respondents who knew good English.

5.4 SUGGESTIONS FOR FUTURE RESEARCH

1. The study could be carried out in different seasons that affect constitution which in turn affect health.
2. Sample could include population from other geographical region.
3. It may include variables like health and food habits, style of living, anger, triguna and tridosha of the respondents’ parents which may affect the respondents’ scores.