Abstract

The present study was an investigation into the relationship among anger, a basic, commonly experienced and observed negative emotion, triguna, the three ultimate qualities or omnisubstances at work in nature, tridosha, the basic material constituents which exist in the universe, irrational beliefs, physical and mental health. In human beings triguna (sattva, rajas and tamas) manifests in their temperament, constitution, and behaviour and constitutes the psychic personality (Ranade & Paranjape, 1991). Tridosha (vata, pitta, kapha) makes every individual unique and constitutes the physical body of a person. The fourth factor, irrational beliefs, is considered as one of the causes of anger, and they prevent one from achieving the goals, creating extreme emotions which persist, causing distress and leading to undesirable behaviors (Ellis, 1962, 1971, 1975). These are viewed as the determining factors of health. The research aimed to: first, explore the relationship among anger, personality, physical constitution, and irrational beliefs; second, to explore the relationship among anger, personality, physical constitution, irrational beliefs, and health. The sample for the study comprised 250 students (131 males and 119 females). Their age-range was from 20 to 25 years, studying in different faculties of Arts, Commerce, Humanities, Engineering, Management, Architecture, Social and Medical Sciences in various colleges and universities in Pune. The sample completed five scales, namely, STAXI-2, SRT-Triguna Scale, VPK-Tridosha Scale, Irrational Beliefs-Anger Scale and Personal Data Sheet.

The results revealed that rajas personality group scored highest on Trait-Anger followed by tamas and sattva personality groups. Sattva group showed less irrational beliefs than rajas and tamas personality groups. The rajas and tamas groups did not differ on irrational beliefs score. Rajas personality group scored higher (showed poorer health) followed by tamas personality
group. Sattva personality group showed better physical and mental health than the other two groups.

Pitta group scored higher on Trait – Anger followed by vata group. Kapha group had the lowest Trait-Anger score. On irrational beliefs, vata and pitta groups did not differ. And while pitta group did not differ significantly from kapha group, vata and kapha groups differed from each other on irrational beliefs. On physical health, vata and pitta groups did not differ significantly. Kapha group showed better physical health score than vata group; however, it did not differ significantly from pitta group. The three groups differed significantly on mental health scores. Vata group scored higher than pitta and kapha groups, while pitta and kapha groups did not differ on mental health.

Irrational beliefs followed by rajas personality type, among the others, were best predictors of Trait – Anger, and mental health followed by Trait-Anger were the predictors of poor physical health. Irrational beliefs and physical health among the others explained poor mental health best.

The study did not include population from other geographical regions, which could affect the physical health. It is suggested that first, it could be carried out in different seasons that affect constitution which in turn affect health. Second, the sample could include population from other geographical regions. Third, 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.