Chapter 6: Conclusion
6.1) Summary & Conclusion

Chapter 1: Introduction

Man has been intrigued by behavioral sciences since time immemorial. Varieties of scientists, philosophers, psychologists and contemporary thinkers having explored this subject matter deeply have developed newer and newer theories based on the human mind and its effect on human behavior. Mental health has become a great concern in the 21st century and therefore the biggest disease in the 21st century is neither cancer nor AIDS but it is mental stress and depression. There has been a sharp rise in the percentage of people using drugs for mental problems-real or imaginary. There has also been in increase of erratic behavior evident through the increase in number of crime political, sexual, suicides, arson, murders, etc.

What forms the cause of such deterioration I the mental conditions of individuals in the society? Modern-day lifestyle? Perhaps, but despite drug based treatment and moral policing, we have not been successful in putting an end to behavioral complexities arising due to emotional instability.

Emotional Stability is a measure of one’s ability to live their lives, every moment, in peace, harmony, love and compassion, regardless of life situations. It is an indicator of one’s capacity to respond to all challenges of life calmly with poise and with a positive, cheerful, confident attitude without any negative emotions like anger, lust, fear, guilt, greed, jealousy, hatred, impatience, arrogance, aggressiveness, nervousness. The more one’s responses to situations are filled with negative emotions, the lower one is on the Emotional Stability Scale. The more one responds to situations, big or small, with equanimity, the higher one is on the Emotional Stability scale.

Lack of Emotional stability can be one of the critical root causes of several ailments and societal problems.

1. Several chronic diseases like Asthma, Arthritis, Back problems Bronchitis, Cancers, Diabetes, Digestion disorders, Heart diseases, Hypertension, Kidney problems, Liver problems, Multiple Sclerosis, Parkinson, Skin problems, Sleep problems and a host of other disorders can result due to emotional stability.

2. Strained relationships with people in the family, at work or within the community around the individual.
3. Lack of self-esteem, fear, worry, depression, anxiety and a host of other mental problems.
4. All kinds of crimes including corruption, abuse and exploitation of women and children.
5. Religious strife, political turmoil, terrorism, and even wars between nations.
This is due to one’s inability to connect deeply with the divine within themselves, their Higher Self, their Soul and therefore getting deprived of experiencing the most precious treasures of infinite, peace, unconditional love and bliss, within everyone of us.

Addiction is a condition that results due to ingestion by a person some substance (e.g., alcohol, cocaine, nicotine) or engagement of an individual in a certain activity (e.g., gambling, sex, shopping) that could be pleasurable but the continued use/act of which becomes compulsive and interferes with ordinary life responsibilities, such as work, relationships, or health. Users may not be aware that their behavior is out of control and causing problems for themselves and others.

We turn to the Bhagavad Gita for a diagnosis and solution to the problem at hand. The Bhagavad Gita is a world renowned scripture that is universal and non-sectarian in its approach in providing solutions for problems of all types. The practice of Bhakti yoga as mentioned in the 12th chapter of the Gita describes certain processes, the application of which can control and purify the mind thereby bringing about emotional stability, maturity in an individual and sufficient strength to break the cycle of addiction.

Further throughout the present study it is intended to see what solution the Bhagavad Gita can provide with respect to behavioral problems for society especially the problem of emotional instability and addiction.

Chapter 2: Critical Literature Review

Significance of Spirituality in today’s dynamic world:
Spirituality is the basis of human values. Spirituality acts as base for thoughts, actions, skills and behavior that mould good character. These spiritual values create a good human being, motivated manager and a good organization. Spiritual growth has been considered by all religions as the
ultimate goal for life of every human being. The quality of work life in an organization is greatly influenced by the spiritual and ethical values prevalent in the organization.

The religious coping strategies used by the participant identified in this research are a combination of both faith and rituals have been used to managed stress, anxiety and depression that they may have experienced. (Razdi, Ramly, Sipon, Othman, 2013)

**General reviews on Bhagavad Gita**

Sudhakar Reddy (2009) in his paper —Business Principles from the Bhagavad Gita undertook an analytical study of the concepts of Gita to highlight the relevance of Bhagavad Gita to business practices. The objective of the paper was to attune the Western model of efficiency, dynamism and striving for excellence to the ideals of the Indian holistic attitude of lokasangraha – for the welfare of many, for the good of many and to develop India centric management skills. On examining the modern management concepts in the light of the Bhagavad Gita, the researcher identified the fact that to attain sound mental health, a manager should try to possess and maintain internal constancy, a calm mindset, mental peace and a positive poise even in adverse situations and should stay away from the feelings of greed, suspicion, envy, egotism, and anguish as advocated by Bhagavad Gita. Bhagavad Gita involves a holistic understand of man-material-life including all special and temporal considerations. Management and Business Management are a part of this holistic scenario and understanding of the holistic understanding can prove to be helpful to managers and business managers. Just as Bible is a guide to the man and Business Management in a Christian Society, Bhagavad Gita also acts as guide for Indians predominantly. Most Indians including those who are not Hindus are aware of the fundamentals of Bhagavad Gita whether they have read Bhagavad Gita or not. In other words Bhagavad Gita is a part of the ethos of Indians. Bhagavad Gita though considered being a religious text; It is predominantly a practical guide to life and not just a religious guide. It deals with life more than the Beyond. The context of Bhagavad Gita transcends time; the war context is allegorical and is applicable universally without limitation of space and time. It is highly relevant today as guide for questions of Management and Business Management in particular.

**Bhagavad Gita on Work and Stress Management:**

Bhagavad-Gita has elaborated the importance of making efforts. A thing gained after making efforts brings satisfaction. Moreover, the Bhagavad-Gita explains that one should have trust in
the efforts one is taking to be successful. It advocates that every individual is responsible for their actions which are success and failure. It has examples given where man has overcome difficult situations by the application of these principles. The Gita elaborates on how to keep aside failure in the past and to dwell in the present only applying principles of spirituality such as working for God, etc.

**Bhakti Yoga: The essence of spirituality:**

Bhakti yoga is one of the yogas mentioned in the Bhagavad gita. It consists of nine processes which bring about internal purification and also help one progress rapidly in building and developing his relationship with the Supreme Personality of Godhead. When one practices devotional service or the principles of bhakti yoga, it is then when one can experience one spirituality. This experience increases manyfold when one makes progress on the path. These experiences produce joy internally. One becomes free from lamentation and the turbulence of the mind due to many desires. After this one starts seeing all with equal vision. Such an experience of being connected to God comes when the instructions of the Gita are followed.

The soul is part and parcel of the Supreme Lord (BG 2.18 purport) and by nature has to serve. The service performed to the Supreme Lord under direction of a spiritual master is devotional service and this brings about satisfaction and experience of spirituality.

**a) Emotional Stability**

*Emotional stability refers to a person's ability to remain calm or even keel when faced with pressure or stressful situations.* Someone who is emotionally unstable is more volatile, which means the person faces an increased risk of reacting with violent or harmful behaviors when provoked.

**b) Life satisfaction**

Life satisfaction is the way persons evaluate their lives and how they feel about where they are going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favorable attitude of one's life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic
standing, amount of education, experiences, and residence, as well as many other topics. It is also being measured in this context, its significance with spirituality.

c) Effect on Intoxication/Substance Abuse
According to the WHO, intoxication is a condition that follows the administration of a psychoactive substance and results in disturbances in the level of consciousness, cognition, perception, judgment, affect, or behavior, or other psycho physiological functions and responses. This is a major problem faced by youngsters in the world today.

d) Development of sattva guna/mode of goodness
Wolf (1992) explains that there are three gunas described in the Vedas- sattva, rajas, and tamas. Descriptions of each guna were compiled from the Bhagavad-gita As It Is, Chapters 14, 17 and 18 (Prabhupada, 1972). Sattva guna (or mode of goodness) is characterized by qualities such as cleanliness, truthfulness, gravity, dutifulness, detachment, discipline, mental equilibrium, and respect for superiors, sharp intelligence, sense control, and staunch determination. Attributes of rajas guna (mode of passion) include intense activity, desire for sense gratification, little interest in spiritual elevation, dissatisfaction with one’s position, envy of others, and a materialistic mentality. Qualities associated with tamas guna (mode of ignorance) include mental imbalance, anger, arrogance, depression, laziness, procrastination, and a feeling of helplessness. As claimed, the practitioner undergoes increase in sattva guna qualities and decreased influence of rajas and tamas.

e) Compassion
Compassion for all living entities is a quality that is mentioned as that belonging to the divine nature according to the Gita (Bhagavad Gita 16.3). It stems from the understanding that all living entities are part and parcel of God and are struggling in this world owing to forgetfulness of Him. (Bhagavad Gita 15.7) Such an individual helps others in developing his relationship with god which is attributed to be the cause of all suffering.

f) Focus and clarity in life
The result of having clear knowledge about life and its purpose results in having focus and clarity about things. To gain relief from the perpetual miseries that bombard an individual and gain entry into the eternal kingdom of God is the ultimate goal which is the focus of one who has knowledge.

Clarity or asammohā is achieved when one understands transcendental philosophy. Clarity in decision making comes with increased discrimination which develops because of intelligence.

g) Experience of Spirituality

It is when one takes up seriously the practice of bhakti yoga then one can experience spirituality or the experience of a higher power. This reciprocation increases as one makes progress towards developing his internal relation with God.

These experiences make one very happy and blissful. One gets rid of depression, problems and mental issues. One sees everything with equal vision. This is possible by following the principles as mentioned in the manual for mankind which is the Gita.

The following are the practices that bring about experiences that are transcendental:

1. Chanting of the holy names viz. The Hare Krishna Mahamantra (Gita 10.25 & 8.5 purport)
2. Offering and honoring sanctified food or prasadam (Gita 9.27)
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