Introduction to Methodology:

Many researches are going on the teachings of Buddha especially Panchsheela and Austangik Marga in relation to psychology. There is wide gap in understanding psychological phenomenon in the western and eastern context of Buddha’s teachings. In the present study, effort has been made to know the impact of teachings of Buddha’s Panchseela and Austangik Marga on Personality and Mental health and some other demographic variables.

Man being social animal has developed very good social relation in the society. Due to social relation many developments are taking place. The development of science and technology has brought tremendous changes in the society, and people are living in stressful life. To avoid it they need to understanding meaning of life, which requires perfect personality and good mental health. Man need minimum morality and ethics to maintain good health failing while will have adverse effects on personality and mental health.

3.1. Rational of the study:

Mankind is seeking to return to tranquility, peace, kindness, consideration stress free world. People are eager to enhance their quality of life and along with family society needs to establish freedom, equality and brotherhood feelings of we, is consideration human consciousness resulting in the evolution of a new species the supernormal not supernatural human beings. The teachings of Buddha may help to create meaning in life and good civics sense in the society. The practices of Panchseela and Austangika Marga will help to remove misery and establishes the universal humanity and peace in the world.

3.2 Significance of the study:

Whole world looking toward the teachings of Buddha as a means of getting ride up stressful situation to peaceful world the teachings of Buddha purely scientific and rational and approachable and affordable by common man, There is no hide and secrete and no imagination it is near and real to the humanity. There is no discrimination, it has shown path of love, kindness compassion. It taught to inculcate self-help techniques. It has taught to loved and survival on not only human being but even all the living beings. Teaching develops psychological well-being kind and compassion, love and affection, be togetherness needs happiness and etc. Teachings of Buddha very wide and taught on Panchseela and Austangik Marga, Arya Staya and
so many other meaningful discourse to develop humanity. There is need to find out the impact of Buddha’s teachings of Panchseela and Austangika Marga on personality and Mental Health. In this context present study took five shila i.e., five precepts such as abstain from killing, abstain from stealing, abstain from sexual misconduct, abstain from lying and abstain from intoxication. Which will help the individual to develop the love and kindness, compassion, appreciative joy equality generosity modernity, presence, wisdom, energy patience and truthfulness in the human life. The second aspects of Buddha teachings of Austangika Marga (Eight fold path) are right understanding, right thought, right speech, right action, right livihood right effort, right mindfulness and right concentration which helps to develop insight in the individual. Practiesing this are Austangika Marga may help for promoting and perfecting three essential trying i.e., one discipline, ethical conducts (Sila) Two mental discipline (Samdi) Third discipline is wisdom (Panna) will be helpful for better understanding therefore this research study intent to know the impact of teachings of Buddha; Panchseela and Austangik Marga on Personality and Mental Health of Buddhist and non Buddhist.

Teachings of Buddha are emerging as a phenomenon for need for peaceful world. The whole world accepting teachings of Buddha not only religious thought, but also perceiving the way of life. Buddha’s whole teachings concentrates on human and living beings well-being, kindness compensation happiness etc. Panchseela and Austanking Marga are the basic teachings of Buddha, Panchseela narrate about five sila as a life skills in life. The eight fold path aim at promoting and perfecting the three essential of trainings and 1.discipline ethical conduct (Sila) 2.Mental disline (Samadhi) and 3. Wisdom (Panna) it will be more helpful for coherent and better understanding. It is very important to know the impact on personality and mental health of Buddhist and non Buddhist.

3.3 Statement of the Research Problem:

The present research aims to study the impact of teachings of Buddha Panchseela and Austangik Marga on Personality and Mental health of Buddhist and Non Buddhist. It also tries to know that practices of Panchseela and Austangika Marga differ in its experience, practices, gender, education, occupation, and marital status. Therefore, the problem of statement is teachings of Buddha the impact of Panchseela and Austangik Marga on Personality and Mental health were taken.
3.4 Objectives:

1. To find out significant impact of Panchseela and Austangika Marga on Personality and Mental Health of Buddhist and Non Buddhist.
2. To study significant difference in practice of Panchseela between Buddhist and Non Buddhist.
3. To know the significant difference in practice of Austangika Marga between Buddhist and Non Buddhist.
4. To know significant difference in Personality between Buddhist and Non Buddhist.
5. To find out the significant difference in Mental Health between Buddhist and Non Buddhist.
6. To know the significant difference in variables such as gender, education, occupation, and marital status, of Buddhist and Non Buddhist.
7. To know the relation between Panchseela and Austangika Marga on Personality and Mental Health.

3.5 Hypothesis:

H$_1$. There would be a significant impact of practice of Panchseela and Austangika Marga on Personality and Mental Health of Buddhist and non- Buddhist.

H$_2$. There would be a significant difference in practice of Panchseela between Buddhist and non -Buddhist.

H$_3$. There would be a significant difference in practice of Austangika Marga between Buddhists and non- Buddhist.

H$_4$. There would be a significant difference between Personality of Buddhist and non- Buddhist.

H$_5$. There would be a significant impact of gender on Panchseela Austangika Marga Personality and Mental health of Buddhist and non- Buddhist.

H$_6$. There would be a significant impact of education on Panchseela, Austangika Marga, Personality and mental health of Buddhist and non- Buddhist.

H$_7$. There would be a significant impact of occupation on Panchseela, Austangika Marga, personality and Mental health of Buddhist and non- Buddhist.

H$_8$. There would be a significant impact of marital status on Panchseela, Austangika Marga, Personality and Mental health of Buddhist and non- Buddhist.
There would be a significant relation in practice of Panchseela and Austangika Marga on Personality and Mental health of Buddhist and non-Buddhist.

3.6 Variable: The following major variables have been used as independent and dependent variables.

A) Independent Variable:
   1. Panchseela and Austangik Marga
   2. Gender, Education, Occupation and Marital Status

B) Dependent Variable:
   1. Personality and Mental Health

3.7 Design: The Ex–post, facto research with 2x2x2 factorial design was adopted to know the impact of teachings of Buddha’s Panchseela and Austangika Marga on Personality and Mental Health.

3.8 Sample: The present study consists of 500 Samples, among 250 Buddhist and 250 non-Buddhists. Random sampling method is adopted for the selection of sample for the study. To match both the group on some variables such as gender, education, occupation, and marital status were taken for the study.

3.9 Description of the tools:

1. Self Prepared and standardized Questionnaire were used for Panchseela and Austangik Marga. The developments of test begin with item selection on related subject from the experts in the concerned field. Items were scrutinized with the help of experts and made it in the form of statements. There are 64 items with five alternatives like strongly disagree, disagree, natural, agree and strongly agree for each item. Which measure preaching and practice of Panchseela and Austangik Marga. This questionnaire contains statements on beliefs, value, customs and traditions of Buddhism. The test reliability is 0.87. The convergent validity established through correlates PSAM 64 items of Buddha’s teachings on Panchseela and Austangika Marga with positive correlation i.e., r= 0.5 p.

Description of Measure: 44-item inventory that measures an individual on the Big Five Factors (dimensions) of personality (Goldberg, 1993). Each of the factors is then further divided into personality facets.

The Big Five Factors are (chart recreated from John & Srivastava, 1999): Big Five Dimensions Facet (and correlated trait adjective)

1. **Extraversion vs. introversion** Gregariousness (sociable) Assertiveness (forceful) Activity (energetic) Excitement-seeking (adventurous) Positive emotions (enthusiastic) Warmth (outgoing)

2. **Agreeableness vs. antagonism** Trust (forgiving) Straightforwardness (not demanding) Altruism (warm) Compliance (not stubborn) Modesty (not show-off) Tender-mindedness (sympathetic)

3. **Conscientiousness vs. lack of direction** Competence (efficient) Order (organized) Dutifulness (not careless) Achievement striving (thorough) Self-discipline (not lazy) Deliberation (not impulsive)

4. **Neuroticism vs. emotional stability** Anxiety (tense) Angry hostility (irritable) Depression (not contented) Self-consciousness (shy) Impulsiveness (moody) Vulnerability (not self-confident)

5. **Openness vs. closedness to experience** Ideas (curious) Fantasy (imaginative) Aesthetics (artistic) Actions (wide interests) Feelings (excitable) Values (unconventional).

**Scoring:** BFI scale scoring (“R” denotes reverse-scored items):
- Extraversion: 1, 6R, 11, 16, 21R, 26, 31R, 36
- Agreeableness: 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42
- Conscientiousness: 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R
- Neuroticism: 4, 9R, 14, 19, 24R, 29, 34R, 39
- Openness: 5, 10, 15, 20, 25, 30, 35R, 40, 41R, 44.

3. Mental Health Inventory developed by Jagdish A, K Shrivastava (1983) MHI has been designed to measure mental health (positive) of normal individuals. In the present scale have 4 alternatives that is always, most of times, sometimes and never.

**Item analysis:** The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio-cultural, age, gender education groups. For item analysis be serial coefficient of correlation were computed. The significance of correlation at 0.01 level was fixed as the certain for retaining an item. on the basis of significance out of 72 items, 56 items, including
32’ false keyed’ 24’ trued keyed’ have been selected to constitute the final format of the inventory.

**Reliability of the inventory:** The reliability of the inventory was determined my ‘split-half’ method using odd –even procedure. Overall reliability coefficient of mental health is 73.

**Validity of the inventory:** Construct validity of the inventory is determined by finding coefficient of correlation of between score on mental health inventory and general health questionnaire (Goldenberg 1978) it was fond to be 54. It is noteworthy here that high score on the general health questionnaire indicates poor mental health. Besides the inventory was validated against “personal adjustment” scale (a sub –scale of – D inventory) developed by Pestongee (1973) the two inventory score yield positive correlation of 57.revealing moderate validity. Overall norms of mental health of female student ar 175.14 and above very good 175.14 to below they are good -154.26 to below average.133.38 to below poor and below 133.38 they are very poor. Overall norms for mental health of male student are 195.89 and above 176.45 to below 157.01 to below 137.57 to below 135.57.

Dimensions of Mental Health Inventory;
1. Positive self evaluation
2. Perception of reality
3. Integration of personality
4. Autonomy
5. Group-oriented attitudes
6. Environmental mastery

The inventory may used for measuring mental health of individuals in various sphere of life.

**3.10 Data Collection:** Data were collected through using questionnaire and interview method

And response were scored and tabulated.

**3.11 Statistical Analysis:** To know the significance of the study the’т’-test, ANOVA, and co-relation statistical techniques were used.