

Development of Trait Inventory of Personality Based on Indian Psychology

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Abstract

Several scholars of Indian psychology have worked to scientifically establish personality theory based on three *gunas*, namely *sattva*, *rajas* and *tamas*. *Guna* refers to some characteristic quality, responsible for specific behaviour expressed by an individual. There are questionnaires for categorization of personality based on *gunas*. Like any other typology, *guna* type theory of personality assumes that people are either *sattvic*, *rajasic* or *tamasic*, whereas the literature also accepts that personality categories based on these *gunas* are not discrete. People constitute a mix of all *gunas*. To overcome this demerit, authors have developed a Trait Scale of *gunas* that explains the measurement of qualities in three *gunas*. Using factor analysis authors have found 4 traits of *sattva*, 1 trait of *rajas* and 2 traits of *tamas*. The scale has 36 items in 5-point self-report format, in Hindi and English. The alpha value of all the traits range from 0.839 to 0.6.

Keywords: Personality, Guna, Trait Inventory, Factor analysis

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