

Impact of Bhagavad Gita on Self-actualization

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Abstract

Bhagavad Gita is a very valuable book for the whole world. Through this, the Self-actualization of the students can be greatly enhanced. Most of the students have developed a misconception about themselves day by day, which is very important to develop. The Bhagavad Gita can contribute a lot in this area. The purpose of the present study is to know the effect of the Bhagavad Gita on self-actualization of the students. To achieve this objective, this study was done on 80 students of the Psychology Department of VKSU, Ara; there were 40 boys and 40 girls. First of all, the students were selected randomly and they recited Bhagavad Gita every day for 2 months in the psychology department i.e. 18 chapters of Bhagavad Gita and 700 verses were briefly presented each day and presentation of the discourse of Gita. Self-actualization inventory was implemented before and after 2 months of the Bhagavad Gita program. Then data were compared. As a result, it was found that after 2 months of Bhagavad Gita discourse, the self-actualization of the students increased significantly.

Keywords-Bhagavad Gita, Self-actualization

Introduction-

Bhagavad Gita is a popular religious book of Hinduism. It contains the divine teachings given by Lord Krishna to Arjuna in the Kurukshetra war. This is the essence of Gita. This text is found in the form of an incident from the Mahabharata. The details of events up to the present Kali Yuga are found in the Mahabharata. At the beginning of this era, about 5000 years ago, Lord Krishna had narrated this Gita to his friend and devotee Arjuna.

The Gita is a description of conversation between Arjuna and Krishna. At the beginning of the Dharma Yuddha (religious war) between the Pandavas and the Kauravas, Arjuna is filled with moral dilemma and despair that the war will lead to violence and death in a fight of its own kind. He wonders whether he should give up and seek the advice of Krishna, whose answers and discourses form the Bhagavad Gita. Krishna motivated Arjuna to complete his responsibilities for the protection of religion. The Krishna-Arjuna dialogues cover a wide range of spiritual topics while touching on ethical issues. The dilemma and philosophical issues that confront Arjuna go far beyond the war.

Many commentaries have been written on the Bhagavad Gita with widely differing views on the essentials. According to some, the Bhagavad Gita is written by Lord Ganesha which was told to him by Vyasa. The setting of the Gita on the battlefield has been interpreted as an allegory for the moral and ethical struggles of human life. The Bhagavad Gita presents a synthesis of Hindu ideas about dharma, atheistic bhakti and the yogic ideal of salvation including jnana, bhakti, karma and raja yoga.

The Bhagavad Gita is the best Hindu scriptures. The Gita's call for selfless action inspired many leaders of the Indian independence movement, including Bal Gangadhar Tilak and Mahatma Gandhi; The latter referred to it as his "spiritual dictionary". Gita is a valuable book not only in Sanskrit literature, but in the whole world. This is the divine voice emanating from the mouthpiece of Lord Shri Krishna. It has 18 chapters and 700 verses. Maharishi Veda Beas is believed to be its compiler. Gyan yoga, karma yoga and bhakti yoga are described in Gita.

The thrust of this research is to find out the impact of Bhagavad Gita on the self-actualization of students.

Self-actualization-

Self-actualization is the process of realization of one's own ability and development. This term has been used in Maslow hierarchy of needs. Kurt Goldstein and Carl Rogers have also explained the concept of self-actualization. According to Maslow, the interior force to self-actualize would seldom emerge until more basic needs are met. Self-actualized people know their limitations and try to reduce their faults.

According to Couture et al., (2007)- Self-actualization is the psychological process aimed at maximizing the use of a person's abilities and resources. This procedure might differ among persons.

Self-actualization has been described as the thought of full realization of person's own capability including - creative, intellectual and social potential. They have extraordinary characteristics in general, such as the talent to cultivate deep and loving relationships with others.

Maslow, 1962- Self-actualization can be described as the complete realization of one's potential as manifest in peak experiences which involve the full development of one's abilities and appreciation for life.

Self-actualization is well described by Maslow, but this term has been firstly developed by Kurt Goldstein. He described self-actualization as a process to understand his own self.

The main purpose of this study is to know the influence of Bhagavad Gita discourse on the level of self-actualization of students.

Balody and Raina (2014) coded that people who read Bhagavad Gita daily had better emotional maturity and values in comparison to those people who never read Gita.

Satpathy & Muniapan (2008). studied some perspectives of self-knowledge from the Bhagavad-Gita and presented in the context of human capital development that would impart moral efficiency to the managers.

Verma & Singh (2014) studied the influence of Gita as stress reduction technique. They said that Bhagavad Gita is a magnificent holy book whose interpretation is beyond one's capacity. Anybody can obtain positive influence in their lives from Bhagavad Gita.

Bhatia et al., 2013, showed the importance of Bhagavad Gita as psychotherapeutic techniques for coping stress management skills.

Objectives-

- To know the level of Self-actualization of students before and after 2 months of BhagavadGita discourse.
- To compare the level of self-actualization before and after 2 months of Bhagavad Gita discourse.
- To know the effect of Bhagavad Gita on self-actualization of boys and girls.

Hypotheses-

- There will be a difference on the level of self-actualization of the students before and after 2 months of Bhagavad Gita discourse.
- Bhagavad Gita discourse will significantly influences the level of self-actualization of the students.
- The effect of Bhagavad Gita on self-actualization of girls will be more in comparison to boys.

Methodology

Sample-

The present study involved 80 Post graduate students (40 boys and 40 girls) from University department of psychology, Veer Kunwar Singh University, Ara. Simple random sampling method was applied for the selection of samples.

Tools-

- **Personal Data Questionnaire-** This questionnaire was designed and implemented on a selected sample to get necessary information related to the students. Such as- age, class, interest etc.
- **Self-Actualization Invention** - This test was created by Dr.K. N. Sharma. It has 75 items and each item has three options - Never, Often, More. For which 1, 2 and 3 marks are awarded respectively. The candidate has to choose one option. The total score of the examinee is assessed on the basis of the sum of the marks by counting the marks scored on each item. High marks show higher level of self-actualization and low marks show lower level of self-actualization. The reliability of this test is 0.85 and validity is also satisfactory. There is no time limit for the completion this test; it takes about 30 minutes to complete.

Procedure-

At first, 80 students were selected randomly; including equal number of boys and girls. Personal data collection questionnaire and self-actualization inventory were implemented on them. After this, they were presented with sequence of 18 chapters and 700 verses of BhagavadGita for 1 hour every day for 2 months. After 2 months, self-actualization inventory was conducted again. The analysis was carried out and the conclusions were assessed.

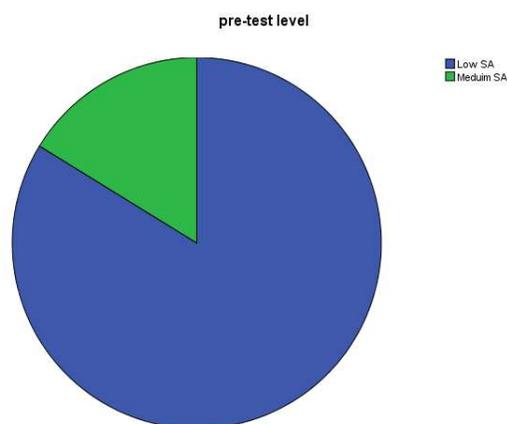
Results and Interpretation

Table No.-1

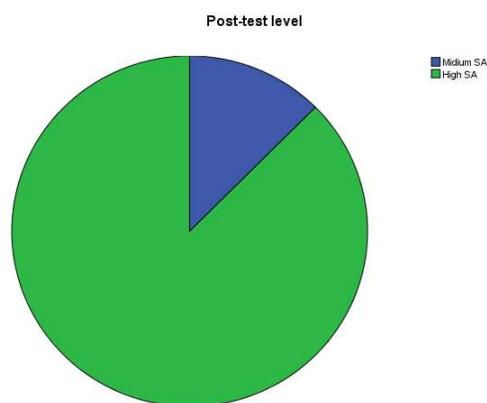
Percentage of level of Self-Actualization in pre-test and post-test

Group	Low Self-Actualization		Moderate Self-Actualization		High Self-Actualization	
	Number	Percentage	Number	Percentage	Number	Percentage
Pre-test	67	83.8	13	16.2	0	0
Post-test	0	0	10	12.5	70	87.5

Graph number:1(a); Percentage of the level of Self-actualization in the pre-test



Graph number:1(b); Percentage of the level of Self-actualization in post-test



It is clear from the presented result table that in the pre-test stage, 67 students has low level self-actualization. These self-actualization of 13 students is medium level and the number of students with high self-actualization is 0. Similarly, it is also clear from the table that after 2 months of post-test i.e. Gita discourse, the number of students with low self-actualization is 0 and the total number of students with moderate self-actualization is 10. Whose percentage is 12.5. Similarly, in the post-test, the total number of students with high self-actualization is 70 i.e. the percentage is 87.5. It is clear from the above description that in the post-test, the number of students with higher self-actualization development is much more than in the pre-test.

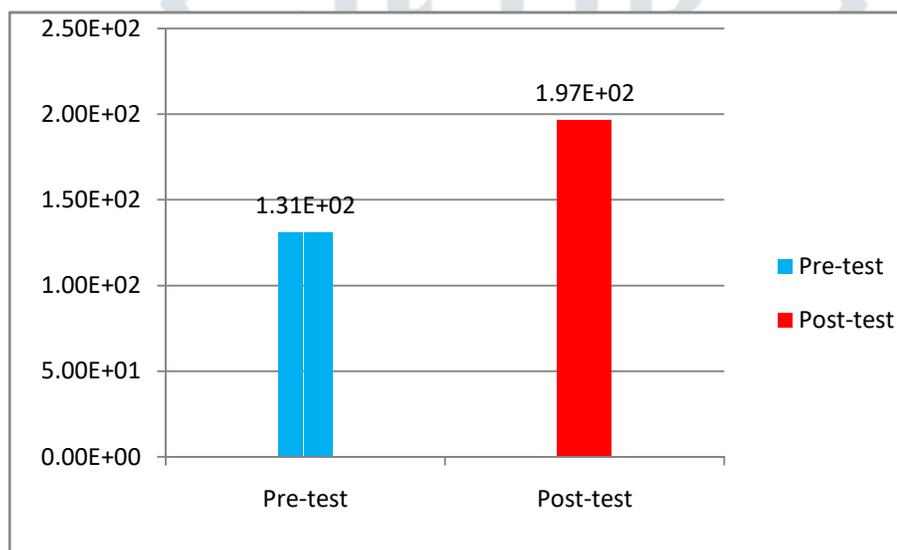
The Gita is a very influential text book. Various types of useful instructions have been given in its verses and chapters. It is very beneficial for the growth of self-actualization in life. Therefore, after 2 months, the level of self-actualization of most of the students became very high.

Table- No.-2

Comparison of self-actualization of students in pre-test and post test of Gita discourse

Group	Number	Mean	SD	t-test	df	P
Pre-test	80	1.3101E2	30.40424	38.541	79	0.01
Post-test	80	1.9661E2	12.57232			

Graph Number:2; Presentation of mean scores of self-actualization of students in pre and post test



It is clear from the result table that the mean scores of the students on the self-actualization scale in the pre-test is 1.3101E2 and in the post-test the mean score of the students on the self-actualization scales is 1.9661E2. The t-value is 38.541; which is significant at the 0.01 level. It is clear that the discourse of Gita has a significant effect on the level of self-actualization of the students.

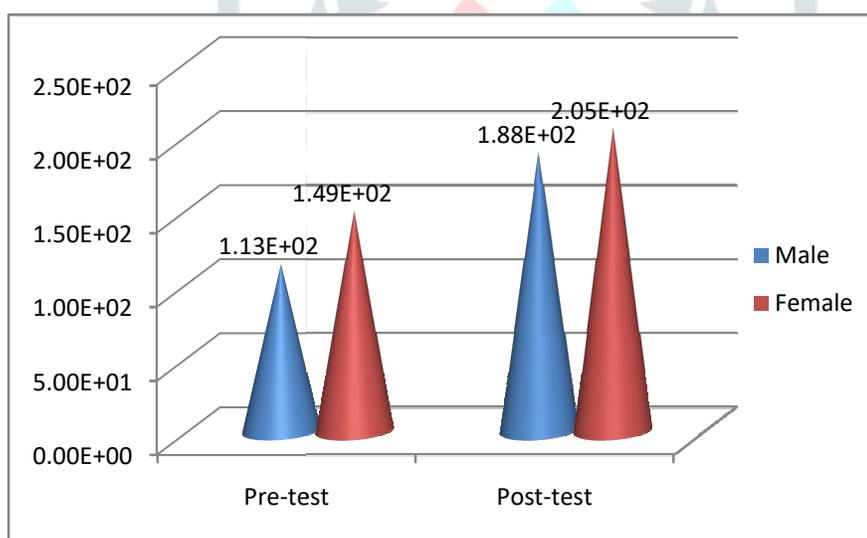
Gita is a sacred religious text of Hindus. In this, Lord Krishna gave important suggestions to Arjuna during the Mahabharata war; Which was helpful in increasing the self-actualization of Arjuna in the battlefield for fighting courageously. In various verses and chapters of the Gita, there are many solutions related to the problems of people; which are very beneficial in day to day life. It reduces the stress-level of the person; simultaneously, the self-confidence of the person develops. It is very helpful in improving one's self-actualization. It has also been clearly confirmed by the studies done by various psychologists.

Table- No.-3

Comparison of self-actualization of boys and girls in pre and post test

Group		Number	Mean	SD	t-test	df	P
Pre-test	Male	40	1.1338E2	33.11881	6.350	78	0.01
	Female	40	1.4865E2	11.72888			
Post-test	Male	40	1.8848E2	4.47206	7.581	78	0.01
	Female	40	2.0475E2	12.81976			

Graph Number:2; Presentation of mean scores of self-actualization of students in pre and post test



It is clear from the result-table 3 that the self-actualization of female students in pre and post-test is much higher than male students. In the pre-test, the mean score of self-actualization of students is 1.1338E and the mean score of self-actualization of girl students is 1.4865E2. t-value 6.35; significant at the 0.01 level. Similarly, in the post-test, the mean score of male students on self-actualization is 1.8848E2 and mean score of girl students on self-actualization is 2.0475E2. t-value 7.581 is significant at the 0.01 level. It is clear that in both conditions, the self-actualization of the girl students is significantly higher than boy students. It is clear from this description that the discourse of Gita has a more meaningful effect on females than males.

In Indian culture, there is a lot of suggestiveness for women. The level of sensitivity is also found to be very high in them. Women also start following ideals sooner than men. They love to bring about good change in their life. The moral level of women is also found to be higher than men, that is why, the self-actualization of females is higher than males. This has also been well confirmed in various psychological studies.

Conclusion-

As a conclusion, it can be said that there was a lot of difference in the level of self actualization of the students before and after the discourse of BhagavadGita. The self-actualization of most of the students were very low level before the Gita discourse; But after two months of preaching, there was a tremendous increase in their self-actualization. It is also clear from this study that the discourse of Gita has a very significant effect on the self-actualization of the students. It is also clear that the Gita-discourse has more effect on the female students in comparison to male students.

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