



ARE HUMAN VICICES AND SPIRITUAL CONSCIOUSNESS RELATED?

By,

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Abstract

An empirical investigation has been made to study, entitled “Are human vices and spiritual consciousness related?” The sample of the study consisted of 100 (50men and 50women) adults. Participants were purposively selected and their age range was between 20-60 years. The tools included consciousness Quotient Inventory (CQ-i) by Brazdau and Oparinc, (2014), Know Yourself (Greediness scale) by Das and Sharma (2013), Know Your Self (Attachment Scale) by Das and Sharma (2012), Know Your Self (Anger Scale) by Das and Sharma (2012) were used. Product moment coefficient of correlation was used to test the hypotheses. The coefficient of correlation between attachment and spiritual consciousness is significantly negative ($r = -.36$). The coefficient of correlation, ($r = -.30$), indicates that there exists a significant negative correlation between Greediness and Spiritual Consciousness. The negative coefficient of correlation between anger and spiritual consciousness ($r = -.31$) is significant at .01 level. The results indicate that attachment, greediness and anger which are human vices are negatively related to spiritual consciousness.

Keywords: Greediness, Attachment, Anger, Spiritual Consciousness

INTRODUCTION:

Consciousness is a state or quality of awareness. Spiritual Consciousness is the extent or level of awareness of spirit force within oneself. According to Brown and Ryan (2003) “Consciousness encompasses both awareness and attention. To be conscious means to have a degree of witnessing awareness and a degree of freedom of choice when thinking, feeling, sensing and interacting with people and the environment.” Fry, Vitucci and Cedillo, (2003), Townsend, (1984), Malone and Fry, (2003) pointed out that spiritual values emphasize love, care, innovation, affection, interconnectedness and better communication. Bass, (1998), suggested that spirituality spreads altruistic love, care for others and inter connectedness and helps the people upgrading their cognitive consciousness, which makes their life more joyful, interesting and productive.

GREEDINESS: Satisfaction of physical needs is the most important objective of human life. Hence Food, clothes, money and shelter etc. are all needed to make life liveable. The word Greed or “*lobh*”; is an attraction to acquire something that we suppose will satisfy us but it is a never ending process. “Greed is the inability to share and to prevent one from giving. It could be money, assets or credit for work” (Das & Kumari, 2017). According to Evolutionary view

point greediness is intrinsic in nature and all individuals are greedy to some extent. (Greenfeld, 2001; Williams, 2000). Behavioural theory suggested that individuals learn greediness through observation and imitation of surroundings. Moderate level of greediness is important for human welfare. The traditional Indian view point, however, advocates that greediness is unethical, immoral or negative in nature. "Greed is the main reason for all sins" (Tickle, 2004). Burroughs and Rindfleisch (2002) found negative relation between material values with subjective wellbeing. Same results were found by Dittmar, Helga and Bond (2014).

Needless to say that basic needs of all people living in the world can be satisfied but not the greed. After satisfaction of need, desire arises and after satisfaction of desire, greed arises. One can explain greed on three levels or stages. In hierarchy, need is at the bottom. Need arises due to deficiency which comes from the requirements as we need food to live and we need money to buy it. Desire is at middle level and appears after need. When our need of food is satisfied and our hunger is gone; the feeling to eat a little extra as well as delicious is desire. When desire goes out of control, and the individual wants to have more and more, desire turns into greed. Greed can never be satisfied since one craves to have all of it and wants to have it forever.

Greed is closely associated with crime in today's society. Greediness often leads to commitment of crimes. Money and property related greedy offenders are increasing day by day in our society. These white collar lawbreakers, who rip-off our country of millions and billions, in mega fraud, are not poor citizens.

According to a famous Indian Poet Bihari, "the rate of increase of greed is very fast in the mind, but the feeling of contentment or the control over greed (a psychological affliction) is very difficult. With increase in wealth, the mental affliction greed increases just as lotus flower flourishes with increase of water, but when water is decreased the size of lotus is not decreased, it is totally dead."

Badhat bhadat sampati salil, Man saroj badh jai,

Ghatat ghatat puni na ghate, Baru samool kumhlai.

Similarly human mind does not constrict if wealth is decreased. So greed creates hindrance in achieving spiritual consciousness, So one of the main hindrance in achieving spiritual consciousness is craving or greediness of human being for worldly pleasures and materialistic goods. Happiness is often mistaken for acquisition of worldly object, with which one gets attached due to Moh or ignorance. Greed compels an individual to accumulate excessive wealth. Due to his ignorance, he has a feeling of ownership or possessiveness of that wealth which creates Attachment or Moh. When these are taken from them it leaves extreme forms of anger.

ATTACHMENT: Human being is a social animal and without society, it is difficult for him to survive. According to Maslow safety, security and need for belongingness are some of the important needs essential for existence as well as for growth. So in general, it is human nature to be attached to, and associated with objects, and people. Attachment is a specific emotional relationship which involves an expression of care and love, giving pleasure and comfort.

Attachments have many levels of severity and people go to great length to act upon them. Optimal level of attachment to family (children, spouse etc.), objects (house, car, properties), and profession are important for the functioning of society. A patriot's attachment to his country allows him to sacrifice even his life.

In human relationship, Attachment gives rise to the feelings that some are closer than others. Parent feels closer to his/her own child than to someone else's. While these personal relationships are important for holding society together, excessive attachments can lead to unhealthy possessiveness. The breakdown of the relationship or the loss of something one is attached to causes grief. Excessive attachment can also lead to unrighteous behaviour, such as, favouritism, nepotism and corruption, which is a curse for the society as well as for the individual himself in the long run.

Developing attachment to persons, places objects etc., often proves to be a source of pleasure and satisfaction to the self. This attachment gets deeper and stronger with every successive pleasurable experience. If such attachments are considered as morally good, socially approved and/or practically useful by the society, the individual is recognized, accepted as a successful member of the society. Such attachment develops in the individual a positive and constructive attitude along with human values of service, sacrifices, adventure, heroism, love, compassion etc. However, if the attachments are considered by the society as morally undesirable or socially objectionable, the individual is not accepted and respected by the society and he develops in to a problem person-a problem to himself as well as a problem to the society.

It is a natural phenomenon that everyone cares for all those people to whom they are attached. Rawatlal, Pillay and Kliever (2015) deliberated efforts to investigate the socioeconomic status, family- related variables, and caregiver - adolescent attachment. Results indicated that family structure were found associated, with adolescent attachment and higher household incomes associated with less anxious attachment relationships. Barr (2013) attempted to examine the coping strategies, parental attachment and social support in adolescents in relation to their academic stress. The results showed that there were significant relationship variables of coping strategic parental attachment and social support with academic stress.

Attachment has a tendency to bind and does not have a nature of giving, Non-attachment and love for mankind are one and the same. The philosophy of non-attachment says that one must learn to care for all the objects and individuals he comes into contact, but not to get attached to them.

The Indian concept of Attachment; "the word 'MOH' is originated from a verb in Sanskrit language, is derived from the Sanskrit word 'MUH' meaning 'to be stupefied' 'to become confused' 'to get astray' etc. The original meaning of the word 'MOH' is ignorance but as people have come to know from experience that a person commits various acts of foolishness owing to attachment and attachment and ignorance always go together, the word 'MOH' has gradually acquired the meaning "Attachment" and now the word 'Moh' is generally used in this sense" (Sahab Ji Maharaj, 2001)

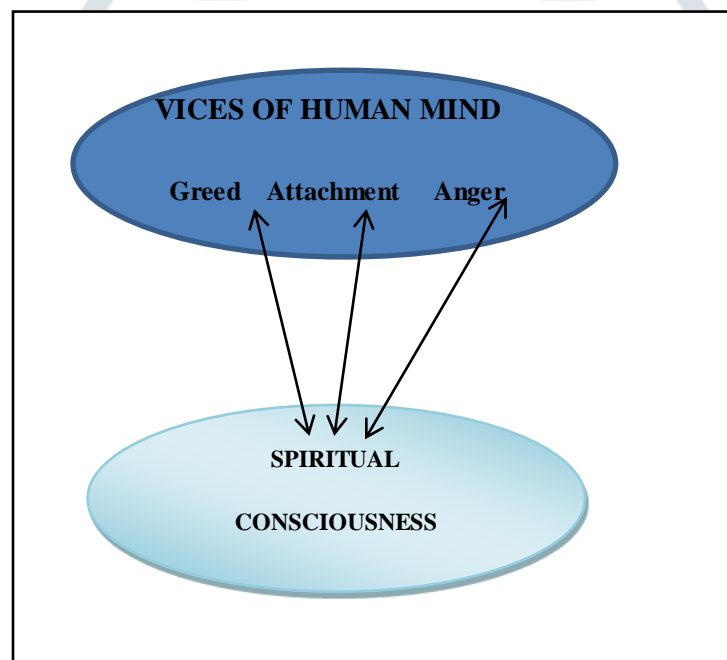
ANGER: Anger is an emotion prominent and inherent among humans. Yet people have different viewpoints about it. "Love, Care, Help" are important for being a highly moral human being but an expression of anger tends to decrease all these positive traits. Anger is not always a negative emotion. Sometimes, it may act as an agent for bringing about something good. But, most of the time, anger tends to block the power of creativity and innovation. Anger subsides the blossoming beauty of a person, for a person can be lot more productive in a calm state than being in anger. 'Anger burns happiness. A responsible person should try to keep oneself healthy and for giving a great emphasis on healthy life, that starts from eliminating unnecessary anger to change him into a creative being. Anger is the prime cause of destruction, whether it is loss of life or loss of a close relationship, etc. for instance, in the Pulwama attack the Indian CRPF Jawans lost their lives due to the Atrocious Behaviour of the Angry Pakistani Terrorists. Since a person is not able to think and act properly under the influence of Anger, one should try to stay cool and calm, even in the most difficult situations.

Pillutla and Murnighan (1996) did study on “Unfairness, Anger, and Spite,” The wounded pride/spite model predicts that informed, knowledgeable respondents may react to small ultimatum offers by perceiving them as unfair, feeling angry and acting spitefully.

Das, and Sharma, (2014) found that need for aggression is significantly higher among diabetics in comparison to non-diabetics. When there is an obstruction in the fulfilment of one’s desires, there arises frustration which leads to anger. Anger manifests itself in many ways, from loss of tranquillity, to the desire to harm others (or even oneself) mentally or physically. A correlational study on 300 adults indicated that greediness, attachment, egotism and anger are related to each other and these all have significantly strong contribution in the determination of stress.

The present investigator, therefore, has tried to study the relation of greed, attachment and anger with spiritual consciousness.

CONCEPTUAL FRAMEWORK



Problem: To study the relation of attachment, greediness and anger with Spiritual Consciousness.

Objectives:

- To study the relation between Attachment and Spiritual Consciousness.
- To study the relation between Greediness and Spiritual Consciousness.
- To study the relation between Anger and Spiritual Consciousness.

Hypotheses:

- There exists a negative correlation between Attachment and Spiritual Consciousness.
- There exists a negative correlation between Greediness and Spiritual Consciousness.
- There exists a negative correlation between Anger and Spiritual Consciousness.

OPERATIONAL DEFINITIONS

1. **Greediness:** Greed can be defined as the selfish desire to possess with, substance, object, people, power, status, appreciation or attention far beyond what is required for basic human need and comfort.(Robertson, 2013)
2. **Attachment:** Attachment is a close bond of a person with people or objects that involves a desire for regular contact and feeling of distress occurs during, separation from it.
3. **Anger:** When there is an obstruction in the fulfilment of one's desires, there arises frustration which leads to anger. Anger manifests itself in many ways, from loss of tranquillity, to the desire to harm others mentally or physically.
4. **Consciousness:** Consciousness is the state or quality of awareness or of being aware of an external object or something within oneself.
5. **Spiritual Consciousness:** It refers to the ability of being conscious about oneself as a part of the universe, and describes the ability to be conscious of the multiple connections with the surrounding life.

JUSTIFICATION OF THE PROBLEM

In recent scenario anger, greediness, and attachment are serious mental afflictions, which are very serious and common among all adults. Since the world is becoming more and more ruthless and self-centered day by day, power, money and dominance are the prime requisite for survival and success in life. In such a scenario true happiness, peace and bliss is totally evading the human mind. If spiritual consciousness in true sense is to be achieved it may help individual to break the infinite loop of monotony and grow beyond the attainment of physical, emotional, social need and to achieve ultimate happiness. Consciousness helps the individual to understand about self in personal social and spiritual levels. Their consciousness can help them to discover and develop themselves into a better person and provide privilege for modifying and altering their lives for the better. This study aims to predict the role of mental afflictions like greed, attachment & anger as creating hindrances in the attainment of consciousness at different levels and consciousness as a whole, by investigating, exploring and gaining knowledge from ancient scriptures of saints and applying the knowledge to the psychological world. Therefore the investigator is curious to understand the extent and direction to which greediness, anger, and attachment are related to spiritual consciousness.

Variables:

1. Anger
2. Greediness
3. Attachment
4. Spiritual Consciousness

Sample:

A sample of 100 adults (50 males and 50 females) between the age ranges of 20 to 60 years, was selected by quota sampling technique. The sample included high and middle income groups between income of Rs 50,000/ per month to Rs 1.5 lacs per month.

AGE	GENDER		Total
20-60	Male	Female	
Total number of subjects	50	50	100

INCLUSION CRITERIA

- Equal number Male & Female Subjects have been included.
- Subjects within age range of 20-60 years have been included.
- Educated subjects have been included. (At least 12th class pass)
- High and middle income groups between Rs50,000/- to 1.5 lacs per month income have been included.

EXCLUSION CRITERIA

- Persons suffering from mental or physical disease have been excluded from the sample.
- Illiterate people have been excluded.

TOOLS

1. CONSCIOUSNESS QUOTIENT INVENTORY (CQ-i): by Brazdau and Opariuc, (2014):

The inventory was constructed by Brazdau (2014) which consists of 249 items. The CQ Inventory has 7 scales measuring 7 types of consciousness. Spiritual Consciousness is one of the seven scales of Conscious Quotient Inventory. It has 36 items, scores ranging from minimum of 36 to a maximum of 216. It is based on Likert scale; scores ranging from 1 point (Almost never) to 6 points (Almost always).

Almost never Very rarely Occasionally Quite often Very frequently Almost always
(Definitely no) (Once in a while) (Seldom) (Sometimes) (Usually) (Definitely yes)

N	VR	0	S	VF	A
1	2	3	4	5	6

2. "KNOW YOURSELF" (GREEDINESS SCALE) by Das & Sharma, (2012):

The scale consists of 34 items which are related to greed with maximum score of 136 and minimum score was 34. The answers are to be given in the form of Never/Sometimes/Often/Always, which were scored as 1,2,3,4. The test-retest reliability was $r = .767$. Content validity of the greediness scale was obtained which came out to be .62 and criterion validity of the scale were obtained which came out to be $r = .64$. Higher the obtained score, higher the level of greediness. The scale is standardized on 300 persons providing percentile norms and Z score norms.

3. "KNOW YOURSELF" (ATTACHMENT SCALE) by Das and Sharma, (2012):

The scale consists of 21 items which are related to attachment with maximum score of 84 and minimum score was 21. The answers are to be given in the form of Never/Sometimes/Often/Always, which were scored as 1,2,3,4. Item number 9, 12, 17, 18, 19, 20, had negative scoring and the responses were therefore scored as 4, 3, 2, 1. Split Half Reliability (Odd-Even Method) of the scale is .70. The content validity of the test was found to be .63. Higher the obtained score, higher the level of attachment. The test was standardized on 300 persons providing percentile norms and Z score norms.

4. “KNOW YOURSELF” (ANGER SCALE) by Das and Sharma, (2012):

The scale consists of 30 items which are related to anger with maximum score of 120 and minimum score was 30. The answers are to be given in the form of Never/Sometimes/Often/Always, which were scored as 1,2,3,4. The score range is from 30 to 120, if any item is not answered, it is awarded with score 1, Sum of all responses is considered as the total anger score of the individual. Higher the obtained score, higher the level of Anger. The scale was re-administered on the same sample after a gap of 25 days and the coefficient of correlation between two set of scores came out be $r = .86$, which shows high test retest reliability. Criterion validity, scores on Anger scale were found to be negatively correlated ($r = -0.85$) with Well Being scores of PGI well Being Scale, indicating high construct validity. It was standardized on a sample of 300 persons, providing percentile norms and Z score norms.

RESEARCH DESIGN

Correlational design was used for the present investigation by the researchers.

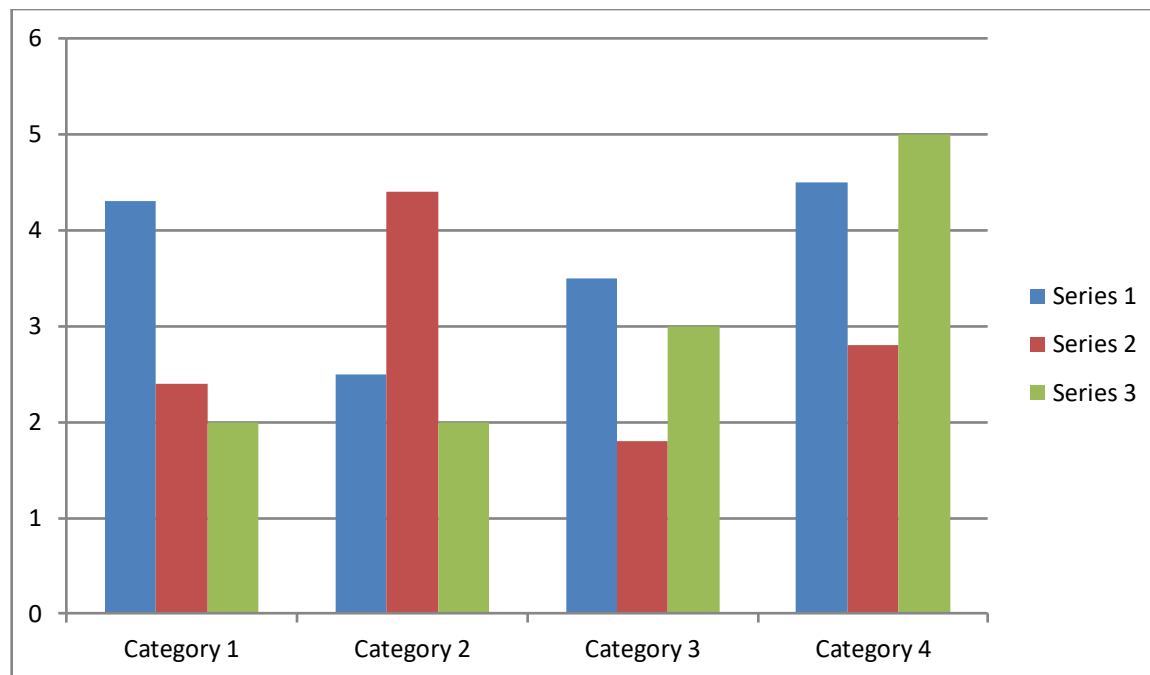
STATISTICAL ANALYSIS

In the present research Product Moment coefficient of Correlation was calculated to test the hypotheses.

RESULTS AND FINDINGS:

Table: 1: Product Moment coefficient of correlation (r) of Attachment, Greediness and Anger with spiritual Consciousness

Human Vices	Spiritual Consciousness	Level of Significant
Anger	$r = -.31$	$p < .01$
Greediness	$r = -.30$	$p < .01$
Attachment	$r = -.36$	$p < .01$



The coefficient of correlation between attachment and spiritual consciousness is significantly negative ($r = -.36$). This indicates that higher is the attachment towards objects, individuals and materialistic world, lower is the level of spiritual consciousness. Those with low level of attachment have higher levels of Spiritual Consciousness.

The coefficient of correlation, $r = -.30$, indicates that there exists a significant negative correlation between the variables, Greediness and Spiritual Consciousness. This means that people who have high Spiritual Consciousness have less Greediness and as the Greediness increases, Spiritual Consciousness decreases. Both the Spiritual Consciousness scores and Greediness scores are approximately normally distributed, so the Pearson's Coefficient of Correlation was calculated which came out to be negative ($r = -.30$), which is significant at .01 level. Persons who achieve or attain higher levels of Spiritual Consciousness have controlled their greediness to a certain extent.

Analysis of scores on Spiritual Consciousness Scale and Anger Scale indicate a significant negative correlation between these two variables. Scores on both these variables are normally distributed and the Product Moment Coefficient of Correlation, Pearson's $r = -.31$ ($p < .01$). This shows that people with higher level of Anger have low Spiritual Consciousness. In other words those with high level of Spiritual Consciousness have generally better control over their anger and show lower level of anger. The negative coefficient of correlation $r = -.31$ is significant at .01 level. The researchers, therefore, can conclude that those who have lower level of anger (below average) generally attain higher levels of spiritual consciousness.

These results are in agreement with a research study by Sharma and Das (2015) on the contribution of Attachment, Anger and Greed in the determination of stress. The findings indicated a positive relation between attachment and stress ($r = .43$, $p < .01$), between anger and stress ($r = .38$, $p < .01$) and between greed and stress, ($.40$, $p < .01$). Since increase in attachment, anger and greed increase stress, they decrease the level of spiritual consciousness.

Varga, Nettles and Whitesel (2014) on a sample of 426 adults, found contribution of attachment in creative job related stress. Banerjee and Bassu (2014) studied attachment style of couples with good and poor marital satisfaction. In another study, Omidvar, Bahrami and Fatehizade (2014) found relation between attachment and depression among adolescents.

Greed has also been found as an obstruction in the achievement of subjective wellbeing and happiness, Burroughs and Rindfleisch (2002) found negative relation between material values and subjective wellbeing. Same result are found by Dittman, Helga and Bond (2014), who have reported negative relation between materialism and wellbeing. In agreement with the present findings on anger, Labiano, Mitchell and Moreno (2014), as well as Laing and Phillips (2015) found negative impact of anger on the health related quality of life.

INTERPRETATION:

The present results indicate that attachment, greed and anger are all negatively related to spiritual consciousness. In fact all these three are also related to each other. Shri Krishna in Bhagwad Gita has said that the root cause of anger is excessive desire or greed, which when unsatisfied, emerged as anger. It is the all devouring and most sinful enemy of mankind (Shlokas 3.36 and 3.37). Greed is always unsatisfied. If one desire is satisfied another arises. It cannot be satisfied for long; it envelops wisdom and gives rise to frustration and anger. In Shloka 2.62, it is said that the thought of sensory object produces attachment towards them. Attachment creates greed and if greed and desires are not fulfilled, it leads to anger.

Anger, according to Cambridge English Dictionary, means “a strong feeling that makes you want to hurt someone or be unpleasant because of something, unfair or unkind that has happened.” According to Collins English Dictionary ‘Anger is the strong emotion that one feels when he thinks that someone has behaved in an unfair, cruel or unacceptable way’. Anger indicates a strong feeling of displeasure and belligerence aroused by a wrong, wrath, ire. In anger, one infuriates or enrages. In psychological theories, “Anger is as a feeling of great annoyance or antagonism as a result of some real or supposed grievance, rage or wrath.”

These findings are in agreement with the teachings of Shrimad Bhgwad Gita that anger interferes in the development of Cognitive and Spiritual Consciousness. Bhagwad Gita: Chapter2, Verse 63:

“ KRODHA BHADWATISAMMOH , SAMMOHASMRTIVIBRAHMH (I)

SMRITIBHRASHAND BUDDHINASHO BUDDHINASHATPRANSHYATI (II)”

Above couplet explains that, Anger leads to clouding of judgment, which results in bewilderment of memory. When memory is bewildered, the intellect gets destroyed, and when intellect is destroyed, one is ruined. Anger impairs judgement, just as the clouds or morning mist creates a hazy covering on the sun light. One can't discriminate between right and wrong, memory is also destroyed. So memory cannot help a person in anger, to understand the situation correctly or to visualize the truth. When the memory is lost, intellect cannot function properly and with the destruction of intelligence, one cannot exist or survive properly in this world.

Those under the control of anger have been proclaimed by Bhgvd Gita to be of demoniac nature, and the ones free from anger are stated to be of divine nature. Shri Krishna has, in fact, declared anger to be one of the three gates of hell. These are three gates leading to hell: lust, anger and greed.

Anger, is described as one of the major reasons of human suffering. When one loses his temper, he loses his reasoning too; and ends up doing things which he repents later. Such an irrational behaviour creates problems not only for the person concerned but also for others around him. In Shloka 2.56, it is stated that only those persons who are free

from anger become fit to be called a stable minded person. So in order to achieve Spiritual Consciousness, one has to get rid of anger first.

Conclusion

The hormonal secretion of the body is controlled by the mind. If there is excessive anger in the conscious or unconscious mind the functioning of the autonomic nervous system gets affected. Stable and peaceful mind on the other hand regulates the hormonal secretions and functioning of adrenergic system.

In the life of every person there are many situations in which an individual gets angry, but when anger goes beyond an optimal level it is not accepted in the society. So for the sake of adjustment in the society, many individuals repress their anger in to their unconscious mind. If there is an outlet for this repressed anger through projection, sublimation etc. the person unknowingly releases it on harmless stimuli. But too much repression of anger in to unconscious mind can have negative effect on body. It may lead to various problems like severe stress, headache, depression, sadness and melancholy (Breen & Kashdan, 2011). The sympathetic nervous system may get activated for too longer duration; adrenal cortex may secrete corticoids leading to disturbed immune system. This may create chronic diseases. So it is advisable to control the affliction of anger to make the mind peaceful and stable. Suppression as well as explosion of anger both disturb the healthy metabolic functioning of the body.

Moderate level of anger and its healthy expression to eliminate the obstacles to achieve the goals does not cause problem, but its explosion or its suppression affects the health. Type A personality individuals showing excessive anger are more prone to diseases of immune suppression like, C.H.D, Asthma, and cancer etc., whereas type C personality individuals who repress anger are often susceptible to autoimmune diseases like allergies, rheumatoid arthritis and diabetes etc. (Franzi 2010) . Suppressed anger may also cause insomnia, constipation, over eating and obesity.

So it is concluded, that individuals are advised to control their attachment in order to control their greediness and anger. If attachment, greediness and anger are kept at the minimum, higher levels of spiritual consciousness can be achieved, leading to happiness and bliss.

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