

## **Sattvaguna – A Way To Quality Enhancement**

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**Abstract:** *Sattva, Raja and Tama are three basic qualities present in nature, in human being which are responsible for his/her good or bad behavior. The research article is related to identification of characteristics of SattvaGuni person. After qualitative analysis of scriptures, books, articles and interviews of experts, near about 80 characteristics of SattvaGuni person were identified. A study can become useful to get guideline for Teacher Education, other professional organizations for arranging personality development programme.*

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### **I. Introduction**

Sattva, Raja & Tama are three basic qualities present in nature, in human being which are responsible for his/her good or bad behaviour. Sattva being immaculate is illuminating and flawless. It binds through identification with joy and wisdom. On the other hand Raja which is of the nature of passion, as born of cupidity and attachment, it binds the soul through attachment to actions and their fruit and Tama, the delude of all those who look upon the body as their own self, as born of ignorance, it binds the soul through error, sloth and sleep. Thus, it is clear that Sattvaguna has positive effects on personality and therefore desirable than Raja and Tama. Therefore, it is essential that a programme to enrich Sattvaguna should be prepared and tested. Teacher is an agent of social reconstruction hence, there is a dire need to develop programme to enrich Sattvaguna among the teachers. Teenagers are highly, flexible minded and receptive to 'Sanskaras' they have. They look to the teachers as their role models. Hence, Teachers have a large scope as well as responsibility to create ideal citizens of the country.

The study will be useful to get guidelines for Teacher Education Programmes. It will also provide guidelines to other professional organizations for arranging personality development programme.

#### **Objective of the Study**

To identify the characteristics of Sattvaguni person.

#### **Assumptions of the Study**

- i) There is certain combination of Sattva, Raja, & Tama in a person.
- ii) Overpowering of one Guna, the other two subside.
- iii) SattvaGuna is more desirable than Raja & Tama Guna for a person and especially for teachers.

#### **Scope of the Study**

- i) Results of this study will be applicable to Teachers in Maharashtra .
- ii) Results of this study will be applicable to Teachers in India .
- iii) Results of this study will be applicable to Teachers in the world.

#### **Delimitations of the Study**

The study was delimited to Sattvaguna among Trigunas .

#### **Research Methods Adopted –**

For the study two methods were adopted

##### **i) Document or Content Analysis in the present Study**

Different kinds of literature was analyzed to identify the characteristics of Sattvaguni person . Many a times in most of the literature a separate chapter or part of the chapter has been devoted to ' Sattvaguna'. Therefore it was easy to identify the characteristics of Sattva Guni person.

##### **ii) Survey in the Present Study**

Survey was conducted to identify the characteristics of sattvaguni person . Opinions of different experts were collected through their interviews and they were analyzed.

#### **Analysis and Interpretation of the Data –**

For the study **Qualitative Analysis** was done .

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For the identification of characteristics of SattvaGuni person, analysis of scriptures, related books and articles was done. In all those literatures, there is descriptive information about Sattvaguna, Sattvik diet, behaviour of Sattvik person etc. The information is in Marathi, English and Sanskrit language. All data collected were qualitative. Researcher analyzed the data to identify the characteristics of SattvaGuni Person. In addition, interviews of experts were taken. They expressed their opinions regarding SattvaGuna. Those opinions were also analyzed. This all procedure did not involve any sort of numerical information. Categorization was done and different domains were formed for qualitative analysis.

#### **Observation and Interpretation from analysis of Interviews -**

- i) Interviews of 11 experts were analyzed.
- ii) Guidelines about books related to sattvaguna, names of other experts, information about sattvaguna and teacher's behaviour about techniques to be used in SattvaGuna Enrichment Programme were received.
- iii) Experts were from the field of Philosophy, Psychology, and Education.
- iv) SattvaGuna and teacher's behavior are related with each other. Teacher should be 'Sattvik' and efforts should be made to become sattvik.

From the analysis of interview, guidelines for characteristics of SattvaGuni person were received.

#### **Observation and Interpretation from analysis of Scriptures**

- i) Four scriptures were analyzed to identify the characteristics of Sattvaguni person. viz. Sarth Shri Dasbodh (2006), Mantra Gita, (1673), Jnaneswari – (1991), BhagvadGita As it is (1991)
- ii) Two scriptures were in Marathi and two scriptures were in English.
- iii) For the description of SattvaGuna, separate chapters were there.
- iv) In those four scriptures, about 50 characteristics of Sattvaguni person are given. Some of them are as follows  
1) Studious 2) having positive attitude 3) Satisfied 4) Steady minded 5) eager to teach 6) Philanthropic 7) Soft spoken 8) Sinless 9) Wise 10) Blissful 11) Cheerful 12) Contented 13) Kind, Calm 14) remembers most. 15) having control over anger.

#### **Observation and Interpretation from analysis of books**

- i) Five books related to Sattvaguna were analyzed viz. Bhartiya Vyakhyane (1988), Swasthya Trikon (2006), Dasbodhache Manasshastra (2008), Bhartiya Manasshastra (1981), True Psychology (1979)
- ii) Three books were in Marathi, One book was in Hindi and One book was in English.
- iii) In all the books for description of Sattvaguna separate chapters were there.
- iv) In Marathi books for the description of Sattvaguna, Sanskrit shlokas ¼'yksd½ were used.
- v) In those five books, about 17 characteristics of Sattvaguni person are given. Some of them are ---  
1) Skilled 2) Untiring 3) Hardworking 4) Steady minded 5) Soft spoken 6) Has blissful temperament 7) Takes limited, balanced & pure food.

#### **Observation and Interpretation from analysis of articles**

- i) Four articles related to characteristics of Sattvaguni person were analyzed.
- ii) All articles were in English
- iii) Three articles were published in proceedings of 'National Seminar on Indian Psychology', Dhule. one was published in 'EDUTRACK' a journal published in Hyderabad.
- iv) In those four articles about 32 characteristics of Sattvaguni person are given. Some of them are  
1) Steady minded 2) Soft spoken 3) Has blissful temperament 4) Takes limited, balanced & pure food. 5) Liberal 6) Honest 7) Pure 8) Sympathetic 9) Shows understanding 10) Has positive attitude 11) Healthy 12) Kind 13) Satisfied.

#### **Finding**

Near about 80 characteristics of SattvaGuni person were identified through analysis of scriptures books and articles. Some of those are

- 1) Positive attitude 2) Awareness about Sattvik diet 3) Satisfaction of mind 4) Steadiness of mind 5) Teaching competency 6) Studiousness 7) Eagerness to teach 8) Philanthropic nature 9) Soft spoken 10) Untiring nature 11) Hard worker 12) Charity 14) Honesty 15) Liberal nature

## **II. Conclusion**

Compare to other profession, a teacher has to be more satisfied, positive, steady and having effective teaching competency. A study can contribute towards all these qualities. A study can become useful to orientation programmes, co-ordination meetings, extension center programmes, DIET programmes etc. This can be included in the philosophy and psychology papers which are part of the pre service teacher education curriculum.

A booster dose of some programme for Enrichment of SattvaGuna given to teachers from time to time may lead to betterment of the educational atmosphere in country as a whole.

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