ABSTRACT

Background: The personality scale of *kṣamā* and *dayā* is a cost-effective screening tool to measure those particular personality aspects among a group of people. Further the data can be used to interpret whether there is any difference in yoga practitioners and non-yoga practitioners regarding these attributes.

Aim: The aim of this study is to Develop and validate the personality scale as a screening tool to analyze and measure the yogic concepts – *Kṣamā* and *Dayā*. And to be able to quantify and measure these constructs in the present circumstances.

Methodology: The study employed tool development method through which a questionnaire with 11 items was developed. No specific inclusion or exclusion criteria was done. The questionnaire was circulated in Google form with the help of different means of social media. Data was collected through Google Excel sheet which was further analyzed and interpreted. Quantitative and qualitative methods were used. As it was a survey design there was no particular intervention.

Result: The data were analyzed using exploratory factor analysis. Two factors were extracted as the theory indicates. Overall reliability of the scale was found to be questionable ($\alpha = 0.61$).

Conclusion: This scale is described to measure and analyze *kṣamā* and *dayā* in one's personality. These two yamas namely *kṣamā* and *dayā* leads individual towards more pleasant and happier life. More work on the development of the scale is necessary. Despite the limitations, there is a scope for further research in this field as it opens up interesting opportunities.