

ABSTRACT

Background: *Acāpalam* questionnaire is cost-effective screening tool to study steadiness or non-fickleness of body and mind.

Aim: The aim of the study is to develop and validate the scale of *Acāpalam* as per *Bhagavad gītā* to observe steadiness of body and mind.

Methodology: The study employed tool development method through which a questionnaire with 3 items was developed. The questionnaire was circulated in google form through various platforms of social media like WhatsApp and Instagram. Total responses received were 224 (removing duplicates). The data were further collected through excel sheet and was further analysed and interpreted JASP software. Qualitative and Quantitative methods were used.

Result: Exploratory Analysis and Single test reliability was done using JASP. The results of Bartlett's test were significant as the p value was less than 0.05. But the overall measuring sampling adequacy (KMO test) was little low (0.497). It was also observed that one factor was extracted. And out of the three items, one item (V12) came out strongly as the factor loading of that item was higher. The reliability was weak as the items generated for the construct was less.

Conclusion: It was observed that, most people have fickle body and mind. Their mind often wanders very quickly and have restless body movements while doing daily activities. They tend to overthink. It is said that Yoga can help in improving the stability of mind. This study attempts to develop a tool to assess these constructs.