

DEVELOPMENT AND PILOT TESTING OF *mānasika dhārāṇiya vega* SCALE AMONG AGE GROUP 18-30 WITH EMPHASIS ON ENVY

ABSTRACT

Background: *dhārāṇiya vega* questionnaire is a cost-effective screening tool to detect the suppression of emotions among age group 18-30. Further the data can be used to interpret the risk of psychosomatic disorders in future.

Aim: To develop and validate *mānasika dhārāṇiya vega* scale as a screening tool to check level of suppression or regulation of emotional urges between age group 18-30 which can further lead to psychosomatic ailments.

Methodology: The study employed tool development method through which a questionnaire with 11 constructs was developed. This study was done on age group 18-30. 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 as well as qualitative methods were used. As it was a survey design there was no particular intervention given.

Result: Through data interpretation it was observed that people tend to suppress their emotions depending upon the situation they face in day to day life. Level of suppression was more in students and working people. Also the current pandemic situation plays important role in increasing emotional suppression among people. *āyurveda* explains different methods for controlling the emotions but instead people suppress the emotions which make them prone to different psychosomatic disorders in future.

Conclusion: To conclude, a new tool to measure *mānasika dhārāṇiya vega* was developed and its psychometric performance was assessed. Overall the tool had 11 constructs based on various emotions. We were able to extract one factor. As emphasis was given on envy, it was

observed that majority of the people from age group 18-30 tend to control it moderately or strongly.