

# DESIGNING AND VALIDATION OF *tapas* AND *svādhāya* QUESTIONNAIRE

## ABSTRACT

**Aim:** To build a scale to measure and analyze the qualitative concepts of *tapas* and *svādhāya* subdomains of *Yama* and *Niyama*.

**Methodology:** The study used tool development method in which a questionnaire with 24 items was developed. Google form was created with these 24 questions and then circulated through social media to friends and family. The survey data is collected in the Google excel sheet and downloaded and checked for the duplicates the data is converted into CSV format. Then the data is taken for analysis. As it was a survey design, so there is no intervention.

**Result:** Exploratory Factor analysis on a sample of 159 was performed for both the subdomains combined (*tapas* and *svādhāya*). A parallel analysis revealed two factors extracted. Bartlett's test of Sphericity was performed to check the p-value it is  $<.001$  showing that factor analysis can be performed. The Keyser-Meyer-Olkin (KMO) test, a measure of sampling adequacy, showed all values to be above 0.72 except item 4(0.500), item 5(0.504) and item 11(0.635). Overall MSA was 0.754. The MSA ranged from 0.50 to 0.82. All the values were above the minimum of 0.50 and recommended value of 0.60. Pilot data will be used for further refinement of the construct and the measuring tool (George & Ilavarasu, 2021).

**Conclusion:** This scale is relate to measure and survey *tapas* and *svādhāya* in one's personality. These two *Niyamas* *tapas* and *svādhāya* leads an individual towards peace and happy life. We worked on both qualitative and quantitative methods to develop and analyze this scale using JASP. Exploratory factor analysis done for all the variables. Sample size is 159 general populations from inside India and outside, which who are above 18 years of age. This *tapas* and *svādhāya* may not be effect in common people as it requires a lot of personal efforts to understand. The *tapas* scale has poor reliability which chronbach's  $\alpha$  is 0.446. This indicate that more work on the development of the scale is necessary.