

TOOL DEVELOPMENT TO ELUCIDATE IMPACT OF *kleśā* NON-WORKING PEOPLE

ABSTRACT

Background: *kleśā* a tool developed to assess the mental and emotional sufferings faced by non-working people through various aspects of their personalities. It is based on the philosophy of *kleśās* as mentioned in The Yoga Sutras of *Pātañjali*.

Aim: Aim of this study is to develop and validate the *kleśā* questionnaire as a tool to observe and assess various aspects of personalities and attitudes of human beings based on the philosophy of *kleśās* as discussed in The Yoga Sutras of *Pātañjali*.

Methodology: The study employed tool development method through which we have developed a 38 item tool. For the data collection process we had included population above 18 years of age. The questionnaire was prepared through the Google forms format and then circulated through different means of social media. The data was collected through Excel sheet which was further analysed and interpreted. Both quantitative as well as qualitative methods were used.

Results: Non-working people have been seen to be more exposed to stressful and painful situation due to the environment, tasks and competition; thus the *kleśās* such as ego, attachment and hate redness are comparatively visible in the non-working people.

Conclusion: The *panca-kleṣas* are five psycho-physiological afflictions found in every human being, as discussed throughout these *kleshās* are responsible for all the mental pain, stress & sufferings which a human goes through in his life. Through the survey study we understood that dominance of *kleshās* at mental and emotional plane can be seen clearly in non-working people as they have to go through a lot of things related to career, workspace, relationships, personal life, social life, etc. through this study we have tried to assess the mental and emotional aspects of personalities of human beings based on definition of *panca-kleṣas* as given in The Yoga Sutras of *Patanjali*. Thus, reducing the intensity of *kleshās* and their manifestation through yogic practices & philosophy can help one to overcome the difficulties & sufferings of human life.