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The study of *Satwa Sarata* with special reference to Emotional Maturity

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ABSTRACT

Sarata or excellence is described with respect to *Satwa* (mind). *Sarata* is quality assessment of *Sapta Dhatu* and *Satwa*. Examination of *Sarata* is done at physical and psychological level. The present study aims at assessing *Satwa Sarata* and emotional maturity. The participants of the study were included 60 subjects between age group of 20 to 40 years. A proforma, specially designed on the basis of classical descriptions of *Satwa Sara* was utilized to assess the *Sarata*. Findings of the study revealed that the association in *Satwa Sarata* and emotional maturity was statistically highly significant ($p < 0.001$).

Key words: *Dhatu sarata, Sarata, Sara, Satwa.*

INTRODUCTION

People's appearance influences both their self-concept and their relationships with others. During socialization, we develop an increasingly complex set of normative expectations, or schema, about how people should appear in their manner, speech, movement, posture, gestures, facial configuration, body size, structure, proportions and behaviour. We become accustomed to some variability, but when, we encounter someone whose appearance, manner, or behaviour exceeds the limits of our expectations, we react with emotional arousal, anxiety, and fear,

and behave differently toward that person (Richardson SA, 1976).^{[1],[2],[3]}

Individuals having the excellence of mental faculties are characterized by Good memory, Devotion to god or anything, Gratefulness or gratitude, Philosophical knowledge, Wisdom, Purity, Excessive enthusiasm, Skill, courage, valour in fighting, Absence of sorrow, free from mental worries and agitations. Their actions and movements are well organised, well disciplined, proper gait, and depth of wisdom and sincerity in actions and virtuous acts. they always think good for others.^{[4],[5]}

The characteristics of emotional maturity are relative freedom from inferiority, egotism, competitiveness and firm sense of reality, flexibility and adaptability etc. In the present circumstances, youth as well as children are facing difficulties in life, these difficulties are giving rise to many psychosomatic problems such as anxiety, tensions, emotional upsets in day to day life, so the study of emotional life is now emerging as a descriptive science.

A person's emotional maturity is very much influenced by his/her relationship history. Emotional Maturity makes an important part of life, together with intellectual and relationship intelligence.^[6]

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OBJECTIVES

To establish the parameters for *Satwa Sarata Parikshan* and to examine the importance of Emotional maturity in modern psychology vis-a-vis the attributes of *Satwa Sarata*.

MATERIALS AND METHODS

Study type - Observational, Prospective Study using Survey Method.

Place of Study - Dept. of Kriya Sharira, Govt. Ayurvedic College Mumbai.

Period - 2009 to 2012

Inclusion Criteria - Healthy persons who are doing their daily activities easily and not suffering from any disease between the age group of 20yr to 40yr were included in the study.

Exclusion Criteria - Persons suffering from systemic diseases and age group below 20yr and 40yr were excluded from the study.

Study Area - Mumbai city

Sample Selection - Random sampling method.

Plan of study

1. As per inclusion criteria, study will be done in 60 subjects.
2. *Satwa Sarata* will be examined by Ayurvedic questionnaire.
3. Emotional Maturity of each subject will be examined by emotional maturity scale
4. Correlation of *Satwa Sarata* with Emotional Maturity will be assessed according to gradations and scoring.

Criteria of Assessment

Assessment will be done on the basis of following gradations and scoring.

Table 1: Satwa Sarata

Grade	Satwa	No. of answers	Yes
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Grade I	<i>Pravara</i>	42 – 56
Grade II	<i>Madhyama</i>	28 - 41
Grade III	<i>Avara</i>	≤ 27

Table 2: Emotional Maturity Scoring will be done according to Y. Singh & M. Bhargava E. M. Scale.

Scores	level of maturity
50 – 80	Extremely Emotionally Mature
81 – 88	Moderately Emotionally Mature
89 – 106	Emotionally Immature
107 – 240	Extremely Emotionally Immature

OBSERVATIONS

Table 3: Distribution of subjects according to Satwa Sarata

SN	Satwa Sarata	Sex		Total
		Male	Female	
1.	<i>Pravar Sarata</i>	13	11	24
2.	<i>Madhyam Sarata</i>	12	14	26
3.	<i>Avara Sarata</i>	7	3	10
	Total	32	28	60

Table 4: EMS according to Age and Sex

SN	Age	Grade of EMS								Total
		EEM		MEM		EI		EEI		
		M	F	M	F	M	F	M	F	

1.	20-25	0	1	2	1	4	5	4	2	19
2.	25-30	1	1	4	7	3	2	2	1	21
3.	30-35	1	1	4	1	3	1	0	1	12
4.	35-40	3	2	1	1	0	1	0	0	8
TOTAL		5	5	11	10	10	9	6	4	60
		10		21		19		10		

Table 5: Relationship between Satwa Sarata and Emotional Maturity Scale

Hypothesis

H0 - Satwa Sarata and Emotional Maturity are independent.

H1 - Satwa Sarata and Emotional Maturity are not independent.

S N	Satwa Sarata	Emotional Maturity Level								
		No.	EE M	%	ME M	%	EI	%	EE I	%
1	Pravara Satwa	24	08	80.0%	13	61.9%	03	15.7%	00	00%
2	Madhyama Satwa	26	02	20%	08	38.09%	12	63.1%	04	40%
3	Avara Satwa	10	00	00%	00	00%	04	21%	06	60%
	Total	60	10	10.0%	21	10.0%	19	10.0%	10	10%

DISCUSSION

Assessment of Satwa Sarata was done by Prashna Pariksha. As per inclusion criteria 60 subjects were included in this study. There were total 14 Lakshnas in Satwa Sarata by Carakacharya, each Lakshanas has 4

leading questions, so there were 56 questions in the questionnaire of Satwa Sarata. The score less than or equal to 27 was graded as Avara Satwa Sarata. In between 28 – 41 was graded as Madhyama Satwa Sarata and score between 42 – 56 was graded as Pravara Satwa Sarata.

The present study demonstrated that 24 i.e. 40% exhibited predominantly Pravara Satwa Sarata while 26 i.e. 43.3% exhibited Madhyama and 10 i.e. 16.6% exhibited Avara Satwa Sarata.

The Pravara Satwa Sara group people are described to have authoritative speech, have better power of understanding and retention, show purity, have high intellect, are eloquent, are away from pride, ego, greed, jealousy. They are far sighted, like virtuous acts and like poetry, stories and epics.

The Pravara Satwa Sara people are also characterised by initiation of proper actions in time, power of discrimination and are self controlled.

Emotional Maturity Distribution

The Emotional Maturity Scale published by National Psychological Corporation of India, Agra is a standardised, reliable, valid scale for assessment of EMS.

Subjects belonging to Moderate (81- 88) score and Extremely (50- 80) Emotional Mature – were observed to be 21 (35%) and 10 (16.66%) respectively. Thus, in the present study 51.66% individuals had very stable Emotional Maturity. 31.66% subjects were Emotionally Immature and 16.66% subjects were Extremely Emotionally Immature.

Satwa Sarata and Emotional Maturity

This study is primarily aimed at to study relation between Satwa Sarata and Emotional Maturity. It is observed that, out of 60 subjects, 10 subjects were Extremely Emotionally Mature. Among these 10 subjects, 8 subjects (80%) were possessing Pravara Satwa Sarata and 2 subjects (20%) were possessing Madhyama Satwa Sarata.

Out of 60 subjects, 21 subjects were Moderately Emotionally Mature. Among these 21 subjects, 13 subjects (61.9%) were possessing *Pravara Satwa Sarata* and 8 subjects (38.09%) were possessing *Madhyam Satwa Sarata*.

Out of 60 subjects, 19 subjects were Emotionally Immature. Among these 19 subjects, 3 subjects (15.7%) were possessing *Pravara Satwa Sarata*, 12 subjects (63.15%) were possessing *Madhyama Satwa Sarata* and 4 subjects (21.05%) were possessing *Avara Satwa Sarata*.

Out of 60 subjects, 10 subjects were Extremely Emotionally Immature. Among these 10 subjects, 4 subjects (40%) were possessing *Madhyama satwa sarata*, 6 subjects (60%) were possessing *Avara Satwa Sarata*.

These observations suggest that, subjects possessing maximum number of EEM were endowed with *Pravara Satwa Sarata* and subjects possessing maximum number of EEI were endowed with *Avara Satwa Sarata*. Also to find out relation between *Satwa Sarata* and Emotion Maturity, the Chi-square test of association was applied, it was significant at $p < 0.001$, this suggests that Emotional Maturity is dependent on *Satwa Sarata*.

CONCLUSION

On administration of the test to assess the grade of *Satwa sarata*, 24 (40%) show *Pravara Satwa Sarata*, 26 (43.33) exhibited predominantly *Madhyama Satwa Sarata* and 10 (16.66%) exhibited predominantly *Avara Satwa Sarata*. According to separately formulated norms formulated for the study, about 50% Of the subjects show Moderate to Extreme emotional maturity showing Emotional stability. When the types of or grades of *Satwa Sarata* were compared and contrasted with frequency and score of the EMS, the number of individuals in the *Pravara Satwa Sarata* show high and Moderate emotional Stability. 10 (16.66%) subjects shows extremely emotional immaturity, so overall all the

subjects exhibited high or extraordinarily high and Average score on EM scale, showing emotionally stable group in the sample. As we don't have enough number of *Avara Satwa* persons in our study, we cannot draw a conclusion about any link between Emotional Maturity and *Avara Satwa*. in our study out of 60, 24 (40%) show *Pravara Satwa Sarata* and their EM scale shows moderate to high emotional maturity i.e. emotional stability. We can draw a conclusion at the end of study that there is a definite relation between *Satwa Sarata* and emotional maturity.

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