

ABSTRACT:

Aim: To build a scale to measure and analyze the qualitative concepts of *yama* and *Niyama* and to analyze and measure the yogic concepts *yama* and *Niyama*. To be able to qualify and measure these constructs in the present circumstances.

Methodology: The study used tool development method in which a questionnaire with 28 items was developed. Google form was created with the set of questions and then circulated through social media. The Data thus obtained was collected through Google Excel sheet which was used for data analysis and interpretation. As it was a survey design there was no particular intervention.

Conclusion: To our knowledge, this is the first scale explicitly constructed to measure the personality aspects of *Yama* and *Niyama* as such, it constitutes a short and user-friendly instrument that provides a quick impression of the personality aspects using *Yama* and *Niyama*. As initial validity results are promising for the scale, the methods described in this study for scale construction could potentially be helpful for future researchers wishing to build scales. With promising results, future scale building of this nature may prove useful to help unify the field of personality assessment with psychology and yoga.