

STUDY ON THE EFFECTS OF *kleśā* ON MALE POPULATION

ABSTRACT

Background: *kleśā* a tool developed to assess the mental and emotional sufferings faced by 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: Male population 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 hatredness are comparatively visible in the male population.

Conclusion: *kleśā* are the main reason which cause suffering in human life and make it miserable. Thus adopting yogic way of life and practicing certain yoga techniques will help people to reduce their sufferings by bringing in change in their thinking patterns, behavioural patterns and by developing a discriminative power.