

ABSTRACT

Background: *Yoga* is a comprehensive system for wellbeing which is more than *Asana* (physical postures). *Yamas* (abstinences) & *Niyamas* (observances) are foundational concepts in the science of *Yoga*. *Āstikya* means to believe in the existence of a God, Soul or Brahman, etc. *Arjavam* is described as simplicity or straight-forwardness the *Bhagavad Gitā*.

Aim and Objectives: The aim of the study is to develop and validate a tool for *Astikya* and *Arjavam*. The objectives of the study are to develop and validate a tool for *Astikya*, and to develop and validate a tool for *Arjavam* separately.

Methodology: This research is mostly about tool development, and it includes 6 *Astikya* items and 4 *Arjavam* items. From the Marlowe-Crowne social desirability scale, there are 13 items on social desirability. The whole sample (N=118) is made up of 67 females, 50 males, and 1 participant did not want to be identified by his/her gender. There includes a reliability test as well as exploratory factor analysis. Both quantitative and qualitative methodologies, as well as a pre-design technique were used.

Result: The *Āstikya and Arjavam* have internal reliability (Cronbach's alpha) of 0.848 and 0.504 respectively. The combined internal reliability (Cronbach's alpha) for both *Astikya and Arjavam* is 0.807. We could extract only 1 factor; the combination of *Astikya and Arjavam*.

Conclusion: The overall internal reliability of the questionnaire is good. The internal reliability is higher in the constrict *Āstikya* than the *Arjavam*. Results of current study also indicated that there we could extract only 1 factor from the questionnaire.

Key Words: Yama, Niyama, Astikya, Arjavam, Validity