

<b>Name of the Test</b>	<b>Triguna Inventory</b>
<b>Author</b>	Watve Sujala
<b>Availability</b>	Jnana Prabodhini's Institute of Psychology For research
<b>Training Levels</b>	Level A
<b>Uses</b>	To know personality from Indian perspective, for therapeutic purposes and in training.
<b>Year of standardization/adaptation</b>	2005
<b>Year of revised edition</b>	----
<b>Description of the test</b>	
<b>Language</b>	Marathi, English
<b>Level</b>	adult, literate, graduate
<b>What is measured?</b>	To assess three traits of personality- Satwik (S), Rajas (R) & Tamas (T)
<b>Type of Test</b>	Forced choice, Paper-pencil, Questionnaire, Verbal
<b>Total no. of Items with parts if any</b>	Single part with 40 items
<b>Item type</b>	Alternate choice
<b>Kind of Response</b>	Choosing the alternative most applicable
<b>Areas</b>	Three areas with combinations giving different weighates of dominant areas along with other areas. <b>SatwikRajasTamas, SatwikTamasRajas, RajasSatwikTamas, RajasTamasSatwik, TamasSatwikRajas, TamasRajasSatwik</b> type
<b>Time</b>	Approximately 20 min
<b>Scoring procedure</b>	Manual / computerized. Scoring template or excel sheet data entry- computerized scoring key
<b>Statistics studied while standardizing the test</b>	
<b>Sample (for standardization and norms)</b>	(N = 123 Adults) Adults – students, ladies and gents in general, participants appearing for competitive exam
<b>Reliability</b>	Test retest reliability 0.71 to 0.73 for three separate 'gunas'
<b>Validity</b>	Content validity ascertained by inter-raters' agreement. Concurrent validity through correlation with Quality of Life instrument (not standardized). Criterion testing by correlating self reporting of personal qualities and the scores on three 'gunas', especially for normal and persons with psychological problems (not statistically done).
<b>Norms</b>	Currently using types as above The scores can be converted percentiles on the basis of current information regarding 123 individuals.
<b>Standardization category</b>	Semi-standardized
<b>More about the test</b>	To know personality from Indian perspective. To use as a measure for assessing change in personality make-up after implementation of some intervention programmes such as training, therapies, etc. May become useful for persons with emotional problems to identify emotional set to be focused. May be more useful in yoga intervention programme.

**References**

Watve, S. (2006). Assessment of Satwa, Raja, Tama qualities within a person. Glimpses of Indian Psychology, Dhule : Satkaryotejak Sabha, p.37-44

Khire, U. (2006). Effect of Yoga on Work Efficiency and Quality Of Life : A Pilot Study. Project Report submitted to Jnana Prabodhini's Institute of Psychology, Pune

Khire, U; Bhogal, R.; Walimbe, G; Khaire, M. (2006). Effect of select yoga practices on work efficiency and quality of life : a pilot study. Yoga Mimamsa, Vol. XXXVII No. 3 & 4, pp 111-126, October 2005 – January 2006