



Self-Actualization among Jain Saints and Hindu saints

Prof. Niteshkumar N. Patel

Assistance Professor,

Arts and Commerce College, Vadnagar

niteshp101188@gmail.com; Mo: 9904110504

ABSTRACT

The present investigation to find out the difference of Self Actualization between Jain Saints and Hindu Saints. The sample constructed of 400 Jain Saints and Hindu Saints. Out of them 120 Jain Male and Female Saints, 120 Hindu Male and Female Saints for this purpose of investigation. The research design is 2X2X2 factor factorial design. The IVs are (A) Religion has two levels (A1) Jain Saints; (A2) Hindu Saints, (B) Gender has two levels (B1) Male; (B2) Female, (C) Experience has also two levels (C1) 1 to 5 years and (C2) 6 to 10 years. The DV is Self Actualization scale developed by Sharma K.N. (2000) was administered to measure their Self actualization level. Scoring has been done as per manual. The data was analyzed by ANOVA. Result was found that, there is significant difference in the mean score of self-actualization among 1-5 years experiences and 6-10 years experienced saints. There is significant difference in the mean score of self-actualization among 1-5 years experienced Jain and Hindu saints, 6-10 years experienced Jain and Hindu saints, 1-5 years experienced Jain male and Hindu male saints, 1-5 years experienced Jain female and Hindu female saints, 6-10 years experienced Jain male and Hindu male saints, 6-10 years experienced Jain female and Hindu female saints, There is significant difference in the mean score of self-actualization among 1-5 years experienced Jain male and Jain female saints, 6-10 years experienced Jain male and Jain female saints., 1-5 years experienced Hindu male and Hindu female saints and also significant between 6-10 years experienced Hindu male and Hindu female saints.

Introduction:

India offered milder climatic conditions and where, agriculture was better developed than several other places in the neighbouring countries. Gradually, these people adopted the life style prevalent in India and that is how, it is a country made up of different kind of people and in real sense, it is a melting pot.

Jainism lays heavy emphasis on nonviolence (Ahimsa) and the believers of this religion, whether a monk or a householder are supposed to evolve to the

monkhood in the later stages of life as was the case with the Hinduism in the Vedic era.

Self Actualization:

Self-actualization is the term used to define the modern psychological concept which was first coined by Kurt Goldstein (1934) and then developed by Maslow (1943). This statement sums up Alder's theory of personality in a nutshell. The characteristics of Self Actualizing People are Realistic, Self-Acceptance, Spontaneity, Simplicity, Naturalness, Focus of Problem Centering, Detachment: The Need for Privacy, Autonomy: Independent of Culture and Environment, Peak experiences, Interpersonal relations.

Hah & yang souk (1994) self-actualization level depends on motivation of choice, satisfaction with nursing as a major and satisfaction with college life. There for and effective guidance program is required to improve motivation and satisfaction with nursing as a major and which college life.

EMOTIONAL MATURITY

Emotional Maturity is not only the effective determinant of personality pattern but also helps to control the growth of individual development. The concept mature emotional behaviour at any level is that which reflects the fruits of normal emotional development. It is a stage, which is very essential in humane life. One of the major aims of any good educational programme is to help the learner to gain emotional maturity. Children studying in Xth class do not have much emotional maturity because of their inadequate control over the environment. A mature adult due to the development of his various powers has greater control over his environment. So, he possesses emotional maturity to a greater degree. An emotionally mature person has full control over the expression of his feelings. However, he behaves according to the accepted social values and ideals. He remains indifferent towards emotional allurements. There is no instability in the expression of emotions. During adolescence one gets excited very soon. Adolescents burst into laughter on flimsy things or loose temper soon but an emotionally mature is free from this defect. As one grows mature his emotional stability and depth of social adjustment, vocational and professional aptitude, life's ambitious etc. go on developing. A mature person is expected to understand a situation without any one's help and realize his duties and responsibilities himself. He will not act in an irresponsible manner under emotional stream and waste his time and energy over imaginary problems. But it is undoubtedly related with his success to cultivate finer qualities of self-control, politeness, sympathy, cooperation, tolerance and emotional stability.

In the view of Murray (2003), there is no correlation between chronological age, intellectual age, social age or emotional age. Just because someone is 'grown-up' by chronological age does not mean they are 'grown-up' emotionally. Chronological maturity and intellectual maturity combined with emotional immaturity is not

common and is potentially dangerous. A person whose body and mind is adult, but whose emotional development is that of a child can wreck havoc in the life of himself and of others.

Statement of the Problem

The researcher has selected the following statement of the problem for his doctoral work:

“Self-Actualization and Emotional Maturity among Jain Saints and Hindu Saints”

Variables

Independent Variable

The independent variable can be defined as the major variable that the researcher hopes to investigate. It is the variable which is selected, manipulated, and measured by the researcher. The independent variable in this research study is

- (A) **Religion** has 2 levels are (A1) Jain, (A2) Hindu; Second is
- (B) **Gender** has two levels (B1) Male and (B2) Female; Third is
- (C) **Experience** has two levels (C1) 1 - 5 Years Experience and (C2) 6 - 10 Years Experience

Dependent Variable:

On the other hand, the dependent variable can be defined as, the variable which the researcher observes and measures to determine the effect of the independent variable. The dependent variables in the present study is

- **Self Actualization Scale**

Objectives of the Research

1. The purpose of the present study is the difference related to the Self-actualization among Jain and Hindu saints in relation to their religion.
2. The purpose of the present study is the difference related to the emotional maturity among Jain and Hindu saints in relation to their religion.
3. The purpose of the present study is the difference related to the Self-actualization among male and female saints in relation to their gender.

Hypotheses:

The study will be guided by the following null hypothesis.

Ho₁: There will be no significant difference between Jain saint and Hindu saint with regards to their self-actualization.

- H₀₂:** There will be no significant difference between male saint and Female saint with regards to their self-actualization.
- H₀₃:** There will be no significant difference between 1-5 years of experienced saint and 6-10 years of experienced with regards to their self-actualization
- H₀₄:** There will be no significant interaction effect between religions and gender with regards to self-actualization.
- H₀₅:** There will be no significant interaction effect between religions and experience with regards to self-actualization.
- H₀₆:** There will be no significant interaction effect between gender and experience with regards to self-actualization.
- H₀₇:** There will be no significant interaction effect between religion, gender and experience with regards to self-actualization.

Method

Participates:

The study used the Various 2 Religious Saints from Gujarat state. All the participants was **purposeful randomly selected** from Gujarat state and categories of 2 Religion regarding their Religion. Gender and Experience. Total 400 participation was taken in this research which is display in above table.

Research Tools:

The personal data-sheet:

In some researches the personal data of the sample becomes important since the present research includes saints (Jain and Hindu) as sample the personal data like age, experience etc. were all important hence such information was collected.

Self-Actualization Inventory:

According to research purpose “self-actualization” measure is used which is invented by Sharma K.N. (2000), which includes 75 statements, checked by 3 point. The test retest reliability of whole test was .85 and validity of this inventory is high.

Procedure:

After establishing the rapport with respondents, the psychological tests – “self-actualization” measure is used which is invented by Sharma K.N. (2000) will be administered in individual setting. After completion of the data collection, responses of each respondent on each tool will be scored as per the scoring key of manual of each tool.

Result and Discussion:

Table: 01: Showing Analysis of Variance for Self-actualization in relation to type of Saint, Gender and Experience.

Source of Variation	Sum of Squares	Df	Mean Square	F Ratio	Significant
Religion (A)	277.22	1	277.22	0.73	NS
Gender (B)	0.12	1	0.12	0.00	NS
Experience (C)	3727.10	1	3727.10	9.87	0.01
A x B	652.80	1	652.80	1.73	NS
A x C	5409.60	1	5409.60	14.33	0.01
B x C	180.90	1	180.90	0.48	NS
A x B x C	6504.42	1	6504.42	17.23	0.01
Error	147973.10	392	377.48		-
Total	1.19	400			-
Corrected Total	164725.28	399			-

Significant level of 'F' value :0.05 level 3.87 (df= 1) 0.01 level 6.70 (df= 1)

Main Effects:

It could be seen from the Table No. 01: that the one main variable i.e. experience (F=9.87) is significantly influencing the self-actualization, while religion (F=0.73) and gender (F=0.00) variable are not found to be significant. These results are confirmed also by LSD test results in Table No. 03, 05 and 07. The closer examination of Self-actualization in Table No. 02 reveals that two groups of religion (Jain and Hindu) are not significant different on mean score.

Table: 02: Showing Mean Scores on Self-actualization with regard to type of religion.

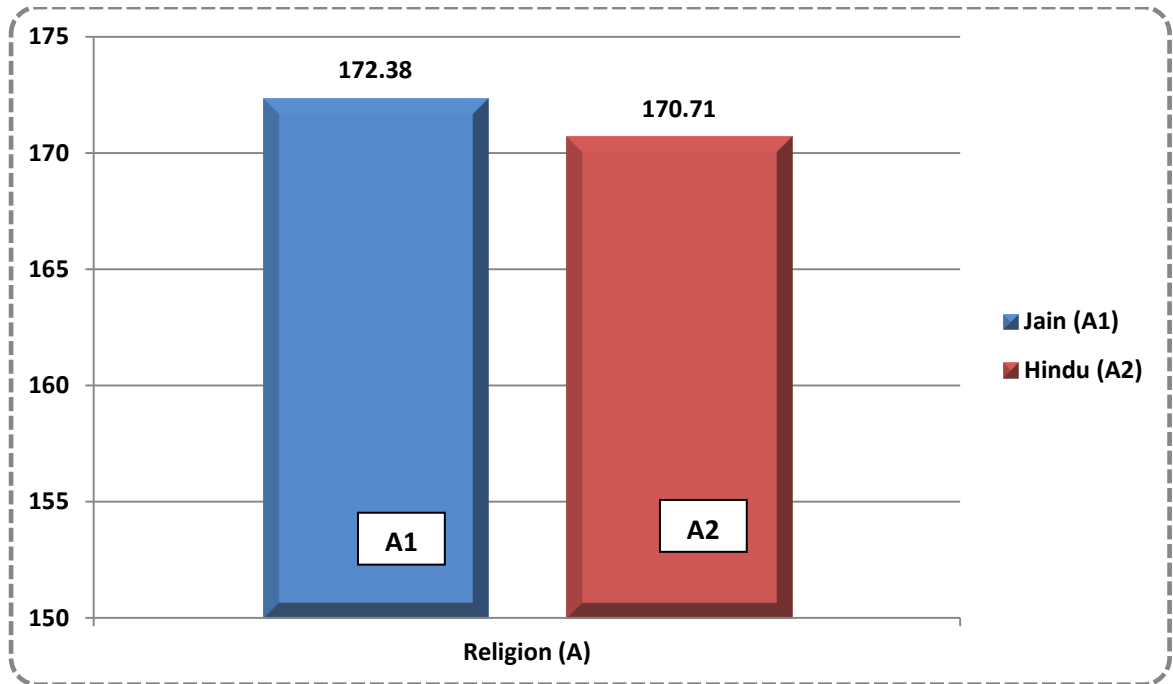
Religion	N	Mean Score	F	Significant
Jain (A1)	50	172.38	0.73	NS
Hindu (A2)	50	170.71		
Grand Mean = 171.55				

Table: 03: Showing Result of LSD test on Self-actualization with regard to type of religion.

Pairs	Mean Difference	Significant
A1 Vs A2	1.66	NS

Significant level of LSD value : 0.05= 1.67 0.01= 2.22

Figure: 01: Bar Chart of Mean Score on Self-actualization in Relation to type of religion.



F ratio for Ass (Religion) is 0.73, which is not significant. It means Jain saint and Hindu saint not differ on self-actualization score. By the same point of view Table 2 shows mean score of Jain saint is 172.38, and Hindu saint is 170.71, it can be clearly said that no significant difference is existed between Jain saint and Hindu saint on self-actualization score. It can be seen in figure 1. Jain saint and Hindu saint have similar score on self-actualization. The specific pair differences among these two religion groups are confirmed by LSD test in Table No. 03, where the pairs of A1 Vs A2 (difference =1.66) is not found significant. Table No. 02: reveals that the mean scores of two groups as regards religion are similar with each other on self-actualization score.

Table: 04: Showing Mean Scores on Self-actualization with regard to gender.

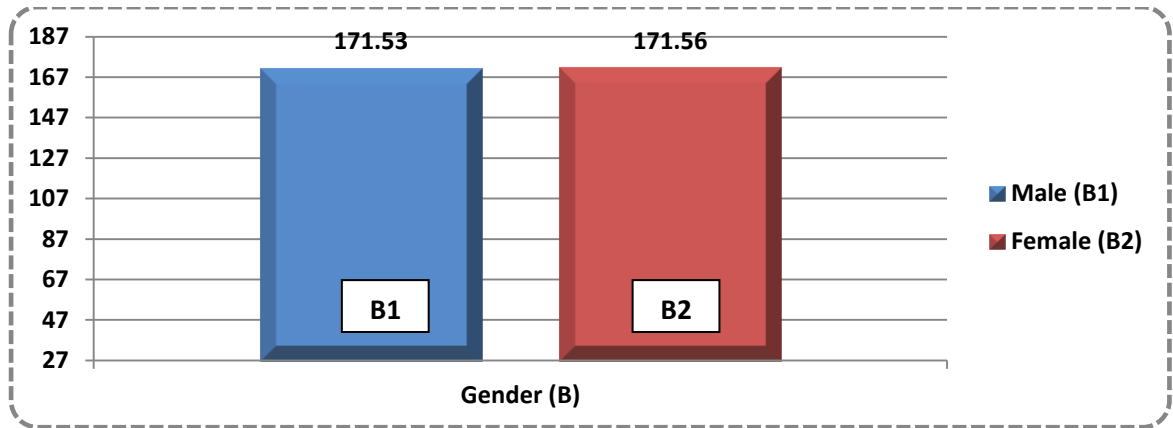
Gender	N	Mean Score	F	Significant
Male (B1)	50	171.53	0.00	NS
Female (B2)	50	171.56		
Grand Mean = 171.55				

Table: 05: Showing Result of LSD test on Self-actualization with regard to gender.

Pairs	Mean Difference	Significant
B1 Vs B2	0.04	NS

Significant level of LSD value: 0.05= 1.67 0.01= 2.22

Figure: 02: Bar Chart of Mean Score on Self-actualization with regard to gender.



F ratio for Bss (Gender) is 0.00, which is not significant. It means male saint and female saint are not differ on self-actualization score. By the same point of view Table 4 shows mean score of male saint is 171.53, and female saint is 171.56, it can be clearly said that no significant difference is existed between male saint and female saint on self-actualization score. It can be seen in figure 2 that male saint and female saint have similar score on self-actualization. The specific pair differences among these two course groups are confirmed by LSD test in Table No. 05, where the pairs of B1 Vs B2 (difference = 0.04) is not found significant. Table No. 04: reveals that the mean scores of two groups as regards gender are similar with each other on self-actualization score.

Table: 06: Showing Mean Scores on Self-actualization with regard to experience.

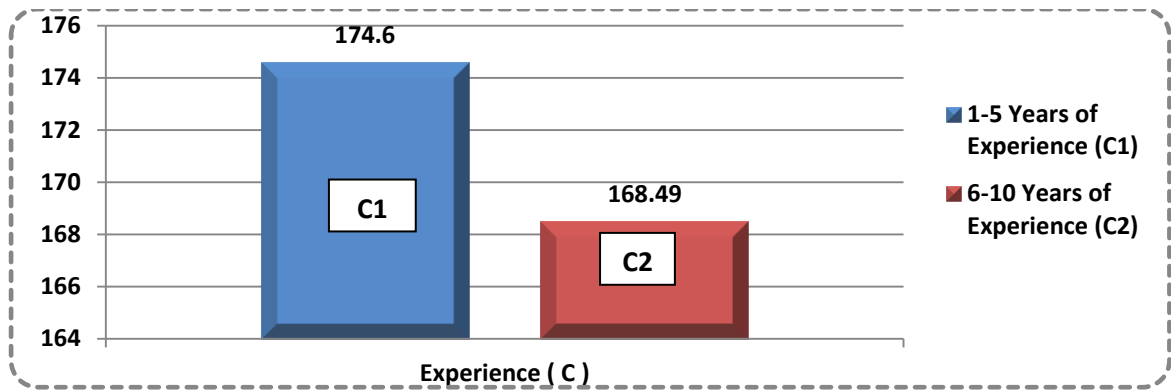
Experience	N	Mean Score	F	Significant
1-5 years experience (C1)	50	174.60	9.87	NS
6-10 years experience (C2)	50	168.49		
Grand Mean = 171.55				

Table: 07: Showing Result of LSD test on Self-actualization with regard to experience.

Pairs	Mean Difference	Significant
C1 Vs C2	6.11	0.01

Significant level of LSD value :0.05= 1.67 0.01= 2.22

Figure: 03: Bar Chart of Mean Score on Self-actualization with regard to experience.



F ratio for C_{ss} (Experience) is 9.87, which is significant at 0.01 level. It means saint with 1-5 years of experience and saint with 6-10 years of experience are significant differ on self-actualization score. By the same point of view Table 6 shows mean score of saint with 1-5 years of experience is 174.60, and saint with 6-10 years of experience is 168.49, it can be clearly said that significant difference is existed between saint with 1-5 years of experience and saint with 6-10 years of experience on self-actualization score. It can be seen in figure 3 that saint with 1-5 years of experience have favorable self-actualization score in compare to saint of 6-10 years of experience. The specific pair differences among these two experience groups are confirmed by LSD test in Table No. 7, where the pairs of C₁ Vs C₂ (difference = 0.6.11) is found significant at 0.01 level. Table No. 06 reveals that the mean scores of two groups as regards experience are significant differ with each other on self-actualization score. Self-actualization represent to known self. Saints with less experience have more aspiration to become saint and this could be reason for high self-actualization with 1-5 years of experience.

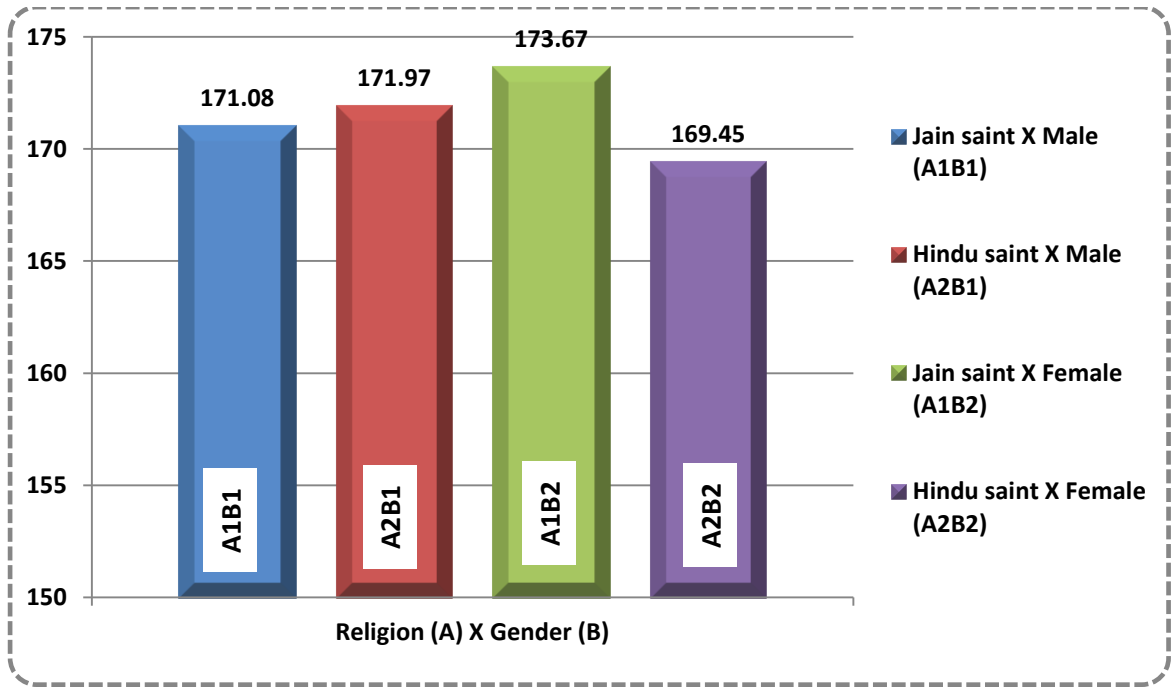
Interaction Effects:

The main effects, significant or insignificant have to be understood with caution and reconsidered in light of significant interaction of the variables. Here, interaction effects have been discussed below.

Table: 08: Showing Mean Scores on Self-actualization held by Groups religion xgender (A x B)

Gender (B)	Religion (A)		F	Significant
	Jainsaint (A1)	Hindu saint (A2)		
Male (B1)	171.08	171.97	1.73	NS
Female (B2)	173.67	169.45		
Grand Mean = 171.55				

Figure: 04: Bar Chart of Mean Score on Self-actualization in Relation to type of religion x gender (A x B)



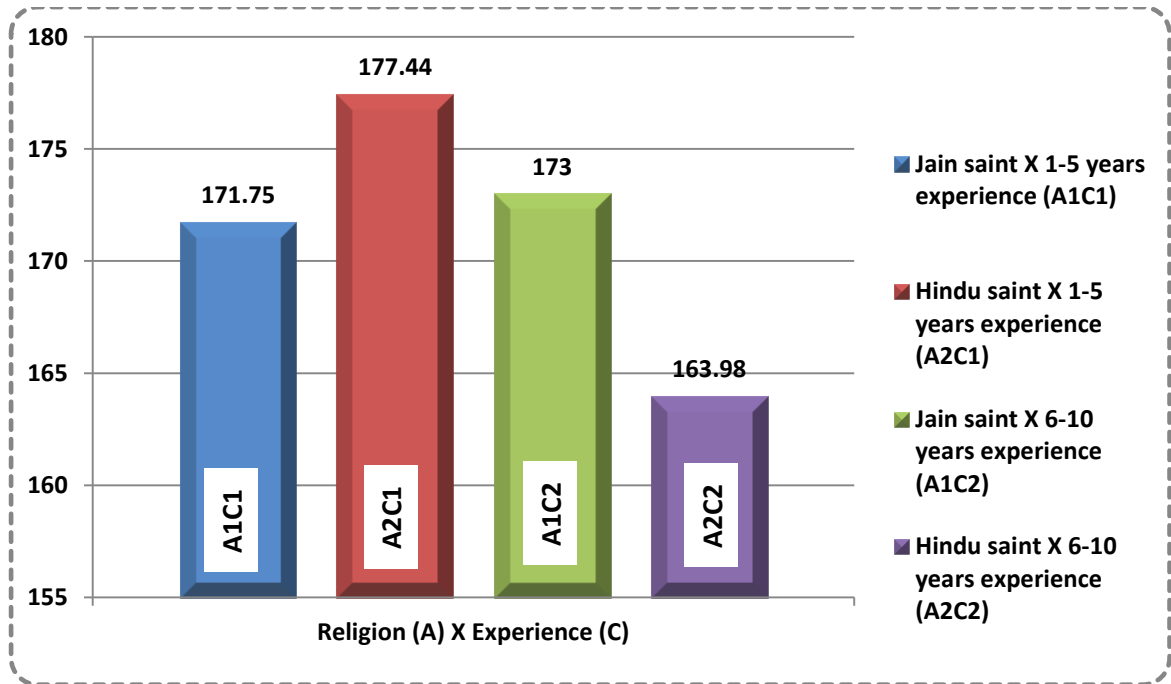
(I) Interaction A x B (Religion X Gender):

F ratio for A x Bss (Religion x Gender) is 1.73, which is not significant. It means Religion and Gender do not interact each other on self-actualization score. By the same point of view Table 8 shows the mean score of Jain male saint is 171.08, Hindu male saint is 171.97, Jain female saint is 173.67, and Hindu female saint is 169.45 which do not differently interacting each other significantly on self-actualization score. It can be seen in figure 4 Being Jain or Hindu & having different gender are no way connected with each other. Therefore both these factors do not interact each other on score of self-actualization.

Table: 09: Showing Mean Scores on Self-actualization as held by Groups Religion X Experience (A x C).

Experience (C)	Religion (A)		F	Significant
	Jain saint (A1)	Hindu saint (A2)		
1-5 years experience (C1)	171.75	177.44	14.33	0.01
6-10 years experience (C2)	173.00	163.98		
Grand Mean = 171.55				

Figure: 05: Bar Chart of Mean Score on Self-actualization in Relation to type of saint and experience (A x C).



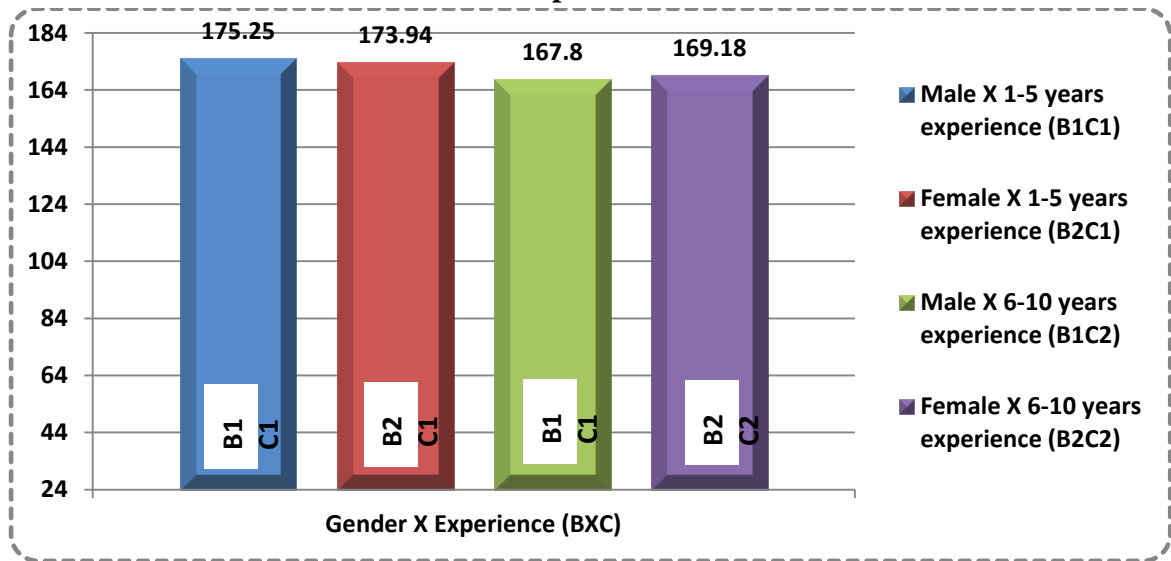
(II) Interaction A x C (Religion X Experience):

F ratio for A x C (Religion x Experience) is 14.33, which is significant at 0.01 levels. It means religion and experience differ significantly on self-actualization score. By the same point of view Table 9 shows the mean score of Jain saint with 1-5 years of experience is 171.75, Hindu saint with 1-5 years of experience is 177.44, Jain saint with 6-10 years of experience is 173.00, and Hindu saint with 6-10 years of experience is 163.98 which are differently interacting each other significantly on self-actualization score. Hindu saint with 1-5 years of experience (M=177.44) exhibit more favorable self-actualization score, while Hindu saint with 6-10 years of experience (M=163.98) shows the least favorable score on self-actualization. It can be seen in figure 5. We found here more favorable self-actualization in Hindu saint with 1-5 years of experience which shows that influence to become saint or inner pressure to become saint raise their self-actualization; when the same saint after the 5 years means Hindu saint 6-10 years become less aspirate to be saint.

Table: 10: Showing Mean Scores on Self-actualization as held by Groups Gender X Experience (B x C).

Experience (C)	Gender (B)		F	Significant
	Male (B1)	Female (B2)		
1-5 years experience (C1)	175.25	173.94	0.48	NS
6-10 years experience (C2)	167.80	169.18		
Grand Mean = 171.55				

Figure: 06: Bar Chart of Mean Score on Self-actualization in Relation to gender and Experience.



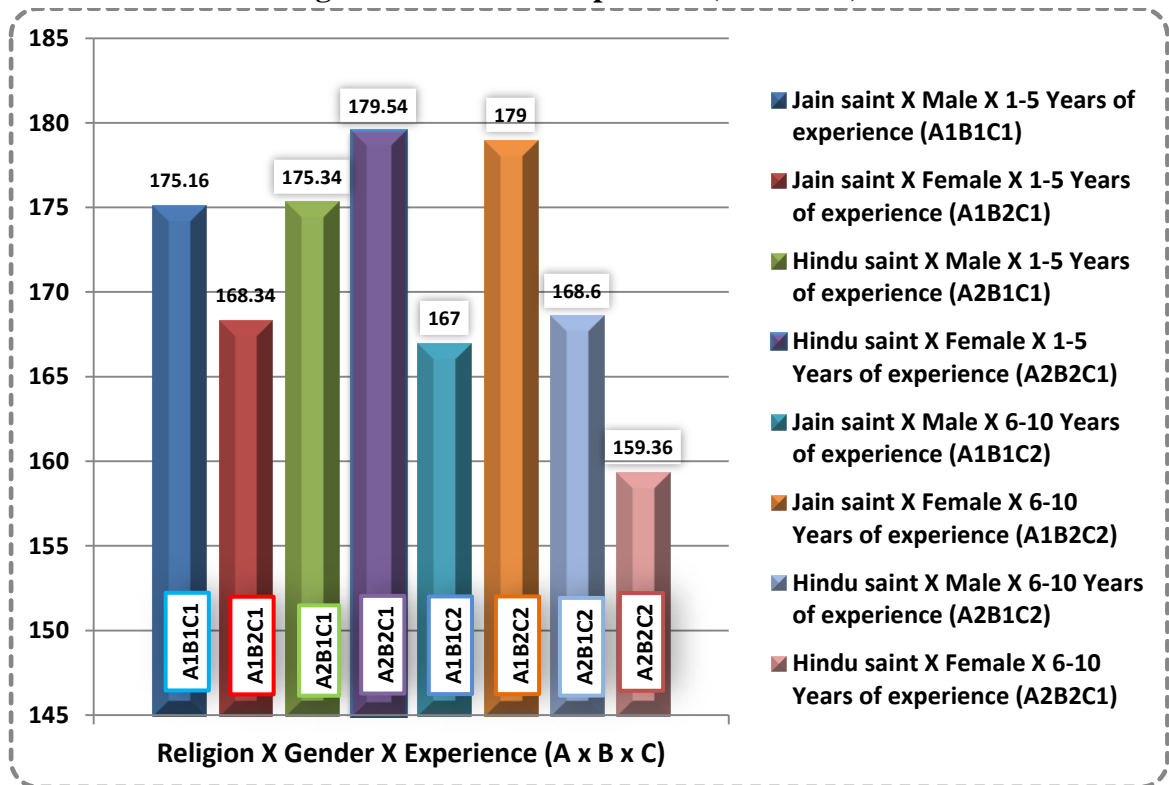
(III) Interaction B x C (Gender x Experience):

F ratio for B x C_{ss} (Gender x Experience) is 0.48, which is not significant. It means gender and experience do not interact each other on self-actualization score. By the same point of view Table 10 shows the mean score of male saint with 1-5 years of experience is 175.25, female saint with 1-5 years of experience 173.94, male saint with 6-10 years of experience 167.80 and female saint with 6-10 years of experience 169.18, which are not differently interacting each other significantly on self-actualization score. It can be seen in figure 6. Being male or female saint & having different years of experience are no way connected with each other. Therefore both these factors do not interact each other.

Table: 11: Showing Mean Scores on Self-actualization as held by Groups Religion X Gender X Experience (A x B x C).

Experience (C) ↓	Gender (B) →	Religion (A) ↓				F	Significant
		Jain saint (A1)		Hindu saint (A2)			
		Male (B1)	Female (B2)	Male (B1)	Female (B2)		
1-5 years experience (C1)		175.16	168.34	175.34	179.54	17.23	0.01
6-10 years experience (C2)		167.00	179.00	168.60	159.36		
Grand Mean = 171.55							

Figure: 07: Bar Chart of Mean Score on Self-actualization in Relation to Religion X Gender X Experience(A x B x C).



(IV) Higher Order Interaction A x B x C (Religion x Gender x Experience):

F ratio for A x B x C (Religion x Gender x Experience) is 17.23, which is significant at 0.01 level. It means religion, gender and experience interact significantly each other on self-actualization scores. By the same point of view, table 11 shows the mean scores of Jain malesaint with 1-5 years of experience is 175.16, Jain female saint with 1-5 years of experience is 168.34, Hindu male saint with 1-5 years of experience is 175.34, Hindu female saint with 1-5 years of experience is 179.54, Jain male saint with 6-10 years of experience is 167.00, Jain female saint with 6-10 years of experience is 179.00, Hindu male saint with 6-10 years of experience is 168.60, Hindu female saint with 6-10 years of experience is 159.36 which are interacting each other significantly on self-actualization score. It can be seen in figure 7. Religion, Gender & experience are interacting significant on self-actualization. Interaction effect of religion, gender, and experience can see here; it clearly more affected by experience. Which caused same reason like above.

Findings of the study :

- (1) There was no significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of religion.

- (2) There was no significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of gender.
- (3) There was a significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of experience.
- (4) There was no significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of religion and gender.
- (5) There was a significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of religion and experience.
- (6) There was no significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of gender and experience.
- (7) There was a significant mean difference between the Self-actualization among Jain and Hindu saints in Relation to type of religion, gender and experience.

Limitations of the study:

- (1) The Jain saints and Hindu saints only are included. The conclusions are not applicable to the saints engaged in other religion.
- (2) The present study was conducted regarding the Religion, Gender and Experience.
- (3) Present research was conducted with limited sources.
- (4) Only Jain saints and Hindu saints are included in the present study. The conclusions are results are not applicable to any other persons.
- (5) Only the saints of Gujarat origin are included in this study.
- (6) The results of Jain saints and the results of Hindu saints are not applicable to each other.
- (7) The results of Male saints and the results of female saints are not applicable to each other.
- (8) Results of 1 to 5 years' experience and the results of 6 to 10 years' experience are not applicable to each other.

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