

FUNDAMENTAL SURVEY AND STUDY OF RELATION BETWEEN MANAS PRAKRUTI AND PERSONALITY TYPES WITH THE HELP OF MYERS-BRIGGS TYPE INDICATOR (MBTI)

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ABSTRACT

Ayurveda the science of life which has been evolved thousands of years ago has incorporated all facts about life pertaining right from birth to death and even after death, along with all other facts pertaining to life of a human. An age old question which most people have come across at some point in their lives is 'Why are we the way we are?' The authentic answer to this question is hard to get. In today's era there are so many options for career but it is hard to get proper person for proper work, for example if Introvert person chosen the marketing job he may not go well in comparative with Extroverted person. Hence, here is an attempt to see relation between *Satva Pradhana, Raja Pradhana, Tama Pradhana Manas Prakruti* and Types of Personality with the help of MYERS-BRIGGS TYPE INDICATOR (MBTI). The MBTI assessment is psychometric questionnaire designed to measure psychological preference in how people perceive the world & make decisions. There are 16 types of personality according to Myers-Briggs Type Indicator eg. INTJ, INFJ, etc. *Manas Prakruti* is important examination in *Ayurveda*. MBTI also deals with psychological constitution of person. So this comparative and fundamental survey type of research of relation between *Satva pradhan, Raja pradhan, Tama pradhan Manas Prakruti* and personality types with the help of MBTI is beneficial.

It will be helpful for a person to select proper career, life partner, etc.

Keywords: *Prakruti, Personality, Manas gunas.*

INTRODUCTION

Personality is the particular combination of emotional, attitudinal, and behavioural response patterns of an individual. It can be defined as consistency in a person's way of operating — that is, long-term consistency in their particular ways of perceiving, thinking, acting and reacting as a person. Consistent patterns of thought and feeling and behaviour. People differ from each other is obvious. How and why they differ is less clear and is an important part of the study of personality^[1]

In *Ayurveda*, Individuals are classified according to *Prakruti*. There are two types of *prakruti*-*Sharir prakruti* and *manas prakruti*. *Sharir prakruti* belongs to *Vataj, Pittaj, kaphaj*^[2] and *Manas prakruti* belongs to *Satva, Rajas and tamas prakruti*^[3].
Sattva: The illuminating, pure or good quality which leads to clarity and mental serenity *sattva* is full of love. *Sattva* is light, light giving full of knowledge.
Rajas: The quality of mobility or activity which makes a person active, energetic, tense and willful.

Tamas: The dark and restraining quality which obstruct and counteracts the tendency of rajas to work and of sattva to reveal. *Tamas* is full of destruction. *Tamas* is heavy, covering and obstructing light.

In spite of this different nature they help mutually in creation. The quality of *sattva* leads towards the divine and *tamas* towards the demonic while in between these two stands rajas.

Concept of Personality

An age old question which most people have come across at some point in their lives is ‘Why are we the way we are? The authentic answer to this question is hard to get. How person will behave in particular situation or circumstances can be predictable by studying his psychology. The person’s character that remains stable throughout person’s lifetime, the individual’s character pattern of behavior thought & feeling is called the personality of that person.

The test which deals with psychological study of a person is the Personality test. There are number of personality tests e.g. Thematic Appreciation test, Woodwork Personal data sheet, Rorschach inkblot test, etc. Here we are going to deal with Myers-Briggs Type Indicator (MBTI) personality test which is widely used all over. The MBTI assessment is psychometric questionnaire designed to measure psychological preference in how people perceive the world & make decisions. There are 16 types of personality

according to Myers-Briggs Type Indicator eg.INTJ, INFJ, etc.

The original developers of the personality test were Katharine Cook Briggs & her daughter Isabel Briggs Myers. They created this indicator during World War II. The fundamentals of MBTI are based on theory of psychological type as originally developed by Dr.CarlJung.Jung's typological model regards psychological type as similar to left or right handedness: individuals are either born with, or develop, certain preferred ways of thinking and acting. The MBTI sorts some of these psychological differences into four opposite pairs with a resulting 16 possible psychological types. None of these types are better or worse.

16 Types of Personality according to MBTI

According to Carl Jung's theory of Psychological Types we are all different in fundamental ways. One's ability to process different information is limited by their particular type. These types are sixteen. People can be either Extroverts or Introverts, depending on the direction of their activity; Thinking, Feeling, Sensing, Intuitive, according to their own information pathways; Judging or Perceiving, depending on the method in which they process received information^[4]

Extroverts vs. Introverts

Extroverts are directed towards the objective world whereas Introverts are directed towards the subjective world. The most common differences between Extroverts and Introverts are shown below:

Extroverts	Introverts
<ul style="list-style-type: none"> are interested in what is happening around them 	<ul style="list-style-type: none"> are interested in their own thoughts and feelings

- | | |
|---|--|
| <ul style="list-style-type: none"> • are open and often talkative • compare their own opinions with the opinions of others • like action and initiative • easily make new friends or adapt to a new group • say what they think • are interested in new people • easily break unwanted relations | <ul style="list-style-type: none"> • need to have own territory • often appear reserved, quiet and thoughtful • usually do not have many friends • have difficulties in making new contacts • like concentration and quiet • do not like unexpected visits and therefore do not make them • work well alone |
|---|--|

Sensing vs. Intuition

Sensing is an ability to deal with information on the basis of its physical qualities and its affection by other information. In-

tuition is an ability to deal with the information on the basis of its hidden potential and its possible existence. The most common differences between Sensing and Intuitive types are shown below:

Sensing types	Intuitive types
<ul style="list-style-type: none"> • see everyone and sense everything • live in the here and now • quickly adapt to any situation • like pleasures based on physical sensation • are practical and active • are realistic and self-confident 	<ul style="list-style-type: none"> • are mostly in the past or in the future • worry about the future more than the present • are interested in everything new and unusual • do not like routine • are attracted more to the theory than the practice • often have doubts

Thinking vs. Feeling

Thinking is an ability to deal with information on the basis of its structure and its function. Feeling is an ability to deal with information on the basis of its initial energetic condition and its interactions. The most common differences between

Thinking and Feeling type are shown below:

Thinking types	Feeling types
<ul style="list-style-type: none"> • are interested in systems, structures, patterns • expose everything to logical analysis 	<ul style="list-style-type: none"> • are interested in people and their feelings • easily pass their own moods to others

- are relatively cold and unemotional
- evaluate things by intellect and right or wrong
- have difficulties talking about feelings
- do not like to clear up arguments or quarrels
- pay great attention to love and passion
- evaluate things by ethics and good or bad
- can be touchy or use emotional manipulation
- often give compliments to please people

Perceiving vs. Judging decisions resulting from the changes in a situation. The most common differences between Perceiving and Judging types are shown below:

Perceiving types are motivated into activity by the changes in a situation. Judging types are motivated into activity by their

Perceiving types	Judging types
<ul style="list-style-type: none"> • act impulsively following the situation • can start many things at once without finishing them properly • prefer to have freedom from obligations • are curious and like a fresh look at things • work productivity depends on their mood • often act without any preparation 	<ul style="list-style-type: none"> • do not like to leave unanswered questions • plan work ahead and tend to finish it • do not like to change their decisions • have relatively stable workability • easily follow rules and discipline

These four opposite pairs of preferences define eight different ways of dealing with information, which in turn result in sixteen Psychological Types:

1.ENTP	2.ISFP
3.ENFP	4.INFJ
5.ESTJ	6.ISTP
7.ENTJ	8.ISFJ
9.ESFP	10.INTP
11.ESTP	12.INFP
13.ENFJ	14.ISTJ
15.ESFJ	16.INTJ

Where E - Extrovert, I - Introvert, J - Judging, P - Perceiving, S - Sensing, N - Intuitive, T - Thinking, F - Feeling,

So, for example ENTP would be Extrovert, Intuitive, Thinking and Perceiving type.

- ENTP=Extraverted intuitive Thinking Perceiving.
- ISFP=Introverted Sensing Feeling Perceiving
- ENFP=Extraverted intuitive Feeling Perceiving
- INFJ=Introverted intuitive Feeling Judging
- ESTJ= Extraverted Sensing Thinking Judging
- ISTP=Introverted Sensing Thinking Perceiving
- ENTJ=Extraverted intuitive Thinking Judging
- ISFJ=Introverted Sensing Feeling Judging
- ESFP=Extraverted Sensing Feeling Perceiving
- INTP=Introverted intuitive Thinking Perceiving
- ESTP= Extraverted Sensing Thinking Perceiving
- INFP= Introverted intuitive Feeling Perceiving
- .ENFJ=Extraverted intuitive Feeling Judging
- ISTJ= Introverted Sensing Thinking Judging
- ESFJ= Extraverted Sensing Feeling Judging
- INTJ=Introverted intuitive Thinking Judging

AIM

To find relation between *Manas prakruti* & 16 types of personality explained by Myers-Briggs Type Indicator (MBTI).

OBJECTIVES

1. To compile all references in *Ayurveda* about *Manas Prakruti*

2. To study types of *Manas Prakruti* i.e. *Satva Pradhana, Raja Pradhana and Tama Pradhana Manas Prakruti*.
3. To study 16 types of personality explained by MBTI.

MATERIAL AND METHODS

It is fundamental survey type of research.

Inclusion criteria

- Only physically & psychologically healthy candidates were selected.
- Male and Female both candidates were taken for study.
- Age limit= 17 years to 22 years.

Exclusion criteria

- Male and Female volunteers with any major illness or psychological problem
- Those with age less than 17years and more than 22 years were excluded.

Material

The literary work was done with the help of ancient *Ayurveda* texts as well as modern literature in connection with *ManasPrakruti*

*Types of Personality according to Myers Briggs Type Indicator.

Method

1. The sample for study was 300 individual male and female age ranging from 17 to 22 years. All were Indian students knowing English.
2. By interview method *Manas Prakruti* was decided with the help of Standard *Manas Prakruti* performa developed by AYUSOFT C-DAC. This questioner contains 122 questions for the quantitative assessment of *Manas Gunas*. This questioner is approved by **Centre for Development of Advanced Computing Scientific Society of the Ministry of Communications and Information Technology, Government of India.**

3. The same 300 volunteers were assessed for personality type according to MBTI with the help of Standard Personality test perform available on 'www.kisa.ca. /personality'.
4. Relation between above two proforma was studied.

OBSERVATIONS

The observations of the study were monitored and recorded carefully. Sufficient charts and diagrams were provided while recording theoretical and practical obser-

vations. Candidate wise percentage of Satva, Raja and Tama and type of Personality was listed

STATISTICAL ANALYSIS

Statistics is the most important and effective tool of portraying findings in any research topic. It helps to evaluate research findings and its significance in a proper manner. In the present research the findings from the survey are evaluated using 'Kruskal-Wallis Test' and 'Chi-Square test'.

Table 1 Kruskal-Wallis Test for percentage of Satva, Rajas & Tamas

Personality Type	N	Mean Rank	Personality Type	N	Mean Rank	Personality type	N	Mean Rank
ENFP	15	56.7	INFJ	2	33.75	INFJ	2	25.25
ISFJ	29	71.71	ISTJ	30	55.63	ESTP	11	90.73
INTP	7	93	INTP	7	73.79	INFP	27	92.96
ESFP	23	125.67	ISFJ	29	84.12	ENFJ	23	95.59
ESTP	11	133.27	ENFJ	23	85.26	ESFJ	24	118.19
ESFJ	24	133.52	INFP	27	116.65	ISTJ	30	121.77
ISTP	13	141.58	ESFP	23	126.46	ESTJ	15	137.03
ISTJ	30	146.38	ESFJ	24	126.6	ISFJ	29	141.33
ESTJ	15	154	ISFP	24	158.02	ESFP	23	146.28
ISFP	24	154.56	INTJ	27	173.3	ISTP	13	174.81
ENTJ	15	179.33	ESTP	11	232.82	ISFP	24	177.25
ENTP	15	190.33	ESTJ	15	239.33	INTJ	27	188.93
INFP	27	191.04	ENFP	15	240.87	ENTP	15	194.6
INTJ	27	195.87	ISTP	13	246.77	ENFP	15	224.23
ENFJ	23	229.28	ENTP	15	251.23	ENTJ	15	226.4
INFJ	2	245.75	ENTJ	15	279.2	INTP	7	297
Total	300		Total	300		Total	300	

Table 2 Kruskal Wallis Test Statistics

	Satva%	Raja%	Tama%
Chi-Square	87.570	195.904	92.630
Df	15	15	15
Asymp. Sig.	0.000	0.000	0.000

Table 3 Chi-Square Test

Personality Type * Satva category Cross tabulation				
	Satva categories			Total
	Lower propor-	Higher	pro-	

Personality Type			tion (<=65.12)	portion (>65.12)	
INFJ	Count		0	2	2
	% within Personality Type		.0%	100.0%	100.0%
INTP	Count		6	1	7
	% within Personality Type		85.7%	14.3%	100.0%
ESTP	Count		6	5	11
	% within Personality Type		54.5%	45.5%	100.0%
ESTJ	Count		7	8	15
	% within Personality Type		46.7%	53.3%	100.0%
ENTP	Count		2	13	15
	% within Personality Type		13.3%	86.7%	100.0%
ENTJ	Count		5	10	15
	% within Personality Type		33.3%	66.7%	100.0%
ISTP	Count		8	5	13
	% within Personality Type		61.5%	38.5%	100.0%
ENFP	Count		14	1	15
	% within Personality Type		93.3%	6.7%	100.0%
ISFJ	Count		23	6	29
	% within Personality Type		79.3%	20.7%	100.0%
ESFJ	Count		16	8	24
	% within Personality Type		66.7%	33.3%	100.0%
ENFJ	Count		3	20	23
	% within Personality Type		13.0%	87.0%	100.0%
ESFP	Count		16	7	23
	% within Personality Type		69.6%	30.4%	100.0%
INTJ	Count		8	19	27
	% within Personality Type		29.6%	70.4%	100.0%
ISFP	Count		13	11	24
	% within Personality Type		54.2%	45.8%	100.0%

	ISTJ	Type			
		Count	16	14	30
		% within Personality	53.3%	46.7%	100.0%
	INFP	Type			
		Count	8	19	27
		% within Personality	29.6%	70.4%	100.0%
Total		Type			
		Count	151	149	300
		% within Personality	50.3%	49.7%	100.0%
Chi-Square Tests for Personality Type * Satva category					
		Value	Df	Asymp. Sig. (2-sided)	
Pearson Chi-Square		65.393 ^a	15	.000	
Likelihood Ratio		72.309	15	.000	
Linear-by-Linear Association		1.307	1	.253	
N of Valid Cases		300			
a. 4 cells (12.5%) have expected count less than 5. The minimum expected count is .99.					

Personality Type * Rajas category Cross tabulation						
Personality Type			Rajas category			Total
			Lower proportion (<= 42.2)	pro-Higher proportion (> 42.2)		
INFJ		Count	2	0		2
		% within Personality	100.0%	.0%		100.0%
INTP		Count	7	0		7
		% within Personality	100.0%	.0%		100.0%
ESTP		Count	0	11		11
		% within Personality	.0%	100.0%		100.0%
ESTJ		Count	1	14		15
		% within Personality	6.7%	93.3%		100.0%
ENTP		Count	1	14		15
		% within Personality	6.7%	93.3%		100.0%
ENTJ		Count	0	15		15
		% within Personality	.0%	100.0%		100.0%

ISTP	Count	1	12	13
	% within Personality Type	7.7%	92.3%	100.0%
ENFP	Count	0	15	15
	% within Personality Type	.0%	100.0%	100.0%
ISFJ	Count	25	4	29
	% within Personality Type	86.2%	13.8%	100.0%
ESFJ	Count	16	8	24
	% within Personality Type	66.7%	33.3%	100.0%
ENFJ	Count	21	2	23
	% within Personality Type	91.3%	8.7%	100.0%
ESFP	Count	15	8	23
	% within Personality Type	65.2%	34.8%	100.0%
INTJ	Count	7	20	27
	% within Personality Type	25.9%	74.1%	100.0%
ISFP	Count	10	14	24
	% within Personality Type	41.7%	58.3%	100.0%
ISTJ	Count	28	2	30
	% within Personality Type	93.3%	6.7%	100.0%
INFP	Count	17	10	27
	% within Personality Type	63.0%	37.0%	100.0%
Total	Count	151	149	300
	% within Personality Type	50.3%	49.7%	100.0%

Chi-Square Tests for *Rajas* category

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1.488E2 ^a	15	.000
Likelihood Ratio	183.202	15	.000
Linear-by-Linear Association	31.803	1	.000
N of Valid Cases	300		

a. 4 cells (12.5%) have expected count less than 5. The minimum expected count is .99.

Personality Type * Tamas categories Cross tabulation					
Personality Type			Tamas categories		Total
			Lower proportion (≤ 15.18)	Higher proportion (> 15.18)	
INFJ	Count		2	0	2
	% within Personality Type		100.0%	.0%	100.0%
INTP	Count		0	7	7
	% within Personality Type		.0%	100.0%	100.0%
ESTP	Count		10	1	11
	% within Personality Type		90.9%	9.1%	100.0%
ESTJ	Count		9	6	15
	% within Personality Type		60.0%	40.0%	100.0%
ENTP	Count		5	10	15
	% within Personality Type		33.3%	66.7%	100.0%
ENTJ	Count		3	12	15
	% within Personality Type		20.0%	80.0%	100.0%
ISTP	Count		5	8	13
	% within Personality Type		38.5%	61.5%	100.0%
ENFP	Count		1	14	15
	% within Personality Type		6.7%	93.3%	100.0%
ISFJ	Count		16	13	29
	% within Personality Type		55.2%	44.8%	100.0%
ESFJ	Count		17	7	24
	% within Personality Type		70.8%	29.2%	100.0%
ENFJ	Count		17	6	23
	% within Personality Type		73.9%	26.1%	100.0%
ESFP	Count		12	11	23
	% within Personality Type		52.2%	47.8%	100.0%
INTJ	Count		8	19	27

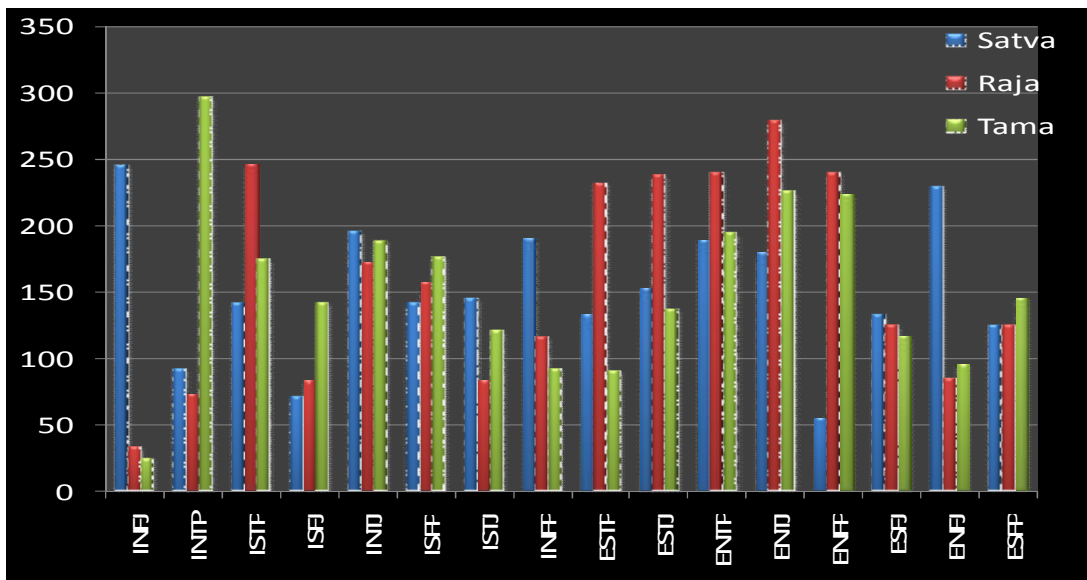
		% within Personality Type	29.6%	70.4%	100.0%
ISFP	Count		9	15	24
	% within Personality Type		37.5%	62.5%	100.0%
ISTJ	Count		18	12	30
	% within Personality Type		60.0%	40.0%	100.0%
INFP	Count		19	8	27
	% within Personality Type		70.4%	29.6%	100.0%
Total	Count		151	149	300
	% within Personality Type		50.3%	49.7%	100.0%

Chi-Square Tests for Tamas categories

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	57.423 ^a	15	.000
Likelihood Ratio	65.327	15	.000
Linear-by-Linear Association	2.072	1	.150
N of Valid Cases	300		

a. 4 cells (12.5%) have expected count less than 5. The minimum expected count is .99.

From above statistical analysis following graph was plotted.



Graph1

In this graph percentages of Satva, Raja and Tama are plotted on Y-axis.

The types of Personality are plotted on X-axis. The blue colour represents the percentage of *Satva*. The red colour represents the percentage of *Rajas*. The light green colour represents the percentage of *Tamas*. The graph clearly shows that INFJ personality shows maximum percentage of *Satva*. The highest percentage of *Rajas* is seen in ENTJ personality. On the other hand INTP personality shows maximum percentage of *Tamas*. A Kruskal Wallis test was conducted as we had more than two individual samples to be compared (Personality Type).

The 'p' value '0.000' shows that these samples are distributed significantly different than each other. To study proportion of *SatvaGuna*, *RajasaGuna* and *TamasGuna* in personality type the score of each *Guna* were distributed in 2 categories higher and lower with the help of median.

The statistical tables and graph shows that—

1. *SatvaPradhanta* is seen in INFJ personality.
2. *Rajas Pradhanta* is seen in ENTJ personality.
3. *TamasPradhanta* is seen in INTP personality.

The Chi-Square Test also shows 'p' value '0.000'. Hence this result is also statistically highly significant.

DISCUSSION

Prakruti parikshan is a special type of examination in *Ayurveda*. *SharirPrakruti* depends on various levels of 3 *SharirDoshas* i.e. *Vata*, *Pitta*, *Kapha*.

Manas Prakruti depends on various levels of three *Manas Gunas* i.e. *Satva*, *Raja* and *Tama*.

Personality is the particular combination of emotional attitudinal and behavioural response patterns of person^[5]

The test which deals with psychological study of person is called personality test. The MBTI assessment is psychometric questionnaire designed to measure psychological preference in how people perceive the world and make decisions.

There are 16 types of personality according to MBTI .

In *Ayurveda* individual differs psychologically by the predominance of *Satva*, *Raja*, and *Tama*. In Modern science also MBTI deals with psychological constitution of person. So this topic was selected to see any relation between *Manas Prakruti* and type of personality.

The present study shows that

Percentage of *Satva* is more in INFJ personality.

Percentage of *Raja* is more in ENTJ personality.

Percentage of *Tama* is more in INTP personality.

The literary study of *Manas Prakruti* and Personality also shows that----

Characteristics of INFJ personality resemble with *Satvapradhan Manas Prakruti*. INFJ persons are gentle, caring. They hold special place in the heart of people who they are close to. They are concerned for people's feelings and try to gentle to avoid hurting anyone.

Characteristics of ENTJ personality resemble with *Rajaspradhan Manas Prakruti*. ENTJ persons are natural born leaders. They have drive for leadership which is well served by their quickness to grasp large amount of personal information and quick judgment. They are take charge people. They fit into corporate world quite naturally.

Characteristics of INTP personality resemble with *Tamas pradhan Manas Prakruti*. INTP persons are absent minded that live much of their lives within their own heads and may not place as much importance on external value. They do not like to lead or control people. They are not in tune with how people are feeling and not to meet the emotional needs of others.

This study seems to help how modern parameters like MBTI are applicable to interpret *Ayurvedic* concepts like *Manas Prakruti*. Also Modern physician can understand the *Ayurvedic* concepts like *Manas Prakruti*.

Manas Prakruti is important examination in *Ayurveda*. MBTI also deals with psychological constitution of person. So this comparative and fundamental survey type of research of relation between *Satvapradhan*, *Rajas pradhan*, *Tamas pradhan Manas Prakruti* and personality types with the help of MBTI is beneficial.

CONCLUSION

After careful theoretical and practical study following conclusions are drawn *Satva*, *Raja*, *Tama* all are essential for normal life. Their balance is also important. *Manas Prakruti* is equally important as that of *SharirPrakruti*. It is important for the Physician to know *Manas Prakruti* of the patient for the correct diagnosis and treatment of the disease. It seems that to have healthy body one should have healthy mind. *Rajas* and *Tamas* are *Manas Doshas*. One should control them to avoid their bad effects. Study of personality helps us to predict about the reaction of individual in a particular situation. By this survey type of research we found that *Satva Pradhanta* is seen in INFJ

personality. *Raja Pradhanta* is seen in ENTJ personality. *Tama Pradhanta* is seen in INTP personality

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