

Holistic Theory of Behaviour

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Abstract

The objective of the study has been to develop a Holistic Theory of Behavior, to test the theory on Indian and foreign samples and to test the application of theory in changing, predicting and controlling behavior. The scientific method for the development of theory stems from the natural sciences and adopted by the Bunge and Ardila (1990). The theory put forth many psycho-socio-cultural determinants of behavior. Genetic factors are crucial in building base for the behavior to grow in cultivating milieu of psychological, cultural and social factors. Development of Behavior takes place in **five** stages: **Stage I**(0 to5years) in which culture and tradition of the family (*Sanskar* and *sanskriti* coming to the child in the form of child rearing practices in particular culture) give thrust for the development of a unique behavior pattern of the child. **Stage II**:age 6 to12 years besides food and water, safety, health, clothing, and education, is the prominent factors determining the behavior. **Stage III**: age 13to18, sex, power prestige, safety and education are the dominant determinants of the behavior. **Stage IV**: 19 to 50 years, again sex along with money, power, caste, religion, prestige, quality of food intake, thought process, the organization in which a person works, proverbs, sayings in the society, literature (like *Shrimadbhagawatgeeta*,*Shri Ramcharitmanas*) and place of residence are the directing force for the development of behavior. **Stage V**: Religious beliefs and practices and life time experiences are dominant determinants of behavior during this stage spreading from above 50 years till the end of life.Any behavior, adequate or inadequate, desirable or undesirable is facilitated and strengthened by reinforcement. Most of the unwanted behavior is learnt by the individual through Faulty Reinforcement System (a model developed by the author to explain undesirable behavior in Indian (Dubey,1992) society. *We come to* the conclusion that the most important determining factors of any behaviour are: Sex, Anger, Greed, Ignorance, Arrogance, Love, Affection,Compassion,Hunger, Jealousy, Money,Status,Power,Family Variables such as;, Culture, Caste and Religious practices, Behavior of Leaders in the organization and Behavior of Political and Religious Leaders . There are **five** factors that prepare the **base** for the change and control in behavior are: *Vivacity, Attitude, Discipline, Determination, Trust and Unconditional surrender to Almighty* . Control in behavior and desired change can be achieved at 3 levels: Level 1: Stimulus –response level; by the process of reinforcement.Level 2: Cognitive level; through cognitive behavior intervention. and Level 3: Internal level; through *Yoga*. There can be **4** factors that prepare the **base** for the change and control in behavior:Knowing one’s strengths; Understanding one’s weaknesses; Leaving behind one’s greed and arrogance; Developing Truthfulness, Tolerance, Compassion and Non –violence. The last factor is the most prominent for the change in any behavior. It affects at internal and implicit level and can be achieved easily through Yoga Science. Change in behavior would lead to a world free from drug, disease, violence and corruption.

Key Words: Theory, Behavior, Yoga.

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Introduction

The behavior of a person is the mirror of his nature: Anonymous

Psychologists have defined Psychology as ***the Science of observable behavior***. Thus, the behavior is considered to be an overt activity of the organism. As a result, many of the studies in psychology remained restricted to overt activities of an organism for many years. But today, we are interested in studying mental processes as well as the behavior. Not only that, we also try to explain human behavior in terms of mind involved in it. Since *mind* instructs the body to behave in a definite way, any resultant behavior have a minimum of two aspects the *physical* and the *mental*. In order to have an effective behavior, we try to maintain a balance between the two depending upon our:

- Socio-cultural background
- Relationship with others
- Situation in which we are behaving, and
- An imagination about the outcome of the particular behavior.

In this process, the effective behavior in which mind and body work together without dominating upon each other becomes *spiritual* in nature due to Gestalt effect (Sharan, 2004). We can take an example of experimenting love in a laboratory. It is a fact that by putting love under scientific scrutiny we are destroying its mystery. In reality love includes tenderness and toughness, excitement and boredom, affection and anger, stability and change, bond and freedom etc. This cannot be known by any scientific method. As a result, the researchers who have tried to know about it by using all sorts of sophisticated instruments, have found it to be a *triangle* of which the three sides represent physiological, psychological and anthropological factors. But, outside the laboratory, the true love has emerged as a *circle* which combines all the three kinds of factors into one. This organization as a whole is known as *spiritual love* in which all the parts merged with each other. This is a nice blend that no factor is dominating upon anyone. This kind of true love cannot be analysed but can be experienced. Like this every human behavior needs to be effective (spiritual) and to be understood finally by experience not by the familiar methods of experimentation and testing.

In any science, the methods of investigation depend largely on the subject matter. Accordingly, like all scientists, psychologists construct theories that organize observations and imply testable hypotheses. Psychologists use several methods, viz.; Introspection, Observation, Questionnaire, Survey, Case study, Testing and Experimentation. Every method has been found to be useful, but at the same time have certain limitations. Even the experimental method, which is considered to be the ultimate method in Scientific Psychology, is subject to certain serious objection: For many thoughtful researchers the idea of applying science to human affairs raises concerns about how well experiments relate to life, how experimenters treat human and animal subjects and how their values influence their work and its applications (Myers, 1986). In such situations, as suggested by Mc Dermott. (1970), Fitz (2001) and Denning (2001) *Intuition* can be a very useful and perhaps the only method in some cases, in Psychology. We all have this system but the irony is; we have not learned how to use it fully: We just need to recognize it, to tune it in to our intuition (Clare, 2003). According to Denning (2001) everyone has intuition, we cannot live without it. It is just more highly developed in some people than in others. Most people are unaware of their intuitive

abilities and therefore, do not use them to their advantage. Even Einstein, one of the towering geniuses of modern time once remarked that the intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.

Day (1996) while defining intuition as a nonlinear and non-empirical process of gaining and interpreting information says that intuition responds to questions. All our senses: sight, touch, hearing, smell and taste respond to the questions our environment or body machine pose. Our rational mind interprets the information provided by these senses for more efficient survival. The intuition's function is to bring to consciousness that information which lies beyond what our rational mind perceives from our five senses: about the people we do not know, places we have not been to or the future.

- *But intuition sometimes poses dangers, being difficult for scientific testing and very close to common sense.*
- *Thus, it should not be misunderstood that we are advocating intuition as a scientific method.*

Therefore, Psychology began as the study of consciousness, and then turned to the study of observable behavior. Today it is the science of both: Behavior and mental processes. Thus, what psychology lost once, is gaining again with renewed vigour in the name of mental processes (Myers, 1986). In the beginning, the difficulty of studying consciousness scientifically led psychologists to turn to direct observations of behavior. But by 1960, advances in neuroscience made it possible to relate brain activity to various mental states - waking, sleeping, and dreaming. As a result, today many psychologists are affirming the importance of mental processes and are looking afresh into the power of infinite mind.

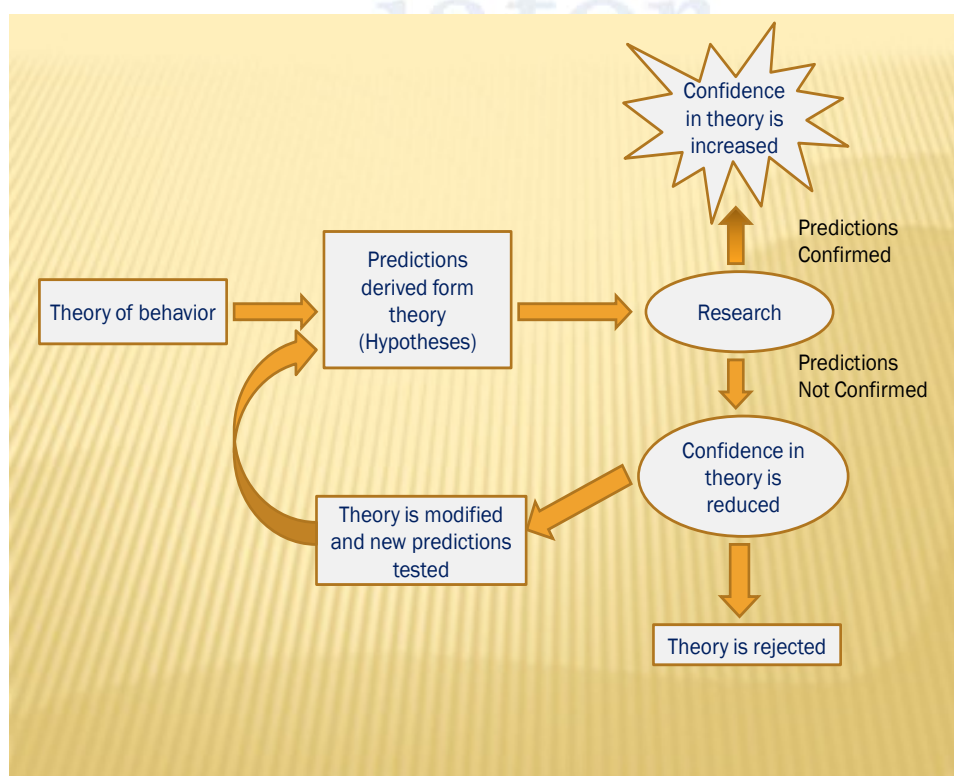
The nature of human mind is very difficult to understand because it is very subtle as well as hidden. Therefore, it has been defined by different thinkers in different ways. Since Freud originally defined the structure of personality in terms of unconscious, subconscious and conscious. We psychologists have also been talking about the same topographical model all these years. *Conscious* as the part of psyche includes material of which one is fully aware. *Subconscious* (preconscious) as the part of the psyche that includes material which is not at the moment within one's awareness, but can readily be brought to the conscious mind and *Unconscious* as the part of the psyche that includes material not within awareness and which cannot readily be brought to the conscious mind (Ewen, 1980). Thus, under the influence of Freud, We have been recognizing unconscious, subconscious and conscious factors as significant determinants of human behavior. Not only Freud's views but there can be many other factors, viz.; socio-cultural, relationships with elders and youngsters, developmental patterns and rearing practices, the situation (condition) in which the person is behaving, the person from whom one got the stimulus to behave etc. play vital role in deciding a person's behavior pattern.

In scientific research the aim of a scientist is not simply to describe a phenomenon but to explain it as well, e.g. a Psychologist studying behavior is not content only to explore and describe behavior in different conditions; as a scientist the psychologist also wants to be able to explain why such behavior occurs.

To accomplish this task, scientists in all fields of study engage themselves in the construction of theories. Theories: are *a framework for explaining events or processes* (Baron and Kalsher, 2013). The procedure involved goes something like:

- On the basis of existing evidences a theory is formulated.
- The Theory, which consists of some basic concepts and statements about how these concepts are related, helps to organize existing information and also makes predictions about observable events.
- These predictions, also known as Hypotheses are then tested by actual observations.
- If the results of new observations are consistent with the theory, confidence in it is increased; if not theory is modified and further tests of its predictions are performed.
- Finally, the theory is either accepted or rejected as accurate.
- Even if it is accepted as accurate, it remains open to further refinement as additional research is conducted.

Following diagram presents the Role of Theory in Psychological Research
(Source: Baron and Kalsher, 2013):



Origin of Research Problem:

Why do different persons respond differently to the same stimulus in same situation? Why does a person react differently to the same stimulus in different conditions? There can be a

simple answer to these questions that an individual's reactions and behavior is determined by his/her personality pattern. Dubey (2004) has explained that it is not only personality that determines one's behavior but some other factors; e.g. social relationships, past experience, cultural and family background, the situations in which the person is reacting etc. determine one's unique reaction and behavior pattern.

An individual goes through numerous experiences during their developmental stages. They learn to behave, learn to change behavior and modify throughout their lives. The factors that determine the behavior pattern change and modification in it, is to be extensively researched. There has been no research till date that presents a complete set of variables which may determine behavior patterns of an individual in different situations. There has also been no theory of behavior. The development of psychological techniques of crisis management has also not been taken. Due to lack of crisis intervention techniques the psychologists are not equipped with and not capable of dealing with the psychological problems at individual, community and society levels effectively.

Psychologists are also not in a position to reveal the unconscious and subconscious world of the people. If we can reveal the unconscious and subconscious aspect of one's behavior it will be a great help to the psychologists in *predicting, controlling* and *modifying* the behavior. It will also help in guiding the people to exert satisfaction from jobs and utilize their full potentials.

The proposed area of research is comparatively empty. There are few models of behavior. One such model was presented by Triandis (1977), a model of social behavior which is a broad framework designed to permit the understanding of what determines a behavior. The general purpose of this model is to highlight the major contributing components that must be considered while measuring and evaluating a motivated social behavior.

The other model of behavior was presented by Graham (1950) in terms of general equation of behavior.

$$R = f(a, b, c, \dots, n, \dots, t, \dots, x, y, z)$$

Where R stands for response or behavior, a, b, c, for some aspect of stimulus, n for the number of times the stimulus is applied to an organism, t for time, and x, y, z for internal conditions, motivation etc.

The two *models* of behavior described above present a view of the determinants of behavior but not a theoretical framework to explain, control and predict the behavior. The factors that determine the behavior pattern change and modification in it, is to be extensively researched. *This had incited the researcher to work for the development of the theory of behavior.*

Objectives:

- To develop a Holistic Theory of behavior.
- To test the theory on a sample across the globe.
- To test the application of theory in change, prediction and control of behavior.

Method

Development of Theory:

The scientific method for the development of theory stems from the natural sciences and adopted by the Bunge and Ardila (1990) was followed for the development of the theory of Behavior. The procedure (steps) sketched in following figure 1 presents an scheme for the development of theory (cf. Sedlmeier, 2004):

Formulation of Theory
Hypotheses/Question
Operationalisation
Design of Study
Getting Data
Analysis of Data
Interpretation of Data
Implication for Theory
THE THEORY

Figure 1: Scientific method as commonly applied in academic psychology.

The starting point in the development of a theory is hypotheses/questions followed by the operationalisation of concepts, variables etc. Then comes design of the study, the method used for the collection of data, analysing data, interpretation of results, implication for theory and finally the development of the theory. This procedure will be followed in the proposed research project.

Methods used for Data Collection:

The following methods were applied for the collection of data in this research:

- Observation (participant/non-participant) in natural condition.
- Interview
- Case study
- Introspection
- Intuition

Sample of the Research:

A total of 595 subjects were selected depending on their willingness to participate in the research consisting of persons from different walks of life and different parts of following countries:

- U.S.A.,U.K., France, Switzerland, Italy,
- Japan,India, Indonesia, Malaysia,
- Singapore, Thailand, U.A.E.,
- Ethiopia and Egypt.

Table 1: The structure of sample indicating the number of subjects from different countries and in various categories.

Gr	India	Ethiopia	Egypt	Indonesia	Malaysia	Singapore	Thailand	U.K.	U.S.A.	France	Switzerland	Italy	Japan	U.A.E.
C	50	06	-	-	-	04	-	01	02	03	05	02	01	-
A	65	30	06	10	-	-	04	03	10	02	07	09	06	08
Ad	200	25	12	15	10	08	06	10	20	08	15	08	12	12
U	185	50	16	20	10	12	10	14	30	13	27	19	19	20
R	130	11	02	05	-	-	-	-	02	-	-	-	-	-
G	40	05	-	-	-	-	-	01	06	03	07	04	02	06
I	10	-	02	-	-	-	-	-	01	-	-	-	-	-
T	25	06	04	05	05	04	04	05	05	03	04			
M	20	-	01	-		01	-	01	01	-	02	01	02	-
P	30	-		-	-	-	-	-	-	-	-	-	-	-
R	15	04	02	-	02	02	01	01	-	-	-	-	02	-
Tc	60	10	03	10	03	01	01	02	07	02	02	03	06	06

Gr=Groups, **C**=Children, **A**=Adolescents, **Ad**=Adults, **U**=Urban, **R**=Rural, **G**=Government Officials **I**=Industrialists, **T**=Traders, **M**=Media people, **P**=Politicians, **R**=Religious Leaders, **Tc**=Teachers.

An attempt was made to observe the behavior in natural settings. Interview, case study, Introspection and Intuition were also applied.

Secondary Sources:

For the development of a theory, secondary sources such as published researches, books, reports etc. play an important role. In the proposed research the published sources, viz; Shri Ramcharitmanas (Goswami Tulasidas,2013), Shrimadbhagawatgeeta(Goy anaka,2013), poetry of Kabir, Rahim, Surdas(Pandey,2007),proverbs and sayings describing human behavior were reviewed and relevant information were collected and *testified*. **The Indian literature (e.g. stories of Munshi Premchand), Customs, rituals and cultural and archaeological heritage describe the whole psyche of the individuals if researched and scientifically presented and verified.** An attempt was made in the proposed research to scientifically review, verify and testify about what has been said in our literature about the behavior of the people.

Tools used:

The following tools were used to collect the information regarding the change and control in behavior due to the techniques used for it:

1. Self-Concept Questionnaire by R. K. Saraswat (1992) has been used to measure self- concept among the adolescents.
2. Indian adaptation of P-F Study by Pareek, Devi and Rosenzweig (1968) was the test to measure aggressive reactions to Frustration.

3. Interview: An interview was conducted to reveal Tolerance, Ahimsa, Truthfulness, Faith and Fidelity.
4. Behavior Scale.

Technique for change in Behavior:

In order to find out the effect of intervention for the change in behavior, we had applied Yoga as a technique. Yoga was preferred because of its simplicity, our training and its application on a large group at a time.

In this research we tested Yoga to see its effect on change in behavior of a sample of 150 adults taken from the main sample ranging in age from 30 to 65 years.

Impact of Yoga:

Yoga: is a process of self healing and self realization. It is a basic technique for the emotional, physical, mental, behavioral, social, and spiritual development in children and adults. Yoga increases concentration, makes people healthy, increases height, gives strength to muscles and bones and makes all the internal and external organs function correctly. We do not fully know our bodily operating systems but with Yoga our operating systems and whole mechanism becomes correct, and our physical, mental, intellectual and spiritual functions reaches to their heights .We have all the salts, minerals, hormones and energy inside us. Yoga assumes that the whole universe is inside us and it helps us to generate balanced secretion of hormones and energy required for the body .It helps in balancing anabolism, catabolism and metabolism and also *vata, pitta and cough*, which are responsible for our behavior. Thus, if one practices Yoga there will be a change and control in the quality and quantity of food and thought process which eventually starts the process of change in behavior and that too in balanced form.

Practice of Yoga drives a person from demon through humanity and divinity to almighty. Yoga gives us enormous strength to move and move until we achieve our goals.

All the subjects were tested / interviewed to reveal self- concept, aggression, tolerance, truthfulness, faith and fidelity. The subjects were divided in two groups (each of 75 subjects) matched on the scores of the assessed variables. One group named as experimental was given Yogic practice for 15 days daily in the morning from 5:30 to 7:00 am. The Yogic practice included:

A combination of Asanas (postures), exercises and Pranayama (breathing exercises) were applied to the subjects. It was a package of 60 activities developed on the basis of the methods described by Swami Ramdeo(2009),Swami Satyanand Saraswati(2003),and Shankar(2002), which gives complete exercise to our whole body: external as well as internal organs. The Package included:

- 1. Chanting of 'OM' followed by 3-4 verses in Sanskrit.**

- 2. Pranayama (breathing) exercises (8+1Agnisar Kriya).**Pranayam increases oxygen intake 10 to 20 times than normal breathing.*Pranayama is a practice and medium of meditation.It provides spiritual, divine, cosmic and pranic energy. The pranayama practiced in this research were:*

- **Bhastrika** (Deep diaphragmatic breathing): It increases the oxygen intake in all the cells in our body. It gives strength to lungs, heart and brain. It decreases the toxins in the body. It is good for managing thyroid and tonsils. It can be practiced continuously for 5 to 10 minutes.
- **Kapalabhati** (Exhaling ones in a second but inhaling automatically): Its practice generates an Aura (Abha Mandal/ brightness) around our face and increases its beauty. It is good for strengthening and exercising internal organs of the body, such as; lungs, heart, liver, intestine, kidney, pancreas, thyroid and prostate glands. Its practice jettison away negativity from our body and mind stimulates internal energy and produce internal illumination. It stabilizes our mental processes, gives a feeling of quietness and happiness. **Kapalabhati** is best for the treatment of depression, gastro, sinus and allergy. It can be practiced up to 15 minutes continuously initially starting from 5 minutes.
- **Bahya Pranayama with tribandh:** Exhaling and holding the breath out with Mool Bandh, Uddiyan Bandh and Jalandhar Bandh. When you feel breathing, leave the Bandhs and slowly inhale. It is good for fighting constipation, stimulating hunger and controlling premature ejaculation. It can be practiced for 3 to 5 times.
- **Agnisar Kriya (act):** Exhale completely hold it and move your stomach inside and outside till you feel to inhale. Agnisar is an act good for stomach problems. It can be done once with 5 to 21 ins and outs.
- **Ujjai:** Breathing with throat tightened. **Ujjai** is good in controlling thyroid, snoring and sleep apnoea. It can be practiced for 3 to 11 times depending on your requirement.
- **Anulom-Vilom (alternate nostril breathing):** Start breathing with left nostril by closing right nostril with thumb of right hand then close left nostril with index and middle finger open right nostril and exhale. Inhale in same position with right nostril and close it with thumb, open left nostril and exhale. This is one complete alternate breathing which takes 10 seconds. This Pranayama cleans our nerves and gives strength to our whole body. Its practice relieves from arthritis, gout, blockage in heart, managing cholesterol and triglycerides and mental problems. It regulates the flow of oxygen in our right and left hemispheres and increases concentration. It makes you more positive, Joyce, courageous, enthusiastic, creative and fearless. It can be continuously practiced for 5 to 15 minutes.
- **Bhramari:** Take a deep inhalation, put your both the index fingers on forehead, close both the ears with thumbs, put other 3 fingers on your eyes and bottom of nostrils and breath out slowly with sound of a large black bee (*bhramar*). This pranayama helps in fighting stress throughout the day, increases concentration and gives immense peace of mind. It can be repeated for 5 to 11 times.
- **Udgeeth:** Sit in comfortable posture, Make a circle of your index finger and thumb of your hands, Put your hands on your knees, Close your eyes, Take a deep breath and breath out sounding OM with full faith in Almighty God with determination. It can be repeated for 5 to

11 times. It is good for fighting stress and gives immense peace of mind.

- **Pranav:** Concentrate on your breath with deep inhalation and exhalation for 2 minutes at the end of the practice of Pranayama.

3. In between the breathing exercises 12 poses of light (Sukshma) exercises were performed.

4. Surya Namaskar (12 poses)

5. Asanas (12 in number) There are as many poses as there are species, but we have used only 12 poses, viz.,

- *Briksha(tree) Asana*
- *Trikon Asana*
- *Bhujang (snake)Asana,*
- *Shalabh Asana,*
- *Uttanpada Asana*
- *Nauka (boat)Asana*
- *Markat (monkey)Asana,*
- *Padvrita Asana*
- *Kati-uttan Asana*
- *Pawanmukt Asana*
- *Dvichakrika (cycling) Asana, and finally*
- *Shavasana: mentally watching and relaxing each part of the body with determination.*

If Yogasanas are practiced slowly it gives an extra benefit of increasing concentration along with shaping the body.

6. Yogic Jogging (12 poses)

7. Singh Asana (Roaring like Lion)

8. Hasyasana (Laughter, the Attahas)

Thus, there were 60 actions to be performed in one and half hours with prayers in between. On 15th day the subjects were tested on the same variables on which they were tested at the start of the programme.

Results and Interpretation:

The pre and post yogic practice session scores on SCQ of Experimental and Control groups have been presented in tables 2 and 3 respectively. The inspection of tables 2 and 3 reveal that on all the six dimensions of self-concept there has been significant improvement among the group who practiced yoga for 15 days but there has been no significant change in the mean scores of the group who did not practice yoga. Thus, it may be inferred that the practice of yoga for 15 days may help the adults to develop better self-concept.

Table 2: Effect of Yogic practice on self- concept (Experimental group)

Dimensions of Self-concept	Pre yoga		Post yoga On 15 th day		t-value
	M	S.D.	M	S.D.	
Physical	29.00	3.89	35.67	3.17	5.66**
Social	27.92	2.93	30.25	3.05	2.77*
Temperamental	30.05	3.60	36.18	3.25	6.32**
Educational	30.89	3.84	36.81	3.11	6.04**
Moral	28.70	3.15	35.06	2.97	7.39**
Intellectual	27.78	3.56	34.69	3.16	7.27**

** p < .01, *p < .05

Table 3: M and S D on self-concept of control group

Dimensions of Self-concept	First Test		Repeat on 15 th Day		t-value
	M	S.D.	M	S.D.	
Physical	29.27	4.05	29.45	3.87	0.161
Social	28.25	3.17	28.25	3.25	0.000
Temperamental	31.00	3.78	31.16	3.61	0.154
Educational	30.56	3.89	30.60	3.78	0.037
Moral	29.11	3.46	29.27	3.35	0.167
Intellectual	28.08	3.09	28.05	3.01	0.035

All the t- values are not significant

The above findings cannot be compared with other researches in the field because no research is available showing the effect of yoga practices on self - concept. The M, SD and t value on aggressive reactions to frustration assessed by Pareek, Devi and Rosenzweig (1968) P-F study showing the effect of yogic practices has been presented in Tables 4 and 5.

Table 4: M, SD and t values for aggressive reactions to frustration among the practicing yoga group

Reactions to frustration	Before Practice of Yoga		After practice of Yoga		t-value
	M	S.D.	M	S.D.	
OD	4.05	1.98	4.56	1.74	2.40*
ED	13.61	2.41	12.52	2.70	3.73**
NP	5.82	2.55	7.44	2.67	5.44**
EA	12.13	4.00	11.10	3.27	2.46*
IA	6.16	2.33	7.13	2.12	3.80**
MA	5.71	2.63	5.77	2.13	0.22

** p < .01, *p < .05

OD: Obstacle-Dominance, ED: Ego Defence, NP: Need Persistence,

EA: Extragression, IA: Introgression, MA: Imgression.

It can be seen from tables 4 and 5 that there was significant changes in aggressive reactions to frustration in experimental group who practiced yoga for 15 days but there was no significant change in the control group not receiving yoga practice. After practice of yoga the adults scored significantly high on OD, NP and IA but low on ED and EA. Therefore, it may be inferred that the yogic practice has significantly changed the reaction pattern of adolescents, they have a mature and realistic tendency in reacting to frustrating situations as their responses are over whelmed by the barrier occasioning frustration (OD), solution of frustrating problems (NP) and taking self responsibility (IA) but lesser importance has been given to ego defensiveness (ED) and relegating all the responsibility and aggression to the environment (EA). Evasion of frustrating situation (MA) remains unchanged.

Table 5: M, SD and t values for aggressive reactions to Frustration among the group of subjects who are not practicing yoga.

Reactions to frustration	At the start of programme		On 15th day without yoga		t-value
	M	S.D.	M	S.D.	
OD	4.28	1.52	4.57	1.77	1.53
ED	13.05	2.45	13.27	3.13	0.68
NP	6.68	2.45	6.11	2.81	1.88
EA	12.41	3.07	12.25	4.21	0.38
IA	6.40	1.98	6.22	2.47	0.70
MA	5.19	1.83	5.11	2.55	1.29

All the t- values are not significant.

The interview has resulted in information about tolerance, ahimsa, truthfulness, faith and fidelity. Questions were asked e.g. How you will react if a student of your class slaps you on your cheek? If you get a bag full of money what you will do? Who has made this world? etc. The responses were content analyzed. It was found that all these variables remained unchanged in control group but Experimental group who practiced yoga there were an increase in tolerance, truthfulness and fidelity.

The results of this study cannot be generalized because it was conducted on a small sample but it gives an indication that yoga can be an effective technique for the change in behavior. It is required that the research be conducted on a large sample to find out effect of yoga practice on many more variables such as patience, competitiveness etc.

Interpretation of Results:

The analysed contents were interpreted to formulate the theory and preparation of its first draft. It has been revealed that Yoga is the most important factor for the change, control and development of appropriate behaviour and the **Executive Engine** for the change in behaviors is:

- *Vivacity*
- *Attitude*
- *Discipline*
- *Determination*
- *Trust and*

➤ *Unconditional surrender to Almighty(especially in Yoga)*

If a person has lively spirit, positive attitude, self disciplined approach and determination towards change in his/her behavior, and if he has trust and unconditional surrender to **God** it becomes easy to execute change in behavior in desired direction.

The theory

We were wondering for the last 10 years about three basic questions regarding behavior of people, viz.; what, how and why of behavior? In what way a person behaves? How he or she behaves? And why she or he behaves? Is behavior culturally determined? Do all people across the globe behave in similar manner? How the behavior can be predicted? How it can be controlled? How an unwanted and undesirable behavior can be modified? What are the similarities (dissimilarities) in behavior patterns of the individuals in different countries across the globe? etc. were a few important questions inciting our mind to answer? To describe, control and explain phenomena a well organized experimental observation leading to the development of a theory is required. We were trying in this direction for the last 10 years but without international experiential data it was not possible. Now since we can visit many countries in the world during the past 02 years, we are in a position to present the first draft of the theory:

Defining Behavior:

Behavior includes an individual's actions, reactions, activities, responses, movements, processes etc; that is, any measurable response of an individual to a stimulus or to a mental process. Each individual has its unique behavior pattern behaving differently in different situation.

Main Features of the theory of Behavior:

The scientific method does not seem to cover the question of where theories do come from. A wide spread answer to this question is ***bed, bath and bicycle***, meaning that theories or good ideas can arise all of a sudden not connected to work. But also highly intuitive processes such as brain storming, day-dreaming or mental imagination have been the basis for theories. On a more systematic level, one can perform guided observations, look over theories and data which are already there or conduct pilot studies after having a first idea, often using qualitative methods(Sedlmeier,2004).Finally, theories are often connected to metaphors such as the stream engine(Sigmund Freud's model of the id, ego, and superego),the computer(many models in cognitive psychology)or the methods themselves(theories modelled after statistical procedures,(cf.Gigerenzer,1991).Basically there is no single systematic method to arrive at good theories because there is no deductive way to do that, and there is nothing to say against theories who have been ***revealed*** to somebody as it is claimed to be true for the meta theory of Indian Psychology.

It is thus; seems to start with a full-fledged theory that covers a substantial amount of human behavior including all kinds of cognitions and emotions in considerable depth.

The theory provides an account of the factors that shape the behavior of an individual. It deals with the method of measurement, control and prediction of the behavior. This theory may also be called as ***The Stage Theory of Behavior***.

Components of the Theory of Behavior:

- ***Stages of development of Behavior***
- ***Determinants of Behavior***
- ***Measurement of Behavior***
- ***Prediction of Behavior***
- ***Control of Behavior***
- ***Change in Behavior***

Stages of the Development of Behavior:

The theory put forth many psycho-socio-cultural determinants of behavior. Genetic factors are crucial in building base for the behavior to grow in cultivating milieu of psychological, cultural and social factors. Development of Behavior takes place in the following stages:

Stage I: Childhood is most important stage (0 to 5 years) in which culture and tradition of the family (*Sanskara* and *sanskriti* coming to the child in the form of child rearing practices in particular culture) give thrust for the development of a unique behavior pattern of the child. Love, affection, caring are some factors important for the development of behaviour in a child. Though family, culture and society have influence on behavior throughout one's life span but during the childhood their impact are most prominent.

Stage II: In this stage (6 to 12 years) besides food and water, safety, health, clothing, and education, are the prominent factors determining the behavior.

Stage III: The III stage spreading through age 13 to 18, sex, power, love, prestige, safety and education are the dominant determinants of the behavior.

Stage IV: During this stage (19 to 50 years) again love and sex along with money, power, caste, religion, prestige, quality of food intake, thought process, the organization in which a person works, proverbs, sayings in the society, literature (like *Shrimadbhagawatgeeta*, *Shri Ramcharitmanas*) and place of residence are the directing force for the development of behavior.

Stage V: Religious beliefs and practices and life time experiences are dominant determinants of behavior during this stage spreading from above 50 years till the end of life.

Strengthening of Behavior:

Any behavior, adequate or inadequate, desirable or undesirable is facilitated and strengthened by reinforcement. Most of the unwanted behavior is learnt by the individual. The strengthening of any behavior can be explained in the light of a model developed by us and known as Faulty Reinforcement System (Dubey, 1992).

Determinants of Behavior:

- Sex, Anger, Greed (*Lobha*), Passion (*Moha*), and arrogance (*Ahankar*) are the five most dominant driving forces for the development, recurrence, and persistence of any behavior.
- Love, Affection, Compassion, Jealousy, Hatred, Fear and Hunger are the next strongest directing forces of any behaviour.

Sex is one of the pioneer forces in determining behavior. Every person in the world has sexual feelings but every one's experience of sexuality is unique because it is processed through an intensely personal perspective, attitude and belief which come from both private, personal experience and public socio-cultural sources. Masters, Johnson and Kolodny(2001) reported that sexuality has fascinated people from all walks of life from ancient times until the present. Sexual themes have been common in art literature and sculptures especially in India, e.g. Khajuraho temples. Religious Philosophies and legal systems concerned with shaping human behavior tried to establish relationships with sexual values, sexual taboos, and sexual practices in the society and culture. At various times in history, illness, creativity, aggression, emotional disorders and rise and fall of cultures and kingdom has been explained as the result of sexual activity or unusual sexual practices or thought.

- Money, Power (People ignore one if he or she is out of power, even a weakest person does it) and Status are next to them (these are external forces).
- The Outfit (clothing), Physical appearance and colour of the skin are the next important factors which determine the behavior towards a person in any situation.

Individual's behavior rapidly changes according to the status of the person with whom she or he is interacting .The outfit (clothing), Physical appearance and colour of the skin is the most important factors which influence the behavior towards that person in any situation. The dress, colour of the dress, its cleanliness determines the behavior of the person. If a person is clean and has fair skin colour people give respect to him/her.

People **ignore** a person who is close to them as compared to those who are against or whom they want to bring closer. This behavior is very much evident in political circles. e.g. many political parties in India try to favour Muslims and Dalits for votes and ignore their own vote banks of Hindu and upper caste people. In effect they lose their own and do not get support and vote of others. This behavior is evident in daily life conditions as well.

- The behavior is culture specific; it is shaped in the cultural environment of the child through adolescence to adulthood. For example: People in developing countries speak unnecessary and unwanted lie which is transmitted from generation to generation and if a truth is spoken by any person others take it as a lie.
- Behavior in some countries is determined by the caste of an individual. An individual's behavior can easily be understood if one knows his/her caste.

Behavior of a *Kshatriya*(a caste in India) person will reflect bravery; a *Brahmin* is polite and assertive while a *Shudra* is meek but non- conforming and now a days are more violent.

- Religious practice in the family is an important determinant of behavior of a person. Hindus and its allied religions believe that the whole world is like a family(*Vasudhaiav Kutumbakam*) irrespective of the caste, creed, religion, nation and race one belongs to. They are tolerant and respect all the religions of the world but there are religions who preaches arrogance towards other religions of the world. It is the main determinant of conflict worldwide.
- Leadership of the country shapes the behavior of the people in that country. If the leadership is patriotic, honest and caring for countrymen the people of the country are most likely to develop similar behavior pattern.

- Behavior is determined by the quality of food intake by the individual. The behavior of vegetarian people is different from those whose food intake is non-vegetarian.
- People in developing countries lack in basic scientific temper required for the development of appropriate behavior. They generally take the stimuli according to their own attitudes, values, personality, need patterns etc.

If they go through the scientific process of collecting information such as observation of stimuli in natural condition without imposing their own attitudes etc. the behavior is more likely to be appropriate. These inappropriate behaviors are strengthened by unscientific testing of hypotheses generated out of inappropriate behavior pattern. This is also root cause of behavioral problems manifesting into behavioral and psychological disorders.

- Children's behavior is imitative; they behave as their elders are behaving, they do whatever their elders are doing. The language spoken by a child as mother tongue is most prominent example of behaving by imitation by a child. Similarly, elder people imitate others behavior in a society and in a culture.
- Girls across the globe are basically shy with little deviations, in developed countries they are less shy as compared to developing eastern traditional and Muslim countries, such as; India, and Middle East.
- Adolescents are generally arrogant, they are rebellious in family but in most cases loyal to friends.
- If some facilities and comforts are provided and some advantages are given to a not deserving person by an organization or by another person, he takes it as his right and if those facilities and advantages are withdrawn at a later stage, he will feel uncomfortable, become angry and violent towards those who had provided the facilities, comforts and advantages.
- Individuals generally, and mostly in poor countries do not understand that which behavior is appropriate?

In most of the cases inappropriate behavior patterns are taken as appropriate ones.eg. Purchasing many articles made in developed countries which are really not so good but costlier than what is available and made in their own countries has become a craze. This is an inappropriate behavior but people's behavior is determined by this type of factors which may be called as greed for foreign articles.

- People in poor countries do not act judiciously. Their behavior is guided by instincts which are dominated by *Id* in Freudian terminology. This is common in African countries.
- If an individual gives respect and importance to an undeserving person, she/he thinks that individual who is giving him importance is inferior, meek and submissive and in turn, she/he tries to avoid and ignore that individual and does not give desired attention.

So, it is better to be little aggressive in interpersonal relations and try to be assertive with little dominance. Giving importance is a powerful factor that determines the behavior.

- If a person is in trouble and he/she is confronting a powerful person, the behavior of others towards him/her change drastically. Only a few close ones give positive suggestions and show way out and that too in absence of others so that the powerful person must not know. Others try to stimulate in such a way that he/she is put in still more trouble. Such people will come to the person in trouble and suggest that do not **do this and that, where as those this and that are the way out** to resolve the problem and get rid of the trouble. They will also make mountain of mole.
- Hypocrisy is a prominent feature and directing force of behavior pattern of the people in developing countries and it filters down to common people from those who govern the country.

The people in high rank have double standard; they promise something but act differently. They have different ideas than what they talk and their action is still different. A person always thinks that others are not correct for any behavior but he himself thinks to be correct for the same type of behavior. e.g. one individual teacher in Addis Ababa University has told me that he has a very good friend in Indian Embassy in Addis Ababa who told him that highly educated Indian teachers use to come daily to meet people there. The teacher commented that it is not fair for highly educated teachers to go to Embassy to meet less educated people working there. But for himself, his behavior of having close friends in Embassy whom he calls of lower educational qualification is correct. People have this type of double standard in their thinking.

- Information furnished by many people may be incorrect but persons receiving this information take as truth without checking the validity of the information.

For Example: If a person says that a particular place is very clean others will accept without applying their intelligence and without observing. Similarly if few people call a person very good others who have no any interaction with that person will take it as granted. This is as if you speak a lie 100 times it will become a truth. This is **Hallow effect** which determines the behavior.

- If a person does not know another his/her behavior is not inhibited but if he/she knows to some extent his/her behavior is inhibited towards that person. Further, if the person is of opposite sex inhibited behavior is more likely to occur.
- People, if they have very strong positive or negative attitude towards a person, group or society as a whole, they behave accordingly. In such condition, they generally do not receive, perceive and analyze the stimuli correctly and react accordingly. This is generally inappropriate reaction and response to the stimuli.
- Behavior is governed by Sadism. If one finds you in trouble she/ he pretended to be sad and unhappy of your situation but she/ he is internally delighted.

A Couplet by poet Rahim says that if you share and discuss your problems and troubles people will laugh rather than help you to resolve your problems and troubles. Keeping this in mind people does not discuss clearly their problems with others.

- A person in trouble is left alone by all his/her friends, relatives and many times by his/her spouse.
- If a person has done any harm to you (s)he will avoid eye contact irrespective of your knowing that what harm has been done.

- People if forced to face a common problem behave entirely in a different manner, different from their original behavior pattern, but as soon as they are in their original surroundings they come to their usual behavior pattern.

For example; during tsunami in India many people had shown altruistic behavior and were helpful but it was not the original behavior patterns of most of them. Therefore, to understand, control, and predict any behavior it is **apparent that the behavior be observed in original settings of the person.**

- People are generally selfish. They like only those who agree with them. In case of disagreement disliking develops.
- Unnecessary lying has become the behavior pattern of the Indians. If you ask a person coming out of his home that from where is he coming? He will lie, and surprisingly his response may be that he is coming from market.
- Indians are basically submissive but they show aggression towards weak persons and towards them who cannot harm them but if they face a strong person they become utmost cowardice and show extreme submissive behavior.
- Beggars' behavior is culture free and similar across the globe. They sit around religious places and beg to any person going through their way around. Most of the time they forcefully ask for money irrespective of the limitation of the person to whom they are asking.

Thus, we come to the conclusion that the most important determining factors of any behavior are:

- ***Sex***
- ***Anger***
- ***Greed***
- ***Ignorance***
- ***Arrogance***
- ***Hunger***
- ***Love***
- ***Affection***
- ***Compassion***
- ***Jealousy***
- ***Money***
- ***Status***
- ***Power***
- ***Family Variables such as;, Culture, Caste and Religious practices***

- ***Behavior of Leaders in the organization***
- ***Behavior of Political and Religious Leaders***

Measurement of behavior:

Measurement of the behavior can be done by the **Behavior Scale** developed by the author and some other valid psychological tests.

Prediction of Behavior:

Behavior can be predicted by investigating and understanding the determinants that initiate and strengthen the behavior.

To understand, control, and predict any behavior it is important that the behavior be observed in original settings of the person. Before we predict any behavior one has to keep in mind the following factors:

- Cultural, social, caste and religious background of the person.
- Ethnicity and country to which one belongs.
- Behavior of Governing Political leaders of the country.
- All other determinants of behavior described in preceding section.

Control and Change in Behavior:

Control in behavior and desired change can be achieved at 3 levels: (1) Stimulus –response level; by the process of reinforcement. (2) Cognitive level; through cognitive behavior therapy. and (3) Internal level; through **Yoga**. There are **four** factors that prepare the **base** for the change and control in behavior:

- Enthusiasm, vivacity, trust and encouragement to change one's behavior.
- Understanding one's strengths and weaknesses.
- Leaving behind one's greed and arrogance.
- Developing Truthfulness, Tolerance, Compassion and Non –violence.

The last factor is the most prominent for the change in any behavior. It affects at internal and implicit level and can be achieved easily through **Yoga Science**. **Yoga is a complete, scientific, harmless, energetic and effective exercise for the control and change in behavior**. For a common person Yoga is simply the practice of Asana. But it is only the third component of Astang yoga as **Yoga** has eight components viz; Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyan and Samadhi. With practice of a package of Yoga described earlier under section **Executive Technique for change in behavior** can be achieved provided the person has prepared himself according to above 4 factors.

Change in behavior would lead to a world free from drug, disease, violence and corruption.

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The logo for the International Association for Frontiers in Psychology (iafor) is centered on the page. It features the lowercase letters 'iafor' in a light blue, sans-serif font. The text is enclosed within a circular graphic composed of two overlapping, thick, curved lines. The upper-left portion of the circle is a light red color, while the lower-right portion is a light blue color, creating a sense of motion or a stylized 'S' shape.

