

ABSTRACT

Background: *Dhṛtiḥ* questionnaire is cost-effective in screening tool to study endurance or determination of mind and body.

Aim: The aim of the study is to develop and validate the scale of *Dhṛtiḥ* as per *Bhagavad gītā* to observe steadiness of body and mind.

Methodology: The study employed tool development method through which a questionnaire with 3 items was developed. The questionnaire was circulated in Google form through various platforms of social media like WhatsApp and Instagram. Total response received was 224 (removing duplicates). The data was further collected through excel sheet and was further analysed and interpreted JASP software. Qualitative and Quantitative methods were used.

Result: Exploratory Analysis and Single test reliability was done using JASP. The results of Bartlett's test were significant as the p value was less than 0.05. But the overall measuring sampling adequacy (KMO test) was little low (0.519). It was also observed that one factor was extracted. And out of the three items, one item (V09) came out strongly as the factor loading of that item was higher. The reliability was weak as the items generated for the particular construct were less.

Conclusion: It was observed that most people have lack of endurance/determination at body and mind. Their mind often wanders very quickly and they lack in decision making hence yoga and meditation can help in improving steadiness of body and mind and improve determination. These people are mostly of age ranging between 18 to 25 years.

But the tool seems to be weak as number of items are very less, if in future studies we increased the number of items then it will be helpful in improving the tool and reliability score will also improve.