

ABSTRACT

Background: *Vega Dhāraṇa* is important concepts in Ayurveda. The word *Vega* means “Urge or natural urge”, *Dhāraṇa* means “Suppression or control or hold” the natural urge. The urge that to be suppressed or avoided is called *Dhāraṇīya Vega* and the urge not to be avoided or suppressed is called *Adhāraṇīya Vega*. We are experiencing holding of different kinds of natural urges in our day-to-day life but there is no particular in instruments to measure this. Also, jealousy is a negative emotion which have negative effect on our body and mind. In this study we have checked the prevalence of Jealousy among middle age adults.

Aim: The aim of the study was to develop *Dhāraṇīya Vega* scale as a screening tool to observe the suppression of emotions and prevalence of *Abhyasuyā Dhāraṇīya Vega* (Jealousy) among middle age adults.

Methods and Materials: A survey was done on 496 people by using *Dhāraṇīya Vega* questionnaire, out of which we have received 176 subjects after data cleaning and exclusion criteria. Then Descriptive Statistics and Exploratory Factor Analysis was done on 11 constructs of different emotions and prevalence of Jealousy has been checked on middle age adults.

Results: There was total 11 factors present in this data. The mean sample adequacy (MSA) for each items of the questionnaire is range from 0.78 to 0.91. The Bartlett’s test of sphericity showed the significant result ($< .001$). Scree plot showed only one item is above 1. So that only one factor can be extracted. All the factors are below 1. The overall Cronbach’s Alpha was 0.87. Cronbach’s Alpha for all individual factors were ranged from 0.84 to 0.90. Out of 11 constructs, we have taken Jealousy as a main construct for our further analysis. In this study most of the subjects were from the working population and most of the subjects have completed the higher education such as Post graduation or above. And 62.5 % subjects were the non-Yoga practitioners and 37.5 % were Yoga practitioners. Most of the subjects having age ranged between 30 to 55 years and having moderately and Strongly control capacity of

Jealousy. Gender based analysis showed that middle age female can strongly control the Jealousy.

Conclusion: Factor analysis showed that only one factor can be extracted out of 11 and showed higher reliability. Controlling capacity of jealousy was present in working, highly educated, female population and population with age ranged between 30 to 55 years.

Key words: *Dhāranīya Vega*, Middle age adult, Scale development, Jealousy