

WWA Journal  
Volume 5



# WWA Journal Volume 5

Edited by

Murari Prasad Regmi and Michael Waldo

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# EDITORIAL

Welcome to the fifth Volume of the WWA's International Journal. The WWA Journal is like a forum for global discussions and aims to stimulate researches on anger reduction, propagation of peace, meditations, yoga and Buddhism. It focuses on encouraging theoretical and empirical papers. It also publishes original scientific researches on cross-cultural approaches in management studies and book reviews. All articles will be published in English. The names of the editor, senior editors, associate editors and editorial board members are listed in the journal.

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My best wishes and thanks to all the authors of this volume, and I cordially thank the publisher Cambridge Scholars Publishing, UK. I cannot take all the credit for this journal's virtues, but its failings are completely my own. Finally, all the members of the editorial board deserve to be acknowledged. Without their initial encouragement this journal would never have been published. I hope that readers will develop their own critical views in relation to the research papers. The increase in peace research in Nepal in the last decade has been significant.

Murari Prasad Regmi



# ANXIOUS AFFECT AND DEPRESSION AMONG GURUNGS: A RORSCHACH STUDY

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## Abstract

**Background:** The Gurungs are a people of Mongoloid stock and are an important ethnic group of Nepal. Centuries ago, they inhabited the mid-western hilly region of Nepal.

The culture of the Gurung people was studied by Pignede (1966), Macfarlane (1972) and Andors (1974).

**Aim:** To determine the personality structure of the Gurungs. This study is similar to the modal personality studies of du Bois (1944) and Wallace (1970).

**Methods:** The sample was incidental and the assessment procedure of this research contains life history (N=60) and a Rorschach test (N=100). The Rorschach test was successfully employed by several investigators in modal personality studies like du Bois, Kardiner and Hallowell.

**Results:** The lives of Gurungs appeared harmonious and they prefer family. Mother-identification is much higher than father-identification. Their mothers are rewarding in nature. They are very tolerant and lead non-aggressive lives. The Rorschach findings reported that they exhibited practical common sense, and showed low ego-strength. In all, 72% of subjects distorted their form perception (F-). They had high anxiety. They had relatively low control over impulses. The High Lambda Index showed rigidity and lack of emotional control. The sample showed that 6% of subjects were experiencing depression. Coartation is high among Gurungs and egocentric extratension increases with the high altitude of their living places.

Conclusion: In sum, the Gurungs traditionally dwell at the foothills of Annapurna and Lamjung Himalaya. The personality structure of the Gurungs showed an anxious affect, high coartation and extratensive experience balance.

## **Introduction**

The present research sought to investigate the personality of the Gurungs, a sub-cultural group. The Gurungs belong to Tibetan-Burmese stock of the Mongoloid race. They live in the upper northern reaches of the Himalayas, in the foothills of Annapurna, Lamjungimal, Himalchuli of the Gandaki zone, Nepal. Their main settlements are in the Lamjung, Kaski, Syangja, Manang, Tanahu, Gorkha, Parbat and Okhaldhunga districts of Nepal. Rumjatar in the Okhaldhunga district in the east is also a settlement of acculturated Gurungs since the unification of Nepal. A quarter of a century ago, some Gurungs, migrated to Sharada Nagar in Chitwan district for farming and livelihood.

## **Purpose**

The objective of this research is to report on the personality structure of the Gurungs (Pignede 1962; 1988; Macfarlane 1972; Andors 1974; Messerschmidt 1976; Regmi, 1982; 1991).

## **The Historical Sources**

Brain Hodgson (1874), a British resident, collected vast data on the tribes of Nepal in the nineteenth century Buchanan and Northey & Moris studied the customs of the Gurungs. Macfarlane (1972); and Andors (1976) reported an accurate account of the Gurung culture. Some passing references to Gurungs are found in the work of Landon (1928), Tucker (1957), Hermanns (1954), Kihara (1955), Wright (1958), Hagen, Snellgrove (1957) & Haimendorf.

## **Method**

This study is explanatory. Personality is empirically delineated through the use of life history records and the Rorschach test. The present research is a study of the Gurung personality, which is a Nepalese sub-culture. This study is similar to the modal personality studies of du Bois (1944) and Wallace (1952).

### Sample Structure

S.No.	Individual	N
1.	Life history records	60
2.	Rorschach test protocols (adults)	100

#### 1. Life History Records

Structure of the sample

Sixty adult Gurungs were interviewed to collect life history records. Their ages ranged from 20 to 71. The sample was incidental and carefully distributed as listed below:

**Table –1.1.**

Variable	District	Size (N)
Population	Western	
	Lamjung	10
	Gorkha	10
	Tanahu	20
	Eastern:	
	Rumjatar	10
	Migrated (Terai):	
	Chitwan	10
	Total	60
	Education	
Illiterate		25
Literate		
Graduate		2
Matriculate		1
Others		32
Total	60	

Profession	Farmer	45
	Army/Pensioner	9
	Lama, Priest	1
	Teacher	4
	Police	1
	Total	60
Sex	Male	40
	Female	20
	Total	60
Social status	Member of social organization	1
	Non-member	59
	<b>Total</b>	<b>60</b>

### **The Rorschach Test Protocol**

The Rorschach ink blot test is a projective test that reveals the basic personality structure. This test was successfully employed by several investigators in modal personality studies like Cora du Bois, Kardiner, De Vos, Richards, Hallowell, Asthana, Ray and Mukerji.

**Sample Structure:** The incidental sample consisted of 100 Gurung adults between the ages of 20 and 91, who were individually tested. They were drawn from Western (38), Eastern (33) and Terai migrated (29). The distribution of the adult sample in terms of their various characteristics is given below:

**District Sample**

District	Sample (N)
Gorkha	6
Lamjung	17
Tanahu	15
Okhaldhunga	33
Chitwan	29
Total	100
Sex	Mean Age (in years)
Male (N=71)	47.94
Female (N=29)	37.72

**Civil Status**

Status	Male	Female	Total %
Married	67	29	96
Unmarried	4	0	4
Total	71	29	100

**Educational Status**

Education	Male	Female	Total %
Illiterate	14	22	36
Primary level	42	3	45
S.L.C. & undergraduate level	10	4	14
Higher level	5	0	5
Total	71	29	100

### Professional Status

Profession	Male	Female	Total %
Farmer	44	25	69
Soldier/Ex-soldier	18	0	18
Teacher	8	4	12
Businessman	1	0	1
Total	71	29	100

### Individual Personality Assessment

This assessment procedure contains a life history questionnaire and the Rorschach test to delineate the personality structure of the Gurungs on an individual basis.

The selection of tools for this study was made on the basis of previous researches in various other cultures of different nations. The investigator selected the life history method after du Bois and Kardiner and the Rorschach test after Wallace, Hallowell, Lewis and Spindler.

An ethnographic study of non-literate societies like that of the Gurungs shows a high degree of uniformity. Ethnographers often assume that the distribution of personality variants in a given society is strongly unimodal, which indicates a single prevailing personality pattern (Inkeles & Levinson 1969). The life history method seems to have a great significance for the study of the personality of non-literate Gurungs.

The life history method was used in the present study to understand the Gurungs' adaptation to their culture. The form consisted of 39 items, related to 10 major variables that were sought for investigation: economic status, social status, family and demographic data, parental history, siblings, interpersonal relations, disciplining, aggression, values, aims and aspirations. These variables are important in understanding the real life processes and the social make-up of the Gurungs.

The Rorschach test can contribute to our understanding of many aspects of personality, particularly perception, association, thinking and their pathology (Klopfer et al; 1954)



Beck (1960) states that personality is a balance of forces: higher-lower brain level activity (Jackson), field forces (Lewin) and ego-id (Freud). Beck further explains that Rorschach's core concept of *Erlebnistypus* (inner experience) shows the deep impact of Dilthey's whole experience.

The cross-racial use of the Rorschach test was adumbrated by H. Rorschach himself. He emphasized the racial differences in "*Erlebnistypus*." Klopfer also agreed that cultural factors play an enormous role in the distribution of life energy.

Bleulers studied the Moroccans and found their Rorschach responses showed the essential characteristics of their national life, their literature, their art and their science.

Oberholzer disregarded the racial preference in analyzing Alorese Rorschach data, while du Bois (1944) was interested in the research on culture and personality relations.

Beck's scoring system was used with additional scoring for animal and inanimate movement responses. (Klopfer et al; 1954).

## **Procedure**

Sixty adult Gurungs were interviewed. All respondents were administered the Rorschach test individually in the school-room and their life history was also recorded. A silent stop-watch was used to measure the time per response. The time per first response was also recorded. Responses were recorded verbatim. The inquiry commenced immediately after the subject gave his or her association in figure X. An inquiry was necessary to process and clarify the locations, determinants and contents of responses.

## **Results and Discussion**

All the Gurungs showed harmonious, good family lives. Their mother-identification is much higher than their father-identification. Mother-identification is higher among the native-group than the migrated groups chiefly because the males generally move for work, leaving the children to the mothers.

Aggressiveness increases as the Gurungs come into contact with others. The native group shows very little aggression, leading a more tolerant life and reporting very few problems even in the worst of situations.

**Personality Structure:** The findings reported here are confined to Rorschach test analysis.

**Approach:** The Gurungs emphasized the W!(D) approach more than the (W)D! approach. They showed poor organizational interest. Their D% 61.87 exhibited practical common sense.

### **Mental Activity**

The Gurungs showed a high coartation in M responses. In all, 79% of subjects were unimaginative, non-ideational and dull. Most of them showed inertness in mental potentiality; 20% were characterized by reproductive intelligence, and only 1% appeared intelligent; 1/10th of M-responses showed regressive thinking and distorted perception. F-responses also indicated distorted perception 72% of subjects distorted their form perception (F-). Poor form perception suggested low ego-strength and control. Their cognitions appeared blurred by some needs that betrayed poor forms.

### **Stereotypy**

In all, 53% of subjects gave A% responses above 50%. Only 4% of subjects gave less than 20% animal responses. The Ad proportion exceeded one fourth of A (A:Ad ratio is 7.6:2.8, which appears indicative of high anxiety [Piotrowski 1965]. Their ability does not seem to match ambition (W:M ratio was 16:1). Their productive resources for personality development appear rather meagre (see Appendix, Table 1).

The average time per response (T/R) was 53.65 seconds. The distribution of T/R revealed 31% as having a slow mental process (Klopfer et al. 1954), as their average response time exceeded one minute. This was supported by the observation that 22% gave a very slow response (T/1R=60 to 142 seconds).

### **The Emotional Life**

The mean sum C was slightly lower than 3, which could be indicative of the limited capacity for emotional contact and reactivity. FC was much lower than CF+C. The pattern of colour responses revealed that there is relatively low control over the impulsive expression of emotionality caused by immature and unstable affectivity. In all, 53% gave colour

responses and 47% of subjects scored no C responses. Such a pattern is indicative of egocentric, infantile, impulsive and volatile emotionality. In all, 13% gave more FC, 38% subjects gave more CF and only 2% about an equal ( $FC=CF+C$ ) number of mature and immature colour responses (see Appendix, Table 10).

Of the subjects, 10% ranged from 0.76 to 3.3 on the “Lambda Index.” High Lambda shows rigidity and lack of emotional control—34% of the subjects at 0 to 0.15 Lambda Index indicated “Emotionally labile” (Exner 1974).

The mean of affective ratio (ratio of R in Cards VIII to X to R in I to VII) was 0.559. Some 22% of subjects scored between 0.18 and 0.40. This indicated affect constriction, which is in consonance with earlier findings.

### **Anxious Affect**

Shading (Y) responses revealed that 57% of the subjects out of 64% scored 0:0 for FY:YF+Y (absence of any Y response). Very few subjects gave shading and vista responses. In all, 6% of the subjects suffered from feelings of inferiority or depression.

### **Experience Balance**

Gurungs showed extratensive experience balance (M: sum C = 1.2: 2.3). The experience balance (EB) of soldiers and ex-soldiers (N=18) was (M: Sum C = 1.4:4) and the Gurung farmers (N=82), including teachers, showed (M:Sum C=1.14:1.25), which signified the soldier group as highly extratensive and more impulsive than the farmer group (see Appendix Table 11). The soldier group experienced more depth, range and force of emotions in terms of experience actual (EA) (Beck 1966). The maximum range of Gurungs' EA was 16. A high percentage of protocols revealed coartation, and interestingly the egocentric extratension appeared to increase with the altitude of their places of habitation and communication remoteness.

### **Conclusion**

In sum, it can be concluded that the native Gurungs showed more practical and concrete orientations to life situations than their acculturated counterparts, but the clarity of form perception, rigidity, constriction and

affect control seemed to increase with the acculturation. However, the extratensive experience balance remained the same for all three groups (Western, Eastern and Migrated) and seems to be the basic personality constituent, impervious to culture contact

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## Appendix

**Table 1**

S.No.	Variable	Mean
1	R	18.45
2	% R in VIIi, IX & X cards	34.80
LOCATION		
3	W	4.21
4	D	13.34
5	Dd	6.9
6	S	0.9
DETERMINANTS		
7	M	1.238
8	FM	1.428
9	F	14.7
10	F+	8.19
11	F <sup>-</sup>	6.51
12	FC (Total)	1.27
13	CF + C	1.62
14	C with blends	2.08
15	FC <sup>-</sup>	1.60
16	Sum C	2.377
17	Y	1.95
18	V	2
CONTENT		
19	H	1.6
20	HD	2.46
21	HDX	1.16
22	A	7.62
23	Ad	2.80
24	At	2.1
25	Sex	1.5
26	Ls	2.09
27	Bt	2
28	Rl	1.9

RATIOS		
29	F+%	49.8
30	F%	78.68
31	A%	49.73
32	H%	12.73
33	H + A/Hd + Ad	2.2:1
34	Lambda Index	0.384
35	Affective Ratio	0.559
36	WM:M	16.1:1
TIMING		
37	T/R (Sec)	53.65
38	T/1R (Sec)	31.85
39	T/ (Minutes)	15.81
40	RT (Chrom. In Sec.)	31.31
41	RT (Achrom in Sec.)	33.06
42	Inquiry time (Min)	20.70
43	Blends/R	1.9:18.45
44	P	2.2

**Table 2**

**Table showing M (Human Movement) responses**

No. of responses	Percent Frequency
0	79
1-2	20
3-4	1
Total	100

**Table 3 (a)**

**Table showing FM (Animal Movement) responses**

No. of FM responses	Percent Frequency
0	72
1-2	25
3-4	2
5-6	1
Total	100

**Table 3 (b)**

**Table showing m (inanimate movement) responses**

No. of M responses	Percent Frequency
0	94
1-2	6
Total	100

**Table 4**

**Table showing M+ and M- responses**

Card No.	%M+	%M-
3	42.32	-
5	-	3.84
6	3.84	-
7	3.84	-
9	26.92	3.84
10	11.53	3.84
Total	88.46	11.53

M+ = Integrated Perception

M- = Distorted Perception



**Table 5 (a)****Table showing F+ (Integrated form) responses**

F+ Response	% Frequency
0	1
1-2	3
3-4	5
5-6	22
7-8	32
9-10	16
11-12	11
13-14	6
15-16	2
17-18	1
19-20	0
21-22	0
23-24	1
Total	100

**Table 5 (b)****Table showing F- (Distorted form perception responses)**

F- Responses	% Frequency
1	2
2	10
3	16
4	11
5	9
6	10
7	9
8	9
9	5

10	5
11	4
12	3
13	1
14	3
15	0
16	0
17	0
18	0
19	1
20	0
21	0
22	0
23	1
24	0
25	1
Total	100

**Table 6**

**Table showing the distribution of H (Human) responses**

H Responses	% Frequency
0	30
1-2	61
3-4	8
5-6	1
Total	100

**Table 7****Table showing the distribution of Hd (Human Details) responses**

Hd Responses	% Frequency
0	57
1–2	29
3–4	8
5–6	5
7–8	0
9–10	0
11–12	0
13–14	1
Total	100

**Table 8****Table showing the distribution of A (Animal) responses**

A Responses	% Frequency
0–1	2
2–3	3
4–5	13
6–7	27
8–9	17
10–11	15
12–13	13
14–15	5
16–17	1
17–18	2
19–20	2
Total	100

**Table 9****Table showing the distribution of Ad (Animal Details) responses**

Ad Responses	% Frequency
0	35
1-2	42
3-4	14
5-6	3
7-8	3
9-10	1
11-12	0
13-14	1
15-16	1
Total	100

**Table 10****Pattern Tabulation of colour responses**

S. No	Pattern colour responses	%
1	$FC > CF + C$	13
2	$CF + C > FC$	38
3	$FC = CF + C$	49
Total		100

**Table 11****The experience balance (M:C) Percentage**

S. No.	Pattern Experience	%
1	$M > C$	16
2	$M = C$	2
3	$OM = OC$	33
4	$M < C$	49
Total		100

**Table 12****Pattern Tabulation of (Y) shading responses**

S. No.	Y Responses	%
1	$FY > YF + Y$	17
2	$FY < YF + Y$	19
3	$FY = YF + Y$	64
Total		100

**Table 13****Distribution of V (Vista) Responses**

V Responses	% Frequency
0	37
1	27
2	15
3	13
4	2
5	3
6	2
7	1
Total	100

# ENHANCING SELF-ESTEEM IN EARLY ADOLESCENT GIRLS

ASHA MENON

INDIA

## **Abstract**

Self-esteem is a term used to reflect a person's overall emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. It is one of the important components of Emotional Intelligence. Self-esteem is also known as the evaluative dimension of the self that includes feelings of worthiness, pride and discouragement. The aim of this study was to enhance self-esteem in early adolescent girls. The objectives of the study were: to help children learn to recognize positive qualities in themselves and others, to provide an opportunity to hear positive things about themselves from others, to learn to give and receive compliments and respect others, and to compare pre-test and post-test self-esteem scores. The tool used in the study was the Rosenberg Self-Esteem Scale (1979). The Purposive sampling technique was used to collect data. In all, 77 girl students from the fifth grade participated in the study. Once a week activities to develop self-esteem were taken up with the students for one hour over six consecutive weeks. Pre-test and post-test scores were calculated to study the differences in self-esteem. The data obtained was analyzed quantitatively. Based on the objectives of the study, mean, standard deviation and t-test were calculated. The results show a significant difference in the pre-test and post-test scores of girls. It is concluded that self-esteem is an important component in almost everything children do, and can be enhanced through games and activities. This paper discusses activities to enhance self-esteem in early adolescents. Its objectives are given below.