

5th Global Summit on **BRAIN DISORDERS AND THERAPEUTICS**

August 05-06, 2024 | Paris, France

Sattvic personality trait as a major determinant of adolescent well-being: An exploratory pathway analysis between EPOCH measure of well-being, emotional styles, mind-wandering and the tri-guna personality traits**Rahul Rama Rao***National Institute of Mental Health and Neuro-Sciences, India*

This study presents a comprehensive investigation into the factors that impact the well-being of adolescents, with a specific focus on healthy emotionality and personality traits. The sample consisted of 250 students in the 9th and 11th grades. The findings indicate a slight increase in mind-wandering among the students, as measured by the Mind-Wandering Questionnaire (MWQ). The study identifies attention, self-awareness, outlook, and resilience as key components of healthy emotionality in adolescents, while social intuition and sensitivity to context are still developing. Notably, attention emerged as the strongest predictor of well-being, consistent with previous research highlighting the efficacy of attentional training in regulating emotions. The study also explores the association between the Trigunas (Sattva, Rajas, and Tamas) and well-being captured using the Vedic Personality Inventory (VPI). The results demonstrate that Sattva exhibits the strongest positive relationship with well-being, whereas Rajas and Tamas display negative associations. Regression analysis confirms that Sattva Guna, positive affect, and healthy emotionality (with attention, self-awareness, outlook, and resilience as contributing factors) are significant primary predictors of well-being. Based on these findings, the study proposes a conceptual model for achieving psychological well-being through the development of a sattvic personality, employing a structural equation modelling (SEM) approach. The study underscores that major predictors of well-being, such as healthy emotionality and Sattva, are trainable. It suggests that cultivating a sattvic way of life, achieved through slight behavioural modifications in daily routines, regular practice of spirituality, and focused attention through yoga & meditation, can enhance success in this regard. These practices also offer the benefit of reducing mind-wandering, which negatively impacts well-being. Furthermore, the study discusses the interplay between Sattva and Rajas, with results indicating that the combined effect of these two Gunas maximizes positive affect and promotes a harmonious approach to well-being. It emphasizes that while a hedonic approach may yield short-term pleasures and motivate goal-oriented behaviour, the presence of a Sattvic direction is vital for sustainable long-term well-being. In conclusion, the study provides valuable insights into the factors influencing adolescent well-being, underscoring the significance of healthy emotionality and the Trigunas.

Biography

Rahul Rama Rao is a distinguished researcher at the Centre for Consciousness Studies, within the Department of Neurophysiology at NIMHANS (National Institute of Mental Health and Neurosciences), located in Bengaluru, Karnataka, India. Renowned for his pioneering work in the field of neurophysiology, Rahul has dedicated his career to exploring the intricacies of consciousness and the brain's complex functions. His contributions to the Centre for Consciousness Studies have been instrumental in advancing our understanding of the neural mechanisms underlying conscious experience. Through his research at NIMHANS, Rahul Rama Rao continues to push the boundaries of neuroscience, fostering a deeper comprehension of the human mind.