

INDIAN PSYCHOLOGY

P.V. Sethu



Himalaya Publishing House

ISO 9001:2008 CERTIFIED

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First Edition : 2015

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- Published by** : Mrs. Meena Pandey for **Himalaya Publishing House Pvt. Ltd.**,
"Ramdoot", Dr. Bhalerao Marg, Girgaon, Mumbai - 400 004.
Phone: 022-23860170/23863863, Fax: 022-23877178
E-mail: himpub@vsnl.com; Website: www.himpub.com
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Printing Press, P.O. Bharalumukh, Guwahati - 781009, (Assam).
Mobile: 09883055590, 08486355289, 7439040301
- DTP by** : **Nilima Jadhav**
- Printed at** : M/s. Charita Impressions, Hyderabad. On behalf of HPH.

***In the fond memory of my beloved
mother who departed her soul on
13th October, 2011***



This Book is dedicated to the citizens of our nation.

FOREWORD

This book has highlighted the importance of psychology in our human life.

“A healthy psychology leads to healthy life.”

With this message, the author has stressed upon the importance of Indian Psychology and ways and methods to improve the Indian Psychology.

Changing atmosphere of present context have great impact over the behaviour of the people. Behaviour of the people keep always changing as per their need. So, psychology of the people can be described under one head, i.e., “Need of People” irrespective of religion, economy, social status, politics etc.

Watching Television for increase number of hours, speed of voice and vehicles, illness and less reading habits have made people psychologically disturbed. Medical professionals have noticed sharp rise in psychological and behavioural problems in last one decade.

Common man does not have easy access to Apex organization of our country like Assembly, Supreme Court, Secretariates, but those who are rich involved in bribery and intermediaries who do not hesitate to speak lies are having a great contact with all these apex organizations. There is no space for the poor.

Even top Information Technologies (IT) planners utilizing their knowledge to send people into hallucination stage without using anaesthesia and getting involved into the activity as they desire or direct the people to keep themselves busy in unrealistic world. Top national and international financial planners are going to any stage or adopting unrealistic calculations for the benefit of themselves and for their followers. So, the life of common man is becoming harder and harder.

The people of the present world are losing faith in one another because they are caught in unlimited number of laws made by the Government. Even love and faith are now “TRADABLE” in today’s context. Rising inflation is also an important factor for changing pattern of behaviour and psychology of the people.

The author of this book has made great efforts to understand and educate about the behavioural pattern of human being and the psychology of Indian culture.

The role of the author of this book is to help create a shared vision and to establish an atmosphere of trust, freedom and mutual respect by understanding of Indian psychology and behaviour of the people.

If some one ask me to pick "Top" quote from this book, I would have picked only one, i.e., "NEED BASE PSYCHOLOGY" Finally, I have discovered in this book that I can read this book and enjoy but understanding deeply and thoroughly is a difficult task.

"Satya ke bajai asathya jeevan ka mulya ban rahe hai, agar yah sach hai tho pura samajic jeevan mein gadbadi aana nischit hain."

LkR; dsctk; vLkR; thoudk eY; cu jgs g\$ vxj ;g l p g\$ rks ijk
l kekftd thou esxMcMh vkuk fuf'pr g\$

Dr. Sudhir R. Chakkarwar

Piyush Clinic, Mankhurd,

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PREFACE

The author has made an attempt to enlighten the people of our country to understand their behaviour, action and reaction in the present context.

“Action always prompts reaction”. An action if cautiously applied with discreet manner, reaction will be moderate without causing any harm. An action may be negative or positive. For every action, there is an equal and opposite reaction.

A man walking in the street should not be absorbed in his own thoughts and should not be day dreaming lest there is likelihood of meeting with an accident. In other words, one should be cautious and conscious in doing any act. It is natural phenomena why people are not cautiously and consciously doing the activities which are warranted.

This book is an overall evaluation of human life. A man is a social animal. It is, therefore, a birthright of every individual to lead a normal life. “Live and let live” should be the motto of every individual and/or a society and/or a nation. There may be discriminations.

In terms of caste, class, creed, colour and community, these also exist in other living beings, viz., animals, birds and insects.

This book has made an attempt to cover all methods of psychology but mainly to improve the psychology of an individual. Study of psychology is restricted to behaviour and genes of an individual.

It is no doubt essential to know the psychology to understand an individual. Psychology of an individual points out the positive and negative facets of his body and mind. A man has dual personality – good and evil. These personalities operate at different times based on different circumstances. Improvement of psychology depends on the various factors, viz., hereditary, education, religion, surrounding, occupation, economy and even to a certain extent political government policies of the nation also influence the psychology.

A new born baby only feel hungry and thirsty. It, therefore, begin with crying and crying. Only a mother understands him. He is

totally influenced and guarded by his mother's action and dictates. So says, psychology takes birth in the womb of a mother.

The author highlights the agony and pathetic conditions of the people of India and attempted to spread peace and happiness all over the country. Basic essentials of an individual should be met for a reasonable survival.

It is a foregone conclusion that all fingers are not equal – so says, all people are not equal, and equality cannot be maintained. Some are born rich and some are born poor. In order to bring about principle of equity and natural justice, different forms of government were introduced by different countries to promote natural justice. But most of the forms of the government fail to achieve the desired objective. The ideology of communism – a political system whereby all property is owned by the community and each person contributes and receives according to their ability and needs, has not achieved its objective in satisfying the people and it failed miserably in country like Russia and Mexico.

Laissez-faire policy of communism generated only corruption at the high offices of the political system. No doubt, equal rights to every individual may not be possible but at least basic living standard can be rendered to all the citizens of the country.

The author has made a fruitful comparison of different living beings and attempted to bring happiness and peace in the minds of every individual, which certainly make the nation happy, peaceful and prosperous. He also observed terrorist attacks, foreign interference, riot and strike, war in the country, only spread violence, civil disobedience, unrest and unhappiness all over the country. This is not a happy sign. So feel good, feel happy should be the message to all the people which only can improve the psychology of the people.

The objective of the author in writing this book is to appeal to the people to learn the art of living. This can happen only if the psychology is reformed and improved to lead a better life and contribute something to the nation to make it worth living.

It is, therefore, felt that this book will be useful if certain ideals and philosophies are followed and practiced in real spirit and context.

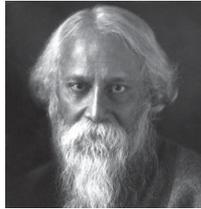
P.V. Sethu

ACKNOWLEDGEMENTS

My heartfelt thanks and acknowledgement to my well-wishers, friends, publishers, printers and my family, especially my wife **Sharda Sethu**, my daughter **Siddhi** and my Son **Vinayak Sethu**, studying in Bits Pilani Mech. Engg. who are an instrumental support and inspiration in completion of my book.

I thank them all in high esteem and regards.





Tagore's Message PSYCHOLOGICAL QUOTES

ABOUT LIFE

May you have
Enough happiness
Enough trials
to keep you strong
Enough sorrow
to keep you human
Enough hope
to keep you happy
Enough failure
to keep you humble
Enough success
to keep you eager
Enough friends
to keep you comfort
Enough wealth
to meet your needs
Enough enthusiasm
to look forward
Enough faith
to banish depression
Enough determination
to make each day
better than yesterday

WHAT IS LIFE?

Life is a journey
complete it
Life is commitment
fulfill it
Life is duty
perform it
Life is excitement
enjoy it
Life is happiness
just feel it
Life is a problem
face it
Life is difficulty
endure it
Life is success
accomplish it
Life is a dream
cherish it
Life is love
and love is God
And one who does not love
Life is a hell

With these Quotes, it is necessary to remember and recite the prayer of Rabindranath Tagore to revive your energy and enthusiasm every day.

PRAYER

This is my prayer to thee my lord
To strike, strike at the penury of my heart
Give me the strength to bear lightly my joys and sorrows
Give me the strength to do fruitful in my services
Give me the strength never to disown the poor nor to bend
my knees before the insolent might
Give me the strength to raise my mind all above my daily trifles
Give me the strength to surrender my strength to thy will
with love and affection

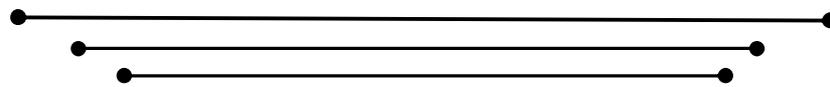
Compiled by
P.V.Sethu

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1

Study of Psychology



Psychology, as accepted in general parlance, means the science of mind, in other words, behaviour and action of mind.

Psychology means self or mind and logos denotes a reasoned account. Psychology is a natural science based on consciousness. It creates in itself certain principles and laws governing the nature. Hence, it is natural psychology, varies from person to person, animal to human beings etc. It is difficult to give a correct definition of mind. Mind religiously is associated with soul and it does not die. Philosophically, mind is considered as self or atma and it is isolated from body. Mind is omniscient and everlasting whereas body dies gradually either by ageing or accident/disease. A diseased body has no connection with a mind. However, healthy body can develop a healthy mind. Here, psychology works and creates a direct connection between body and mind.

The great French Philosopher Rene Descartes (1596-1650) known as father of modern philosophy, made distinction between mind and body. He defined mind as that substance which has consciousness. Matter or body is an extended part of mind which has no consciousness. Hence, psychology was defined as the study of consciousness. Despite advancement in science and technology, the scope of psychology was limited to the study of consciousness.

Consciousness, dictionary meaning, is awareness. A conscious mind is an alert mind to understand what action should be taken at a particular time or circumstance. Consciousness also deals with the movement of each part of body. Body action is the result of consciousness.

It is often established that psychology was born in the womb of philosophy and philosophers have enlightened the vital essence of psychology. Different philosophers have their own definition of psychology. For a happy state of mind what is required is the moot question of philosophers.

Religious philosophers preached,
“if wealth is lost,
nothing is lost,
if health is lost,
something is lost,
if character is lost,
everything is lost”

How character is directly connected to psychology? Characteristics of any living being is detected by his behaviour or action which forms an important aspect of psychology. Can there be knowledge without a knower and can there be knowledge without a character? Both are interdependent. It is a rational thinking that develops a healthy psychology. Study of psychology raised a good deal of discussions in philosophy by the philosophers. Consciousness in each individual person is of varied nature. But its activities are identified through behaviour or action which may be of two types – implicit or unexpressed internal activity; and explicit or external, a manifested form. These may be in the form of organism which consists of nerves, muscles, sense organs, spinal cord, brain etc. Consciousness in its physiological forms manifest in itself. This form of psychology is Physiological psychology.

A specific distinction is demarcated between the natural science and psychology. Let me explain from two stand points – subjective and objective. The objective aspect of one's experience with which natural sciences are concerned, while psychology is concerned with the subjective aspects of the same experience.

To illustrate an example, in Mahabharata, there held a competition, who will marry Draupadi. A golden fish was hung in rotation and whoever directly strike the left eye of the golden fish with his arrow, he is winner of the competition and will marry Draupadi.

Many kings from various kingdoms, expert archers including Arjuna one of the Pandava's Sishya of Dronacharya Guru, master in archery. Arjuna was the only archer, brave warrior who could win the competition. In this case one was the scene of the golden fish rotating in an average speed, i.e., the object with which their minds were occupied at that moment. Another was their individual mind which was concentrating at the golden fish, i.e., the subject that was concentrating on the object and the third was the mental activities or processes in relation to the object, i.e., concentration and movement.



Theory of Consciousness

Professor R.S. Woodworth, the reputed psychologist defines Psychology as “the science of the activities of individual”. Activities means not only action or movements but all forms of cognitive and emotional activities including feelings of pleasure and pain. On the other hand, Marquis Psychology is concerned with all kinds of mental activities such as learning, remembering and thinking which are grouped under the main heads of knowing, feeling and doing. It is directly connected to the activities of individual brain. Some of psychologists have stressed more on the behaviour, expression and introspection without stressing on consciousness, idea, soul, subject or mind as the bundle of faculties or the nervous system or brain.

“Sky is the limit”, the author is giving more importance on the limitation, restriction, inhibitions and exhibitions which one should understand. The moot question that arise, one should know, what I am and the limitations he succumbs to. There is always an exception, one can cross his barriers and do extraordinary work in his life. For this purpose, various fields of psychology have emerged to understand oneself.

For example, experimental psychology, industrial psychology, medical psychology, occupational psychology, child psychology and genetic psychology. This also reflects the principle of evolution, which focus the attention of psychologists. Darwin’s *The Descent of Man* became the bible for the comparative psychologists.

It is often repeated in the religious books. God has given creative mind to all living beings. It is, therefore, duty of each individual to exploit his creative mind to attain success. Hence, Analytical psychology, which is nobody's dictum, induce an individual to analyse his own things to find out the solution to the problems that grip him. In other words, it is a mental process which varies from person to person.

Psychology is a very vast subject and the scope of the psychology is very wide.

The author wanted in this book to instill a healthy psychology in the minds of the people.

Healthy people only can develop a healthy nation. In the remaining chapters, the author has covered psychology on the aspects that affect the people in their day-to-day life.

“No one is supreme, but there is a supernatural power, that exists in every individuals, And mind is in its own, it can create hell out of heaven and heaven out of hell”.

