

The Domains of Triguna Personalities and How they Influence the Coping Mechanisms and Well-Being of Military Families

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Abstract

The present study examines the dominant Triguna personality traits—Sattva (stability), Rajas (activation), and Tamas (inertia)—and their relationships with coping strategies and psychological well-being among military families. Participants included children aged 18 to 28 and wives aged 30 to 60, primarily from Indian Army families (99%), with additional representation from the Air Force and Navy. Findings revealed Sattva as the dominant trait across both groups, while Rajas and Tamas were present to a lesser extent. Statistical analysis highlighted significant relationships between Triguna traits and coping mechanisms, with Sattva positively correlating with adaptive coping styles such as problem solving ($r = .218$) and Tamas negatively correlating with coping ($r = -.250$). Similarly, significant relationships emerged between Triguna traits and psychological well-being. In children, Sattva correlated positively with environmental mastery ($r = .372$) and self-acceptance ($r = .398$), while Tamas was negatively correlated with these domains. Coping mechanisms also showed significant associations with psychological well-being, with emotion-focused and avoidance coping styles negatively correlated with autonomy, environmental mastery, and self-acceptance. These findings underscore the relevance of Triguna traits in shaping coping processes and psychological well-being within the unique context of military families, offering valuable implications for targeted interventions aimed at fostering resilience and mental health in these populations.

Keywords: triguna personality traits, sattva, coping Strategies, psychological well-being, military families, resilience.

The Domains of Triguna Personalities and How They Influence the Coping Mechanisms and Well-being of Military Families

Military families face unique challenges due to deployments, frequent relocations, and the stress of uncertainty and danger. These stressors increase the risk of anxiety, depression, and adjustment disorders among spouses and children (Lester et al., 2010; Cozza et al., 2013). Despite these difficulties, military families often demonstrate resilience through various coping mechanisms, including problem-focused, emotion-focused, and avoidant coping (Folkman & Moskowitz, 2004; Miller et al., 2009). Understanding these coping strategies is essential for designing effective mental health interventions.

In Indian context, military families encounter similar stressors, complicated by socio-cultural expectations that emphasise high moral standards (Desai, 2010). However, research on Indian military families' mental health and coping remains limited, and Western psychological models may not fully capture their experiences (Thakur, 2013). This highlights the need for culturally relevant frameworks. One such framework is the ancient Indian Triguna model identifies three personality qualities—Sattva (balance and clarity), Rajas (activity and restlessness), and Tamas (inertia and confusion)—that influence behaviour and well-being (Bhagavad Gita, 2004; Chopra, 2004). While historically used in Ayurveda and spirituality, recent psychological studies suggest Sattva promotes adaptive coping, whereas Rajas and Tamas relate to less effective strategies (Ravindra, 2017).

Military families endure stressors impacting mental health, yet little is known about how Triguna personality traits affect their coping and well-being. This study investigates the influence of Sattva, Rajas, and Tamas on coping mechanisms and psychological health among Indian military wives and adult children, addressing a gap in culturally sensitive research.

By applying the Triguna framework, this study bridges traditional Indian psychology with contemporary mental health research, offering insights to improve support systems for military families. It fills a research gap on the link between personality, coping, and well-being, especially within Indian military families—groups often underrepresented in psychological studies.

To further establish the relevance of this study, a systematic review of existing literature was conducted, focusing on coping strategies, resilience, and psychological well-being among military families, with particular attention to the Indian context.

Research on the Triguna personality model, rooted in Indian philosophy, has demonstrated its relevance to modern psychological constructs and practical applications across stress management, resilience, motivation, leadership, and decision-making. Studies by Sharma, Singh, et al. (2023), Patel (2016), Singh and Shukla (2019), and Kumar and Sharma (2022) consistently find that individuals high in Sattva employ adaptive coping strategies—such as planning, mindfulness, and seeking social support—while those higher in Rajas and Tamas tend to rely on maladaptive mechanisms like denial, avoidance, substance use, and procrastination. Dorai (2019) emphasises the role of family support in resilience among defence personnel, complementing Gupta and Choudhary (2021), who note that Sattva fosters healthy work-life balance and self-regulation, whereas Rajas and Tamas correlate with stress and disengagement.

In organizational and leadership contexts, Triguna traits shape interpersonal dynamics, communication, and leadership styles. Mehta and Gupta (2018), Chaudhary and Agarwal (2021), Anuradha and Kumar (2015), Singh and Mehta (2019), Sharma and Tiwari (2020), and Batra and Sinha (2020) demonstrate that Sattva associates with transformational, empathetic leadership and cooperative communication, whereas Rajas relates to transactional, competitive behaviours, and Tamas to passive or avoidant styles. Bhatia and Tiwari (2019), Reddy and Kumar (2021), and Reddy and Kaur (2017) further support that Sattva enhances emotional intelligence and open communication, promoting teamwork and leadership effectiveness, in contrast to the dominating or disengaged styles linked with Rajas and Tamas. Patel and Sharma (2019) and Sharma and Gupta (2020) reveal similar patterns in conflict resolution, with Sattva favouring collaboration, Rajas competition, and Tamas avoidance. These findings underscore the importance of integrating Triguna profiles into leadership development and workplace training programs.

Triguna traits also significantly impact academic motivation, self-esteem, and performance. Ghosh and Sinha (2017), Sharma and Kumar (2020), Verma, Tiwari, Pandey, et al. (2020), Patel and Yadav (2020), Joshi and Singh (2022), and Joshi and Sharma (2020) indicate that Sattva enhances intrinsic motivation,

discipline, and positive goal orientation, while Rajas links to distraction and extrinsic rewards, and Tamas to low motivation and poor outcomes. These traits influence adolescent psychological development and academic success.

Regarding decision-making and conflict management under stress, Nair and Joseph (2021) and Kaur and Sharma (2017) find that Sattva promotes rational, thoughtful decisions and collaborative conflict approaches, Rajas leads to impulsivity and competition, and Tamas results in procrastination and avoidance. Desai and Bhatt (2018), Patel and Verma (2017), Chopra and Mehta (2021), and Kumar and Singh (2021) observe these patterns in professional and leadership settings, highlighting the value of Triguna-informed training for improved managerial effectiveness and ethical decision-making.

Health behaviours and emotional regulation are also influenced by Triguna. Mehta and Soni (2018) and Chaudhary and Joshi (2021) show Sattva dominance relates to health-promoting behaviours, emotional stability, and mental well-being, while Rajas connects to emotional volatility and externally motivated behaviours, and Tamas to neglect and apathy. In consumer behaviour and career development, Kumar and Singh (2020) and Pandey and Desai (2020) report that Sattva leads to thoughtful, value-driven choices, Rajas to impulsivity and burnout risk, and Tamas to indecisiveness, affecting professional growth.

In workplace contexts, Singh and Patel (2021), Sharma and Gupta (2020), Patel and Sharma (2019), Verma and Yadav (2020), Mehta and Agarwal (2020), Patel and Gupta (2021), Sharma and Yadav (2019), and Kumar and Mehta (2020) collectively affirm that Sattva employees demonstrate commitment, collaboration, stress resilience, and high emotional intelligence; Rajas employees show transactional focus, competitive stress responses, and moderate emotional regulation; and Tamas employees often disengage, display poor performance, and low emotional awareness. These insights emphasise how Triguna can inform tailored organizational strategies for motivation, teamwork, stress management, and emotional regulation.

In military settings, resilience and coping are critical. Rathore and Goyal (2024) link Triguna traits to rational thinking and coping humour, while O'Neal, Richardson, and Mancini (2020), and Skomorovsky and Dursun (2011) emphasise the importance of social support and individualised coping strategies for military personnel. Yarmolchuk (2021) highlights emotional stability and cognitive flexibility as key to coping choices. Studies on PTSD among veterans by Smith and Jones (2019), Zou et al. (2024), Zhao et al. (2020), and Britt (2017) underline that adaptive coping and psychological resilience, bolstered by positive emotion-focused strategies, reduce symptom severity. Finally, the concept of psychological hardiness (Britt et al., 2001; Bartone, 1999), comprising commitment, control, and challenge, predicts better health and performance under stress, advocating for its cultivation through military training to enhance operational success.

The Present Research

Although the Triguna personality framework has been extensively studied within Indian psychology, particularly in relation to emotional regulation, well-being, and coping, its integration into the unique dynamics of military families remains unexplored. Research has yet to connect the domains of Sattva, Rajas, and Tamas with the stressors and adaptive challenges faced by military spouses and children, nor has the applicability of Triguna-based coping strategies in high-stress environments been adequately investigated. Addressing this gap is essential, as military families endure distinctive pressures such as deployment separations, frequent relocations, and exposure to wartime challenges. Understanding how Triguna traits shape coping mechanisms and psychological well-being can generate culturally grounded

insights, while bridging ancient Indian concepts with modern resilience frameworks. The present study therefore aims to advance holistic approaches to supporting the mental health and emotional stability of Indian military families, ultimately fostering improved outcomes for both service members and their loved ones.

Methodology

Aim: To Study the domains of triguna personalities and how they influence the coping mechanisms and well-being of military families.

Research objectives

1. To assess the dominant Triguna personality (Inertia, Activation, Stability) among wives of military personnel.
2. To assess the dominant Triguna personality (Inertia, Activation, Stability) among children of military personnel.
3. To assess the relationship between Triguna personalities and coping mechanisms in wives of military personnel.
4. To assess the relationship between Triguna personalities and coping mechanisms in children of military personnel.
5. To assess the relationship between Triguna personalities and psychological well-being in wives of military personnel.
6. To assess the relationship between Triguna personalities and psychological well-being in children of military personnel.

Hypothesis

H₁₁: There is a significant relationship between Triguna personality traits and coping mechanisms in wives of military personnels.

H₁₂: There is a significant relationship between Triguna personality traits and coping mechanisms in children of military personnels.

H₁₃: There is a significant relationship between Triguna personality traits and psychological well-being in wives of military personnels.

H₁₄: There is a significant relationship between Triguna personality traits and psychological well-being in children of military personnels.

H₁₅: There is a significant relationship in coping mechanisms and psychological well-being in wives of military personnels.

H₁₆: There is a significant relationship in coping mechanisms and psychological well-being in children of military personnels.

Variables

Triguna personalities (Independent Variable)

Coping strategies (Dependent Variable)

Psychological Wellbeing (Dependent Variable)

Research design

This study adopted a **quantitative, correlational design** to Study the relationship between Triguna personality traits (Inertia, Activation, Stability), coping mechanisms, and psychological well-being in the context of Indian military families— Specifically among wives and children of military personnel.

Sampling

The Sample consisted of **100 participants**, Selected using **convenience Sampling**. It included:

- **50 children** (aged **18–28**) of military personnel, with **27 sons** and **23 daughters**
- **50 wives** (aged **30–60**) of military personnel

Participants were recruited through military family communities, informal networks, and referrals.

Inclusion Criteria:

Must be a spouse (30-60) or child (18-28) of either currently Serving or recently retired military personnel. Must be fluent in English (for understanding the scale and instructions). Must be physiologically and mentally healthy.

Exclusion Criteria:

Individuals with diagnosed psychiatric conditions or Inability to give informed consent.

Table 1: Demographic Breakdown of participants

Group	N	Age Range (years)	Gender Breakdown
Children	50	18–28	27 male, 23 female
Wives	50	30–60	NA
Total	100	—	—

Data Collection Method

The data was collected through offline forms by one-on-one sessions with each participant.

Tools used.

Table 2: psychological tools used in the Study.

Instrument	Items	Developer	Reliability	Validity
IAS (Indian Adaptation Scale)	35	Dr. A. K. Dalal and Dr. H. S. N. Murthy	A = 0.72 – 0.83	Validity Coefficient = 0.74
Brief COPE	28	Carver (1997)	A = 0.60 – 0.90 (subscales)	Validity Coefficient = 0.70 – 0.84
Psychological Well-being Scale (Short)	18	Ryff (Short form)	A = 0.65 – 0.85 (subscales)	Validity Coefficient = 0.71 – 0.89

Statistical Analysis

Results were analysed using **IBM SPSS (version 29.0)**.

Descriptives were computed for all variables.

Pearson's correlation used to assess relationships among Triguna traits, coping mechanisms, and psychological well-being.

Linear regression used to test the prediction of the Triguna traits for coping mechanisms and psychological well-being.

Descriptive Statistics

Calculated means, Standard deviations, and frequencies for Triguna personality traits (rajas, tamas, Satva), coping mechanisms (Problem-Solving, Emotion-focused, Avoidant), and for each Sub-Scale of psychological well-being.

And checked for normality of the data using Normal Probability Curve.

Correlation Analysis

Pearsons Correlation. Used Pearson's correlation to define the relationship between Triguna traits, coping strategies, and well-being.

Linear Regression Analysis. Ran linear regression to test if Triguna traits (Sattva, rajas, tamas) predict coping strategies and psychological well-being.

Scatter Plots. Used Scatter plots to visualise the relationship between variables.

Ethical considerations

Assisted was a part of academic coursework and involved no sensitive procedures interventions, **formal ethical clearance was not required**. Nonetheless, all ethical guidelines were adhered to:

- Participants gave informed consent.
- Participation was voluntary and anonymous.
- No personal identifiers were recorded.
- Confidentiality of responses was ensured.

Result

The statistical findings of the Study are organised in an objective manner, based on data collected from 100 participants, including 50 military wives aged 30 to 68 and 50 adult children (27 sons and 23 daughters) aged 18 to 28. The tools used for data collection were the Indian Adaptation of the Triguna personality Scale (is rating Scale), the Brief COPE Inventory, and the psychological Well-being Short Scale (18-item, 7-point Likert Scale). This section reports descriptive statistics such as mean, Standard deviations for the three Triguna traits—Sattva, rajas, and tamas—as well as for coping mechanisms and psychological well-being and their subscales. Inferential statistical analyses, including Pearson's correlation and multiple regression analyses, are presented to examine the relationships among the variables. Additionally, visual representations such as normal probability curves and Scatter plots are used to enhance clarity.

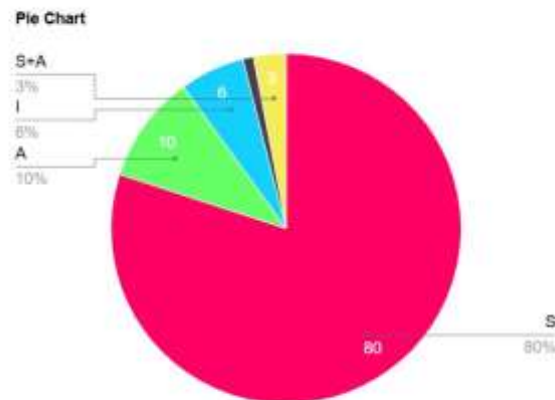


Figure 1: Distribution of Triguna Personalities among the Sample

During the Study S (Stability or Satva) was found to be the dominant Triguna personality trait among both the wives and the children of military personnels. Even though in most cases (Inertia or tamas) and A (Activation or rajas) were equally present, came out to be the Dominant trait.

Table3.1
Descriptive Analysis of Children of Military Personnel

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
S	50	30.00	87.00	58.5000	16.66139
A	50	12.00	71.00	29.5400	10.94366
I	50	.00	48.00	16.9600	12.30888
PS	50	9.00	30.00	21.5600	3.92356
EF	50	13.00	45.00	28.7400	6.47069
AV	50	8.00	27.00	16.2800	3.75277
AUT	50	8.00	20.00	13.9200	3.08280
ENV	50	6.00	21.00	13.5400	3.51214
PER	50	5.00	21.00	13.9200	3.70791
REL	50	7.00	20.00	13.0600	3.15200
PUR	50	6.00	21.00	13.1600	2.97170
SA	50	9.00	21.00	14.4400	3.03153

Note: S= Stability, A= Activation, I= Inertia, PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

Table3.2
Descriptive Analysis of Wives of Military Personnel

Descriptive Statistics						
	N	Range	Minimum	Maximum	Mean	Std. Deviation
S	50	75.00	21.00	96.00	58.0200	18.78611
A	50	53.00	9.00	62.00	30.1000	12.65597
I	50	50.00	.00	50.00	18.7800	11.80157
PS	50	19.00	9.00	28.00	21.5600	3.82878
EF	50	32.00	13.00	45.00	28.8600	6.35035
AV	50	19.00	8.00	27.00	15.6000	4.02036
AUT	50	14.00	6.00	20.00	14.5800	3.33252
ENV	50	13.00	8.00	21.00	14.0000	3.30738
PER	50	15.00	6.00	21.00	13.3400	4.05880
REL	50	15.00	5.00	20.00	13.3400	3.36616
PUR	50	12.00	6.00	18.00	13.1800	2.66259
SA	50	16.00	5.00	21.00	13.7200	4.11091

Note: S= Stability, A= Activation, I= Inertia, PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

The Study hypothesised that there is a Significant relationship between Triguna personality traits and coping mechanisms in both wives and children of military personnel (H_{11} and H_{12}). It was found that there indeed is some relationship between these two variables.

Table 4.1

Pearson's correlation between Triguna personality traits and Coping mechanisms in Children of Military personnel

		Correlations					
		S	A	I	PS	EF	AV
S	Pearson Correlation	1	-.674**	-.754**	.218	-.018	-.076
	Sig. (2-tailed)		.000	.000	.129	.903	.598
	N	50	50	50	50	50	50
A	Pearson Correlation	-.674**	1	.023	-.050	.020	.117
	Sig. (2-tailed)	.000		.871	.730	.889	.416
	N	50	50	50	50	50	50
I	Pearson Correlation	-.754**	.023	1	-.250	.006	-.001
	Sig. (2-tailed)	.000	.871		.080	.967	.994
	N	50	50	50	50	50	50
PS	Pearson Correlation	.218	-.050	-.250	1	.630**	.459**
	Sig. (2-tailed)	.129	.730	.080		.000	.001
	N	50	50	50	50	50	50
EF	Pearson Correlation	-.018	.020	.006	.630**	1	.696**
	Sig. (2-tailed)	.903	.889	.967	.000		.000
	N	50	50	50	50	50	50
AV	Pearson Correlation	-.076	.117	-.001	.459**	.696**	1
	Sig. (2-tailed)	.598	.416	.994	.001	.000	
	N	50	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

Note: S= Stability, A= Activation, I= Inertia, PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism

Significant Correlation between PS and I, $p = -0.250$

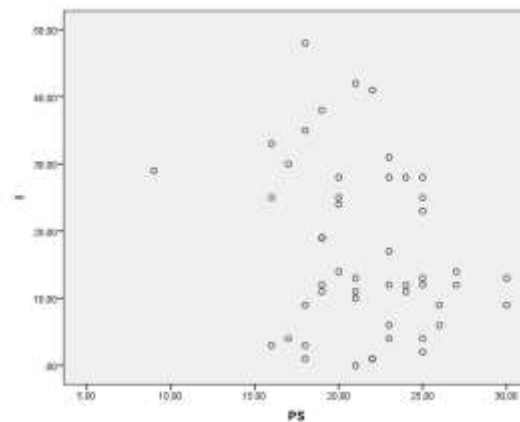


Figure 2: Scattered Plot Graph Showing Correlation between Problem-Solving Coping style and Inertia in children of Military Personnel

In Children, S(Satva) was found to be positively related to Problem Solving coping Style of ($r=0.218$). I(tamas) was found to be negatively related to Problem Solving Style of coping ($r = -0.250$). The base value to be Significant at 0.05 level is $=0.273$, which suggests that with more participants the results could Show correlation clearly.

Table 4.2

Pearson's Correlation Between Triguna Personality Traits And Coping Mechanisms In Wives of Military Personnel

Correlations

		S	A	I	PS	EF	AV
S	Pearson Correlation	1	-.791**	-.756**	.042	-.256	-.280*
	Sig. (2-tailed)		.000	.000	.770	.072	.049
	N	50	50	50	50	50	50
A	Pearson Correlation	-.791**	1	.198	-.140	.200	.229
	Sig. (2-tailed)	.000		.169	.332	.164	.110
	N	50	50	50	50	50	50
I	Pearson Correlation	-.756**	.198	1	.082	.201	.206
	Sig. (2-tailed)	.000	.169		.572	.163	.152
	N	50	50	50	50	50	50
PS	Pearson Correlation	.042	-.140	.082	1	.612**	.523**
	Sig. (2-tailed)	.770	.332	.572		.000	.000
	N	50	50	50	50	50	50
EF	Pearson Correlation	-.256	.200	.201	.612**	1	.656**
	Sig. (2-tailed)	.072	.164	.163	.000		.000
	N	50	50	50	50	50	50
AV	Pearson Correlation	-.280*	.229	.206	.523**	.656**	1
	Sig. (2-tailed)	.049	.110	.152	.000	.000	
	N	50	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Note: S= Stability, A= Activation, I= Inertia, PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism

Significant Correlation between AV and S, $p = -0.280$

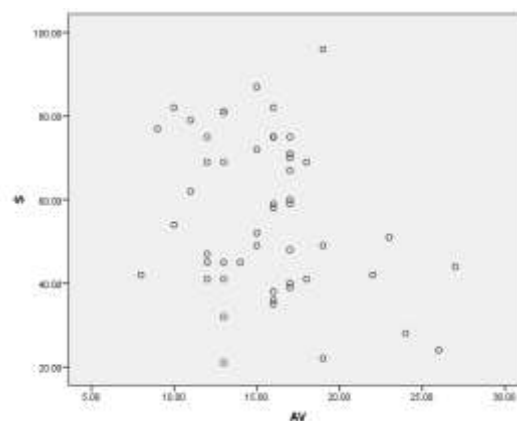


Figure 3: Scattered Plot Graph Showing Negative Correlation between Avoidant Coping style and Stability in Wives of Military Personnel

In wives, the relation between all three traits were visible, even though only one was found Significant, it Still clearly shows that with more participants the data could be Significantly correlated. Astound to be negatively related with EF, $r = -0.256$ and significantly negatively correlated with AV, $r = -0.280$ coping

styles significant at 0.05 level. Whereas, both A and I were positively related to these coping styles, if not Significantly.

It was assumed that Triguna personality traits also have a significant relationship with psychological Well-being in both wives and children of military personnel (H₁₃ and H₁₄).

Table 5.1
Pearson's Correlation Between Triguna Personality Traits And Psychological Well-Being In Children Of Defence Personnel

		Correlations								
		S	A	I	AUT	ENV	PER	REL	PUR	SA
S	Pearson Correlation	1	-.674**	-.754**	.240	.372**	.282*	.046	.070	.398**
	Sig. (2-tailed)		.000	.000	.093	.008	.047	.749	.629	.004
	N	50	50	50	50	50	50	50	50	50
A	Pearson Correlation	-.674**	1	.023	-.132	-.103	-.180	.162	.094	-.161
	Sig. (2-tailed)	.000		.871	.362	.478	.211	.260	.516	.264
	N	50	50	50	50	50	50	50	50	50
I	Pearson Correlation	-.754**	.023	1	-.208	-.412**	-.221	-.207	-.178	-.395**
	Sig. (2-tailed)	.000	.871		.148	.003	.122	.149	.215	.005
	N	50	50	50	50	50	50	50	50	50
AUT	Pearson Correlation	.240	-.132	-.208	1	.502**	.308*	.301*	.004	.268
	Sig. (2-tailed)	.093	.362	.148		.000	.029	.034	.980	.060
	N	50	50	50	50	50	50	50	50	50
ENV	Pearson Correlation	.372**	-.103	-.412**	.502**	1	.332*	.257	.175	.497**
	Sig. (2-tailed)	.008	.478	.003	.000		.018	.072	.223	.000
	N	50	50	50	50	50	50	50	50	50
PER	Pearson Correlation	.282*	-.180	-.221	.308*	.332*	1	.138	.235	.354*
	Sig. (2-tailed)	.047	.211	.122	.029	.018		.338	.101	.012
	N	50	50	50	50	50	50	50	50	50
REL	Pearson Correlation	.046	.162	-.207	.301*	.257	.138	1	.110	.209
	Sig. (2-tailed)	.749	.260	.149	.034	.072	.338		.447	.146
	N	50	50	50	50	50	50	50	50	50
PUR	Pearson Correlation	.070	.094	-.178	.004	.175	.235	.110	1	.153
	Sig. (2-tailed)	.629	.516	.215	.980	.223	.101	.447		.289
	N	50	50	50	50	50	50	50	50	50
SA	Pearson Correlation	.398**	-.161	-.395**	.268	.497**	.354*	.209	.153	1
	Sig. (2-tailed)	.004	.264	.005	.060	.000	.012	.146	.289	
	N	50	50	50	50	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Note: S= Stability, A= Activation, I= Inertia, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

Statistically Significant Correlation between ENV and S, $p = 0.372$

Statistically Significant Correlation between ENV and I, $p = -0.412$

Statistically Significant Correlation between PER and S, $p = 0.282$

Statistically Significant Correlation between SA and S, $p = 0.398$

Statistically Significant Correlation between SA and I, $p = -0.395$

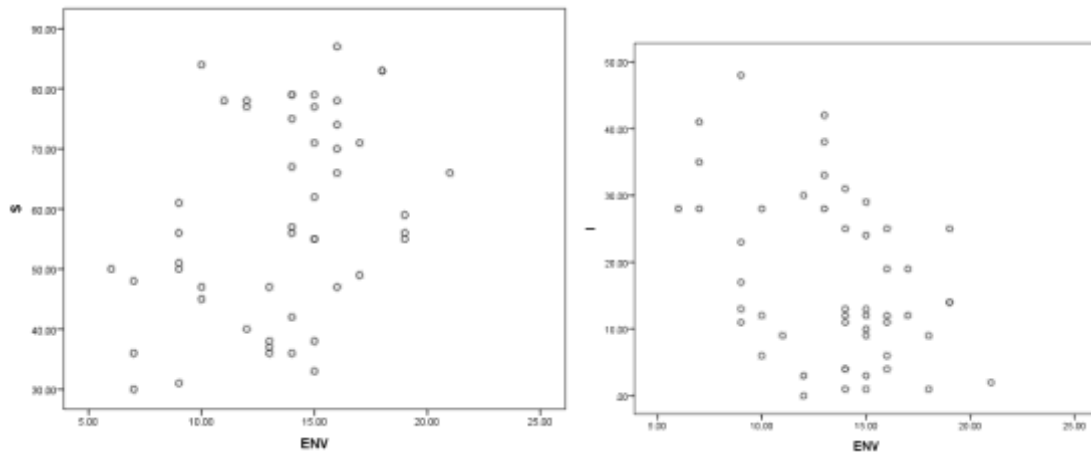


Figure 4: *Scattered Plot Graph Showing Positive Correlation between Environmental Mastery domain of Well-being and Stability in children of Military Personnel*

Figure 5: *Scattered Plot Graph Showing Negative Correlation between Environmental Mastery domain of Well-being and Inertia in children of Military Personnel*

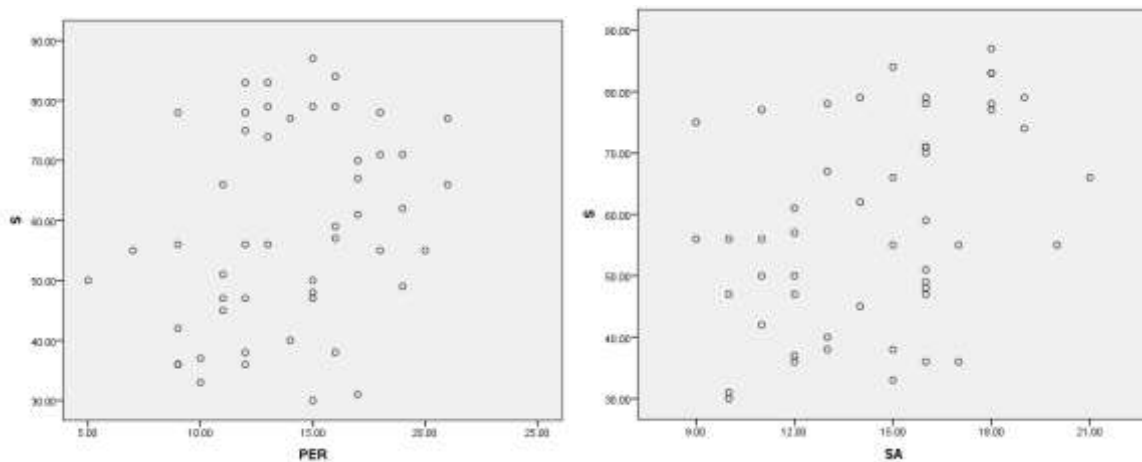


Figure 6: *Scattered Plot Graph Showing Positive Correlation between Personal Growth domain of Well-being and Stability in children of Military Personnel*

Figure 7: *Scattered Plot Graph Showing Positive Correlation between Self-Acceptance domain of Well-being and Stability in children of Military Personnel*

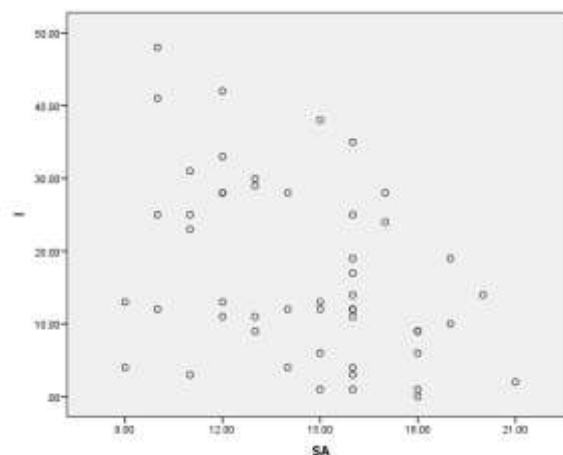


Figure 8: *Scattered Plot Graph* Showing Negative Correlation between *Self-Acceptance* domain of *Well-being* and *Inertia* in children of Military Personnel

In children this was visible very profoundly. Astound to be Significantly correlated to Env Significant at 0.01 level, $r = 0.372$, Per Significant at 0.05 level, $r = 0.282$, and SA Significant at 0.01 level, $r = 0.398$. Relation with Aut was also found to be mildly related, $r = 0.240$, Showing that with an increase in Sample Size it could turn out to be Significant. The results also Showed that I is negatively correlated to Env Significant at 0.01 level, $r = -0.412$ and with SA Significant at 0.01 level, $r = -0.395$. I also Showed relation with Aut ($r = -0.208$), Per ($r = -0.221$) and Rel ($r = -0.207$), even though these are not Significantly correlated but they do Show that with larger Sample Size it can become clearer.

Table 5.2
Pearson's Correlation Between Triguna Personality Traits And Psychological Well-Being In Wives Of Defence Personnel

		Correlations								
		S	A	I	AUT	ENV	PER	REL	PUR	SA
S	Pearson Correlation	1	-.791**	-.756**	.205	.143	.324*	.261	.028	.240
	Sig. (2-tailed)		.000	.000	.154	.323	.022	.068	.847	.093
	N	50	50	50	50	50	50	50	50	50
A	Pearson Correlation	-.791**	1	.198	-.015	-.114	-.327*	-.245	-.008	-.233
	Sig. (2-tailed)	.000		.169	.915	.432	.020	.087	.957	.103
	N	50	50	50	50	50	50	50	50	50
I	Pearson Correlation	-.756**	.198	1	-.318*	-.121	-.175	-.167	-.029	-.141
	Sig. (2-tailed)	.000	.169		.024	.403	.224	.246	.840	.327
	N	50	50	50	50	50	50	50	50	50
AUT	Pearson Correlation	.205	-.015	-.318*	1	.250	.177	.031	.013	.283*
	Sig. (2-tailed)	.154	.915	.024		.080	.220	.830	.927	.046
	N	50	50	50	50	50	50	50	50	50
ENV	Pearson Correlation	.143	-.114	-.121	.250	1	.293*	.150	.012	.287*
	Sig. (2-tailed)	.323	.432	.403	.080		.039	.297	.936	.044
	N	50	50	50	50	50	50	50	50	50
PER	Pearson Correlation	.324*	-.327*	-.175	.177	.293*	1	.151	.476**	.209
	Sig. (2-tailed)	.022	.020	.224	.220	.039		.295	.000	.145
	N	50	50	50	50	50	50	50	50	50
REL	Pearson Correlation	.261	-.245	-.167	.031	.150	.151	1	.385**	.121
	Sig. (2-tailed)	.068	.087	.246	.830	.297	.295		.006	.404
	N	50	50	50	50	50	50	50	50	50
PUR	Pearson Correlation	.028	-.008	-.029	.013	.012	.476**	.385**	1	.148
	Sig. (2-tailed)	.847	.957	.840	.927	.936	.000	.006		.304
	N	50	50	50	50	50	50	50	50	50
SA	Pearson Correlation	.240	-.233	-.141	.283*	.287*	.209	.121	.148	1
	Sig. (2-tailed)	.093	.103	.327	.046	.044	.145	.404	.304	
	N	50	50	50	50	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Note: S= Stability, A= Activation, I= Inertia, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance
Statistically Significant Correlation between PER and A, $p = -0.327$
Statistically Significant Correlation between AUT and I, $p = -0.318$

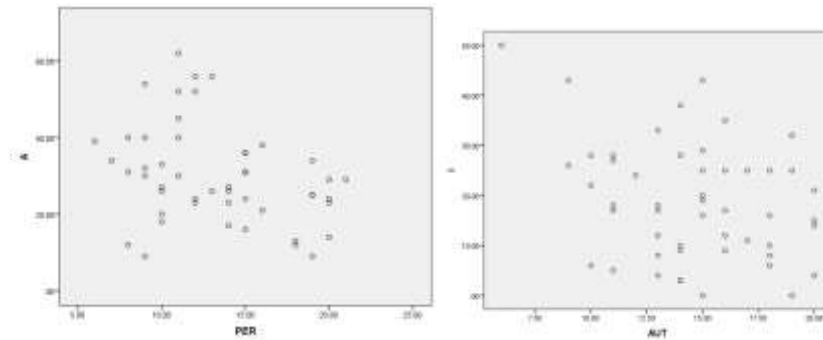


Figure 8: *Scattered Plot Graph Showing Negative Correlation between Personal Growth domain of Well-being and Activation in Wives of Military Personnel*

Figure 9: *Scattered Plot Graph Showing Negative Correlation between Autonomy domain of Well-being and Inertia in Wives of Military Personnel*

In wives, showed a positive correlation with Per ($r = 0.324$) Significant at 0.05 level, A shows negative correlation with Per ($r = -0.327$) Significant at 0.05 level, and I was found to be negatively correlated to Aut ($r = -0.318$) Significant at 0.005 level. Other than this, S was found to be related to Aut ($r = 0.205$), Rel ($r = 0.261$), and SA ($r = 0.240$) and A with Rel ($r = 0.245$) and SA ($r = 0.233$), even if these relations don't Show any statistical Significance, we can See a pattern which could be more understandable with more participants.

The Study also hypothesised that there is a Significant relationship between coping mechanisms and psychological well-being in wives as well as children of military personnel.

Table 6.1

Pearson's Correlation Between Coping Strategies And Psychological Well-Being In Children Of Military Personnel

		Correlations								
		PS	EF	AV	AUT	ENV	PER	REL	PUR	SA
PS	Pearson Correlation	1	.630**	.459**	-.140	-.077	-.165	-.004	.036	.018
	Sig. (2-tailed)		.000	.001	.333	.594	.252	.976	.804	.899
	N	50	50	50	50	50	50	50	50	50
EF	Pearson Correlation	.630**	1	.696**	-.338*	-.372**	-.276	-.085	.053	-.249
	Sig. (2-tailed)	.000		.000	.016	.008	.052	.556	.714	.081
	N	50	50	50	50	50	50	50	50	50
AV	Pearson Correlation	.459**	.696**	1	-.383**	-.506**	-.248	-.215	.179	-.336*
	Sig. (2-tailed)	.001	.000		.006	.000	.083	.133	.214	.017
	N	50	50	50	50	50	50	50	50	50
AUT	Pearson Correlation	-.140	-.338*	-.383**	1	.502**	.308	.301	.004	.268
	Sig. (2-tailed)	.333	.016	.006		.000	.029	.034	.980	.060
	N	50	50	50	50	50	50	50	50	50
ENV	Pearson Correlation	-.077	-.372**	-.506**	.502**	1	.332*	.257	.175	.497**
	Sig. (2-tailed)	.594	.008	.000	.000		.018	.072	.223	.000
	N	50	50	50	50	50	50	50	50	50
PER	Pearson Correlation	-.165	-.276	-.248	.308	.332*	1	.138	.235	.354*
	Sig. (2-tailed)	.252	.052	.083	.029	.018		.338	.101	.012
	N	50	50	50	50	50	50	50	50	50
REL	Pearson Correlation	-.004	-.085	-.215	.301	.257	.138	1	.110	.209
	Sig. (2-tailed)	.976	.556	.133	.034	.072	.338		.447	.146
	N	50	50	50	50	50	50	50	50	50
PUR	Pearson Correlation	.036	.053	.179	.004	.175	.235	.110	1	.153
	Sig. (2-tailed)	.804	.714	.214	.980	.223	.101	.447		.289
	N	50	50	50	50	50	50	50	50	50
SA	Pearson Correlation	.018	-.249	-.336*	.268	.497**	.354*	.209	.153	1
	Sig. (2-tailed)	.899	.081	.017	.060	.000	.012	.146	.289	
	N	50	50	50	50	50	50	50	50	50

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Note: PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

Statistically Significant Correlation between AUT and AV, $p = -0.383$

Statistically Significant Correlation between ENV and AV, $p = -0.506$

Statistically Significant Correlation between SA and AV, $p = -0.336$

Statistically Significant Correlation between ENV and EF, $p = -0.372$

Statistically Significant Correlation between AUT and EF, $p = -0.338$

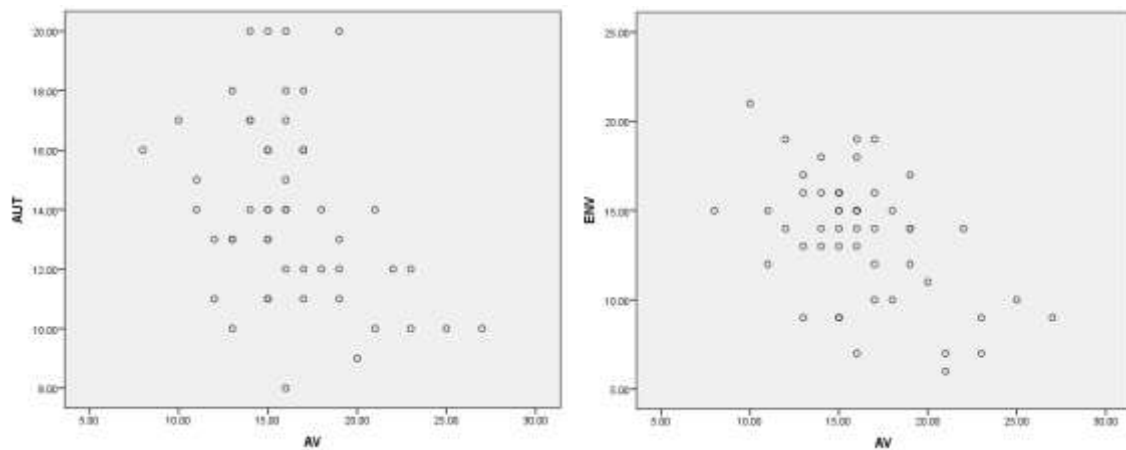


Figure 10: *Scattered Plot Graph Showing Negative Correlation between Autonomy domain of Well-being and Avoidant Coping Style in children of Military Personnel*

Figure 11: *Scattered Plot Graph Showing Negative Correlation between Environmental Mastery domain of Well-being and Avoidant Coping Style in children of Military Personnel*

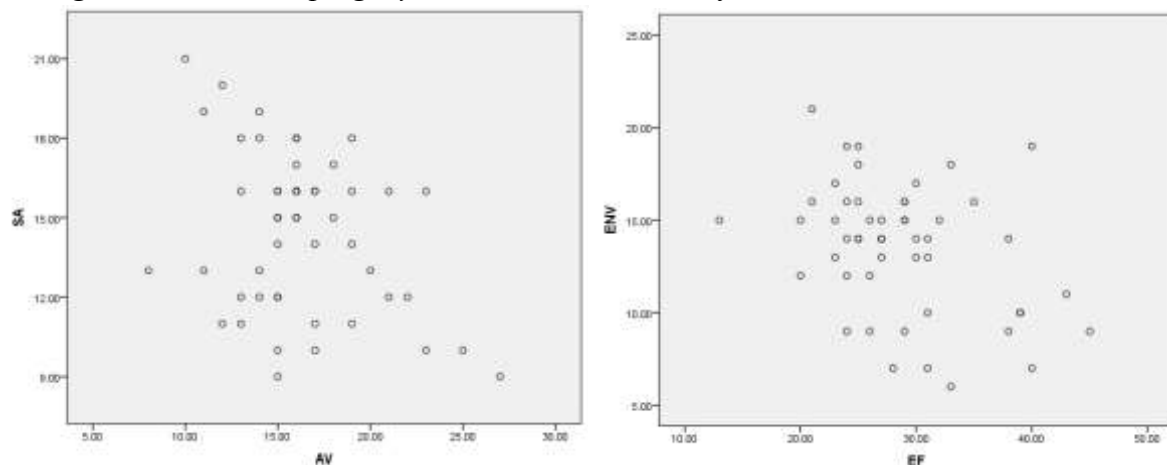


Figure 12: *Scattered Plot Graph Showing Negative Correlation between Self-Acceptance domain of Well-being and Avoidant Coping Style in children of Military Personnel*

Figure 13: *Scattered Plot Graph Showing Negative Correlation between Environmental Mastery domain of Well-being and Emotion Focused Coping Style in children of Military Personnel*

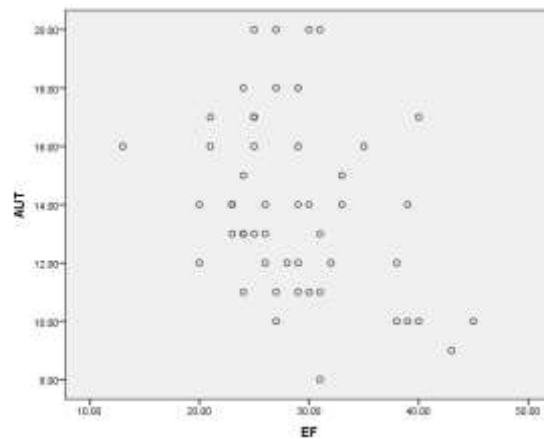


Figure 14: *Scattered Plot Graph Showing Negative Correlation between Autonomy domain of Well-being and Emotion Focused Coping Style in children of Military Personnel*

It was found in the results that for children, EF is negatively correlated to Aut ($r = -0.338$) at 0.05 level, Env ($r = -0.372$) at 0.01 level, and Per ($r = -0.276$) at 0.05 level Significantly as well as ap was found to be negatively correlated to Aut ($r = -0.383$) at 0.01 level, Env ($r = -0.506$) at 0.01 level, and SA ($r = -0.336$) at 0.05 level Significantly.

Table 6.2

Pearson's Correlation Between Coping Strategies And Psychological Well-Being In Wives Of Military Personnel

		Correlations								
		PS	EF	AV	AUT	ENV	PER	REL	PUR	SA
PS	Pearson Correlation	1	.612**	.523**	-.221	-.224	.064	.131	.058	-.042
	Sig. (2-tailed)		.000	.000	.123	.118	.660	.366	.689	.774
	N	50	50	50	50	50	50	50	50	50
EF	Pearson Correlation	.612**	1	.656**	-.196	-.180	-.246	.063	-.015	-.386**
	Sig. (2-tailed)	.000		.000	.173	.212	.085	.662	.916	.006
	N	50	50	50	50	50	50	50	50	50
AV	Pearson Correlation	.523**	.656**	1	-.273	-.384**	-.175	-.021	.083	-.312*
	Sig. (2-tailed)	.000	.000		.055	.006	.223	.883	.566	.027
	N	50	50	50	50	50	50	50	50	50
AUT	Pearson Correlation	-.221	-.196	-.273	1	.250	.177	.031	.013	.283
	Sig. (2-tailed)	.123	.173	.055		.080	.220	.830	.927	.046
	N	50	50	50	50	50	50	50	50	50
ENV	Pearson Correlation	-.224	-.180	-.384**	.250	1	.293	.150	.012	.287
	Sig. (2-tailed)	.118	.212	.006	.080		.039	.297	.936	.044
	N	50	50	50	50	50	50	50	50	50
PER	Pearson Correlation	.064	-.246	-.175	.177	.293	1	.151	.476**	.209
	Sig. (2-tailed)	.660	.085	.223	.220	.039		.295	.000	.145
	N	50	50	50	50	50	50	50	50	50
REL	Pearson Correlation	.131	.063	-.021	.031	.150	.151	1	.385**	.121
	Sig. (2-tailed)	.366	.662	.883	.830	.297	.295		.006	.404
	N	50	50	50	50	50	50	50	50	50
PUR	Pearson Correlation	.058	-.015	.083	.013	.012	.476**	.385**	1	.148
	Sig. (2-tailed)	.689	.916	.566	.927	.936	.000	.006		.304
	N	50	50	50	50	50	50	50	50	50
SA	Pearson Correlation	-.042	-.386**	-.312*	.283	.287	.209	.121	.148	1
	Sig. (2-tailed)	.774	.006	.027	.046	.044	.145	.404	.304	
	N	50	50	50	50	50	50	50	50	50

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Note: PS= Problem Solving Coping Mechanism, EF= Emotion Focused Coping Mechanism, AV= Avoidant Coping Mechanism, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

Statistically Significant Correlation between SA and EF, $p = -0.386$

Statistically Significant Correlation between ENV and AV, $p = -0.384$

Statistically Significant Correlation between SA and AV, $p = -0.312$

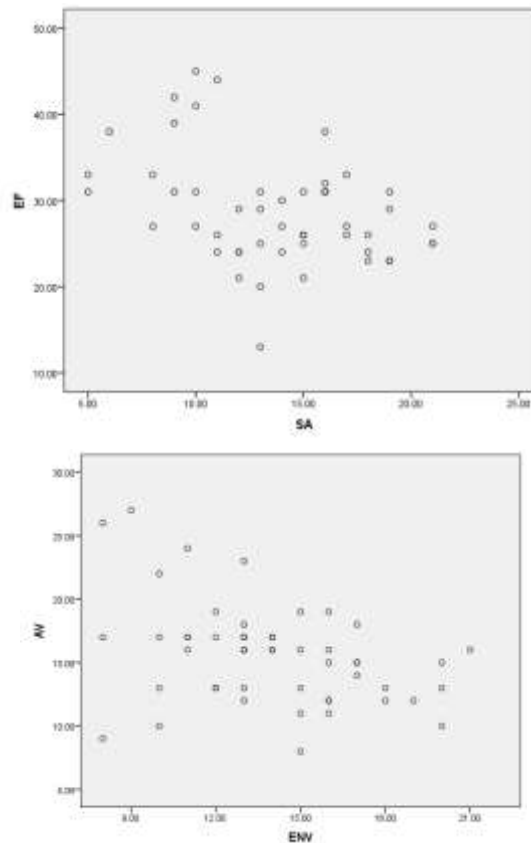


Figure 15: *Scattered Plot Graph Showing Negative Correlation between Self-Acceptance domain of Well-being and Emotion Focused Coping Style in Wives of Military Personnel*

Figure 16: *Scattered Plot Graph Showing Negative Correlation between Environmental Mastery domain of Well-being and Avoidant Coping Style in Wives of Military Personnel*

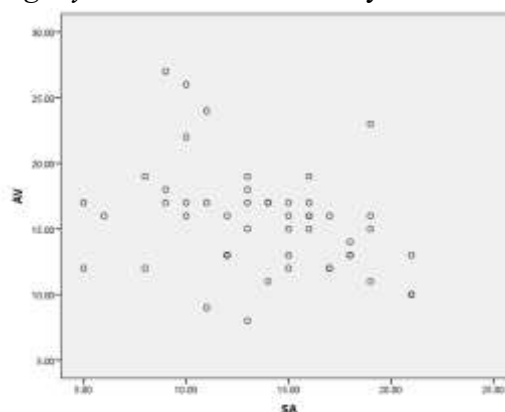


Figure 17: *Scattered Plot Graph Showing Negative Correlation between Self-Acceptance domain of Well-being and Avoidant Coping Style in Wives of Military Personnel*

For wives, it was found that EF is negatively correlated to SA ($r = -0.386$) Significant at 0.01 level, and AV is negatively correlated to Aut ($r = -0.273$) at 0.05 level, Env ($r = -0.384$) at 0.01 level and SA ($r = -0.312$) at 0.05 level Significantly.

REGRESSIONS:

Military personnel Children

Table 7

Regression Analysis of Avoidant Coping Style and Domains of Psychological Well-Being in Children of Military Personnel

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.610 ^a	.372	.285	3.17428

a. Predictors: (Constant), SA, PUR, REL, AUT, PER, ENV

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	256.811	6	42.802	4.248	.002 ^b
	Residual	433.269	43	10.076		
	Total	690.080	49			

a. Dependent Variable: AV

b. Predictors: (Constant), SA, PUR, REL, AUT, PER, ENV

Note: AV= Avoidant Coping Mechanism, AUT= Autonomy, ENV= Environmental Mastery, PER= Personal Growth, REL= Positive Relationship with Others, PUR= Purpose of Life, SA= Self-Acceptance

Table 8

Regression Analysis of Environmental Mastery Domain of Well-Being and Triguna Personalities in Children of Military Personnel

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.422 ^a	.178	.144	3.25033	.178	5.106	2	47	.010

a. Predictors: (Constant), I, A

ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	107.882	2	53.941	5.106	.010 ^a
	Residual	496.538	47	10.565		
	Total	604.420	49			

a. Dependent Variable: ENV

b. Predictors: (Constant), I, A

Note: A= Activation, I= Inertia, ENV= Environmental Mastery

Table 9

Regression Analysis of Self-Acceptance Domain of Well-Being and Triguna Personalities in Children of Military Personnel

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.423 ^a	.179	.144	2.80461	.179	5.125	2	47	.010

a. Predictors: (Constant), I, A

ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	80.625	2	40.312	5.125	.010 ^b
	Residual	369.695	47	7.866		
	Total	450.320	49			

a. Dependent Variable: SA

b. Predictors: (Constant), I, A

Note: A= Activation, I= Inertia, SA= Self-Acceptance

Discussion

The main aim of the study was to analyse the dominant Triguna personality Trait and its relationship with Coping strategies and psychological Well-Being in wives and children of Military personnel. The participants were 99% from Indian Army families, and 1 each from Indian Air Force and Indian Navy. The children were between the age group of 18 to 28 and the wives from 30 to 60. The Sample is from multiple locations according to the deployment status and consists of mixed diversity.

The findings of this study carry several theoretical and practical implications. At the theoretical level, the results provide preliminary evidence for the relevance of the Triguna personality framework in understanding coping mechanisms and psychological well-being among military families. While past research has largely relied on Western models of personality and resilience, the observed relationships between Sattva, Rajas, and Tamas with different coping styles and well-being dimensions highlight the value of integrating indigenous Indian frameworks into contemporary psychological research (Ravindra, 2017; Sharma, 2018). This contributes to the growing movement of culturally sensitive psychology, demonstrating that traditional concepts such as the Trigunas can meaningfully explain variations in adaptive and maladaptive coping (Misra & Mohanty, 2002).

From a practical standpoint, the study underscores the importance of tailoring mental health interventions for military families based on personality dispositions. The association of Sattva with problem-solving coping and positive aspects of well-being suggests that cultivating Sattvic qualities could strengthen resilience and emotional stability in both wives and children of service personnel (Pandey & Kiran Kumar, 1992; Singh, 2016). On the other hand, the negative correlations of Tamas with psychological well-being emphasise the need for interventions that reduce inertia, confusion, and avoidance-oriented behaviours (Rao & Harigopal, 1979). These insights can inform counselling practices, psychoeducational workshops,

and resilience-building programs within military welfare services, thereby providing more holistic support to families navigating deployment-related stressors (Padden et al., 2011; Cozza et al., 2013).

The study also points toward implications for policy and program development. Military welfare organisations in India could integrate personality-based approaches into their support systems, designing initiatives that encourage adaptive coping while addressing maladaptive tendencies. By incorporating indigenous frameworks such as the Triguna theory, policies may not only enhance the effectiveness of mental health interventions but also resonate more strongly with cultural values and lived experiences of Indian military families (Desai, 2010; Thakur, 2013).

Finally, the results carry implications for future research. Although the sample size limited statistical significance for several associations, clear patterns emerged that suggest stronger relationships may be observed in larger and more diverse samples. Longitudinal studies would be particularly valuable in examining how personality traits and coping strategies interact over time, while cross-cultural comparisons could help determine whether the observed associations hold across different military contexts (Miller et al., 2009; Lester et al., 2010). Thus, this study provides a foundational step in bridging indigenous psychology with modern resilience research, while highlighting directions for deeper exploration.

Limitations

This study is subject to certain limitations that must be acknowledged. First, the relatively small sample size restricts the generalisability of the findings and reduces statistical power, making it difficult to confirm whether the observed trends hold across larger populations. Second, the results are specific to military families in India, which limits their applicability to other cultural, social, or geographical contexts. The cross-sectional design of the study further constrains its scope, as it does not capture the long-term effects of Triguna traits and coping mechanisms, which may vary over time and under different circumstances. In addition, the reliance on self-reported measures introduces the possibility of response biases, such as social desirability or inaccurate recall. Finally, the participants were predominantly drawn from the Indian Army, with minimal representation from other branches of the military such as the Air Force and Navy, which reduces the scope for meaningful inter-branch comparisons.

Future Studies

Future research can build upon these findings by addressing the above limitations and expanding the scope of inquiry. Increasing the sample size and including participants from all branches of the armed forces would improve generalisability and allow for more robust comparisons. Longitudinal studies are recommended to capture the dynamic and evolving nature of Triguna traits, coping mechanisms, and psychological well-being across different stages of military life. A cross-cultural approach would also be valuable, as it would enable comparisons across different cultural and geographical contexts to identify both universal and context-specific patterns. In addition, intervention-based studies could be designed to explore the cultivation of Sattva traits and evaluate their effectiveness in enhancing resilience, coping, and overall psychological health. Finally, future research should consider additional variables such as gender, socioeconomic status, and duration of deployment, as these factors may provide a more nuanced understanding of the lived experiences of military families.

Conclusion

The study found that Sattva (Stability) was the dominant personality trait among both wives and children of military personnel, whereas Tamas (Inertia) and Rajas (Activation) were present in equal but lesser degrees. Among children, higher Sattva was associated with adaptive coping strategies, particularly problem-solving, and with enhanced psychological well-being, including environmental mastery, personal growth, and self-acceptance. Conversely, Tamas was linked to lower well-being, and emotion-focused and avoidance coping styles were negatively associated with autonomy, environmental mastery, and self-acceptance.

For wives, Sattva similarly promoted personal growth and tended to negatively relate to maladaptive coping strategies, whereas Rajas and Tamas showed weaker and mostly non-significant relationships with coping and well-being. Overall, these findings suggest that a higher presence of Sattva may foster positive coping and resilience, while Tamas and certain coping styles may pose challenges for psychological adjustment.

Future research could explore interventions aimed at enhancing Sattva traits to improve coping and well-being in military families. Longitudinal studies with larger and more diverse samples could provide a deeper understanding of how personality traits interact with coping strategies over time. Additionally, examining other family subsystems and including comparative studies across different military branches may help generalize these findings and inform targeted support programs for military families.

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