

Validation of questionnaire on Chakra (Chakra scale) as a practical tool for spiritual assessment

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Abstract:

Present definition of health by WHO lacks spiritual dimension. However, a need is felt by WHO to include it in the definition still, to improve care and gain a clearer understanding of some of life's and medicine's greatest mysteries. This study focuses on quantifying spirituality of individuals through understanding of spiritual beliefs related to chakra system of general population as mentioned in Indian scriptures and authenticate the chakra questionnaire. It is a Cross sectional, observational study. A scale was framed from available Indian scriptures based on chakra system, where each point was related to one of the seven chakras. 7 questions were framed for each of the first five chakras and 8 questions for last two chakras. Answers were taken on likert scale. The findings of this study where cronbach's alfa is .5 or above suggest acceptable chakra scale, can be used widely to study spiritual wellbeing of patients and positive affirmations can be applied in their day-to-day activity to know the effects these parameters (chakra affirmations) can cause and provide a new direction to patient's spiritual lifestyle.

Keywords: Validation of questionnaire on Chakra, health by WHO lacks spiritual dimension, chakras affirmations,

INTRODUCTION / BACKGROUND:

World Health in the year 1946, defined health as: "A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." The special group of the WHO Executive Board (1998) proposed that the Preamble of the Constitution should be amended to include the 4th dimension of health, i.e., the spiritual health, as follows: "Health is a dynamic state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity".[1]

However, limited data on measures to quantify spirituality [2] lead to the same definition as in 1946. [1] But, a need is felt by WHO to include it in the definition still, to improve care and gain a clearer understanding of some of life's and medicine's greatest mysteries.[3] This study focuses on studying spirituality of individuals through understanding of spiritual beliefs related to chakra system of general population as mentioned in Indian scriptures and authenticate the chakra questionnaire.[4]

Spirituality is defined in oxford dictionary as "the quality of being concerned with the human spirit or soul as opposed to material or physical things".[5] This term is not biased by any particular religion. In Indian scriptures, seven chakras have been described, as the centres of spiritual power in the human body.[5] According to Ayurveda, these chakras are spinning energy vortices.[6]

The different chakras are described according to a text [4]. The Base or Root (first) chakra is associated with family, tribe, materialism, and abundance. The Sacral (second) chakra is associated with sexual and social fulfilments, and emotions. The Solar Plexus(third) chakra is associated with career, capabilities, and self-esteem. The Heart (fourth) chakra is associated with unconditional love. The Throat (fifth) chakra is associated with personal expression, self-awareness, and finding truth. The Brow or Anja(sixth) chakra is associated with complex rational thought and insight. The Crown (seventh) chakra is associated with intuition and recognition of the common ground of all living beings.[6]

According to text [4], open chakras signify a clear movement of energy and allow us to be in good physical and mental health. Sometimes, however, these chakras might become blocked due to emotional upheavals such as a personal loss, a marital conflict, or even an accident, etc. The lower chakras get blocked in turn. The beliefs may change due to emotional upheavals in the life time. Altered beliefs and unhealthy emotions possessed during the lifetime or inherited from parents (carried in root chakra) can lead to different diseases. As emotions regulate the limbic cortex, they affect our physiology, leading to different diseases. [7]

Psychological disorders can be easily caused by emotional changes, like, fear, depression, stress and anxiety, which can cause significant problems in areas of their life, such as social interactions, school, and work. [8]

According to scriptures [4], the lower three physical chakras are connected to the upper three spiritual chakras through the heart chakra. The root chakra connects with the earth and the crown chakra with the almighty (a spiritual consideration). Seeking the truth (fifth chakra) through wisdom (sixth chakra) by making cosmic connections (crown chakra) needs to balance heart chakra (fourth chakra). A balanced heart chakra will lead to healthy lower chakras (first, second and third chakra). All this can be achieved through possessing beliefs of healthy chakra.

OBJECTIVES

Objective of this study is to prove the internal consistency of Chakra Scale using Cronbach's alpha.

This study focuses on core beliefs and hypothesizes that the chakra questionnaires are a practical tool for assessment of different chakras in human body and which chakra is dominant in a person at that time.

MATERIAL AND METHOD:

It is a Cross sectional, observational study in which 100 subjects were recruited in the study. The age group was 16-65 years, any gender, any religion. Subjects with any mental or physical disease were excluded from the study. The study was carried after taking due ethical clearance from institutional committee.

A scale was framed from available Indian scriptures to know the spiritual beliefs of subjects based on chakra system, where each point was related to one of the seven chakras. 7 questions were framed for each of the first five chakras and 8 questions for last two chakras. Questions were framed keeping in mind all aspects of the beliefs that the chakras affect as mentioned in the Indian scriptures. Answers were taken on likert scale ranging from 1 to 5 where 1 meant strongly disagree, 3 meant neutral and 5 meant strongly agree:

Root chakra

1. I am peaceful with the material world in which I live.
 2. I am worthy of respect.
 3. I withstand the obstacles of life.
 4. I make good, healthy choices.
 5. I release all my doubts, fears and anxiety.
 6. I am safe and secure.
 7. I have access to all the resources I need to survive and thrive.
- Sacral chakra
8. I nurture myself emotionally and take full responsibility for my own happiness.
 9. My relationships are based on mutual respect and appreciation.
 10. It's safe to get close to other people.
 11. I invite joy into my life.
 12. I'm healing old wounds from past relationships. I release trauma and keep the blessings.
 13. I receive pleasure and abundance with every breath I take.
 14. I am a lovable and desirable being.

Solar chakra

15. I feel calm, confident, and powerful.
 16. I feel motivated to pursue my purpose.
 17. I forgive myself for past mistakes, and I learn from them.
 18. The only thing I need to control is how I respond to situations.
 19. I can create positive change in my life.
 20. I stand in my personal power.
 21. I wholeheartedly believe in myself.
- Heart chakra
22. The power of love is inside me.
 23. I'm happy and grateful for having loving people in my life.
 24. I give my relationships the attention they deserve.
 25. I am ready and open to receiving love and blessings.
 26. I'm good and beautiful enough the way I am.
 27. All of my relationships are meaningful and rewarding.
 28. Friendships come easily to me.

Throat chakra

29. I concentrate on my friends' good qualities. I always voice my opinions in a calm and considerate way.



- 30. I am a confident speaker.
- 31. I am a deliberate listener, pausing to reflect before responding.
- 32. I am clear and concise in my communications.
- 33. I speak my truth freely and openly
- 34. I have the strength to tame my tongue.
- 35. I express myself with ease.

Third eye chakra

- 36. I am wise, intuitive, and connected to my inner guidance.
- 37. Every situation is an opportunity for growth.
- 38. I am able to see and act in alignment with my divine purpose.
- 39. Seeing and understanding the big picture comes naturally to me.
- 40. My life moves effortlessly towards my purpose.
- 41. My imagination is vivid and powerful.
- 42. My inner self always has the answer.
- 43. I have found that if I quiet myself, the answers will come to me.

Crown chakra

- 44. I honour the Divine within me.
- 45. I am open to letting go of my attachments.
- 46. I live in the present moment.
- 47. I am an extension of the Universe, and The Universe is kind and loving.
- 48. I am a spiritual being and divinely protected, inspired, and guided by the Universe.
- 49. I am connected to a limitless source of creativity, abundance, health, happiness, and love.
- 50. I know deep inner peace.
- 51. I release the need to control my life and surrender to a higher power.

- 1. Strongly disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly agree

Where 1 is strongly agree and 5 is strongly disagree. Most relevant column was to be ticked.

RESULT:

Cronbach's alfa was used to measure the scale reliability.

S. no.	Ques no.	Chakra no.	Chakra name	Other names	Cronbach's alpha	Reliability
1	1-7	1	Root	Muladhara	0.588	Satisfactory
2	8-14	2	Sacral	Svadhistan	0.652	Reasonable
3	15-21	3	Solar	Manipura	0.634	Moderate
4	22-28	4	Heart	Anahata	0.511	Acceptable
5	29-35	5	Throat	Vishuddha	0.583	Satisfactory
6	36-43	6	Third eye	Ajna	0.733	High
7	44-51	7	Crown	Sahasrara	0.830	Robust

[9]

DISCUSSION:

This scale was framed with around 100 questions which were then reduced to 51 in order to provide psychometric standard [10]. Scale development is a process of developing a reliable and valid measure of a construct in order to assess an attribute of interest [10].

The findings of this study where cronbach's alfa is .5 or above suggest acceptable chakra scale, can be used widely to study spiritual wellbeing of patients and positive affirmations can be applied in their day-to-day activity to know the effects these parameters (chakra affirmations) can cause and provide a new direction to patient's spiritual lifestyle.

Root chakra muladhara located at the base of spine represents grounding, stability and physical vitality which can also be confirmed by chakra 1 questionnaire [11]. When emotions or energies are not balanced at the root chakra, insecurity, doubt, fear of change, scarcity and anxiety occur and the questionnaire can assess these when root chakra is disturbed.

Sacral chakra Swadhishtan is located in the lower abdomen. It is associated with emotions, sensuality and creativity, which can also be assessed by the chakra scale. When it gets disturbed, envy, lust, jealousy, promiscuity, lack of desire [11]. Solar chakra is located in the upper abdomen. It relates to personal power, self-confidence and will power as assessed by the scale. Its disturbance causes depression, low energy and low self-esteem [11]. Heart chakras situated in the centre of the chest representing love, compassion and emotional wellbeing while disturbance produces tearfulness, anxiety and self-pity [11]. Throat chakra located at the throat is associated with communication, self-expression and authenticity. Its imbalance causes paranoid and shy, overly introverted and overly insecure [11]. Third eye chakra is in between the eyebrows. It represents intuition, insight and spiritual awareness. Disturbance leads to anger and rage, chronic stress, indecision and irrationality [11]. Crown chakra is located at the top of head. It is associated with the spiritual connection, higher consciousness and enlightenment. Disturbance causes melancholy, delusion, phobias and illusions [11].

Many studies tried to provide scales for spiritual dimension measurement. Scales, like the State-trait anxiety inventory (STAI), Beck anxiety inventory (BAI), Hamilton scale and Generalized anxiety disorder 7 (GAD7) measure anxiety but do not put emphasis on spiritual beliefs of such patients [12]. Scales like scores on measures of dysfunctional attitudes (DAS), early maladaptive schemas (EMSQ-R), and negative and positive beliefs about the self and others (BCSS) emphasize on beliefs of GAD patients. [13] These scales do not take into account, spiritual consideration, which is mentioned in literature on chakra.

For spiritual well-being, existing Assessment Instruments include: i. Spiritual Well-Being Scale, SWBS ii. Spirituality Assessment Scale iii. Spiritual Assessment Inventory, SAI iv. Index of Core Spiritual Experiences, INSPIRIT v. Independent Spirituality Assessment Scale vi. Myers-Briggs Type Indicator MBTI. However, no standard instrument is available on measurement of spirituality so far which focuses on a common worldly person and is devoid of religious and cultural bias.[3] In our study, as a general group of populations was covered religion and cultural bias were minimized.

HOPE is another scale for measurement.[14] However, there is a need to understand exactly which aspects of spirituality hold the most benefit for health and well-being. Our study widely covers these aspects through different chakras.

A Randomized controlled trials show that Spiritually Augmented Cognitive Behaviour Therapy (SACBT) produces significant improvement. However, High-quality evidence-based research is required to make the clinical applications more objective and effective.[15]

A study studied relation between anxiety and spirituality through two scales: Spiritual History Scale (SHS) and Functional Assessment of Chronic Illness Therapy Spiritual Well-Being Scale (FACIT-Sp). However, the study does not determine causality [16]. This study focuses on lifetime beliefs which become the causality for emotional well-being of a subject.

In future quantification should be done. These chakras should be studied in different pathological conditions and the impact of chakra and lifetime belief system on health can be widely explored. This will objectify the spiritual dimension. WHO can reconsider spirituality as a dimension of health through chakra system.

LIMITATIONS:

More affirmations need be studied related to different chakras in a larger population to increase the validity of the scale. More specified questions need to be framed for chakra 1, 4, and 5. Chakra root/1 is associated with family/tribe. No such question was framed to take such history. Factors like major life time stress, socio economic condition, different traditions were not studied in this study. No history of tribe was taken. This could be the reason for a lower Cronbach's alpha score for chakra 1. Chakra 4 and 5 need to be explored more in order to increase the acceptancy of the scale Quantification and objectifying of spirituality still remain untouched in this study.

CONCLUSION:

Chakra system is a fascinating concept that has captivated the interest of many individuals seeking to explore and understand their inner selves. It continued to be a subject of discussion, exploration and personal experience within the realm of spirituality and it can be a window to explore the changes in normal physiology of body into pathological consequences that mean diseases.

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