

**IMPACT OF A BUDDHIST PRACTICE ON
PSYCHOLOGICAL WELL-BEING AND RELATED
FACTORS OF POSITIVE PSYCHOLOGY:
A TRANSNATIONAL COMPARISON**

by

ROSHNI SACHAR

Department of Humanities and Social Sciences

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CERTIFICATE

This is to certify that the thesis entitled **“Impact of a Buddhist Practice on Psychological Well-being and related factors of Positive Psychology: A Transnational Comparison”** being submitted by **Ms. Roshni Sachar**, to the Indian Institute of Technology Delhi, for the award of the degree of Doctor of Philosophy, is a record of bonafide research work carried out by her.

Roshni Sachar has worked under our guidance and supervision, and has fulfilled the requirements for the submission of the thesis, which, to the best of our knowledge, has reached the required standard.

The results presented in this thesis have not been submitted, in part or full, to any other University or Institute for the award of any degree or diploma.

Dr Kamlesh Singh
Associate Professor
Department of Humanities and
Social Sciences
Indian Institute of Technology
Delhi

Dr. Amulya Khurana
Professor (Retd.)
Department of Humanities and
Social Sciences
Indian Institute of Technology
Delhi

Date:
New Delhi

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ABSTRACT

The present study aimed at investigating the impact of Soka Gakkai International's (SGI) Buddhist practice, on psychological well-being (PWB) and some other factors (well-being index, general psychological health, gratitude, and wisdom) of positive psychology. An attempt was also made to find out the significance of difference, if any, in PWB and some other factors of positive psychology, among practitioners from Europe, USA and India.

The sample consisted of 464 participants (228 SGI Buddhist practitioners and 236 non-practitioners). The practitioners and non-practitioners were selected by using random sampling method from the three geographic locations. The practitioners had a minimum of one year of Buddhist practice that included chanting, Buddhist study and discussion meetings. On the basis of the review of literature, four hypotheses were formulated and tested through appropriate statistical analysis.

A set of five tools of measurement was used to collect data. A semi-structured interview schedule was used for qualitative data collection. Both descriptive statistics and inferential statistics were utilized to analyze the quantitative data. The qualitative data were analyzed by using content analysis and thematic analysis.

The results revealed that the practitioners scored significantly higher than the non-practitioners on all the five variables. Female respondents scored significantly higher on PWB, gratitude and wisdom, than their male counterparts. Besides this, there were significant national/cultural differences between the three groups on general psychological health, where the Indian sample scored significantly higher, and the American respondents were found to be significantly higher on PWB.

The findings of the study have been discussed in the light of other relevant studies and conclusions drawn accordingly. Limitations of the study have been pointed out and suggestions for future research have been made.

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