

## The Effect of Tri Guna in Educational Psychology

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### ABSTRACT

In this life, there are differences in human behavior, so that they run according to their respective *svadharma*. A person's current position will be influenced by the nature he was born with, namely (*sattvam*) goodness, (*rajas*) lust, and (*tamas*) ignorance. Thus all thoughts, words, and actions of each individual is a reflection of one's behavior in society, then the influence of the nature of *sattvam*, *rajas* and *tamas* nature will have an impact on the level of belief of each individual. Opportunities in this life, which are influenced by the tri guna, even though they have different levels of understanding of beliefs, all of these can be used as basic capital to change all behaviors for the better. This can be realized when making a choice in acting or doing, if always by prioritizing the nature of *sattvam*. The *Rajas* and *Tamas* properties are used in the right circumstances and conditions. Educational Psychology can play a role in creating a number of effective ways of teaching. Educational Psychology emphasizes the teaching and learning process and the factors that influence it, both internally and externally.

Keywords: Tri Guna, Educational Psychology

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### I. Introduction

Triguna will have an effect on the level of confidence / trust. This factor is the cause of differences in the behavior of living humans, so that they run according to their respective *svadharma*. Whatever one's position is, it will be affected by the natural qualities one is born with, namely (*sattvam*) goodness, (*rajas*) lust, and (*tamas*) ignorance. Thus all thoughts, words, and actions of each individual are a reflection of one's behavior in society, so the influence of the nature of *sattvam*, *rajas* and *tamas* nature will have an impact on the level of belief of each individual.

In Hinduism, the Vedas are the source of all *dharma*s, then *sruti*, in addition to precepts, events and *atmanastuti*, therefore all of this should be a guide for Hindus to think, say and act in this life, because it will result in karmaphala that

will follow. received, now, in the future and in the future, is unavoidable. It is better if all actions are done consciously, because behavior is one's karma, where karma will also have an impact on the results. in the future, he never reverts back to the culprit unavoidably.

Opportunities in this life, which are influenced by the tri guna, even though they have different levels of understanding of beliefs, all of these can be used as basic capital to change all behaviors for the better. This can be realized when making a choice in acting or doing, if always by prioritizing the nature of *sattvam*. The *Rajas* and *Tamas* properties are used in the right circumstances and conditions. Thus, all actions (actions) that are influenced more dominantly by lust and ignorance/delusion can be minimized.

Educational psychology is a scientific science that studies awareness behavior so that there is an interaction of various factors related to students with their potential and the natural environment with its possibilities. In the awareness process, students find themselves with their strengths and weaknesses and discover their natural environment with the possibilities and limitations that exist.

## II. Discussion

### 2.1 The Concept of Tri Guna

Guna has three details, namely: *sattvam*, *rajas*, and *tamas*. These three are called tri guna. This Guna affects the citta so it is called *citta sattva*, *citta rajas* and *citta tamas*. When the tri guna meets the *citta*, *Budhi* is born and from *Budhi* is born *ahamkara*, *ahamkara* is divided into three namely *ahamkara waikreta*, *taijasa* and *bhutadi* (Siva tatwa, 2004 ; 19).

In the *Wrhaspati tattva* it is mentioned, *sattvam* shines bright-clean-calm, *rajas* is turbulent and dynamic, *tamas* is lazy and stupid/dark, thus these three gunas shackle humans so that various human qualities occur such as: Calm, pure, wise, intelligent, honest, disciplined, diligent, agile, agile, rude, quick to anger, stubborn, arrogant, emotional, egotistical, sleepy, stupid, lazy, slow.

According to *Samkya* philosophy, *prakrti* is composed of 3 gunas or forces called *sattvam* (purity of light, harmony), *rajas* (lust, activity, motion) and *tamas* (inactivity). Guna means the rope, which binds the spirit with 3 knots, the Guna here is not the Guna of the *Nyaya-vaishesika* philosophy. It is the real substance or element that composes *prakrti*. It composes the whole universe which develops from *prakrti*. It is not combined in the same amount, but in various proportions, one of which excessive. Just as Sat-Cit-Ananda is the Vedantic trinity, so is the use of the Sankhya trinity. (Sivananda, 2003:195)

The *Samkhya* system is generally studied after the *Nyaya* system, because it definitely emphasizes duality and plurality, because it teaches that there are many *Purusa* or spirits. *Samkya* denies that a thing can be produced from nothing. *Prakrti* and *Purusa* are *Anadi* (beginning) and *Ananta* (endless: infinite). The non-existence (*aviveka*) between the two is the cause of birth and death. The difference between *Purusa* and *Prakrti* gives *Mukti* (liberation). Both *Purusa* and *Prakrti* are *Sat* (real). *Purusa* is *Asanga* (unbound) and is all-pervading consciousness and eternal. *Prakrti* is the character and *sipemikat*, which is composed of matter and material spiritual person who has or is affected by the 3 Gunas or attributes, namely *Sattvam*, *Rajas* and *Tamas*. (Maswinara, 1999: 156)

Tri Guna is the nature of essence that comes from *prakrti* in Bhagavad Gita XIV.5 states as follows;

*Sattvam rajas tama iti  
Gunah prakrtisambhava,  
Nibadhnanti mahabaho  
Dehe dehinam avyayam.*  
It means :

"Sattva-rajah-tamah, this is guna (nature of essence) born of *prakrti*, O the mighty arm (Arjuna), who bind the inhabitants of the eternal body tightly. (Pudja, 2010: 344)

The three gunas are present in all beings, even though their existence is different. A person is said to be *sattvika*, *rajasa* or *tamasa*, according to the predominant Guna. The *sattvika* nature leads to

enlightenment and knowledge, the rajasa mode in restlessness is full of desire for external things, the tamasa mode is stupid and inert, the mind is dark and confused, in Bhagavad Gita XIV.10 states as follows;

*Rajas tamas cabhibhuya  
Sattvam bhavati bharata,  
Rajah sattvam tamas caiva  
Tamah sattvam rajas tatha.*

It means:

"When sattva overcomes rajah and tamah, O Arjuna, Similarly, Rajah if dominates tamah and sattva; As there is also tamah that overcomes sattva and rajah. (Pudja,2010;347)

## **2.2 Characteristics of Tri Guna**

The characteristics of the triguna are signs that are presented by the qualities of sattvam, rajas and tamas in the activities one does. The characteristics of sattvam, rajas and tamas are as follows:

### **2.2.1 Characteristics of Satvam**

To be able to understand the characteristics of sattvam which are quoted in Manawa Dharmasastra XII.31 it is mentions;

*Wedabhyasastapo jnanam caucam indriyanigraha,  
Dharmakriyatma cinta ca sattwikam guna  
laksanam.*

It means:

Study the vedas, meditate, learn everything kind, science, chastity, control over the senses, do virtuous deeds, together concerning the soul: all are characteristics of the sattva nature, (Pudja and Sudharta, 1996 : 723)

The nature of sattvam is defined by the nature of goodness so that it has the following characteristics in behavior: Calm, pure, wise, intelligent, honest, disciplined, diligent. Sattvam is balance. When sattvam is victorious, there is peace or serenity. People who have the sattvam nature of faith are of a higher spiritual level.

### **2.2.2 Characteristics of Rajas**

In order to understand the characteristics of rajas quoted in Manawa Dharmasastra XII.32 it is mentions;

*Arambha rucita dhairyam asatkarya parigraha,  
Wisayopasewa cajasram rajasam guna  
laksanam.*

It means:

Very passionate about doing tasks work, lack of perseverance,  
do deeds sinful, and always bound to pleasures bodily pleasures,  
all of which are the nature of rajah. (Pudja and Sudharta, 1996 : 724)

The nature of Rajas is defined by the nature of lust, this trait has the following characteristics: agile, agile, rude, quick to anger, stubborn, arrogant, emotional, ego. Rajas are activities that are expressed as raga-dvesa, like or dislike, love or hate, attractive or unattractive. People who have a moderate level of faith in the spiritual field because the influence of lust from their ego is still strong.

### 2.2.3 Characteristics of Tamas

To be able to understand the characteristics of the nature of tamas quoted in Manawa Dharmasasta XII.33 it is mentions;

*Lobhah swapno'dhritih krayam nastikyam  
bhinnawittita, Yacisnuta pramadacca  
tamasam guna laksanam.*

It means:

Loba, counterfeit, discouraged, cruel, atheist, trying not good, habit live on the mercy of people others and inattention are characteristics amicable nature. (Pudja and Sudharta, 1996:724)

The nature of tamas is a trait that is defined as stupidity, this trait has the following characteristics: Sleepy, stupid, lazy, dirty, slow. Tamas is that which is fettered with a tendency to lethargy, sloth and foolish activity, which causes delusion or indiscrimination. People who have the tamas nature of faith in a low spiritual level because the tamas nature of being lazy to do something is only overwhelmed by delusional thoughts.

### 2.3 Educational Psychology

Psychology comes from the Greek word psychology. The linguistic meaning of the word psychology is a combination of two words that have meanings, namely, Psyche means Soul; and Logos means Science, which can be understood that psychology is the science of the Soul. (Galugu, 2021 ; 1)

Mulyadi (2016; 5) Psychology is a (scientific) science that studies behavior, as a manifestation of awareness, mental processes, motor, cognitive and emotional activities.

Etymologically, education comes from the Greek, namely "Paedagogike". The word consists of two syllables meaning "paes" which means child and "ago" which means I guide. So the linguistic meaning of pedagogy means I guide children. In English, the term education is called education which comes from the word educate (educating) which means to give an increase (to elicit, to give rise to), and to develop (to involve, to develop) (Galugu, 2021; 3)

Law of the Republic of Indonesia Number 20 of 2003 concerning National Education System defines education as a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by himself, society, nation and state (Law Number 20 of 2003).

Suralaga (2021;2) Educational Psychology can play a role in making a number of effective ways of teaching. Educational Psychology emphasizes the teaching and learning process and the factors that influence it, both internally and externally.

Educational psychology is concerned with human behavior in educational situations. Educational psychology is a branch of psychology that systematically discusses learning theory, learning processes, learning supporting factors and problems related to education from a psychological perspective. (Galugu, 2021 ; 4)

## **2.4 Difficulty in learning**

Learning difficulties are a form of disturbance in one or more of the physical and psychological aspects such as the ability to focus, language skills, hearing, reading skills, fine motor skills, emotional disorders. Children with learning difficulties have different characteristics from other children.

Learning difficulties are conditions experienced by most of the students . Learning difficulties have many types;

1. Learning Disabilities

Learners who experience Learning Difabilities are individuals who experience basic psychological disorders or central nervous function disorders that result in failures in their learning activities. Learners who experience learning disabilities tend to avoid the learning process and have an effect on their learning achievement. Learners who experience learning disabilities have characteristics such as weak memory, difficulty understanding mathematical symbols, difficulty concentrating, being emotional, difficult to show left-right directions, difficult to distinguish the pronunciation of letters.

2. Underachievers

The term underachiever refers to children who have a high level of intelligence but have low learning outcomes. Children who experience underachievers are usually characterized by not being interested in school/academic activities, always feeling disappointed, having difficulty in social acceptance and adjustment, having low self-confidence, poor time management, feeling rejected or getting less family attention and tend to have poor learning outcomes. not good. Underachiever is influenced by several factors including motivation, parental support, school climate and study habits.

3. Slow Learner

Slow learning is one of the learning difficulties that is sometimes difficult for teachers to observe because physical and social interactions do not show any difference with other children. Slow learner children have several characteristics including emotional aspects (tend to have low emotional control, have negative emotions, and tend to be pessimistic, especially when under pressure). From the cognitive aspect, slow learner children have the characteristics of having an IQ below the average, poor memory, having trouble focusing in learning and finding it difficult to express ideas. In the aspect of language and communication

(due to low cognitive abilities, slow learner children also tend to have difficulty communicating and are easier to understand concrete language).

#### 4. Hyperactive

Hyperactivity is a symptom caused by several factors such as brain damage, emotional disturbance, hearing loss, or mental retardation. Children who experience symptoms of hyperactivity must as early as possible get services for treatment so that hyperactivity does not develop into criminal behavior. Children who experience hyperactivity will experience learning difficulties and find it difficult to adjust to learning activities, especially in normal classes.

Hyperactive children have characteristics including difficulty controlling behavior, unable to sit still in a matter of 5-10 minutes, stubbornness, undirected movements and behavior, temperamental even though they are still very young (early age), and difficult to control to carry out learning activities in an orderly manner.

(Galugu, 2021; 114-117)

### **III. Conclusion**

From the above discussion about the Effect of Tri Guna in Educational Psychology, it can be concluded as follows; The three gunas are present in all beings, even though their existence is different. A person is said to be sattvika, rajasa or tamasa, according to the predominant Guna. The sattvika mode leads to enlightenment and knowledge, the rajasa mode in restlessness is full of desire for external things, the tamasa mode is stupid and inert, the mind is dark and confused. Educational psychology is a scientific science that studies awareness behavior so that there is an interaction of various factors related to students with their potential and the natural environment with its possibilities. Learning difficulties are conditions experienced by most of the students.



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