ACKNOWLEDGEMENTS

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

- John F Kennedy

It is a myth that a thesis is the soul wrenching creation solely of its author’s time, toil and tenacity. It is a collaboration of many scholarly and learned minds which come together leaving an indelible mark on the author and filling the author’s heart with immense gratitude. However, it is an arduous task to thank one’s guru for the learning he has mustered onto the student as one will always fall short of words when it comes to penning it down. Still I would like to make a humble attempt to whole heartedly thank those minds who were always at it, those hands who checked the same one after the other and those hearts who stood by me through thick and thin and helped this journey meet its destination well in time, so that this thesis may see the light of the day.

At the very onset, I acknowledge very special gratitude to my mentor and guide Professor Emeritus Jitendra Mohan (Professor Emeritus of Psychology, Panjab University, Chandigarh). Professor Jitendra Mohan has been the raison d’être of my applying for Phd as I got the golden opportunity to research under him. His inspiring attitude coupled with scholarly knowledge has always enthralled me. It is solely due to his guidance of unmatched proficiency in the subject and understanding of high calibre that I have been able to do justice with the subject in hand. His enthusiasm, finite view on research and zero error syndrome has left an indelible mark on me and has always given me an impetus to give my best each day for which I am and shall forever be truly grateful to him. The knowledge and learning gathered from him by me during the completion of my thesis is immense and for which I shall always be thankful to him. His incredible patience in going through every draft one after the other had greatly inspired me giving me an incentive to keep writing till I reach perfection. His professional acumen and expertise rendering guidance in every endeavour of mine has helped me reach where I stand today. I am whole heartedly indebted to him for illuminating the path as a torch bearer and reaching my destination.

In my endeavours to sharpen my research skills, Professor Meena Sehgal, Chairperson of Department of Psychology, Panjab University, Chandigarh, always stood tall to get me back on the right track whenever I had tend to deviate or had gone off the track. Her critical comments, disciplinary and perfectionist attitude and thorough encouragement enabled to bring out the best of me resulting in the fruitful completion of my work. I express my sincere thanks and deep gratitude for her painstaking efforts, guidance, supervision, pragmatism, patience and above all
encouragement throughout my work, Professor Meena Sehgal always proved to be very dependable, forthright, systematic and subtle inspirator.

I would like to thank the Department of Psychology for their requisite aid and assistance in my research. I would further like to express my gratitude to the sportspersons and academic achievers who spared their valuable time for me and also the coaches who helped in making it possible. I would also like to thank the three universities which allowed me to go ahead with my work without much hurdles.

I would like to extend a sincere thanks to my family, who stood by me and gave me a strong foundation to strive towards my goal, who nurtured in me the idea that even for a million mile journey, there is always a first step and that is to begin.

I would like to express my hearty appreciation of Kuldeep Singh, Harsha Agarwal, Maman Paul, Usha Sharma, Sukhmani Singh and Amrit for their constant and unstinted support and encouragement which greatly motivated me in all my endeavours.

Above all, I would like to thank Almighty for the kindness he has always bestowed upon me and for the blessings he has showered on me in all forms which has given me the strength to keep moving forward.

Guneet Inder Jit Kaur