ACKNOWLEDGEMENT

This study has undoubtedly been an enriching and rewarding personal experience. It has enabled me to rationalize and cope with my own stresses and strains faced at various stages of this work.

In any field a research undertaking requires a group undertaking effort. For this research study, I remain indebted to many individuals who have helped me in its successful completion. I would like to take this opportunity to thank them.

I have been very fortunate to have Dr. Pratikshaben Raval, as my guide and mentor. Undoubtedly, her inputs and suggestions have been invaluable in shaping this research. She has played a major role in my over all growth and well being. Her inspiration, encouragement and continuous motivation has kept me going and helped me work methodically and think analytically. She maintained a fine balance between providing guidance and allowing me to venture on my own. I would also like to thank her daughter Dr. Vaishali Raval for her guidance and special help.

I am deeply indebted to my husband Viral and daughters Tanaya and Avisha for their encouragement, understanding, patience and tolerance, which were very important and essential for the completion of my thesis. I could not have completed my thesis without their support.

My very special thanks to my parents to whom I owe every thing. The very mention of them is enough to revitalize and energize me and help me tide over any strain or stressful situation. I am also grateful to my brother and my sister-in law for their constant encouragement and moral support.

Lastly, I am indebted to my father-in-law and my mother-in-law whose blessings have made me achieve my goals and have given me immense inner strength. I am also grateful to my sister-in-law for her understanding and support.

I appreciate the special help rendered to me by Mr. Kedar Bhatt and Mr. Rashmin Sompura in completing statistical analysis which is one of the crucial elements of my thesis.
My special thanks to all my friends and relatives for their encouragement and moral support and to all those who took part in this research study to help me complete it.

As I submit this thesis, I am reminded of renowned psychiatrist Dr. Arieti’s words, “...the creative man does not start from the foot of the mountain again, but from where other people have left off... although he will not reach the peak of the ultimate mountain, the horizons that open before his eyes are vaster and vaster. And he rejoices in his heart knowing that his labour has not been in vain...”

I too rejoice in my heart that my labour has not been in vain. And that is my greatest reward.