PREFACE

We have entered the ‘Age of Intelligence’. It is an age of meta-cognition. It is an established fact that human brain acts as a radiant only when its awareness level is enhanced. This is age-old piece of eternal knowledge given to the world by our traditional indigenous grand scriptures-VEDAS. Awareness has become the key word in the contemporary global village. The future will be owned by those societies which will focus on the enhancement of human potential by working on expansion of human awareness.

The projected new age is essentially going to belong pre-dominantly to the persons who have mastered life skills laden with personal values. Change, flexibility, creativity, strategical thinking and enhanced social responsibility are all going to become the most happening words in the fast descending age. Psychological dispositions coupled with personal ethics and social responsibilities are the only panacea which can check the bankruptcy of thoughts. No nation, No society and No people in the coming times can afford to remain complacent at the various levels and areas of awareness. The recent economic depression and Japanese tsunami and the nuclear aftermath have rewritten the chapters of human history. Civilization is once again on the crossroads. Education is the only magical wand in the hands of modern-day-man which can save the situation. Fortunately the web of education is fairly widespread in the 21st century. The need is to have optimum utilization of this stage which has been set for future actors of mankind. It is time that we find out the various modes and means through which we can have enhanced awareness among mankind through the use of education.

Awareness Training Model happens to be one such tool whose validity needs to be established in the inculcation of life skills and personal values; especially the way they correlate with significant psychological trait viz. psychological hardiness. Therefore the present study has been attempted with an endeavor to pave the way for new age methodologies which will prove instrumental in writing a new history for mankind in the approaching times.
The aim of the present investigation was to put an effort for assessing the effect of Awareness Training Model on Life Skills and Personal Values of secondary school children in relation to their Psychological Hardiness. The report of the present study has been presented in six chapters:

**Chapter I:** deals with the introduction to the problem, theoretical framework of different variables under study and significance of the investigation.

**Chapter II:** includes review of the related literature, emergence of the problem, delimitations along with the objectives and hypotheses to be tested.

**Chapter III:** focuses around description of the tools: their development procedure and validation.

**Chapter IV:** deals with method of the study, tools used, sample, design, procedure and statistical techniques used for the purpose of data analysis.

**Chapter V:** presents analysis and interpretation of data leading to conclusions.

**Chapter VI:** includes summary of the findings, implications of the research findings and suggestions for further research.