I am highly indebted to my guide and supervisor, Mr. Gurbaksh Singh Sandhu, Reader in the Department of Physical Education, Panjab University, Chandigarh, for his invaluable criticisms, suggestions and constant encouragement throughout this research project.

I am extremely grateful to Dr. Ajmer Singh, Dean of the Lakshmibai National College of Physical Education, Gwalior, for inspiration and his wholehearted cooperation in putting this project together.

Deep gratitude is also due to the Principal of the college where I work, Mrs. H. Dhillon, for bearing with me most kindly while I frequently took time from my duties for research.

I would also like to express my thanks to the Headmasters and Principals of the various schools from where I collected the data, and to Mr. Anil Kumar and Mr. Gulshan for vital help on the computer. My friends, Mrs. Pushpa, Mrs. Mohinder Kirpal Kaur and Miss Kiranjeet Kaur Gill helped me immensely in basic spadework and cooperated with me on innumerable occasions. I am deeply thankful to them. Dr. R.S. Brar, Lecturer in Physical Education in Chandigarh provided constructive criticism and
direction through discussions on my findings. I am grateful to him.

Finally, I must express my thanks to Dr. E.M. Daniel for editorial advice and to Mr. Trilochan Singh for typing the manuscript.

CHANDIGARH,

OCT 16, 1990.

(SUKHPAL KAUR)