Acknowledgements

My research work is incomplete without acknowledgements that are due to so many individuals and institutions that have directly and indirectly helped me in accomplishing this difficult task.

First and foremost, I would like to thank all the authorities of Karnataka University, Dharwad, for giving the opportunity to enroll in the university and complete the research work.

I am extremely grateful to Dr Vijayalaxmi A. Aminabhavi, Professor, Department of Psychology, Karnataka University, Dharwad for accepting me as research student and encouraging me to take up the topic I was interested in. Throughout, she has not only provided invaluable advice and guidance but also immeasurable support in difficult times.

I am grateful to Dr A. A. Pal, Chairman, Department of Psychology, Karnataka University, Dharwad for all the support and encouragement. My thanks are also due to Dr N. B. Hanalappanavar and Dr P. S. Halyal for providing necessary support as heads of department when my research was under progress.

I am very grateful to Principal and Head Master of M. R. Sakhre School for according permission to conduct pilot study and also children of 8th and 9th standards for participating in the study. I am indebted to Sri J. S. Kulkarni, Head Master, G. V. Joshi Rotary English Medium High School, Adarshnagar, Hubli and Sri Ladhad, Administrator, Nirmala Thakkar High School, Shanthi Colony (N), Hubli for permitting me to conduct my study and collect data repeatedly. Children belonging to both experimental and control groups deserve special thanks for participating in the study willingly, honestly and enthusiastically.
I would be failing in my duty if I do not acknowledge the valuable suggestions and expert guidance provided by Dr. Uma Hirisave, Associate Professor, Department of Clinical Psychology; Dr. R. Parthasarathy, Professor, Department of Psychiatric Social Work, and also Dr. K. V. Kishore Kumar, Senior Psychiatrist, NIMHANS, Bangalore while I was developing the Psychosocial Competence scale.

I also would like to record my heartfelt thanks to Dr. C. G. Venkatesh Murthy for sharing his experiences in developing the intervention package, permit me to go through his package and also for other invaluable advice which helped me tremendously.

My thanks are due to Dr. Srikala Bharath, Additional Professor, Dr. K. V. Kishore Kumar, Senior Psychiatrist, Department of Psychiatry and also Miss M. N. Vrinda, Research Scholar, Department of Psychiatric Social Work, NIMHANS, Bangalore, authors of ‘Health Promotion Package Using Life Skills Approach’, for providing me their package and permitting me to go through them.

I am also thankful to the library staff of NIMHANS, Bangalore for their help in collecting the necessary literature. My thanks are also due to Chief Librarian and other staff of Karnatak University, Dharwad for their kind service during the tenure of my research.

I am also extremely thankful to Sri. Venkatesh Joshi, who spent sleepless nights attending to the statistical analysis of my research work and lucid explanations regarding various tests utilized.

I would like to thank all non teaching staff of the Department of Psychology, Karnatak University, Dharwad, Sri Kusugal for their cooperation.
I am very grateful to Dr. M.G. Hiremath, Director, Karnataka Institute of Medical Sciences for the encouragement and Dr. T. A. Shehpur, Head, Department of Pediatrics, KIMS, Hubli for being accommodative and supportive by providing me with leave to facilitate completion of the research work in time. I am also thankful to the other consultants of the department.

I also would like to thank profusely my husband, Dr Mahesh Desai for making so many adjustments, sacrifices, support, and being there for me in times of need throughout, with out which, I would not have completed the research work. My parents-in-law, Sri Srikantappa. R. Desai and Lalitha .S. Desai, my aunt Smt Raina Hammigimath and my parents Sri Ramesh Dindigal, Smt Swarajyalakshmi too deserve to be thanked for their moral support and taking over the responsibility of managing the house, so that I could devote my full time and energy for research work.

My thanks are due to my grand mother Smt Ambujabai Dindigal and other uncles and aunts who have been a great source of support and encouragement. I very much would like to acknowledge the material and moral support extended to me by my younger brother Anil. V. Dindigal. He has been instrumental in helping me access online library and providing the soft ware for data management.

The uphill task of data entry was made easy for me by Master Ankit Tulshan and Ms. Ruchi Tulshan, who willingly shared the laborious work of entering the enormous amounts of data without a mistake untiringly. I am grateful for their timely and invaluable help.

My thanks are also due to my friends Smt Sunitha Hangal, Smt Geetha Pastey and Sri. Shanmukh Kamble for their support and advice in times of need.
I am greatly indebted to Smt. Seema Jagirdar, Smt. Leela Mishra, Smt. Sunitha Mishra, Smt. Navitha Modi, and Smt. Seema Katti for motivating me from time to time, listening to my woes patiently, sharing my work, providing the required material help, and extending moral support. Without their help the accomplishment of the research work would have been much more difficult. I am grateful to Smt. Vimala Mishra, Smt. Leelavathi Katti for their blessings and kind words.

My thanks are due to Sri Krishna Ladwa of M/S Pankaj Xerox; Mr. Akhilesh of IT World, and Mr. Mahanthesh of Mahantesh Xerox and Binding for their professional service.

Even though the list may be exhaustive, still there may be some omission of persons to be thanked. Therefore, last but not the least I thank all such persons who might have been missed.