Acknowledgement

It is a pleasant task to express my thanks to all those who contributed in many ways to the success of this study and made it an unforgettable experience for me. At this moment of accomplishment, I thank Lord Shiva, for all his blessings, my teachers for sharing their wisdom and my family for the emotional support.

I am deeply indebted to my respected research guide, Dr. Ramesh Kumar Chauhan, Associate Professor, Department of Physical Education, H.P. University, Shimla for the trust and the freedom bestowed on me throughout the study. This work would not have been possible without his insightful, structured and goal driven approach. Under his guidance, I successfully overcame many difficulties and learned a lot as a novice in research methodology. His understanding, encouragement and personal guidance have provided a good basis for the present thesis. I gratefully acknowledge his painstaking efforts in reviewing the drafts and final research report.

A deep sense of gratitude to Prof. Y.P. Sharma, Chairman Department of Physical Education; Dr. Surinder Kumar Sharma, Dr. Sanjay Sharma, Dr. Hari Singh and non-teaching staff members of Department of Physical Education, Himachal Pradesh University Shimla for providing me help whenever I approached them in connection with my study.

Thanks are also due to library staff H.P.U. Shimla, K.U. Kurukshetra, P.U. Chandigarh and Punjabi University Patiala, GNDU Amritsar and Punjab Agriculture University Ludhiana for their assistance and cooperation they have rendered for the study.
I am also thankful to all the Assistant Professors, Coaches, team managers and teachers of various universities, for their kind support in data collection. I am very much obliged and grateful to all the volleyball players of various universities for sparing their invaluable time and willingness to take the test and help me to collect the required data.

I am earnestly thankful to my father, Shri K.C. Rana, mother Smt. Sudeshana Rana and my sister Mrs. Anita Katosh, brother-in-law Mr. Dinesh Katosh and all my family members for their consistent encouragement, motivation and inspiration for sports and as a researcher in Physical Education.

I am extremely thankful to my beloved wife Mrs. Ruchika Rana from the core of my heart without her support and motivation my research work would have never been completed and arrival of my son Rudar Rana in my life during this research work was also pleasurable reinforcement for my doctoral research.

I must take this special opportunity to express my special thanks to Mr. Suneel Kumar and Mr. Manu Sood for preparing and designing neat and clean type script of the thesis.

Last but not least I would like to pay gratitude and reverence to the Almighty God by whose grace I have been able to complete the study.

(Aneesh Rana)