PREFACE

The 21st century is a witness of change in almost every area of life. The nature of prevalence of disease has also shifted from acute to chronic. These diseases continue for life and require continuous management. The present study is a well designed effort to study how psychological factors (Self Efficacy, Social Support & Locus of Control) can help an individual adhere to the prescribed medical regimes in order to sustain the medical condition.

It is the most privileged day of my life that finally I have been able to contribute to the vast world of knowledge through a meaningful piece of research work. The dream to relate health and psychology has finally come true with sound results. It has been only possible through the meticulous and stalwart guidance, encouraging attitude, creative suggestions, untiring patience and constructive criticism of my supervisor cum role model, Deepti Hooda. She combines in her the rare qualities of head and heart.

It is a great opportunity for me to express my heart full gratitude to Prof. Novrattan Sharma, Head Department of Psychology, M.D. University Rohtak for providing all possible assistance for completing my study. A special thanks to Prof. Amrita Yadav for treating me like her own child and upraising me as a successful research scholar, further express my deep gratitude to all the teachers of Department of Psychology for their direct and indirect valuable support.

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work, the contribution of valuable friends for life Rukmani, Rekha and Swati cannot be denied. They kept motivating me to meet my objective. Also, the shared experiences of seniors regarding research are worth mentioning and hold due importance.

Last, but not the least is the contribution of family including my parents, brothers, sister-in-law and two beautiful princesses (niece) who were always excited to hear the conclusion of my study. It was their unconditional support that helped me to continue my efforts and accomplish the task. Also, I am thankful to the respondents whose responses were the core of study.

Date: 
Place:  
Signature: KADAMBARI