ACKNOWLEDGEMENT

First of all the Investigator praise and thank God Almighty for His immense grace and protection throughout her life and she owes to Him for completing this work.

The Investigator wishes to place on record her profound indebtedness with deep gratitude and sincere thanks to her research guide, Prof. (Dr.) K.A. Kumar, Formerly Director of Medical Education, Principal, Medical College, Kottayam, Director and Head of the School of Behavioural Sciences, M.G. University for his meticulous guidance, valuable suggestions, immense patience, constant encouragement and kind treatment throughout the conduct of the study. He has been a source of inspiration to me during all the phases of this study. I consider myself lucky and privileged to have completed this study under his guidance.

The researcher acknowledges with sincere gratitude and expresses the earnest thanks to Dr. K R Sivadasan, Formerly Professor and Dean, Faculty of Education, University of Kerala for his scholarly suggestions and insightful guidance. His constant encouragement, support and confidence in me helped me to complete this study.

The Investigator wholeheartedly expresses a bouquet of thanks to Dr. Razeena Padmam, Director and Head of the School of Behavioural Sciences, for giving me encouragement and all administrative guidance and support to complete my study on time.

The researcher owes her sincere thanks to Dr. Subrahmanya Nairy for his scholarly guidance and help in statistical analysis of data.

The Investigator takes this opportunity to express her sincere thanks to all Faculty members and non-teaching staff of the School of Behavioural Sciences for their whole-hearted cooperation, support and encouragement.
The researcher is extremely thankful to Mr. Salimkumar, Librarian, School of Behavioural Sciences and the staff of Mahatma Gandhi University Library for providing me help in collecting literature and reference materials.

The Investigator recalls with gratitude the assistance rendered by the staff of Victoria Hospital, Kollam, for collecting data. She expresses her sincere thanks to the District Medical Officer for giving her permission to collect data from Victoria Hospital, Kollam.

Researcher gratefully acknowledges the immense help rendered by the experts from nursing field, the departments of obstetrics and gynaecology, psychiatry and psychology for validating the tools.

The investigator remembers thankfully all the pregnant women who accorded their consent to participate in this study and appreciate their cooperation in the different stages of the study, without which the study would not have materialized.

The researcher gratefully acknowledges the goodwill of the distinguished authors of the tools - STAI and BDI that I used for my study.

Investigator showers heartfelt thanks to all her family members and her teachers for their selfless help and constant encouragement throughout the conduct of the study.

A bouquet of thanks to Aathira Graphics Center, Thiruvananthapuram for the effort taken to give shape and form to this thesis.

My sincere thanks go to all my friends and fellow researchers for their timely help and inspiration during the study.

The Investigator gratefully acknowledges all those who rendered immense help directly or indirectly in the successful conduct of this study.

Girija K. M