Arthritis is a troubling condition which require people to cope with pain, stiffness, fatigue, and physical limitations. The way they manage these aspects of their illness influences their ability to engage in meaningful, obligatory and discretionary activities, including the domains of work, family life, leisure, and social relationships. As social beings, with specific roles and responsibilities, humans engage in a range of life activities. Pain, along with other symptoms from arthritis, threatens the ability to participate in these activities, and may compromise psychological and social well-being. Among a group of older adults with arthritis, those with greater pain disability experienced more psychological distress, higher unemployment and lower self efficacy. So coping is one important aspect in order to deal with disease and to maintain good Quality of Life. Keeping this in mind, this piece of work entitled “EFFECT OF WAYS OF COPING ON QUALITY OF LIFE OF ARTHRITIS PATIENTS” was designed. With a profound sense of gratitude and gratefulness I express my thanks to my supervisor, Dr. Promila Batra, Professor and Head, Department of Psychology, M.D. University, Rohtak, under whose guidance I received in giving this thesis a concrete form of reality. She always encouraged me and her timely and valuable help in matters concerning my study in general and piece of investigation in particular during the course of this work, enabled me to complete this thesis.

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