Acknowledgement

The investigator wishes to place on record his deep indebtedness and gratitude to all those who have helped, contributed and inspired directly or indirectly in the preparation of this doctoral thesis.

The investigator is greatly indebted to Dr. Anil R., Associate Professor in Physical Education, P K M College of Education Madampam, Kannur University, under whose inspiring guidance this study was conducted. He was willing to share his major constructs and experiences with the investigator. The investigator was fortunate enough to share his very deep and vast treasure of knowledge and experience, and to enjoy the hospitality rendered by him.

I have been lavished with an inexhaustible fund of support and encouragement from Dr. Raju K John, Dr. Shibu Simon, and Dr. A. Sunny Kuriakose who were my Principals during the term of the study.

The investigator is highly indebted to all his family members and friends especially parents and In-laws for being the constant source of support and inspiration. His wife Sindhu Tiji for all the care and concern, his children Zachariah Pathrose and Anna Pathrose for adjusting with the academic situations for their father. His brother Titty Zachariah and sister in law Beena Titty and their children Eldhose and Alias, His younger brother Tizil Zachariah and sister in law Poonam Tizil and their children Anie and Aby, who are very close to the heart, and for providing all moral strength.

Above all the investigator bows his head before God Almighty for making him do this research work.

Tiji Zachariah