Acknowledgements

"Encouraged people achieve the best; dominated people achieve second best; neglected people achieve the least."

Anonymous

I'm indebted to various people who directly or indirectly contributed in the development of this work and who influenced my thinking, behavior and acts during the course of this study. Here, I would like to acknowledge and extend my heartfelt gratitude to the people who have helped this long cherished dream become a reality.

First and foremost I would thank the almighty for being with me all time, all through the thick and thin, holding my hand whenever I faltered and giving me strength and courage required to complete this work successfully.

I would like to express my very special gratitude to my mentor, oracle and guide Prof. Meena Sehgal, who is an epitome of wisdom and perfection. I can never thank her enough for the unwavering support and unending patience. This has been a long road with many hurdles in my way but her constant support and guidance made everything sound easy. On one hand she is motherly caring and compassionate to hold finger whenever her students need and on the other she is watchful and diligent to ensure that her students perform the pinnacle and achieve the state of the art. Her perfectionist attitude and the perseverance to go into the minutest detail of the entire work and constant encouragement have been of great help. Without her efforts, this would never have seen light of the day and I'm proud to have had the privilege of being her student. True to the sense of Brhadaranyaka Upanishad she has Lead me from darkness to light and from death to immortality (astoma sad gamay tamso ma jotiogamay).

I would also like to extend a very special gratitude to Prof. Jitendra Mohan, Professor Emeritus, Panjab University Chandigarh, for providing academic support and guidance during the course of this
research. A renowned name in the area of psychology, he has devoted his entire life towards the enlightenment of students. He is a great source of inspiration, a reservoir of energy, who encouraged me time and again, with his motivating words and continues to inspire me with his prolific writings and perfectionist attitude.

I would like to extend my heartfelt thanks to Prof. R.C. Sobti and Dr. Vipin Sobti for constantly pushing me hard to successfully complete this endeavor. They stood by me; motivated and encouraged me like my own parents. The care, concern and faith they bestowed on me kept me grounded and focused. They provided me with the much needed guidance, help and emotional support in hours of need. By being on my side in hours of trial as well as triumph, they increased my confidence many folds. In fact, I feel short of words while expressing my gratitude towards them. They will always be a source of encouragement for me.

My principal Dr. Puneet Bedi, who has been a constant source of inspiration with her motivating words, also helped me in this research endeavor by providing me relief from the college activities during the preparation of the final draft of my work.

Throughout this journey my family has been a constant source of encouragement. I thank my parents, Sh. S.P. Bhagat and Smt. Pushpa Bhagat, for the motivation, support, understanding and care which can be only parentally possible. My brothers Rajesh and Amit stood by me in all tough times and have been providing me the much needed push every time I felt low or distracted from my work. During the course of these eventful years of my life, when my brothers got married, I got two wonderful friends in the form of my Bhabhis Niharika and Sapna, who helped me in various ways possible.

There is no substitute for the comfort and support provided by friends. I feel indebted to all my friends who touched my life and motivated me in one way or the other. This dream wouldn’t have become reality without the unflinching support and help I got from Pawan Sharma, who was a constant source of encouragement and served as the pillar of my strength. My dear friend, Jasmine Pasricha, on whom I took out all frustration whenever I felt discouraged but she stood by me all through, and made me smile even in the toughest of circumstances. I shall not be doing justice to myself if I don’t mention my very good friends
Sarvjit Kaur and Bharti Sharma for being with me all the time and helping me with their sweet gestures. I would also like to express my sincere thanks to Anupreet Kaur Arora for helping me meet deadlines. I owe a special thanks to my teacher and now a senior friend Mrs. Vibha Sharma for giving me sound advice at all times, keeping me focused and reminding me frequently about my goal. She is one person I always rush to for advice whenever, I’m in doubt or need guidance. She is the gem of a person, who goes out of the way to help someone, in times of need.

I’m extremely grateful to all the subjects who agreed to be a part of this research. I would also like to thank the non-teaching staff of the Department of Psychology, Panjab University, Chandigarh for their cooperation. Last, but not least, I would thank Mr. Mahendru (Statistical Analyst, P.U., Chd.) and Mr. Sanjay (Statistical Analyst, RITES, Gurgaon) for the statistical analysis of this work.

Geeta Bhagat