ACKNOWLEDGEMENT

To speak gratitude is courteous and pleasant,
To enact gratitude is generous and noble,
But to live gratitude is to touch Heaven.

(Johannes. A. Gaestna)

I praise and thank the Lord Almighty for showering his abundant blessings and wisdom on me through out this study. His favours encompass me from all directions. He has opened the door of all good before my face. He has enriched me by the bestowals of grace.

This thesis arose in partout of years of research that has been accomplished since I came to Annamalai University. I had the opportunity to associate with a great number of pioneers in nursing and allied profession whose contribution to the research and making of the thesis deserve special mention.

It is a pleasure to convey my gratitude to these pioneers in my humble acknowledgement.

I would like to record my authenticate gratitude to Dr. (Mrs.) Vijayalakshmi Ethiraj, Principal, Rani Meiyammai College of Nursing, for her scholarly guidance from the very early stage of this research as well as giving me extraordinary experiences through out the research process. Above all, she provided me unflinching encouragement and support in various ways. Her truly scientist intuition has made me as a constant oasis of ideas and her passion in nursing exceptionally inspired and enriched my growth as a scholar. I am indebted to her more and more every time I spend quality time with her. She was really patient when I fell short of what she wanted me to be.
I gratefully acknowledge my co-guide Dr. V.R. Thilagavathy, Chief Obstetrician and Gynecologist, K.G. Hospital, for her crucial contribution in the domain of knowledge, which is the backbone of this research.

I am profoundly grateful to Dr. M. Ramanathan, Vice Chancellor, Annamalai University and Dr. M. Rathinasabapathy, Registrar, Annamalai University. I am extremely thankful to Prof. Dr. N. Chidambaram, M.D., Dean, Faculty of Medicine, Annamalai University for his guidance and valuable contributions.

I am indebted to pay my tribute to my God Father Dr. G. Baktavathsalam, Chairman, K.G. Hospital for having given me the precious opportunity to build my career precious opportunity to build my career and his relentless motivation helped me pursuing the doctoral degree in nursing.

I am deeply grateful to Dr. (Mrs). Kalavathi, Vice-Principal, Rani Meiyammal College of Nursing, who nourished my intellectual maturity from the inception to end of this research process. I have greatly benefited by her advice, critical comments and efficient directions and for granting her time for answering some of my unintelligent questions about my thesis. Mam’s clinical knowledge amazed me and it was good to learn a lot from her experiences.

I owe my deepest gratitude to Dr. A. John William Felix, Reader-Cum-Statistician, R.M.M.C.H. for providing outstanding guidance in statistical analysis. His calm behaviour encouraged me to do my work with more vigour. His involvement with his originality has triggered and nourished my intellectual maturity and statistical skills.

I am very much thankful to Dr. M.K. Kannaki, & Dr. Chandrakala Maran, Obstetrician and Gynecologist, K.G. Hospital, who enabled me to start and carry out this study successfully by providing immense help, able guidance, valuable suggestions during data collection. It helped me to lay
strong foundation for this study. Because of them, my interviews, discussion, deliberations with couples made for each other provided countless good memories. I am so grateful to all of them who allowed me to conduct the experiment. I owe my success of data collection solely to them.

I extend my sincere thanks to Dr. Ethiraj, Professor and Head, Division of Community Medicine, R.M.M.C.H. who refined my thesis in many ways by providing words of wisdom and points to ponder.

It is my honour to thank Dr. Josphine R. Little Flower, Registrar, Tamilnadu Nurses and Midwives Council, Chennai, who gave strength and support to continue my study every day till my submission. Her one word is heavier than tons in terms of encouragement for me.

I am very much thankful to my Director Mrs.Vaijayanthi M. Das, K.G. College of Health Sciences, who was the instrument, constant source of inspiration and her precious help in materialising this thesis. Her dissemination of ideas, suggestions made me to cross over all the stumbling blocks during my study period.

Of course, I wish to thank many people who are my well wishers. My special thanks to my spiritual god father Rev. Dr.A. Jawahar Samuel, Love of Jesus Ministry, Coimbatore, for his prayers and blessings through out my study. I thank all those who prayed for me when I was writing this thesis.

I express my genuine thanks to Mr. Prabhu, & Mr. Muhil, for editing my thesis in English and Tamil within the stipulated time span and for reviewing the whole study to make necessary corrections.

I extend my sincere thanks to many experts in my institution, Mr. Prabu Kumar Administrative Officer, Mrs. Sonia Das, Principal, who have been a driving force behind the submission of this thesis.
My special thanks to all my colleagues with special mention of Mrs. Sheeba, Mrs. Vimija and Mrs. Santhi for their utmost help, cooperation, and execution in the institution in my absence.

It is my pleasure to express my deep sense of gratitude to Dr. Kumudhini and all doctors in the labour room, Mrs. Susi, Mrs. Latha and other sisters in the labour room, for all their help in completion of this dissertation.

I extend my earnest thanks to Mrs. Jaeny Kemp, Principal, Institute of Nursing, GKNM Hospital, Coimbatore, who did a great job “to icing the cake”. Her professional expertise made my work more reader friendly.

I also would like to make a special reference to all the experts, who provided constructive recommendations and enlightening suggestions while validating the tool.

I also would like to acknowledge Mr. Mesha, teacher family friend of mine who made the replica of the study in my thesis in the form of photos/videos.

I am grateful to Dr. (Mrs.) Ganthimathi, Professor, Rani Meyammmai College of Nursing, Annamalai University, who rendered help in many ways by giving correct ideas for the submission of this thesis.

I to extend my sincere thanks to office superintendent, to all the staffs of teaching and non teaching, Rani Meyammmai College of Nursing, Annamalai University, for their valuable help during the process of my research.
Without help from my wonderful friend, Prof. Santhi Appavu, Principal, Christian College of Nursing, Nagercoil, my pages in acknowledgement would never be complete.

Many people deserve credit for this study from my family. Those special people are my brothers. Their encouragement is immensurable.

I am forever indebted to my husband Mr. John Jebasingh, my greatest motivator, who boosted my inner spirit by stimulating my will power. The pillar of my strength who steadies my sail for the past few years for research. His timely help during data collection and providing solemn support with lots of concern and love made my study swift. My cute lovely acknowledgment to my lovely daughter Ms. Betsy Jonahs, for her self discipline and for managing independently during the various phases of the thesis, understanding the stressful situation of mine made me to complete this project.

I am extremely grateful to my beloved mother Mrs. Christhumani for her love, concern, encouragement. Her help in innumerable ways all through my study is thought provoking.

I am thankful to my in laws Mr. Samuel Durai, (Rtd. H.M.) & Mrs. Suciela Durai, (Rtd. Teacher), for their blessings and prayers.

I am thankful to Mrs. Mr. Anbiah, for their prayers, help, concern and love.

I extend a special word of appreciation and thank to M/s Vinayaga Computers, Annamalainagar for their sincere effort in typing the manuscript with much valued computer skills.

The list is endless . . . thanks to everyone, whom I have not mentioned in my thesis but still remember them all.

D. Esther Rakel