PREFACE

“We believe that civilization has been created under the pressure of the exigencies of life at the cost of satisfaction of the instincts.”

- Sigmund Freud

The purpose of human life is to seek happiness (HH Dalai Lama, 1998). The pursuit of happiness or to say life satisfaction is an important determinant of human behaviour. It becomes more vital in modern scenario of stress laden life. Psychologists have shown concern about it and trying to take up researches to throw light on various dimensions of life satisfaction with a view to develop intervention programs to enhance it and thus make human more happier. The present piece of research is a step in the direction and attempt to understand relationship between life satisfaction and its certain determinants like alexithymia, borderline personality disorder, marital status, and gender, specially in the case of middle agers, a crucial period in life span.

Chapter One of introduction has been devoted to elaboration of basic concepts and relevant studies in the field. Chapter Two provides insight into the objectives of the present research with pertinent hypotheses. Chapter Three details the methodology adopted in the present research including Sample, Tools, Design, and Procedure. Chapter Four deals with statistical analyses done and Chapter Five has been devoted exclusive to the discussion of the findings of the present research. The last Chapter Six of Summary intends to provide a bird-eye-view of the whole research.

“At times our own light goes out and is rekindled by a spark from another person. Each one of us has a cause to think with deep gratitude of those who have lighted the flame within us.”

- Albert Schweitzer (1875-1965)

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To be able to look back upon one’s life in satisfaction, is to live twice.

- Khalil Gibran

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(Mrs. Hemlata Tiwari Pathak)