PREFACE

“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.”

- Albert Einstein

Human brain has a fascinating ability to produce unbelievable results out of daydreams. There are numerous examples of people in creative or artistic careers, such as composers, novelists, and filmmakers etc. who developed new ideas through daydreaming. Likewise research scientists, mathematicians and physicists have been successful in developing new ideas by daydreaming about their subject areas. Mozart as well as Beethoven dreamt musical masterpieces before they were actually put down on paper and reproduced in music. Einstein indulged in mathematical daydreaming for years before he evolved the formula of relativity or the splitting of the atom. Wright brother’s daydream of flying an air machine enabled human being to commute by flying and Edison’s dreams of electrical possibilities spread light at night. As Larry Niven has truly said, “Everything starts as somebody daydreams”

Stress is a factor that happens to affect everyone’s life. Stress can affect a person’s performance and achievement in ways people would believe it would not. When people are stressed most of the time, they focus too much on the stressor and in turn miss to realise in time that the stress they are having may be affecting other areas in their lives. The parameter of “Stress Resistance” enables and equips an individual to progressively deal with the intruding stresses and prevent him from severe negative physical and mental effects of stress.

The concept of optimism has been acknowledged for a long time. Psychologists have argued that optimism is defined by the fact that people are naturally inclined to think about life in a positive way, regardless of the objective evidence which might suggest otherwise. The term optimism has also been used to indicate a person’s willingness to accept failure while remaining confident that successful accomplishments will follow. Optimism plays a major role in motivating people to achieve positive outcomes.
The present research work intends to explore the impact of positive daydreaming and that of negative daydreaming on stress resistance as well as optimism and further establishes the facts for future use of researchers and will be of genuine use to human being by enhancing their stress resistance and optimism level through positive daydreaming. Youth is likely to be benefited through the findings of this research to focus on productivity and positive orientation through daydreaming and shift away from thoughts of fear and failure. Daydreaming can have many constructive uses, including self-regulation and helping youth to plan ahead.

In Chapter One of the thesis concept of stress resistance, optimism and daydreaming vis-à-vis gender have been explained. Relevant studies pertaining to the effect of stress resistance and optimism on daydreaming have also been reviewed in this chapter. Chapter Two is devoted to elaborating the problems and respective hypotheses undertaken for the investigation in the present research. Methodology adopted in the present research has been detailed in Chapter Three. Results of analyses of data through various statistics have been summarized in Chapter Four. The findings have been discussed in Chapter Five. A separate Chapter Six on summary has been added to give a bird’s eye view of the complete study.

It is good to have an end to a journey however it is actually the journey that matters in the end. Though only my name appears on the cover of this dissertation, a great many people have contributed in the process of this Ph. D research work. I sincerely owe my heartfelt gratitude to all such well wishers who have made it feasible for me to come up with this work. I am grateful to all of them however there are a special few whom I cannot miss to mention here.

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Date:

Place: Raipur (C.G.)

Mrs. Varsha Varwandkar