ACKNOWLEDGEMENTS

Gratitude is the memory of the heart.
~ Jean Baptiste Massieu

This seemingly long journey nears the end, and I feel thoroughly lucky to have met everyone I did, and my heart overflows with gratitude for all. The journey would not have begun if it weren’t for the abundant blessings bestowed on me by the Almighty. A thank you seems too little a word for the generosities showered on me, and for gifting me a family support system that stood by me all through the journey.

First and foremost, a heartfelt gratitude goes out to my guide, Dr. H.L. Kaila, for accepting me as his student, and for not only helping me channelize my ideas but also permitting me free-reign over the execution and conduct of the entire thesis; and simultaneously always encouraging me to do better, for always being available to sort out my queries despite busy schedules. Thank you Sir; for your expertise, continual direction and support through the entire journey.

A gracious thank you is extended to the Research and Recognition Committee and the Thesis examiners, for evaluating my research project with due merit.

A grateful thank you to Dr. (Fr) Walter de Sa, Principal, St. Xavier’s College, for his continual assistance and guidance during every juncture of the thesis and for always being optimistic and blessing me in abundance.

I also whole-hearted thank Dr. Mrs. Mrinalini Purandhare, Head of Department, Department of Post Graduate Studies and Research in Psychology, S.N.D.T. Women’s University, Churchgate campus, and the teaching and non-teaching staff at
the same campus and so also the office staff at Pariksha Bhavan, Juhu campus for cooperating with regard the official aspects of the thesis process. A warm thank you goes out to the hostel warden and hostel staff for granting me accommodation during my several visits to the department.

Very importantly, I appreciate the contributions of the Principals, teaching and non-teaching staff of the various schools, higher secondary schools and colleges that granted me permission for data collection. Very specially, I thank all my adolescent research participants for very patiently and diligently responding to my questionnaires. I also acknowledge the cooperation and help granted by the librarians of various institutes for permitting me access for secondary data collection. A generous thank you reaches out to Dr. B. C. Nair, Head of Department, Mathematics Department, St. Xavier’s College and Dr. Deepak Mathews, Tata Institute of Social Sciences, for their help in answering all the statistics related queries, and for having very simple answers to the complicated questions.

A humble heartfelt gratitude reaches out to Dr. Suhas Shetgovekar, Reader, IGNOU-New Delhi, for being such a wonderful mentor, friend, philosopher and guide. Ma’am, not only did you augment my research rigor but you polished me as a professional and as a person. Thank you Ma’am, so very much for being an inspiration, and an untiring support system that I can always ‘use, reuse and abuse’! I truly admire you for your modesty, diligence and your absolute unassuming nature.

I deeply thank, Tina, for her association right through and for the interesting, thought provoking psychology intensive discussions that we would have, either at the college canteen, at the staff rooms, at Cafe Coffee Day or during our Mumbai visits in Vaibhav Volvo! It adds in great bounds to be with a supportive, aspiring and fun-
loving friend and colleague. Tina, I thank you immensely, for being a great friend, right through college days and it is a full circle, a complete gestalt, as we reach to the finale of our respective doctoral programs, and I deeply treasure the bond we share.

Deep gratitude goes out to all my teachers, who taught me right through my academic career, chiselled my academic abilities and more specially to my teachers who taught me psychology at my higher secondary (Ms. Jane Fernandes), graduate (Dr. (Fr.) Simon Diniz, Ms. Anuradha Kakodkar, Dr. Ubaldinha Noronha and Dr. Janet de Sousa) and post graduate (Dr. Prajakta Bhandgaonkar, Dr. Manasi Rajahauns, Dr. Savita Deshpande, Dr. Meenakshi Gokhale, Dr. Aparna Nene, Dr. Sujala Wate, Dr. Shirisha Sathe and Dr. Suparna Ashtaputre) levels, for laying and facilitating a strong foundation of the subject discipline. Thank you also to the teaching and non-teaching staff at St. Xavier’s College for their help. A big thank you reaches out to all my colleagues at work for their support and wishes, especially Mr. Vijay Viegas for his assistance and cooperation during the course of research work. Many thanks also reach out to all my students.

I also extend many thanks to Dr. Shanmukh, V. Kamble, Reader, Karnatak University, Dharwad for his proficient guidance and positive encouragement. I thank Dr. Ravindra Agarwal, Consultant Psychiatrist, for his expert assistance, and Ms. Aldina Gomes for her inputs and help. Special thanks to Prof. Matias Xavier Vas of Maureen Publishers for accommodating my last minute prevarications.

I thank all my family members, friends and well-wishers who have encouraged, prodded and pushed me at every step in my journey. Heartfelt gratitude goes out to my grandparents for their blessings, to my relatives – uncles, aunts and cousins for their best wishes and my friends, to name a few: Soma, for contributing to the endless
discussions I would initiate, all through our ride to work; and to Vedashree, Samir, and their children Swara and Dhruv, for being a refreshing break as and when I needed one. Vedashree and Samir, thank you for your insight as parents and for having a discussion to help me arrive through my point.

I am what I am today largely, due to my parents, Mr. Kamlesh H. Vora and Ms. Jagruti K. Vora. Mum, Dad, I really thank you for just about everything, the right exposure, the love, support, respect, for making me self-reliant, for making me to think independently and for imbibing into me the spirit of questioning. Dad, I thank you for building into me scientific temper, and rational thinking, and Mum, I thank you for managing me, for giving me all the liberties so nothing disturbs me, for bearing up with all my tension tantrums, and of course for helping me with scoring the questionnaires. In a sense thank you Mum and Dad for facilitating me to what I am, and to what I want to be.

In a very special way I thank my parents-in-law, Dr. Sudhir M. Tadkodkar and Ms. Priyadarshini S. Tadkodkar for being very supportive and optimistic in wishing me the best and in ensuring a very comfortable environment to me as I headed through this journey. I also thank my brother-in-law, Priyad for his wishes all through.

And now my two special people, who define me and yet let me be myself.

A huge thank you to my sister, Mitali for being the burst of energy that I needed, for taking over all the roles at home while I would be submerged in my work, and for just being what you are. A very big thank you for helping me specifically with the excel sheet, and with any, every task I required you to do for me, whether it is helping with the scoring of the questionnaires or data entry! You have been the spark of liveliness and merriment, a true ‘Bulbul’.
I deeply cherish and gratefully thank my husband, Kedar, for being my biggest critic and greatest fan! I appreciate the rational critique that you provided at every juncture, right from the start of the thesis journey to the end, for listening me through at all times, for not only being my intellectual sounding board but my emotional strength as well. You have always encouraged and supported and helped me through each stage, reinforcing confidence and cheering me at all times, thank you indeed seems a small word. I feel very fortunate to find a soul mate in you and looking forward to a wonderful, blissful togetherness!

It is indeed very fortunate to be a part of a life-space, with such motivating and wonderful people, who wish the best for me and believe in me. A very big thank you to each and every one and anyone who has contributed to this endeavour!

A dream journey, enriching, enlivening and exhilarating!

Ms. Kshipra Vora