ACKNOWLEDGEMENTS

When I picked up my pen to express the great debt of gratitude to my esteemed supervisor Professor (Mrs.) P. Verma, Department of Psychology, Panjab University Chandigarh, I was really at loss of words. It is beyond my earthly possession to repay the gratitude which I owe for her constant encouragement and superb guidance without which this thesis would not have seen the light of the day.

I am also thankful to Professor H M Swami, Head, Department of Community Medicine, Govt. Medical College, Chandigarh who had been a constant source of encouragement to undertake this venture and for his unflinching help throughout the study. I am indebted to Dr. J M Jerath, Chairman, Department of Psychology for his inspiration, motivation, and everlasting support. I also express my gratitude to Dr. J S Thakur, Senior Lecturer, Department of Community Medicine, Govt. Medical College, Chandigarh for giving me insight into the various health aspects and sparing his valuable time whenever I approached him for any help, even at odd hours. I am also thankful to Dr. Vikas Bhatia, Senior Lecturer for his help during the study.

I shall be failing in my duty if I don’t thank Sh. S R Sroa, Librarian, Dev Samaj College of Education, Chandigarh, Dr. O P Monga, Reader, HPU, Shimla, and Mr. Raj Kumar, Librarian, Govt. Medical College, Chandigarh for their help and moral support.

I am also thankful to Mr. Parminder Kumar, Mr. Rajinder Kumar, Medical Social Workers, Office Staff of GMC, and the Department of Psychology, PU Chandigarh for their support to undertake this study.

The present research would not have been possible but for the sacrifices made by and encouragement received from my mother Mrs. Vidya Bhatia, wife Mrs. Suman Bhatia, brothers & children.

I am especially indebted to hundreds of the aged who became subjects of my study by sparing their valuable time and extended wholehearted cooperation for data collection.

SAT PAUL SINGH