ACKNOWLEDGEMENTS

I am indebted to my research supervisor Dr. Sampathkumar for his exemplary guidance, monitoring and constant encouragement throughout the course of this thesis. The blessing, help and guidance given by his time to time shall carry me a long way in the journey of life on which I am about to embark. I am deeply indicated to him, not only for his excellent guidance, but also for his constant motivation, care support and enriching me with the research skills essential for a researcher.

I express my gratitude to my respected teachers and non-teaching staff of DOS in Psychology, University of Mysore, Mysuru, for their enthusiastic encouragement and co-operation.

My deepest appreciation and respect goes to all teacher and non-teaching staff of Mahachulalongkornrajavidyalaya University, Chiang Mai Campus, Thailand, for their co-operation. My sincere thanks to Honorable Dr. Phra Dhammamongkalajarn (Thong Sirimamkalo) the Abbot Wat Phra Dhardhu Sri Chomthong and Director of Vipassana Meditation for Northern Thailand, Honerable Phrakhru Satthabhirath (Boonmee Khantisaro) the Abbot Wat Boonnak and Principal of Vipassana meditation center, Chiang Rai, Thailand and Dr. Phrakhru Pravithwaranuyuth (Saneh Dhammavaro).

I also must acknowledge Dr. Phramaha Wudhijaya (V. Vajiramedhi) the Principal of International Vipassana Meditation Center, Rai Chern Tawan, Chiang Rai, Thailand, Mrs. Kimberly and Mrs. Donna Jernigan, USA, Mrs. Nooppawan and Mr. Jakrapong Koadkijkarn and Mrs. Sunee Sungsadee for their kind encouragement and support.
I am very grateful to my dearest friends, Dr. Phra Wisit Wongsai, Mr. Sompoch Wowong, Mr. Pradith Khammungkul and all my senior and junior for their encouragement, timely help and support, especially, Dr. Ravikumar, M. B. Professional Counselor, Mandya Institute of Medical Sciences, Mandya City, India.

Family is a perceptual source of reinforcement, advocacy, assurance, and emotional refueling that empowers a child to venture with self-assurance into the greater world and to become all that he can do. I express a deep sense of gratefulness to my parents Mr. Weang and Mrs. Sudla Inwongsakul, my younger brother Mr. Chananan Inwongsakul for their whole hearted support, encouragement and stimulation in all my way. I express gratitude to you all for making me to carry my work smoothly and flawlessly. Acknowledge you all for always being there for me and for always believing me. I would not have made it without you. Your love keeps me going.

Even though the list may be extensive, still there may be some oversight of person to be thanked. Therefore, last but not the least I thank all such persons who might have been overlooked.

Thank You

Place: Mysuru

Date: 18.09.2015 PHRA TAWEEPONG NWONGSAKUL