ACKNOWLEDGEMENTS

First and foremost, I bow my head in reverence to the God Almighty, for providing me with this opportunity to work with the intelligentsia; and enabling me to reach far beyond my own, restricted ambit of thought and action.

No words can express my gratitude towards my parents, whose farsightedness, support and sagacity have liberated my mind from the shackles of ignorance. Like the famous example of "Butterfly Effect" in chaos theory, my life could have adopted a completely different course, had they not cared to provide me the best educational facilities right from the beginning.

Special thanks indeed go to Dr. Dalwinder Singh, Reader, Department of Physical Education, Punjab University, Chandigarh who served as a lighthouse all through the research work. His diligent efforts and timely guidance have greatly helped me gain deeper insights into the field. Without his inspiration, I would not have been able to successfully handle this gargantuan task.

My profound thanks go to Prof. Gurcharan Singh Brar, Chairman, Department of Physical Education, Punjab University, Chandigarh without whose edification and assiduous efforts, I would not have known how to handle this herculean piece of work.

I also wish to thank Prof. H.S. Sohi, Principal, S.G.G.S. College, for providing a congenial working environment.

My heart is filled with gratitude for my colleagues, especially Dr. Navjot Kaur, Dr. Manjinder Singh, Prof. Gurpreet Singh Pandher, Dr. Sonia Kanwar and Prof. Satbir Kaur Cheema – the august faculty members at S.G.G.S. College. From this vintage, they appear to me as stalwarts who remain unaffected by the tidal forces. They have played the key role in honing my professional skills, building my personality, and above all, teaching me the importance of "service with a smile" and cultivating humble ethos. Without an association with these intellectual elite, I would not have been able to broaden my spectrum of thought.

I also wish to thank all the team managers, coaches and softball players for giving me their valuable time and support during the data collection.
Like the boiler-team on a ship, someone has to work behind the scenes. It is these back-stage inputs from my wife Rajwinder Kaur, My son Master Simrat Singh Gill, and little angel Navmit Kaur which have manifested in the form of success. They always stood by throughout this ordeal and sacrificed their precious moments of togetherness without complaint. Indeed, they always have been a source of constant support and assiduous encouragement in my life.

I may halt for a while and avail this opportunity to place on record my gratefulness to all those, who have made a direct or indirect contribution towards the successful completion of this thesis.

Date: 6-5-2002
Place: Chandigarh

(Gurcharn Singh Gill)