

ACKNOWLEDGEMENTS

I am indebted to my parents for living but to my teacher for living well. Words cannot express my gratitude, respect and love for my teacher, my guide Dr. Manjuli Gon, Prof. and Head, Department of Psychology, M.S. University, Baroda who not only guided my academic pursuits, but made me true in words, thoughts and deeds, cultured, self controlled, physically and morally strong, thoughtful and diligent and made me achieve perfect learning, unalloyed virtue and love of work. She brought out the best in me.

I am grateful to Dr. M.N. Palsane, Prof. & Head, Department of Psychology, Poona University for his generous help in the area of life events stress and am also thankful to this student Dr. Shejvalkar, Lecturer, Poona University for helping me in collecting literature on stress.

My heartfelt thanks to Prof. (Dr.) Rudolf Moos, Prof. of Psychiatry, Veterans Administration Medical Centre, Stanford University, School of Medicine, U.S.A. and to Dr. Irwin Sarason, University of Washington, U.S.A. who through regular correspondence guided me on several queries and sent me the tools and reprints on Menstrual Distress & Life Events Stress respectively.

My sincere thanks to Shri P.S. Shah, Director, Computer Centre, Physical Research Laboratory,

Shri C.C.R.Murthy, Faculty (Statistics & Computer Science), Physical Research Laboratory, Ahmedabad and Smt. Hukmani, Data Operator, Physical Research Laboratory, Ahmedabad, for their valuable help in my data analysis.

I am also thankful to Shri K.K.Bansal of Information Systems, Baroda who worked day and night to analyse the data and make the tables and graphs.

I have to record my thanks to the Librarians and staff members of Smt. Hansa Mehta Library, and Medical College Library, M.S.University, Baroda, Poona University Library; British Library, Poona and Armed Forces Medical college Library, Poona.

Special thanks to Shri H.O.Prajapati for preparing the diagrams and to M/s.Jyonil copiers for their prompt services in typing the manuscript with great care.

I can not forget my friends Vijaya, Hemlata and Reshma who helped me in innumerable ways always.

My heartfelt gratitude to my parents, Goswami Uncle, sister Archana for their inspiration, moral strength and support extended to me through out my endeavour.

How can I forget Chhatrapal -my husband. Thank you for always being there when I needed you.

- HINA SAXENA