## **ACKNOWLEDGEMENT**

I humbly and happily thank many people who contributed significantly to make this research possible. First of all, I would like to thank the Almighty, for giving me second chance to work in the field of Psychology and bestowed on me the fighting spirit to come out of all odds in life. I owe my humble thanks to my Guide, Prof. Urmi Nanda Biswas, who has been very instrumental in helping and guiding me achieve my goal. Her constant support, reflective guidance, amazing skills in analysis, dedication, and passion for work to the completion of this research has helped me grow as a researcher. She not only has been my guide, but also my inspiration to go on and work relentlessly.

My thanks are due to the current **Dean of the Faculty of Education and Psychology Dr. R. C. Patel,** who always monitored my progress in research and encouraged me time and again to pursue it without getting distracted. I also express my gratitude to the former **Dean of the Faculty of Education and Psychology, Retd. Prof. R. G. Kothari** under whose facilitation this work took its shape and who always showed faith in me.

I am grateful to the current **Head of the Department of Psychology, Dr. Rashmin Sompura** who suggested few insightful thoughts to make this research sound. I can't forget the contribution and valuable suggestions given by Prof. Dipti Oza, Prof. R. S. Mani from the Department of Education and Prof. Shagufa Kapadia from the Department of Human Development and Family Studies. They have been very generous to spare some time, from their busy schedule, whenever it was required to attend and evaluate my presentations. I am indebted to my past colleague **Mr. Kiransinh Rajput** who made me understand certain nuances of statistics and **Dr. Jatin Patel** who had helped to translate my tool in Gujarati. I

Understanding the nature of internet overuse......

thank Ms. Anjali Joshi to help me with SPSS installation and its operation as I am a naïve in technology.

I cannot forget to thank the principals of the schools and heads of various colleges who permitted, without any formal letter, to conduct the administration of the tool on the students of their respective institutions. I thank all the professionals of various fields who willingly participated and gave their valuable time from their busy schedule to administer the tool. Some of them gave very good, encouraging feedback regarding the tool. I would also like to thank all the students who participated in the study for giving their time and showing great enthusiasm.

This research won't be complete without the kind support of Ms. Shraddha of Academic section, Mr. Paresh, Ms. Neela and Ms. Vandana from the department and faculty. They guided me for all formalities and paper work throughout these years.

The most important person is my daughter Jahnavi, she is my hero! This work is an outcome of her little sacrifices she made to give me more time and space to focus on this research. She learnt to be more independent in her studies and manage many things on her own. She supported me by not being a demanding child. I won't be able to focus on the research had she been a demanding child. She has contributed in her own way. Saying 'Thank you' would never be enough!

I an extremely grateful to my parents, who encouraged me to pursue my dreams, have helped me to reach this position in my life. I extend my heartfelt gratitude for always being there for me. Unfortunately my mother is no more. This thesis would have made her really proud.

Last but not the least my heart reaches out to all those people who lost their dear ones in COVID-19. With due respect for all those people who suffered during COVID-19, because of the lockdown I got enough time to concentrate on the thesis and most importantly, my guide

Understanding the nature of internet overuse......

such testing times as life should move on.

was able to give me more time who is extremely busy otherwise. I thank madam once again.

Nothing can compensate the loss of human lives but we have to learn to find positivity in