Exploring the development of self-regulation among Indian adults: a qualitative study



A thesis submitted in partial fulfilment for the Degree of MASTER OF ARTS IN PSYCHOLOGY Session:2022-23

DUI ERVISOR

Dr. D.N. Sharma

SUBMITTED BY

Mr. Bhoopendra Singh Chandel Roll No. Y21225003

Department of Psychology
Dr.Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh-470003
[A Central University]



मनोविज्ञान विभाग

DEPARTMENT OF PSYCHOLOGY

मानविकी एवं सामाजिक विज्ञान अध्ययनशाला, School of Humanities & Social Sciences,

डॉक्टर हरीसिंह गौर विश्वविद्यालय, सागर, 470003, म. प्र., भारत,

Doctor Harisingh Gour Vishwavidyalaya, Sagar, 470003, M. P., India

Website: www.dhsgsu.ac.in

डॉ. डी. एन.शर्मा

सहायक प्राध्यापक

(अतिथि शिक्षक)

☎ (Office) : 07582-358242

Mobile : +91-9926341073

: devesh1110@gmail.com

Dr. D.N. SHARMA **Assistant Professor**

(Guest Faculty)

CERTIFICATE

This is to certify that Mr. Bhoopendra singh Chandel, a student of Masters of Arts (M. A.) in Psychology, Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar (M.P.) India, has submitted this Dissertation Report entitled "Exploring the development of self-regulation among Indian adults: a qualitative study" under my supervision. It is the original work of the candidate and it has not previously formed the basis for the award of any Degree, Diploma, or other equivalent courses. The Dissertation work represents independent work on the part of the candidate.

Place: Sagar (M.P.)

Date:

External Examiner

(Do P-K.Ren)

(Dr. D. N. Sharma)

H. G. K. Tiwa

(Prof. A. D. Sharma)

Head, Department of Psychology, Dr. H. S. Golf Wishwavidyalaya, Sagar (M.P.)