PREFAE

Physical Education and Sports have tremendous impact in our society. The athlete of today has to know the lot of informations explored by scientific investigations for better athletic performance. There is a need today to apply this upcoming knowledge on our athletes to show remarkable result in international sport competitions.

It is always better to verify the recent knowledge of sports in our Indian environment and then it is advisable to apply it to our athletes for improving athletic performance.

In this piece of research an attempt has been made to verify and establish the psychological determinants which are related to athletic performance of our Indian track & field athletes. This study is a humble and sincere endeavour to suggest some measures for improving track & field athletic performance of our Indian athletes.

The present study has been divided into 'seven' chapters.

The 'first chapter' deals with the 'justification' for selection of the psychological determinants in athletic performance and their 'foundations'.

The 'second chapter' outlines the theoretical and conceptual frame work of the 'problem'. It describes the major 'objectives' and 'significance'.

The 'third chapter' is concerned with the 'research review' of recent developments in sports related to this study.

The 'fourth chapter' presents the 'methodology' of the investigation.
The 'fifth chapter-(A)' contains the 'data analysis' and 'results' of standardization of tests (Psychological Inventories and National Physical Fitness Programme). The 'fifth chapter-(B)' presents the 'data analysis' and 'results' of 'main study' (Correlational study). The 'fifth chapter-(C)' deals with the 'data analysis' and 'results' of the 'follow up study' (Experimental Study).

In the 'sixth chapter', the results obtained in three parts (Standardization of Tests, Main Study, & Follow Up Study) of this investigation have been discussed.

The 'seventh chapter' presents 'summary, conclusions and recommendations'.

A 'bibliography' of important works has been given for guidance to the reader in pursuing further studies.

'Appendices' have been presented in the last part of the thesis.

The present investigator undertakes this research project in the fulfilment of the requirements for the DOCTOR OF PHILOSOPHY in Physical Education. The total report of this work has been presented in 'two volumes' (Vol. I & Vol. II).

It must be confessed that the present study does not cover the whole area of the factors and processes involved due to the paucity of time and resources. However, the results are promising and suggestive. It is expected that the results obtained in this piece of research will be of good use to the physical educators, sports coaches and athletes of our country for improving track and field athletic performance.

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