

## PREFACE

Because of traditional cultural and social attitudes toward women in sports, some women have been limited in their opportunities and their outlook. Many girls have not reached their full potential in sports simply because they have been defeated psychologically before they even competed. The participation of women in competitive sports has been hampered by myths and superstitions. Today however, because we are becoming aware of the fact that women have a much greater capacity for physical activity and a much greater desire for sports programmes, more women are developing their talents in this field.

Women's role in society has changed greatly in the last few decades. This change has been accompanied by a change in the public's attitude towards the women athlete and sports programme. Our sports programme for women must of course be geared to women's abilities, both as performers coaches and leaders.

Being a physical education professional the investigator wanted to elicit the potentiality of female endeavour through organised programme. She observed that lack of leadership quality, perhaps, forced them to accept male dominance in sports along with other walks of life. Therefore, when selection of a research problem was necessary the researcher unhesitantly came forward to observe the female trainees of physical education institutes in respect of their qualitative change in various attributes and leadership quality following training.

The research reports are presented in this thesis in five separate chapters. **Chapter – I** contains the general introduction, perspective of physical education for women, women in sports – physiological and psychological aspects, profession of physical education and leadership and current global trends. **Chapter – II** deals with related research, **Chapter – III** includes design, methodology, materials and tools, statistical method. Results are presented and analysed in **Chapter – IV**. The whole study has been summarized and the specific conclusions have been drawn and the recommendations from the study have been made in **Chapter – V**.

The list of references have been compiled alphabetically after Chapter V and at the end some important and relevant information have been incorporated in appendices.

December 1997

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