## TABLE OF CONTENTS

Contic	cate by the Supervisor	Page
	1	
Dedica	ration by the Scholar	ii
		iii
	wledgement	iv
	Tables	viii
	fillustrations	ix
List o	f Appendices	X
CHAI	PTER I INTRODUCTION	1-32
1.1	Swimming	2
1.2	History of Swimming	3
1.3	History of Swimming In India	4
1.4	Different Sytles of Swimming	5
1.4.1	Butterfly or Fly:	
1.4.2	Backstroke or Back:	6
1.4.3	Breaststroke or Breast:	6
1.4.4	Freestyle or Free:	7
1.4.5	Individual Medley	7
1.5	Swimming Competition	8
1.5.1	Meet Setup	9
1.5.2	Changes To The Sport	10
1.6	Need of Case Study	13
1.6.1	Biological Factor And Personality	16
1.6.2	Personality And The Player	16
1.6.3	Leadership	18
1.6.4	Nature And Importance of Leadership	19
1.6.5	Traits of Effective Leaders	19
1.6.6	Biographical Research	21
1.7	Profile of Sebastian Xavier	21
1.8	Reasons For Selection of The Study	22
1.9	Statement of The Problem	23
1.10	Hypotheses	23
1.11	Significance of The Study	25
1.12	Delimitations	26
1.13		27
1.14	Definition of The Terms Used In The Study	27
1.14.1	Case Study	27
1.14.2	Opinion Questionnaire	27
1.14.3	Interview	27
1.14.4	Schedule	27
1 14 5	Physical Education	27

## TABLE OF CONTENTS

		PAGE
1.14.6	Sports	27
1.14.7	Games	27
1.14.8	Player	27
	Coach	27
	O Personality	30
	1 Traits	30
	2 Contribution	31
	3 Opinion Questionnaire	31
	4 Career	32
1.14.1:		32
1.14.10	6 Development	32
СНАР	PTER II REVIEW OF RELATED LITERATURE	33-66
2.1	Case Studies on Individual Personalities	34
2.2	Studies on Personality And Management Competency	41
2.3	Studies on Sports Sponsorship	45
2.4	Studies on Sports Management	47
2.5	Studies on Leadership	56
2.6	Studies on Transactional And Transformational Leadership	59
2.7	Summary of Review of Related Literature	66
СНАР	PTER III METHODOLOGY	67-89
3.1	The Case Study	67
3.2	Interview Technique	71
3.2.1		72
3.2.2	Interview With Sebastian Xavier	73
3.2.3	Reliability of The Interview	73
3.3	Literary Source Method	74
3.4	Evaluation of Literary Source Materials	76
3.4.1	Internal Criticism	76
3.4.2	External Criticism	77
3.5	Questionnaire Method	78
3.6 3.6.1	Development of Questionnaire	79
3.6.2	Pre-Pilot Study Identification of Statements	81
3.6.3	Selection of Statements	81
3.6.4		81 82
	Construction of Scale	82

## TABLE OF CONTENTS

		PAGE
3.6.6	Pilot Study And Extraction of Final Statements	82
3.7	Sixteen Personality Factor Questionnaire	83
3.7.1	Method of Answering And Scoring	85
3.7.2	Conversion of Raw Scores To The Sten Scores	85
3.7.3	Age Correction For Sten Scores	86
3.7.4 3.8	Validity And Reliability of Questionnaires Collection of Data	86
3.9	Statistical Technique	87 89
3.9.1	Factor Analysis	89
CHA	PTER IV RESULTS AND DISCUSSIONS	90-141
4.1	Overview	90
4.2	Achievements of Sebastian Xavier	91
4.2.1	Early Days	91
4.2.2	Representation In Mahatma Gandhi University	92
4.2.3	Achievements At National Level	94
4.2.4	Achievements In South Asian Federation Games	100
4.2.5	Achievements At Asia Pacific Meet	103
4.2.6	Representing India At Asian Games	106
4.2.7	Representing India In Olympics	108
4.3	Personality Factor Analysis	108
4.4	Factor Analysis of The Questionnaire Administered	119
4.4.1	Identification of Factors (Dimensions) And Discussions	121
4.5	Discussion on The Hypothesis	139
CHA	PTER V SUMMARY CONCLUSIONS AND	
	RECOMMENDATIONS	142-147
5.1	Summary	142
5.2	Conclusions	144
5.3	Recommendations	146
BIBL	IOGRAPHY	148
	Books	148
	Journals And Periodicals	150
	Unpublished Theses	152
	Websites Visited	153