

**THESIS TITLE** : A STUDY OF ATTENTION-FOCUSED STRATEGIES IN COMPETITION  
OF DISTANCE RUNNER IN 13<sup>th</sup> ASIAN GAMES

**AUTHOR** : MISS DUANGKRAI TAWEESUK

**THESIS ADVISORY COMMITTEE** :

*Damras Darasak*

Chairman

(Associate Professor Damras Darasak)

*Somsak Phuekpan*

Member

(Assistant Professor Somsak Phuekpan)

*Kanjana Darasak*

Member

(Assistant Professor Kanjana Darasak)

## ABSTRACT

The purpose of the present descriptive research was to examine a study of attention-focused strategies in competition of distance runner in 13<sup>th</sup> Asian Games. The Population of this research were all the 46 distance runners event 5,000 m. and 10,000 m. competition in 13<sup>th</sup> Asian Games.

The research instrument was the questionnaire on the topic of "A Study of Attention - Focused Strategies in the Competition of Distance Runner." The reliability of the questionnaire was .75. The statistics employed in the analysis of the data collected included percentage, arithmetic mean, standard deviation and t-test.

**The results were as follows :**

1. High achievement distance runners used associative attention-focus strategies significantly more than low achievement distance runners, at the .05 level of significance.

2. The used of dissociative attention - focused strategies between high achievement distance runners and low achievement distance runners were not statistically different at the .05 level of significance.

3. The used of attention - focused strategies between high achievement distance runners and low achievement distance runners were not statistically different at the .05 level of significance.