

Track and Field Para-Athlete Research: A Bibliometric Analysis of Psycho-Physiological Trends (2015–2025)

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Abstract

Background: The integration of psychological and physiological research in Paralympic track and field has gained momentum over the past decade, reflecting a shift from rehabilitation-focused activities to elite competition. Understanding the psychophysiological factors that influence para-athlete performance is essential for optimizing training, health, and overall well-being.

Methods: A Bibliometric analysis was conducted on literature indexed in Scopus from 2015 to 2025, focusing on psycho physiological research trends in track and field para-athletes. The study included English-language articles and reviews, utilizing VOS viewer for mapping influential authors, journals, collaborative networks, and keyword co-occurrence.

Results: The analysis identified 147 relevant publications, with a marked increase in research output after 2019. The United States, China, the United Kingdom, and Brazil emerged as leading contributors. Medicine and health professions accounted for nearly 70% of the research, while mental health, injury, and physiological adaptations were prominent themes. Influential authors and journals were mapped, and emerging trends such as wearable technology and real-time monitoring were highlighted. Notable gaps remain in sport-specific training and classification research.

Conclusion: Psycho physiological research in track and field para-athletes is rapidly evolving, characterized by increased international collaboration and inter disciplinary approaches. While significant advances have been made in understanding mental health and physiological challenges, further research is needed to address sport-specific needs and refine classification systems, ensuring holistic and evidence-based support for para-athletes.

Keywords

Track and field, para-athletes, disability sports, bibliometrics.

