NEW YORK, Jan. 19 — The first planeload of European refugees of 1968 to the U.S. arrived here by air Thursday from Munich, a Western News Agency report.

There were 76 on board. The refugees, from 9 eastern European countries, had found asylum in Austria and other countries while completing arrangements to come to the United States.

The occupations of the arrivals ranged from physician to jockey. The jockey is Istvan Karaszek, 34, accompanied by his wife Rozsa and their daughter, Krisztina, 10. Karaszek was a jockey in Hungary for 20 years and continued that occupation after he found refuge in Vienna in 1956. He is being resettled with the aid of the Roman Catholic Relief Services.

The refugees arrived on a plane chartered by the Intergovernmental Committee for European Migration. A representative of the organization said that 105,788 refugees had been resettled by the organization in 1959, of whom 13,775 were settled in the United States.