

# EFFECT OF WALL PRACTICE TRAINING ON THE PERFORMANCE OF TABLE TENNIS PLAYERS OF KASHMIR UNIVERSITY

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## **ABSTRACT**

*The aim of the subject was to find out how Wall Practice training effects on the performance Table Tennis trainee's. The exercises are very important or I may say that the exercises are the backbone of human life, especially in sports career. The researcher however is a student of physical education and has taken part in various types of exercises, different types of exercises show different types of results. Today, the games and sports have gain the prime importance in the society and everyone wants to win and stood first, so the sports training has become very important without provisions of effective sports training the sports potential will never be fulfilled. For this purpose 12-Male students were taken by using simple random sampling and the age group ranged between 22-28 years. All the subjects were taken from University of Kashmir (J&K). All the students were distributed into two groups one control (N=6) group and second experimental group (N=6). The experimental group was given 6-weeks training and no training was given to the control group. The data was collected before and after 6-week training on both the groups by administering the Hewitt's Forehand and Backhand drive tests. Mean Difference and 't' test was applied between Pre-Test and Post Test scores of Experimental and Control Groups. The level of significance was set at 0.05 level of confidence. The findings of this study showed significant Effect of Wall Practice Training on the Table Tennis Trainee's performance after 6-weeks Wall Practice Training program.*

**Key words:** Wall Practice training; performance; Table Tennis trainee's

## Introduction

Games and sports hold as a prominent place in modern life. Million of people participate in sporting activities. Watch and read about them and spend money and time on sports related activities and equipments. The impact of sports in modern society has made it clear that sports are a very legitimate field of academic study. Sports hold an important and prominent place in the school and college curriculum and immense stress is laid on regular games and sports being played by the students to keep them physically fit and mentally alert. Various sports are played within the school to give maximum students an opportunity to play organized competitive games and to develop in them the essential qualities of friendship, sportsmanship, esprit-de-corps, brotherhood and comradeship so vital for personality development.

According to the 'World Health Organization', 'Health is a state of complete physical, the absence of disease.' Academics serve the purpose of nourishing the mind. But a healthy mind resides in a healthy body. One can develop and maintain a healthy body by actively participating in games and sports. Every human being has fundamental right to access to physical activity and sports which are essential for the full development of his personality. The freedom to developed physical, intellectual and moral power through physical education and sports must be guaranteed both within the educational system and in other aspects of social life.

Many students participated in game sports and game for fun happiness pleasure for health and fitness. It provides one of the most important keys to health and living ones life to the fullest freedom from diseases, organic development, efficient movements, alertness of mind and emotional adjustment provides the frame work of fitness. A Person flexibility refers to the ability of your joint to move through a full range of motion. Having flexibility in your muscles allows for movement around the joint and you can achieve this with a basic stretching workout. Stretching after your work out, when your muscles are warm and pliable, is a great way to increase flexibility and keep your body protected from injuries.

Fitness is a product of exercise and training have been shown through research to possess important implication in the general health or people. However, fitness is more than a product of exercise. While exercise is necessary to obtain and maintain fitness, there is more involved than more physical activity. This makes it every body's business. It is a part of education but it is also a part of life. How does one become fit and how can this fitness be maintained throughout life. The purpose of the study was to find out effect of wall practice training on the performance of Table Tennis players.

## Methodology

For the purpose of this study the researcher selected the subjects of Table Tennis Players of University of Kashmir (J&K) in which total (12) male Table Tennis players were selected randomly in the age group 22 to 28 years. For the present study the researcher measured Table

Tennis performance of the selected subjects with the help of Hewitt's Forehand & Backhand drive test before and after the wall practice training programme of six weeks. Variables were tested and measured through standard procedure with the help of expert and under the direct supervision of the researcher.

For the present study total (12) male Table Tennis Players from Kashmir University were selected randomly in the age group 22 to 28 years. The subjects were divided into two equal groups of 6(six) subjects in each. One is treated as experimental (wall practice training) group and the second one is control group. The experimental group underwent to practice training programme for 6 (six) days a week for 45 (forty five) minutes each day, for the period of six weeks under direct supervision of the researcher. The control group did not practice any specific training during the period of six weeks.

To find out the effect of wall practice training on the performance of Table Tennis players the data were collected through administration of Hewitt's Forehand & Backhand drive test on selected variables before and after the training programme of six weeks and data collected through standard procedure. After the collection of data employed 't' test to see the significant difference between the experimental and control groups.

## Results

All the data pertaining to the present study were examined by employing 't' test to find out whether any significance difference between the experimental and control groups. The following terms were used for all the subsequent tables for elaborations.

E.G. – Experimental group, C.G. – Control group, N – Number of subjects in group, M – Mean score, MD – Mean difference, SD – Standard deviation of test score, 't' – 't' value,  $H_0$  – Null hypothesis, df – degree of freedom, 't' follows t distribution with  $(N_1 + N_2 - 2)$  in .05 level of significance.

**Table-1**

### Mean differences between the pre test score of experimental and control groups for Table Tennis performance

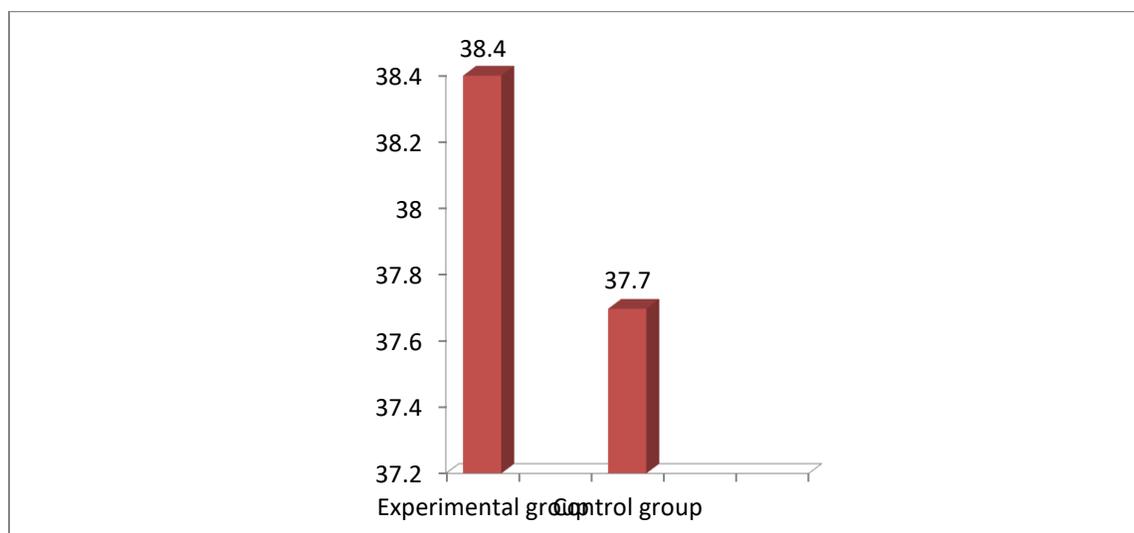
S. No.	Group	Test	N	M	SD	MD	't' value
1	E.G	Pre test	6	38.4	2.96	0.7	0.50
2	C.G	Pre test	6	37.7	4.47		

\*Significant at .05 level of confidence, Tabulated 't' value of df (28) = 2.04

Above table-1 reveals that the mean of pre test experimental and control groups are 38.4 and 37.7 respectively and their calculated 't' value is 0.50 which is lesser than that of tabulated value 't' 2.04 (28 df at 0.05 level of confidence). Hence, this table indicated that there was no significant difference found between experimental and control groups on Table Tennis performance. It was also indicated that experimental and control group are same performance. Hence, the null hypothesis is accepted.

The mean values of experimental and control groups on Table Tennis performance have been graphically presented in the fig-1.

Fig-1: Comparison of mean differences of pre test between the experimental and control group on Table Tennis performance



**Table-2**

**Mean differences between the post test score of experimental and control groups for Table Tennis performance**

Sr.no.	Group	Test	N	M	SD	MD	't' value
1	E.G	Post test	6	52.3	1.57	14.1	13.17*
2	C.G	Post test	6	38.2	3.64		

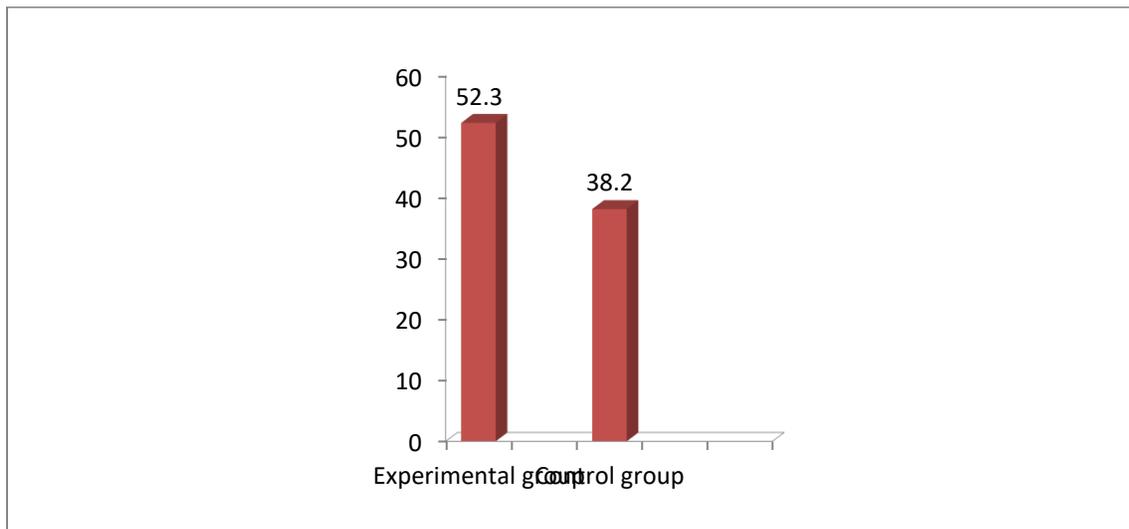
\*Significant at .05 level of confidence, Tabulated 't' value of df (28) =2.04

Above table- 2 shows that the mean of post test experimental and control groups are 52.3 and 38.2 respectively and their calculated 't' value is 13.17 which was greater than that of tabulated

value ‘t’ 2.04 (28 df at 0.05 level of confidence). Hence, this table indicated that there was significant difference found between experimental and control groups on Table Tennis performance. It was also indicated that wall practice training influence on experimental group than the control group. Hence, the null hypothesis is rejected.

The mean values of experimental and control group on Table Tennis performance have been graphically presented in the fig-2.

Fig.2. Comparison of mean differences of post test between the experimental and control group on Table Tennis performance



**Table-3**

**Mean differences between the pre and post test score of experimental and control groups for Table Tennis performance**

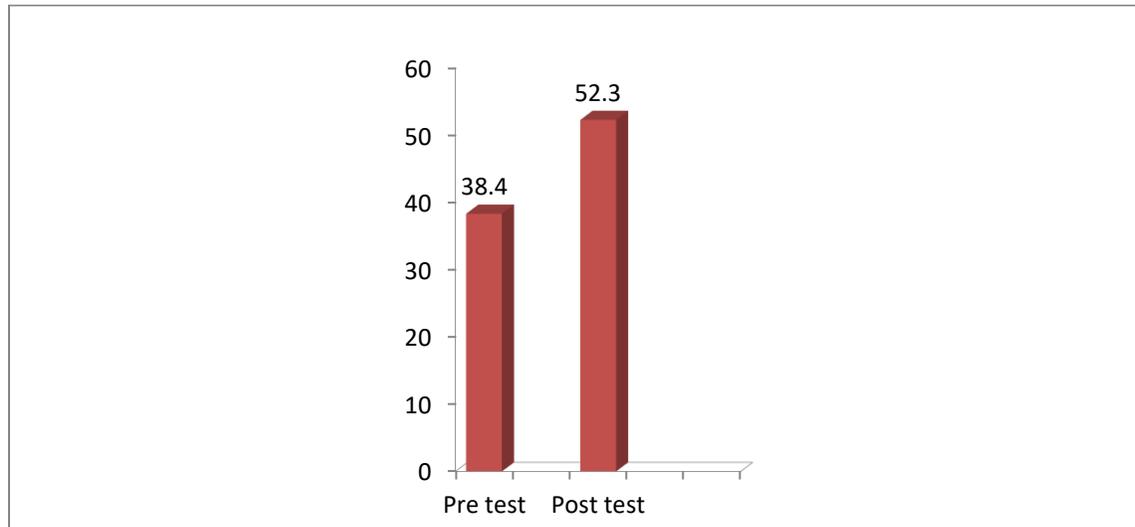
S. No.	Group	Test	N	M	SD	MD	‘t’ value
1	E.G	Pre test	6	38.4	2.96	13.9	16.10*
2	E.G	Post test	6	52.3	1.57		

\*Significant at .05 level of confidence, Tabulated ‘t’ value of df (14) = 2.14

Above table- 3revealed that the mean of pre and post test score of experimental group are 38.4 and 52.3 respectively and their calculated ‘t’ value is 16.10 which was greater than that of tabulated value ‘t’ 2.14 (14 df at 0.05 level of confidence). Hence, this table indicated that there was significant difference found between experimental group on Table Tennis performance. It was also indicated that wall practice training influence on experimental group than the control group. Hence, the null hypothesis is rejected.

The mean values of experimental group on Table Tennis performance have been graphically presented in the fig-3.

Fig.3. Comparison of mean differences of pre and post test of experimental group on Table Tennis performance



On the basis of the results and findings it was concluded that there was no significance differences found between the pre test of experimental and control groups on Table Tennis performance. It is indicated that the performance of both the groups were same before wall practice training. In case of post test there was significance differences found between the post test of experimental and control groups on Table Tennis performance. It might be reason that wall practice training effect on Table Tennis performance of experimental group in comparison to control group. It is indicated that wall practice training influence the development of Table Tennis performance on experimental group than the control group. It might be due to the fact that the muscular system of the hands and legs are well coordinated that may be increase the performance.

## Discussion

The aim of the subject was to find out how Wall Practice training effects on the performance Table Tennis trainee's. The exercises are very important or I may say that the exercises are the backbone of human life, especially in sports career. The researcher however is a student of physical education and has taken part in various types of exercises, different types of exercises show different types of results. Today the games and sports have gain the prime importance in the society and everyone wants to win and stood first, so the sports training has become very important without provisions of effective sports training the sports potential will never be fulfilled. Sports training programme is the key factor in producing skill full high performers. The tactics and the techniques cannot give the performance or results in the field of sports and games

but the physical fitness components are of prime importance to gain the better results as these are the components which give us tolerance to play the game in the varied types of environments. So, Research scholar selected the Effect of Wall Practice Training on the Performance Table Tennis Trainee's.

For this purpose 12-Male students were taken by using simple random sampling and the age group ranged between 22-28 years. All the subjects were taken from Kashmir University. All the students were distributed into two groups one control (N=6) group and second experimental group (N=6). The experimental group was given 6-weeks training and no training was given to the control group.

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## Conclusion

After 6-weeks training the results were statistically analyzed and the following conclusion was drawn. The study revealed that Wall Practice Training have a considerable effect on the Table Tennis trainee's. However, there was a significant effect on performance development of Table Tennis trainee's after 6-weeks Wall Practice Training program. It is indicated that wall practice training influence the development of Table Tennis performance on experimental group than the control group. It might be due to the fact that the muscular system of the hands and legs are well coordinated that may be increase the performance.

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