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Comparison of Two Different Training Methods on Table Tennis Skill

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Abstract – Training is tremendously important and should form an important part of all elite athlete's daily routines. The purpose this study was to compare the two different training method and see its effect on improving the playing ability of young table tennis players. For this a total of thirty (30) sample selected randomly. The samples further divided into robot training group and traditional group. Six week of training programme was given on alternate days. Independent't' test uses as a statistical technique to find out the significance difference between the groups. The significance level was set at 0.05. The findings of the study reveals that there is a significant difference between the robot training and traditional group.

Key Words: Training, Table Tennis, Robot Training, Traditional Training

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INTRODUCTION

Coaching is a form of development in which a person called a coach supports a learner or client in achieving a specific personal or professional goal by providing training and guidance.[1]

Physical educators and coaches all over the world are facing greatest challenge in handling problems in scientific way i.e., to provide sportsman proper and progressive guidelines based on scientific approach which leads to desired results.

Training of any athlete for any game is carried out on the basis of certain principles due to new findings and research. These principle are modified or technique may be applied today but get respected tomorrow.

Training is tremendously important and should form an important part of all elite athlete's daily routines. Through training we can gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. It also allows athletes to gain more knowledge of their sport as well as empowering them to learn about the significance of having a healthy mind and body. In relations of physical special effects of training, regular exercise increases muscle tone, enables good circulation, improves strength, agility and flexibility and improves the rate of waste product disposal. Consistent training also speeds up recovery time succeeding physical exercise; this enables the body to cope with the demands of training more efficiently and makes it more resistant to injury and illness. Training also has aids for mental health as it improves concentration and increases self-esteem.[3]

With sport-specific goals sport skills are voluntary, coordinated tasks. Learning of basic movement skills is the first step toward learning sport-specific skills for athletic performance. Understanding of these basic movements helps the coaches make good training decisions for expertise as well as for fitness and strength and conditioning.[4]

Table tennis is also known as ping-pong worldwide, is a sport in which consists of singles and doubles playing. In this players hit a lightweight ball back and forth across a table using small rackets. The game played over a hard table divided by a net.[2]

METHODOLOGY

Selection of subjects

For the purpose of this study 30 male students who had not played table tennis were selected. The subject of this study were residing in the university campus and therefore they had similar routine of work, diet ,rest, sleep etc. all of them participated in the regular activity classes in accordance with the requirement of the university curriculum.

Training design

Random group experimental design was adopted for the study. All the subjects were divided into two groups, each consisting of 15 boy's assigned two training methods viz. robot training method, traditional training method. The selected skill namely alternate push was taught to both the group in their respected methods of teaching for forty five minutes a day for six week. Robot training method include a machine named robo pong which produces the balls at a certain speed, frequency and place set by the tester. For the training robo was set in such a manner that it could produce the balls for the purpose the balls for the purpose of alternate push. Machine produces each ball within two seconds so that to play the ball could be easy for a player who is novice in the game of table tennis.

Traditional training method include a tester who is expert on the game of table tennis. The tester feeds the balls and makes the subjects able to play alternate push. He continuously feeds the balls by keeping more balls in the free hand.

Criterion measure:

The "alternate push" performance on the basis of "skill test" constructed by Dr. Pushpendra Purashwani was the only criterion measure used for this study. All the subjects were assembled in the indoor table tennis hall of Lakshmibai National Institute of physical Education, Gwalior. And explained the purpose of the study so that they could form a mental picture of the various tasks, they were going to do. In order to measure the 'alternate push' performance the data was collected on the basis of 'post-test'.

Statistical procedure:

In order to compare the means of robot training group and traditional training group Independent't' test was selected. The selected level of significance chosen was 0.05.

RESULTS:

Table1: Mean and Standard Deviation of Both Groups

GROUPS	N	MEAN	STANDARD DEVIATION
Traditional group	15	15.47	2.349
Robo group	15	19.37	1.894

Table 1 shows the descriptive statistics (mean and standard deviation) of traditional group and robo group. The mean and standard deviation for traditional group is 15.47±2.349 and for robo group is 19.37±1.894.

Table 2: results of Independent't' test

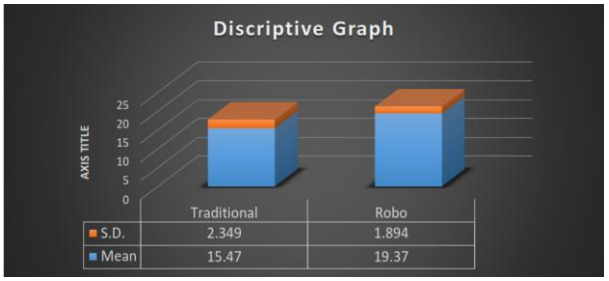
GROUPS	t-value	p-value	f-value (Levene's test)	p-value
Traditional group	5.006	.000	.377	.544
Robo group				

One of the conditions for using the two sample t-ratio for unrelated groups is that the variance of the two groups must be equal. To test the equality of variances, Levene's test was used. In Table- 2, f-value is .377 which is insignificant as the p-value is .544 which is more than .05. Thus the null hypothesis of equality of variance may be accepted, and it is concluded that the variances of the two groups are equal.

It can be seen from table 2 that the value of t-statistics is 5.006. This t-value is significant as its p-value is .000 which is less than .05. Thus, the null hypothesis of equality of two groups mean is rejected and it may be concluded that the mean of traditional group is less than the robo group.

Figure No. 1

Graphical representation of Descriptive Statistics



DISCUSSION:

Analysis of data revealed that robo group is better than traditional group after administrating treatment for duration of six weeks. The result showed a significant difference between robot training group and traditional training group because robot continuously produces the ball at desired speed at desired place with desired frequency till the subject's desires while in traditional training method the tester is not able to provide the balls with the same speed at same place for long time. Hence, as the subjects got comparatively more practice while learning with robot machine than that of traditional method.

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