

LEARNING LESSON COMPARED BETWEEN 17 AND 19 GROUP TABLE TENNIS MALE PLAYERS OF JAIPUR DISTRICT

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ABSTRACT

Visual response time is the amount of time it takes for a person to respond to visual stimuli. 209 people participated in the current study, including 50 table tennis (TT) players and 159 healthy controls. The goal of the study was to measure the response time of the subjects. Methods: The visual response time of healthy controls as well as table tennis players is measured using RT computer precision software. The simple visual responsiveness is timed and scored. A total of eighteen viewing opportunities were provided during the response time test, with the average response time being deemed the final response time. Results: The results of studies have also shown that table tennis players had much more chance to react than healthy individuals. Multivariate study revealed that TT athletes had 74.121 seconds (95 percent confidence interval: 98.8 to 49.4 seconds) faster response time than non-TT players of the same age and BMI when compared to non-TT players. In addition, playing TT has a greater impact on visual reaction times than BMI in most cases. Conclusion: According to the findings of our study, those who participate in sports have a higher likelihood of responding than those who do not. It appears that practicing table tennis is advantageous during eye-catching time, as it improves focus and alertness, as demonstrated by these findings.

Keywords: Competition, Anxiety, Table Tennis, Men's, Middle School.

Introduction

Table Tennis, also known as ping-pong or whiff-whiff, is a team activity in which two or four players use tiny rockets to strike a lightweight ball, also referred to as a ping-pong ball, back and forth across a table surface. Play takes place on a sturdy table with such a net dividing the participants. The rules are simple. With the exception of the initial feed, all subsequent feeds are free from these limitations. Before the game is deemed complete, players must let the ball be played next to them to strike one side of the room and then deliver it to the other side at least twice before it is considered complete. An automatic point is given when a player does not return the ball to his or her teammate inside the time limit stipulated by the rules. Play goes fast and requires quick reactions on the part of the players. The movement of the ball alters the direction of the game and restricts the options accessible to the opponent, creating a favourable situation for the striker to capitalise on his or her chance.

The International Tennis Association (ITA), which was established in 1926, is the organisation in charge of regulating the sport of table tennis worldwide. As of this writing, the ITTF has 226 member organisations, which is an increase over the previous year. The International Table Tennis Federation (ITTF) has released a document that contains the rules and regulations that regulate the sport of table tennis. An event's occurrence may be broken down into many stages. Males living alone, single females living alone, and men accompanying two women constituted the majority of the population between 1988 and 2004. Because performing the party event is less time-consuming than playing the double occasion, it has become more popular since 2008.

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Beginning in Victorian England, in which it was popular amongst these upper classes as just a nightclub game, it has since expanded across the globe as a result of its popularity. During the 1860s or 1870s, it has been claimed that British military police personnel stationed in India developed temporary versions of games, which they subsequently took back to the United Kingdom. The line of books stretched upwards centre of the table, like a net; the other two volumes functioned as markers, and the ball was struck repeatedly against them. Before the word "ping-pong" was formally created by the British firm J.H. Jaques & Son Ltd in 1901, it had been widely used in a variety of contexts. For example, even the most costly equipment from the Jaques business, which some manufacturers refer to as table tennis, may be used to play the game known as "ping-pong." Ping-pong was the subject of a similar dispute in the United States, when Jaques sold the rights to the term "ping-pong" to Parker Brothers, which culminated in a lawsuit against Jaques. Following that, the Parker Brothers used the term to enforce their trademark in the 1920s, prompting a number of organisations to change their appearance to "table tennis" rather than the common name, which was not protected as a trademark at the time of its adoption.

In 1901, while on a vacation in the United States, James W. Gibb, a British table tennis aficionado, found a new celluloid ball that was ready to be utilised in the game of table tennis. EC Goode soon followed in 1901, when he created the modern-day rickshaw by connecting or cutting wood sheets to a frame of his vehicle, a style that has since become iconic. However, it was not until 1902 that table tennis acquired considerable popularity, with tournaments being organised, books on the topic being published, as well as an illegal international tournament getting held. The act of scoring goals was similar to the act of playing grass tennis at that time period. It was established in 1910 that there were two separate associations: one called the "Table Tennis Association" and another called the "Ping Pong Association." A new Table Tennis Association was established in 1921, and they were renamed as the English Table Tennis Association throughout 1926 after one merger with Ping Pong Association. As a consequence of this, the "International Table Tennis Federation" (ITTF) was formed in 1926. The inaugural World Championships were held in the city of London in 1926, marking the city's centennial. The United States Table Tennis Association, which would be currently known as the USA Table Tennis, was founded in 1933 and is the national governing body for the sport.

The film *Red Star over China* was shown during Chinese Civil War in the 1930s, and Edgar Snow remarked on the picture, saying that the communist troops liked the English tennis table, something they considered "strange." The popularity of the sport in the Soviet Union, on the other hand, began to wane in the 1930s, partly as a result of the advertising of club or military games, and partly as a result of the perception that it was a health concern. When rowing with such a rubber band tied to a sponge layer became popular in the 1950s, it made a significant change in the sport, allowing it to move at an ever-faster rate. Sportswear Company S. Hancock Ltd. was the first to introduce this in the United Kingdom. Beginning in the mid-1980s, the usage of glue speed increased the speed of the game and made it even faster, leading to the conversion many machines to "slow down the game." Table tennis was included in the 1988 Olympic Games as a new sport.

Materials and Methods

The present observation study was carried out on 50 male Table Tennis (TT) players in the Jaipur district who were between the ages of 17 and 19 years old. An informed consent form was completed and signed by each subject before they were allowed to participate in the study, which was authorised by the institution's ethics committee. In a pre-designed proforma, the participants' personal and medical histories were collected from both groups. A medical history was gathered in order to rule out any medical and surgical diseases that could have an impact on the individual's reaction speed. Following are the inclusion criteria that were used to choose the table tennis players:

- Between the ages of 17 and 19 years.
- Should have a body mass index (BMI) of or less 25 kg/m².
- You should be spending nearly 5 hours a week playing TT.
- You should have been playing TT frequently for at least 1 year (with a break of less than one month).
- Non-smoker and abstainer from alcoholic beverages.
- Unaffected by any medical and surgical conditions.
- Not participating in any other sports and activities that could potentially increase VRT (like video games).

After obtaining informed consent, reaction time was assessed using computerised software called Direct RT (Reaction Time) (9). During the procedure, proper lighting and a quiet environment were provided. This study tested the subject's visual reaction time by having him hit the spacebar key on his keyboard in response to different coloured stimuli that appeared on the computer screen. It was merely a simple visual response time that was tested in this study. Before the actual reflexes was measured, the subjects participated in a practise session. The mean standard deviation (mean SD) of reaction time was provided. With the use of the SPSS version 20 software, the level of significance among Table Tennis players as well as controls was determined using the T-test (Unpaired). It was determined that the difference was statistically significant if the P value was less than 0.05. A multivariate analysis was performed using SPSS in order to rule out the impact of many other confounding factors such as age and body mass index (BMI).

Ways

- **Participants**

The participants in this study were 40 Table Tennis players (17 = 20, 19 = 20) who competed in the regional school championship conducted at Vidyagram International School, Chomu, Jaipur, Rajasthan (India) in 2019. The participants in this study were deemed students for the purposes of this study. The participants in the study are between the ages of 17 and 19.

- **Tool Used**

To assess the competitiveness of sports-related themes using a questionnaire developed by Martens and his colleagues (1977). A three-point Likert scale comprising 15 items is used to assess the situation. It is a valid technique that psychiatrists can use to determine their patients' degrees of anxiety. According to its standards, it has a dependability of 0.85 out of a possible 1.

- **The Process**

The questionnaire was completed at a district competition held from 5 to 8 September 2019 at Vidyagram International School, Chomu, Jaipur, Rajasthan (India). In order to increase their connection with data collecting, our researcher approached these issues before preparing the questionnaire through their trainers as well as personal level managers.

- **Mathematical Analysis**

Table Tennis players are computed to analyse competitive issues between 17 and 19-year-old school kids, i.e. standard deviation and t-ratio. The value level is set at the trust level of 55.

Results

To determine the importance of the distinctions between the numerous levels of competition between the 17th and 19th grades Table Tennis players. In other words, standard deviation as well as t-ratio with the corresponding data shown in Table 1 were calculated.

Table 1 The Importance of Differences between Positions Meaning in Continuous Competitions During 17 and 19 School Activities

Table Tennis Major Players of Jaipur

Anxiety Competition

Number of General Deviation Test Groups Refers to test counts

19 20 14.15 ± 3.26

1.24

17 20 15.80 ± 4.95

The value set in table 't' at a value level of 0.05 at 38 df = 2.02

The data shows that the minor difference between the 17 and 19 years of athletic competition of the men's Jaipur Table Tennis team maintains. The value of 't' (1.24) is therefore substantially lower than the value indicated in 't' (2.02) at such a rate of 0.05 with 38 degrees - of - freedom.

Discussion

According to the Goaling Handbook (Martens, 1977), participants with less than 17 are classified as low-anxiety players. If points fall from 17 to 24, it shows a typical anxiety level and a greater degree of anxiety predicts more than 24 points. These publications therefore have shown a low level of anxiety in the current study (19 = 14.15, 17 = 15.80).

Conclusion

Based on the findings from this study, the male players between 17 and 19 years of age at Jaipur School Tennis can be inferred that they do not differ considerably from their competitive level. In addition, these data imply that the level of competitiveness within sports for Table Tennis players (teams 17 and 19) has fallen to a low level, which has been deemed necessary in order to portray the spirit of highly competitive sports.

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