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## THE IMPACT OF SELECTED PROGRAMMES TO IMPROVE THE PARTICIPATION TOWARDS TABLE TENNIS

Dr.A.P.Borikar<sup>1</sup> and Dr.M.M.Painjane<sup>2</sup>

<sup>1</sup>Director of Sports , NES Science College,Nanded.

<sup>2</sup>Director of Sports , Yeshwant College,Nanded.

### ABSTRACT

**O**n the basis of review of educational field, it is seen that the Physical Education Sports education is neglected area. Sports have real significance through out whole educational process. The entire educationists have advocated it. According to them process of education is incomplete with out physical and sports education. Theoretically every one is agree this opinion but practically it is too neglected. There are so many causes behind that tragedy.

**KEYWORDS** :Physical Education Sports education , educational process, educational field.

### INTRODUCTION

During last fifty years the field is changed tremendously. Now a day it is well built up on the basis of scientific knowledge but this scientific approach is not acquired by teachers. They are applying traditional, popular methods. By assimilating new research based methods, techniques, skills and training developed countries have placed themselves at excellent positions in all international sports events. Our root level teachers and coaches are so far from new trends. Therefore, the progress in this field is not up to the mark.

Present status of the sports shows that the participation of young group is decreasing due to various socio-economic factors. The financial support for the development of play ground and sports material is becoming weaker and as a result sports environment is vanishing.



### NEED AND IMPORTANT

- 1.This study will help to generate sports interest among the students.
- 2.It will give guidelines to improve the participation rate in the sports activities.
- 3.This study will be useful for sports teachers, head masters and sports organizations. They can get direction for organization and implementation and assessment of sports activities.
- 4.This study specially focuses the Table Tennis. So, it has special significance for Table Tennis coaches, Trainers and trainees also.

### OBJECTIVES OF STUDY

- To study of the present status of participation is Table Tennis among the school boys and girls.
- To develop selected programme for motivation is related to participation of

school boys and girls in Table Tennis.

- To implement the programme on Secondary School boys and girls.
- To find out effect of selected programmes on participation of Table Tennis game among Secondary School students.
- To find out effect of motivation towards participation of Table Tennis game among Secondary School students.

## METHODOLOGY

In this section list of variables, population & sample size, tools of the study, procedure of data collection, statistical techniques have described.

•Independent Variables:

- + Interview and discussion with sport Heros.
- + Group activities
- + Showing sports movies, video cassettes, video games.
- + Parents meet.

• Dependent Variables:

- + Students motivation towards Table Tennis.
- + Students participation in Table Tennis are dependent variables for this

## Population

The population of the study is all students studying in secondary schools in Nanded district. All types of set up like aided, non aided, private and Z P schools are considered in the population.

**Sampling:** One secondary level school was selected by randomization through lottery method. The school was Indira Gandhi High school, Nanded from which 500 students were selected as sample.

## Tools and Data Collection

### Questionnaire

Students' interest and motivation is assessed through questionnaire. The information gathered through questionnaire is used to develop motivational programme. It was standardized by using Thurston technique of scaling. The structure of questionnaire was as following:

Sr. No.	Factor	No. of Items	Weightage (max. score=5)
1	Interest	10	50

### conduction of the experiment:

The experiment is conducted with a well planned treatment on the subjects or group of subjects. The design, procedure, tools of data collection applied in the present study is discussed here.

## EXPERIMENTAL DESIGN:

Single group design was used in this study. The students were selected purely on the basis of convenient sampling method. Then the initial test for all the students was taken by employing questionnaire developed in accordance with Thurston Technique.

Then the group was assigned to perform the activities included in selected programmes related to Table Tennis. After execution of these programmes a post test was employed and the results of pre

and post tests were compared to investigate the effectiveness of the selected programmes. The variables involved in the study are as following:

**Independent Variable:** selected programme designed by researcher which include Interview and discussion with sport Heros, Group activities, Showing sports movies, video cassettes, video games, Parents meet etc. is claimed as independent variable.

• **Dependent Variables:**

- + Students' motivation towards Table Tennis.
- + Students participation in Table Tennis are claimed to be dependent variables for this study.

**POPULATION OF THE STUDY**

The population of the study is all students studying in secondary schools in Nanded district. All types of set up of schools are considered in the population. The secondary schools in Nanded city are claimed to be accessible population of the study.

**SAMPLING**

The primary purpose of research is to discover principles that have universal application, but to study a whole population to arrive at generalization would be impracticable, if not impossible. Fortunately the process of sampling makes it possible to draw valid inferences or generalization on the basis of careful observation within a relatively small promotion of the population.

A sample is a small proportion of a population selected for observation and analysis. Sampling is fundamental of all statistical methodology of behavioral and social research. Sampling is the part strategy of research. It has acquired the status of technical job.

One secondary level school was selected by non probability technique. Convenient sampling method for sake of smooth and long term experimental work carried in this study. The school was Indira Gandhi High school, Nanded from which 500 students were selected as sample.

**TREATMENT PROGRAM:**

The researcher selected various activities like special lectures, movies, interaction with sports' heros, parent meet etc. to construct selected programmes for experimentation. General nature of the programme and its' scheduled

**PROCEDURE OF DATA COLLECTION:**

Researcher has collected data through two sources. For primary data collection researcher has employed a questionnaire consisting items related to participation and motivation. Previous records of school are also used as a secondary data source. The tasks involved in the procedure of data collection are described in the table given below.

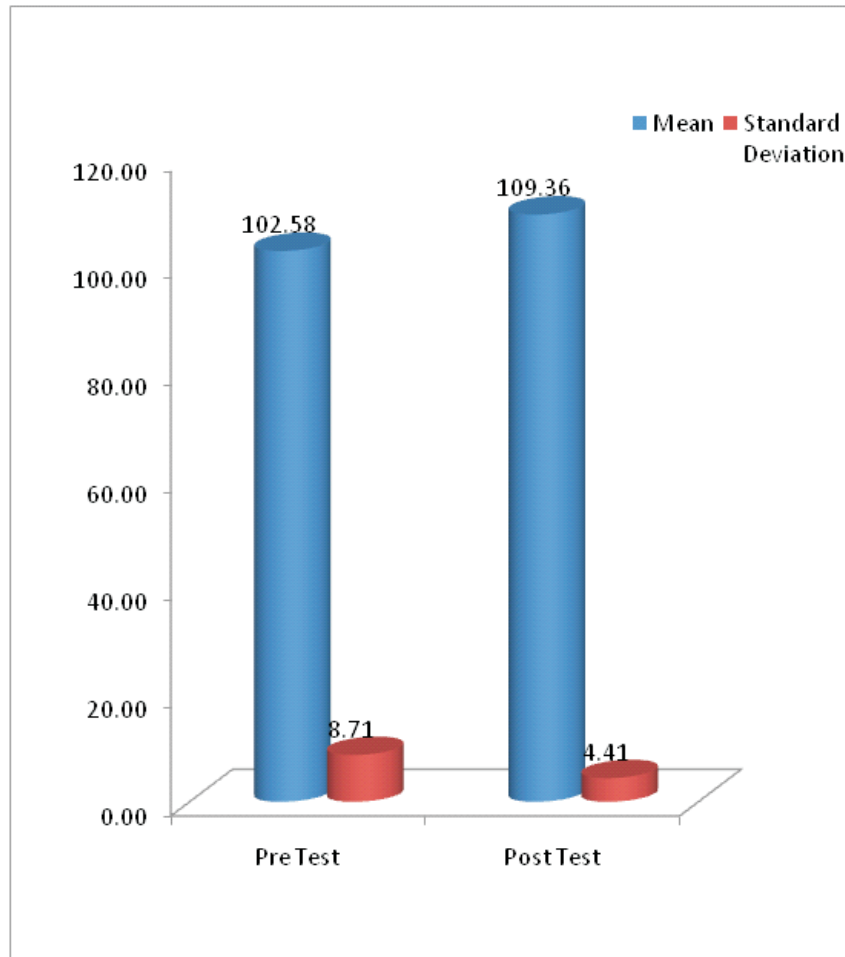
**STATISTICAL ANALYSIS**

The present chapter is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with selected physical parameter. Comparison of psychological variables among three groups of physical education students.

The results concerning this are presented in the form of tables and also illustrated with the help of suitable figures where ever necessary. For the sake of convenience and methodical presentation of the results, following order has been adopted. Data analysis of the students' participation in Table Tennis from the previous record is presented in the tables Statistical Summary of Pre test of Motivation towards Table Tennis

	Pre Test	Post Test
Mean	102.58	109.36
Standard Deviation	8.71	4.41
Total (N)	250	250

Statistical Summary of Pre test of Motivation towards Table Tennis



As per shows that the mean scores and standard deviation of students motivation towards participation in Table Tennis while pre and post test. The mean score of pre test was 102.58 and Standard Deviation 8.71, The Mean score of post test was 109.36 and Standard Deviation 4.41, however the size of sample was 500.

In order to find out the significant difference amongst boys and girls in motivation towards participation in Table Tennis in pre and post test. The statistical details and result is shown in table no. 4.12.

**Table 2**  
**Comparison of Scores of Motivation of participation towards Table Tennis between pre test and post test of Girls students**

	Total (N)	Mean	Standard Deviation	Df	t value
Pre Test	500	102.576	8.71	998	10.98
Post Test	500	109.36	4.41		

The shows the mean score, Standard Deviation, Df value and t value of the score of pre and post-test. The size of sample is 500 in each group (pre and post) and Df value is 998 and obtained t value is 10.98 which shows significant difference between the above mentioned groups

#### RECOMMENDATIONS AND SUGGESTION:

- Present study shown that the participation and motivation level of the students in Table Tennis can be raised due to input of programs. Thus, it is recommended to state government & other agencies to initiate such programs for Table Tennis and other games also.
- The focus of this study was towards the participation and motivation level but further studies are essential which keep their focus on factors like Soci-Economic status of parents, scholastic achievements, locality, Physical fitness etc.
- The present study was subjected to school students. It is essential to extend it for university students of different faculties.
- The sampling of the study was related to urban area but it is essential to extend it towards the rural students.

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