



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 262-263

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www.theyogicjournal.com

Received: 14-05-2018

Accepted: 16-06-2018

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Effect of 8 weeks focusing meditation training program on table tennis players

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Abstract

The purpose of the study was to find out the effect of Focusing Meditation on serving ability of table tennis players to achieve the purpose. First year B.P. Ed Table Tennis specialized trainees (n=60) were randomly selected and the age group of subject ranged from 21-25years. To assess the Serving ability, Table Tennis Serving Test were conducted. The Focusing Meditation program was included in a training scheduled for 8 weeks. The effect of Focusing Meditation on serving ability of table tennis players was analysed by pre-test and post-test. Statistical techniques mean, Standard deviation and "t" value was used for analysis of data, the result reveals that there is significantly different between pre-test and post-test.

Keywords: Table Tennis, Focusing Meditation, service ability

Introduction

Table tennis is a game played inside by two or four people. The players stand at each end of a table which has a low net across the middle and hit a small light ball over the net, using small table tennis rackets.

Focused Meditation (FM): This is a widespread style of Buddhist practice involves sustaining selective attention moment by moment on a chosen object, such the sensations of breathing or the sound of a metronome, or even the sensations of walking. Table tennis players using meditation are directing their thoughts to a specific problem, emotion, or object they want to focus on and to find a solution for to improve serving ability. By clearing your mind of all distractions and then taking some time to focus on just a single sound, object or thought.

Methodology

The purpose of the study was to find out the effect of Meditation on Focusing service ability of table tennis players to achieve the purpose. First year B.PEd Table Tennis specialized trainees (n=60) were randomly selected and the age group of subject ranged from 21-25years to assess the service ability of Table Tennis Service Test developed by Jane a Mott and Aileen Lickhart was used. The Focusing Meditation program was included in a training scheduled for 8 weeks, before giving training, the trainees were said to concentrate on candle flame for 5 to 6 minutes. Which helps them to improve their concentration power. The effect of Focusing Meditation on service ability of table tennis players was analysed by pre-test and post-test, statistical technique mean, Standard deviation and "t" value was used for analysis of data, the result reveals that there is significantly different between pre-test and post-test. And the level of significance set as 0.05.

Modified Table Tennis Services test

Purpose

To Measure Table Tennis serving ability using different serving Style

Floor Markings

In a Table Tennis board, three lines are marked parallel to the net, another two line a marked perpendicular to the centre the board, we have marked measurements in one side of the TT

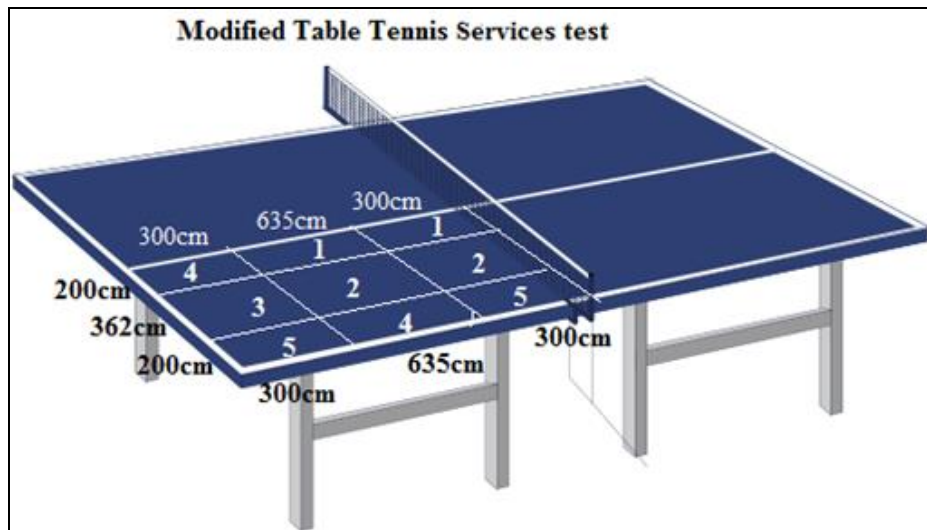
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board. In this particular measurements we have made 9 boxes with some points. Board is marked as shown in Figure with a white line of 200 cm of both the corners and centre box is of 362cm across and Side box is equally divided into 300 cm on both the sides and centre box is of 635cm, then the players should stand near the right side of the TT board, opposite to

the given points and each player have given 10 chances to serve diagonally, so that when the ball pitches any of these boxes, then according to that the points are given to the each players, This is repeated to all the subjects and finally the points are added, By this study we can understand the serving ability of subjects.



Analysis and interpretation of data

To identify the effect of drills on Services skill level of table tennis players, statistical technique “t” test was applied. The level of significance was set at 0.05

Results

The data collected to achieve the objective of the study was analysed and results are presented in the following table.

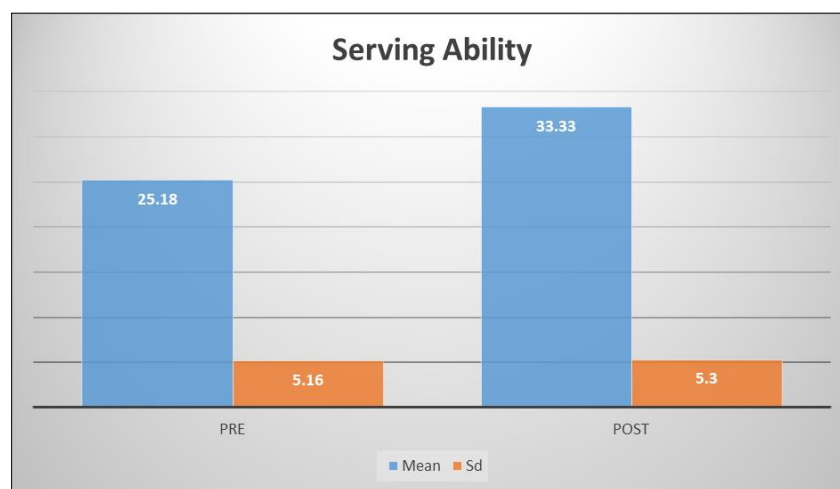
Table 1: Shows the mean value, Standard Deviation and t value of ability of the Many Ball Table Tennis Test

S. No.	Service	N	Mean	Std. deviation	t value
1	Pre test	30	25.18	5.16	25.64
2	Post test	30	33.33	5.30	

Significance at 0.05 level

It is clear from the above table that ‘t’ value of Service Ability of Table Tennis Service Test was 25.64 which is greater than

table value and hence it was found significantly difference at 0.05 level of confidence.



Graphical representation of table tennis Service test

Conclusion

Within the limitation of the present study, and on the basis of the findings, the following conclusions have been drawn.

1. The study was found that significant difference between the service ability of table tennis players.
2. The study was also found that the mediation is a very effective technique for improving concentration of table tennis players.

References

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