Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to construct the norms for evaluating performance of players in Table Tennis skill test. Since, there is a lack of standardized evaluative skill tests in Table Tennis for assessing the ability, grading and predicting the performance of Table-Tennis players, the scholar had undertaken a study in Master of Philosophy in Physical Education, titled “Construction of A Skill Test for Table Tennis Players.” The study was appreciated by various people, namely, Officials of T.T.F.I., Senior Coaches posted at NSNIS, Patiala, SAI Coaches, Physical Educators and Players. Everyone desired that had norms were constructed, this would have been an excellent skill test. Keeping the response from various quarters, the scholar was motivated to add something worthwhile to the existing test by developing norms. Hence, present study was undertaken to Construct Norms for Skill Test for junior and senior Table Tennis Players of state and national level.
For this purpose, 816 male, 410 Junior and 406 Senior, state and national level Table-Tennis players of different states in India were randomly selected to serve as subjects. The performance of Table Tennis players in Table Tennis test battery of four test items, namely, Alternate Push Test, Target Service Test, Alternate Counter Test and Fore Hand Drive on Target Test with foot movement after playing backhand push, constructed by Pushpendra Purashwani and Dr. A.K. Datta, was chosen for the purpose of the study. The data was collected by administering the test for the selected test items during the Summer Coaching Camps and Regular Training Sessions of various districts, different Ranking Table Tennis Tournaments and State and Inter-District Table-Tennis Championships in the year 2006. The data, which was collected by administering tests, was statistically treated to develop norms for all the test items. In order to construct the norms two scales, namely, Percentile Scale and 7 Sigma Scale were used. Further, the scores were classified into five grades i.e. very good, good, average, poor and very poor.

In the Percentile Scale, in Alternate Push Test, the highest performance scores were 26, 23, 26 and 31 and lowest performance scores were 10, 12, 10 and 10 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players
respectively. In Target Service Test, the highest performance scores were 13, 13, 15 and 15 and lowest performance scores were 3, 2, 3 and 3 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively. In Alternate Counter Test, the highest performance scores were 42, 47, 45 and 49 and lowest performance scores were 16, 12, 12 and 18 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively. In Fore Hand Drive on Target Test with foot movement after plying Back Hand Push, the highest performance scores were 13, 13, 13 and 13 and lowest performance scores were 1, 0, 1 and 1 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively, and in both categories (junior and senior male Table Tennis players), the highest performance scores were 31, 15, 49 and 13 and lowest performance scores were 10, 2, 12 and 0 for the test items of Alternate Push Test, Target Service Test, Alternate Counter Test and Fore Hand Drive on Target Test with foot movement after playing Back Hand Push respectively.

In 7 Sigma Scale, with respect to Alternate Push Test, the highest performance score were 25, 27, 27 and 33 and lowest performance scores were 5, 7, 5 and 6 for the group of Junior State, Junior National, Senior
State and Senior National Table Tennis Players respectively. In Target Service Test, the highest performance scores were 15, 15, 15 and 15 and lowest performance scores were 0, 0, 0 and 1 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively. In Alternate Counter Test, the highest performance scores were 42, 54, 52 and 59 and lowest performance scores were 6, 4, 7 and 9 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively. In Fore Hand Drive on Target Test with foot movement after plying Back Hand Push, the highest performance scores were 15, 15, 15 and 15 and lowest performance scores were 0, 0, 0 and 0 for the group of Junior State, Junior National, Senior State and Senior National Table Tennis Players respectively and in both categories (junior and senior state and national male Table Tennis players), the highest performance scores were 29, 15, 55 and 15 and lowest performance scores were 4, 0, 3 and 0 for the test items of Alternate Push Test, Target Service Test, Alternate Counter Test and Fore hand Drive on Target Test with foot movement after playing Back Hand Push respectively. The scores were further classified into five Grading scales viz. very good, good, average, poor and very poor under Normal Distribution.
Conclusion

Based on the findings and within the limitation of this study, the following conclusions were drawn:

1. The two normative scales, namely, the Percentile Scale and 7 Sigma Scale were constructed for the junior and senior table tennis players of state and national level.

2. Table Tennis Skill Test Battery constructed by Pushpendra Purashwani and Dr. A.K. Datta was employed on 816 male junior and senior table tennis players of state and national level.

3. The norms were constructed by using Percentile and 7 Sigma Scale techniques analyzed through statistical packages.

4. Five grades i.e. very good, good, average, poor and very poor were also prepared under normal distribution on the basis of the results of the present scores.

Recommendations

In the light of conclusions drawn, the following recommendations are made:
1. The normative scales constructed by Research Scholar may be used to evaluate the performance of junior and senior table tennis players of state and national level.

2. The normative scales constructed in this may be used in sports schools, sports hostels, school education departments and professional students of physical education for motivation, classification and grading purposes.

3. A similar study may be undertaken with Table-Tennis players of different levels i.e. colleges, universities and inter-national levels.

4. Since, Table Tennis has become a popular game for women, similar study may also be conducted on women Table-Tennis Players.