The Effect of Sports Forums within Population Centers on Physical Abilities and Results of School Table Tennis for Students

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Abstract

The study aimed to prepare a questionnaire for a survey of forum goers and table tennis practitioners and to identify the differences between them in terms of their physical abilities, skill performance, and results of table tennis, and the researcher used the descriptive approach in a comparative study of the reasons and the method of pre and post measurement for two groups equal to its suitability with the nature of this study, and chose a sample (415) students from the community of middle school in the holy Karbala, who are enrolled in the first semester of the academic year (2018-2019) and in an intentional way I choose (33) students from table tennis players participating in the school championship organized by the sports and scouting activity in the governorate.

They were divided into two groups, the first group included (16) students from the regions inhabited by youth forums, and the second group included (17) students from the residents of the areas where these forums did not exist, and the researcher conducted special physical tests within the main experiment of the research, then the two groups left a period (8) Weeks later, the researcher conducted the post-test and the results showed the effectiveness of the presence of forums in the housing areas and their effect on improving elements Special fitness for volleyball, as well as the training contribution in the forums showed the improvement of the skill performance of the first group by winning the school championship. It improves their physical fitness.

Keywords: *Sports forums, population and physical abilities.*

Introduction

Fitness is one of the most important objectives of education sports and basic components of the health of the individual to relate positively to many life areas such as growth, health, physical, mental, psychological, social, educational attainment, and other words of life that makes a person active in his community, Its importance not to the general public but also contribute effectively

to the appropriate setting to perform the duties required of the individual, and because physical exercises are subject to educational and scientific foundations, they have become an area of concern for teachers and trainers at the same time, and physical fitness is divided according to its purpose into public and private physical fitness.

The physical fitness elements of the table tennis game are among the elements that must be available in the successful table football player who possesses a physical structure characterized by the speed, agility, and the superior strength of the distinctive strength, the superior strength The kinematic dynamics of the game of ball game depends largely on the development of the elements of speed and power in addition to determining the amount of friction required between the ball and the racket that

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has become necessary to reach the results.¹ Fast action for a short period of time that the player uses either for the purpose of quickly ending the point, or to deal with his control of the game and the style of opponent play, and so the table tennis player needs a special physical abilities that do not depend on the abilities of the support that does not support Sports belonging to the Ministry of Youth have a role in enhancing physical abilities as a result of continuous play in them and the presence of these forums near student housing, which enhances the physical abilities of the players of table tennis, so this came The study is to show the effect of playing in nearby forums on developing physical capabilities and athletic achievement if these young people have the opportunity to represent their schools in these school competitions.²

Important and fundamental factors in the process of learning the different sports skills, are daily her constant practice, the more you practice daily workouts is getting a sense of movement or skill and can be performed better, which leads to increase performance significantly as well as upgrading the physical abilities required for the performance, and to repeat the exercise A great role in the learning of motor skills the more the student possesses a high degree of physical capabilities and technical performance, the faster the ability to learn, and the applied concept of kinetic capabilities is related to the process of receiving and coordinating.³

Through the researcher's work in teaching in schools and universities, he noticed the weak skill level of table football players, and after reviewing many studies in the field of table football, he found that the reason for the decline in players is the weakness of physical fitness, which in turn leads to a low level of skill, and this leads to a low level of skill, which leads to a low level the researcher pushed for this study with the aim of identifying the level of physical abilities of the Ping-Pong players and the impact of sports forums' proximity to their schools in influencing that development that helps to stabilize the level of motor and skill performance in this game.

Research Objectives:

1. Preparing a survey questionnaire for forum goers and table tennis practitioners.
2. Identify the differences between students who attend the forums, whether or not in terms of physical abilities, skill performance, and results of table tennis.

Research Hypotheses:

- There are statistically significant differences between the results of the peripheral schools in the forums or not in the physical capabilities and the results of the matches.

Research Fields:

- The human field for middle school students
- Time range: (10/12/2018) until (1/2/2019).
- Spatial field Sports forums in the center of Karbala Governorate.

Research methodology and procedures

Research Method: The researcher used the descriptive research method in the comparative study method using the pre- and post-measurement method of two groups, which are equivalent to the suitability of the nature of this study.

Research community and sample: The research community is composed of (415) prep school students in the holy Karbala students who are enrolled in the first semester of the academic year (2018/2019) in the holy city of Karbala. The research sample was chosen intentionally, and it reached (33) students who were chosen from the research community represented by table tennis players participating in the General Directorate for Karbala Holy Education for Table Tennis, and they were divided into two groups according to the presence of their areas of residence near the group The first (16) students are residents of the areas where youth forums exist, and the second group (17) students are residents of areas where youth forums do not exist. From table (1) it is clear that there are no statistically significant differences between age, height and weight for the research community, which indicates their homogeneity, while table (2) shows the parity between the two groups, as it becomes clear from the table that there are no statistically significant differences between the two groups of the two groups on the two groups. Represented by (compatibility, accuracy, flexibility, agility, reaction speed, transitional velocity, the distinctive velocity of the arms of the arms, the force distinguished by the speed of the legs) and this is evidence of the parity of the members of the two groups in the field of study in the structure level of the course.

Table 1. Shows the sample distribution in terms of length, age and weight (homogeneity)

Variables	Mean	SD	Median	Skewness
Age	17.25	0.93	17	0.80
Length	159.7	4.60	160	0.9
Mass	57.56	13.73	65	1.62

Table 2. Shows the equivalence of the two groups

Physical ability	Group	Mean	SD	df	(t) value *	Significant value	Type of significance
Compatibility (sec)	First	6.11	0.90	31	1.38	0.176	No sig.
	Second	6.63	1.23				
Accuracy (degree)	First	7.13	1.75	31	1.42	0.16	No sig.
	Second	8	1.76				
Flexibility (cm)	First	6	1.90	31	0.66	0.511	No sig.
	Second	5.47	2.60				
Fitness (degree)	First	14.75	1.29	31	1.20	0.23	No sig.
	Second	15.47	2.03				
Reaction speed (cm)	First	21.81	4.17	31	1.65	0.10	No sig.
	Second	19.05	5.29				
Transition speed (w)	First	8.99	1.52	31	0.82	0.419	No sig.
	Second	8.39	2.53				
Fast power two arms (cm)	First	3.08	0.44	31	1.66	0.106	No sig.
	Second	3.35	0.50				
Quick power legs (cm)	First	135	24.22	31	0.75	0.462	No sig.
	Second	142.18	30.51				

*Significance in front of the level ≤ 0.05 .

It is evident from Table (1) that there are no statistically significant differences between age, height and weight, as the value of all torsion is between ± 3 . It is clear from the table (2) no differences are statistically significant between the two groups in each of the elements of physical fitness actress (b compatibility, accuracy, flexibility, agility, speed of reaction, the transition speed, distinctive power speed of arms, distinctive force as quickly as the legs), which is evidence that the two groups have equal levels of physical fitness before starting research.

The following devices and tools:

- Dynamometers (to measure the grip force kg), Rest meter for measuring length (cm), distance measuring tape (meters), Swedish seat, adhesive, characters, tennis balls, cabins, cabins, cabins Table tennis, table tennis, special table tennis balls.

Special physical tests:

- Test the numbered circuits - to measure compatibility.
- Hand aiming at overlapping rectangles - to measure accuracy.
- Bend the torso forward to stand - to measure flexibility.
- Backlash running - to measure agility.
- Ruler Nelson - to measure the reaction speed.
- Counting a meter (30 m) from a moving start - to measure the transmission speed.
- Throw the medical ball (kg 3), - to measure the strength of the arms.
- Wide leap of stability - to measure the capacity of the legs.

Skill performance tests:

- After reviewing the scientific references specialized in the tests in the field of table football,⁴ the following tests were chosen after they were presented to the experts:
- Jane-die and Wayne tested to measure table tennis skill.
- Test the transmission skill for the front strike.

Pilot study: The researcher conducted the survey study on a sample of students that reached (10) students from outside the study sample and from the study community, the researcher applied to them the tests of physical fitness elements to ensure the scientific validity of the tests, and the validity of the used tools used on the used materials.

Scientific Transactions Tests:

Validate the tests: To ensure the validity of the study tests, the researcher used the validity of the content, as he selected it after reviewing many theoretical studies and reliable sources that indicated that these tests are characterized by a high level of honesty and reliability factors.⁵ The tests selected were a group of experts on table football who agreed to achieve these tests for the desired objectives of the study.

Tests are consistent: To confirm the consistency of the tests, a sample was conducted on (10) students

from the study community. The researcher used the test-retest method, and the validity was verified by extracting a correlation coefficient (correlation of 1), correlation (1 correlation), (1 correlation correlation) 0.83) Accuracy (0.79) Flexibility, (0.86) Agility, Reaction speed, (0.89), (0.85) Transition speed, Distinguished strength with speed (0.90), Rapid power for legs (0.86).

Pretests and training practice in the forums: The members of the first group practiced exercises in the forums near their areas of residence during the summer vacation and the beginning of the school year, and the second group was not able to practice these exercises because of the absence of these forums. These tests were applied to both groups, then the groups were left within a period of (8) weeks, after which the post-tests were performed.

Statistical processing: The researcher used the SPSS software for data analysis, where the mean is calculated. Standard deviation. Difference test t-test.

Results and Discussions

There were statistically significant differences at (0.05) in the physical fitness level of table tennis game among members of the first group who play the game in forums between the pre and remote measurements from the second group that did not play the game in the forums (and for the benefit of dimensional measurements 3 and the results of the group 3) .

Table 3. Shows the results of the differences between the pre and post measurements of the fitness elements of the first group

Physical ability	Group	Mean	SD	df	(t) value *	Significant value	Type of significance
Compatibility (sec)	First	6.11	0.90	15	15.93	0.00	Sig.
	Second	5.03	0.68				
Accuracy (degree)	First	7.13	1.75	15	16.23	0.00	Sig.
	Second	11.56	1.41				
Flexibility (cm)	First	6	1.90	15	8.49	0.00	Sig.
	Second	14.88	3.70				
Fitness (degree)	First	14.75	1.29	15	15.80	0.000	Sig.
	Second	20.13	2.16				
Reaction speed (cm)	First	21.81	4.17	15	20.43	0.00	Sig.
	Second	16.06	4.15				
Transition speed (w)	First	8.99	1.52	15	11.64	0.00	Sig.
	Second	8.21	1.46				

Physical ability	Group	Mean	SD	df	(t) value *	Significant value	Type of significance
Fast power two arms (cm)	First	6.11	0.90	15	15.93	0.00	Sig.
	Second	5.03	0.68				
Quick power legs (cm)	First	7.13	1.75	15	16.23	0.00	Sig.
	Second	11.56	1.41				

Table 4. Shows the results of the group practicing any training in the forums

Physical ability	Group	Mean	SD	df	(t) value *	Significant value	Type of significance
Compatibility (sec)	First	6.63	1.23	16	16	1.67	No sig.
	Second	6.47	1.26				
Accuracy (degree)	First	8	1.76	16	16	0.57	No sig.
	Second	8.23	1.03				
Flexibility (cm)	First	5.47	2.60	16	16	5.19	Sig.
	Second	6.41	2.53				
Fitness (degree)	First	15.47	2.03	16	16	1.05	No sig.
	Second	17	1.87				
Reaction speed (cm)	First	19.05	5.29	16	19	0.07	No sig.
	Second	19.12	3.90				
Transition speed (w)	First	8.39	2.53	16	16	1.97	No sig.
	Second	9.62	1.29				
Fast power two arms (cm)	First	3.35	0.50	16	16	2.40	Sig.
	Second	3.51	0.41				
Quick power legs (cm)	First	142.18	30.51	16	16	0.288	No sig.
	Second	142.76	24.48				

The data in Table 3 indicates the existence of statistically significant differences at the level of significance ($\alpha \leq 0.05$). This indicates an improvement in the level of physical fitness elements of the experimental group members between the pre and post measurements, and in favor of the measurement. The data in Table (4) show the difference in significance at the level (0.05) for the physical fitness elements of the table tennis game in the ranks of the second group in the elasticity, the force distinguished by the speed of the arms, while the rest of the results showed the presence of statistically significant differences between the statistics, the measurement between the statistics Transition velocity, force distinguished by the velocity of the legs of the second group.⁶ The improvement in the level of the elements of special physical fitness among the first group members indicates the high level of the efficiency of the body systems to meet the physical burdens, which indicates the improvement of the physical characteristics of the racquet games in general and the table tennis in

particular,⁷ and this is what is shown in this system. With many studies that confirmed that its training program has a positive and active role in improving the elements of physical fitness,⁸ all of which confirmed that the training program is training in training. Physical and skill for sporting activities and here the researcher would like to point out that youth forums play the role of regular training programs in promoting and raising the degree of physical fitness, whereas the second group that did not have the opportunity to practice training in forums for the lack of these forums in their areas of residence as it did not show improvement in all of the elements of fitness the physical nature of the game of backgammon, especially the one that greatly affects the performance of the game's skills (accuracy, compatibility, speed of reaction, the characteristic strength of speed for the legs, agility) As it improves, it has elements (the speed-specific strength of the flexible arms) that may have evolved.⁹

Performing table tennis skills during working hours or opportunities. In order to determine the preference in the results for both groups, the researcher conducted a

test (t) between the dimensional measurements of both groups as shown in Table (5).

Table 5. Shows the results of the differences between the posttest for two groups

Physical ability	Group	Mean	SD	df	(t) value *	Significant value	Type of significance
Compatibility (sec)	First	5.03	0.68	31	4.07	0.00	No sig.
	Second	6.74	1.26				
Accuracy (degree)	First	11.56	1.41	31	7.58	0.00	No sig.
	Second	8.23	1.05				
Flexibility (cm)	First	14.88	3.70	31	7.71	0.00	Sig.
	Second	6.41	2.53				
Fitness (degree)	First	20.13	2.16	31	4.45	0.000	No sig.
	Second	17	1.87				
Reaction speed (cm)	First	16.06	4.15	31	2.17	0.037	No sig.
	Second	19.12	3.90				
Transition speed (w)	First	8.99	1.52	31	11.64	0.00	No sig.
	Second	8.21	1.46				
Fast power two arms (cm)	First	4.74	0.59	31	6.95	0.00	Sig.
	Second	3.51	0.41				
Quick power legs (cm)	First	178	20.19	31	4.51	0.00	No sig.
	Second	142.73	24.48				

From Table (5), there are statistically significant differences at the significance level ($\alpha \leq 0.05$) in the fitness level for the game of table tennis between the two dimensional tests for the first and second groups, and for the benefit of the first group.

The researcher attributes these results to the effectiveness of youth forums in enhancing physical abilities, in which the members of this group practiced different and qualitative training for agility, speed, compatibility and accuracy, which contributed to improving the levels of these elements among the members of this group,¹⁰ and the compatibility of this group with indicated that the development of some special physical characteristics has a positive effect on the physical and skills level improvement.¹¹ They had this opportunity, which helped them to develop each element of physical fitness for the game of table tennis, which had a great role in differentiating the first from the second, which applied general exercises and taught training skills only.¹² pointed out that “physical

preparation is considered one of the most important components of success in the performance of movement activities, which aims to develop the individual's athletic potential and improves the level of his physical, psychological, functional and mobility abilities to meet the requirements of the aspirations and the requirements of movement.¹³

The development in the physical level of the members of the first group who had the opportunity of training and continuous practical practice by virtue of the presence of forums in their residential areas was also reflected in their achievement and victory in the school championship much better than the second group that did not receive training in these forums.¹⁴

Conclusions

1. The results showed the effectiveness of the presence of forums in residential areas and their impact on improving the fitness elements of table tennis among members of the first group close to these forums.

2. Training in these forums contributed to the improvement of the skill performance of the first group by winning the school championship.

Ethical Clearance: The Research Ethical Committee at scientific research by ethical approval of both MOH and MOHSER in Iraq.

Conflict of Interest: Non

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