

The Effect of Special Exercises on the Most Superior Mental Processes and the Performance of Some Offensive Skills for Table Tennis Beginners

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Abstract

The research aims to prepare special exercises in developing some mental processes and performance Offensive skills of table tennis for players and learn about the impact of special exercises in developing some mental processes and performance of offensive table tennis skills for players. The researchers used the experimental approach in a way (equal groups) on the young players in the specialized school of table tennis in the province of Najaf for the season (2018-2019) and adult the number of them is (20) players. The researchers concluded the effect of special exercises prepared by the researchers, permissions that it was effective in developing the mental processes under discussion and performing basic table tennis skills for players, which makes it clear in the level of skill performance of the members of the experimental group. The researchers took into account the characteristics of the players It has achieved positive results in increased capacity to develop for mental operations and the performance of basic table tennis skills for players. The researchers recommended that special exercises should be used from the stomach before researchers' developmental processes and perform basic table tennis skills for players.

Keywords: special exercises, mental processes, essential table tennis skills.

Introduction

The problem of research in the stages of maturity experienced by players from the awareness of understanding and understanding And the way of thinking, ^(1,2) as well as what imposes on them the age and the information that it publishes, and because of the large number and diversity of information and the multiplicity of its sources, it has become control over a part of the information and not the information as a whole, and also that the performance of essential skills requires a certain level of mental processes and for robots to perform essential skills in table tennis requires The matter develops their mental processes, which are reflected in their performance level, ⁽³⁾ then Special exercises must be used to try to develop mental

processes for study, ⁽⁴⁾ its reflection on the performance of the basic skills of table tennis for players that were lacking in the curricula of coaches in this age group, and the objectives of the research are to prepare special exercises in developing mental processes and perform essential skills of table tennis for players and learn about the impact of special exercises in developing Mental processes and the essential performance of table tennis for juniors. ⁽⁵⁾

practical part:

Search procedures:

The researchers used the experimental approach in the way (the two equivalents) because it fits with the nature of the research problem on the players of the specialized school in table tennis in the province of Najaf for the season (2018-2019) and the number (20), and the comprehensive inventory method was selected in defining the research sample, the sample

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was divided into Two groups were represented, one of which was the control group whose number was (10) players, the other represented the experimental group of (10) players, the sample was divided randomly, and homogeneity and parity of the sample were performed in the variables that may affect the search results for the individual differences existing with the players, and the Determine the variables (length - weight - age) and show that the sample is homogeneous because the value of the torsional coefficient was confined between +1 and -1 as well as parity, as it was found that the value (t) calculated between the results of the two groups in the pre-test was random in the variables (intensity of attention and focus of attention and perform essential table tennis skills).

Determination of attention test:

The Borden Envimov test was adopted to measure the features of attention. The first test / The Borden Invimon test to measure the features of attention: ⁽⁶⁾

A test is a form containing (31 lines) of Arabic numbers. Each line contains (40 numbers), so the test contains (1240 numbers). The numbers in each line consist of groups drawn up in a codified manner, and each of them consists of (3 - 5 numbers) of different distribution and arrangement to ensure that they are not kept from the laboratory and tests of aspects of attention are:

I. “Attention Sharpness Test

Upon hearing the word Start, the player turns the model at the moment when the stopwatch is started and begins to search and cross out the number (97) from one line after the other and from left to right.

Second: - Focus attention test:

The same method used in the (first test) to measure the intensity of attention, but at the same time, it operates the distraction device.

Method for calculating the results - the following indications are extracted:

Network productivity when measuring the intensity of attention in a quiet state = U 1

Network productivity when measuring the intensity of attention in case of exciting situation = U 2

Concentration significance = difference between the two units

The focus of attention = U1 - U2

(The lower the extracted value, this indicates the higher the concentration in the laboratory)⁽⁹⁾

Skill tests in table tennis:

The table tennis skills used in the research were identified:

- Frontal Stroke
- Backhand hit

The researchers relied on a groundstroke test: Hoyt test to measure stroke accuracy:

Procedures for preparing special exercises:

The training curriculum was developed for the research through reviewing the specialized scientific sources and meeting with experts and specialists in the field of sports training and the field of table tennis, and the researchers took the formulation of the paragraphs of the training curriculum prepared to take into account the races and tests of the Table Tennis Federation and school courses, considering that the majority of the sample is from School students.

The training curriculum consists of (12) training units per month, i.e. (24) training units during the curriculum prepared by (3) training units per week. The researchers relied on everything related to the contents of preparing training curricula during the training modules of the training curriculum whose vocabulary was appropriate to the research topic and within The privacy of the sample members, use the principle of immediate feedback and correcting errors to make use of the time allotted for the training. And he relied on the principle of corrugation in the field of training in training units through the formulation of the research methodology as it dealt with intensity, size and comfort. (Abul-Ela) mentions the principle of corrugation that the curriculum leads to better results and means corrugation rise and fall in training and not walking on one pace or one level. In other words, the vocabulary of the training unit at the beginning of the training curriculum and the gradual increase in the training rate compared to the decrease in

intensity and the proportionality of rest with the training body and the gradual increase in the ratio of the training volume to the intensity, as an increase in the intensity of training is observed.

The goal of the training curriculum prepared was to bring the players (the individuals of the research sample) to a level that enables them to achieve sporting achievement at the local and Arab levels by designing the training curriculum in this curriculum. The duration and duration of competitions are (15) days, given that the members of the sample underwent a general preparation period before its impact. The curriculum designed to study this research was formulated to find out the effect of exercises on the mental processes and offensive skills of table tennis for juniors.⁽¹¹⁾

Main experience:

Pre-test:

The researchers conducted the main experiment, as the pre-test was conducted on the members of the sample (the beginners) by giving (10) attempts to each player and photographing the performance of the ten attempts to evaluate the technical performance and measure the accuracy of performance for each player, on Thursday 5/3/2019 The researchers conducted the cardiac test on (7/3/2019) by applying the tests to measure attention and test the front and backstroke skills of table tennis for the players

Curriculum application:

The researchers took into account in preparing special exercises a set of axes and dimensions in terms of developing essential psychological skills (muscular and mental relaxation as well as mental perception) to be the basis for launching to the application of basic special exercises for mental operations in a manner consistent with the subject of the research. Scientific references and related studies have been used and have been formed Special exercises from (12) training units per month, i.e. (24) training units during the curriculum prepared by (3) training units per week, and the researchers relied on everything related to the contents of preparing training curricula during the training modules of the training

curriculum whose vocabulary was appropriate to the subject of the research and within the privacy Sample members, use the principle of instant feedback and error correction to make use of the time allotted for the training. And he relied on the principle of ripple in the field of training in training units through formulating the research methodology as it dealt with intensity, size and comfort⁽¹²⁾

Post-test:

The researchers carried out the post-test procedures for the research sample on (8/5/2019) by applying the tests for measuring attention and testing the skills of front and back hitting in table tennis. The researchers made sure that the conditions and variables were similar to the conditions in which the tribal tests were conducted.

Statistical means:

The researchers used the Statistical Package for Social Sciences (SPSS)⁽¹³⁾

Results and discussion:

This axis included displaying the results of statistics after statistically processing them and in line with the goals.

Displaying the results of the post-test tribal tests for the control and experimental groups:

Results and discussion:

This axis included the presentation of the results of descriptive statistics between the physical variables and the functional variables after statistically treating them and in line with the goals.

Present the results of the pre and post-tests of the control group in measuring attention and essential skills:

To know the significant differences in the research variables, the researchers presented the results of the pre and post-tests of the control group, as shown in Table (1).

Table (1): Shows the results of the pre and post measurements of the control group in measuring attention and essential skills

	Statistical treatments of variables	Unit of measurement	Pre-test		Post-test		Significance level	(Sig) statistical significance
1	concentration of attention	degree	18,22	1,16	17,24	1,45	0,009	moral
2	forward stroke	degree	6.16	2.13	8	1, 66	0.002	moral
3	back stroke score	degree	7.32	1,88	8,15	2.23	0.001	moral

Show the results of the pre and post measurements of the experimental group in attention and basic skills:

Table 2: Shows the results of the pre and post measurements of the experimental group in measuring attention and basic skills

	Statistical treatments of variables	Unit of measurement	Pre-test		Post-test		Significant	Significant type
1	concentration of attention	degree	18.9	3,25	16,8	2,256	0,009	moral
2	forward stroke	degree	7.9	1.73	11.1	1.36	0.000	moral
3	back stroke score	degree	6,98	1.87	9.36	1.79	0.000	moral

Display the results of the post-test for the control and experimental research groups in measuring attention and performing basic skills:

Table (4): It shows the dimensional results of the control and experimental groups in attention and performance of basic skills

	Statistical treatments of variables	Unit of measurement	Post-Test Experimental		Post-Test Controls		Significance level	(Sig) statistical significance
1	concentration of attention	M mol / L	16,8	2,256	17,24	1,45	0,684	non-significant
2	forward stroke	degree	11.1	1,36	8	1,66	0.009	non-significant
3	back stroke score	degree	9.36	1.79	8,15	2.23	0.469	moral

Results and Discussion

Through the previous results that were presented and analyzed for the pre and post tests and for the control and experimental research groups in the attention test and the skill of hitting table tennis skills, it appears that there are statistically significant differences for the experimental group, and for the benefit of the post tests and researchers attribute the causes of these differences to the effect of the curriculum prepared by them as We find that its effect was effective in (developing attention and performing essential skills in table tennis for players) under study and then helped to show clear progress in the level of skill performance among members of the experimental group, and this shows the extent of the impact of special exercises used in the research that were introduced in the curriculum to develop attention “As it is one of the most important mental skills that a table tennis player needs in great degrees during training and developing motor skills, and this skill requires the highest degree or level of attention focus for the purpose of the player’s understanding of all parts of the motor skill to be learned and trained on , which leads to giving an integrated picture On the nature of the motor performance of the skill required to be implemented and work to develop it.”⁽¹⁴⁾

As the table tennis player needs in the first learning processes of motor skill full attention to the course of movement performance in its full and partial form by receiving the main stimuli involved in the work that comes from the senses of hearing and sight, which leads to the formation of the motor mechanism by selecting the appropriate main stimulator for motor action and thus formation or Choose the appropriate motor response to the chosen stimulus.

Conclusions

1. The effect of the curriculum prepared by the researchers, as we find that its effect was effective in developing attention and performance of the essential skills under study (primary skills) for table tennis for players, which showed clear progress in the level of skill performance of the members of the experimental group.

2. In the special exercises, the researchers took into account the mental characteristics of the players, and positive results were achieved in increasing the ability

to develop attention and perform essential table tennis skills for players.

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

Conflict of Interest: None

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