

Project Proposal

"Exploring the Prevalence of
Table Tennis Participation
among Students at
University College London
(UCL): A Quantitative Study"

University of Wales

Introduction

Physical fitness but also contributes to improved mental health, reduced stress levels, and enhanced academic performance (Gillis & MacDonald, 2013; Penedo & Dahn, 2005).

Decline in physical activity levels among university students, Linked to sedentary behaviours, academic pressures, and limited access to sports facilities (Morris et al., 2019; Tibbits et al., 2018).



Introduction

Low-impact form of exercise, improves hand-eye coordination, and offers opportunities for socialization (Carvalho et al., 2019; Shields et al., 2015)

Affordable, requires minimal equipment, and can be played in both organized and casual settings (Carvalho et al., 2019; Shields et al., 2015).



Introduction

Sports Participation Among University Students

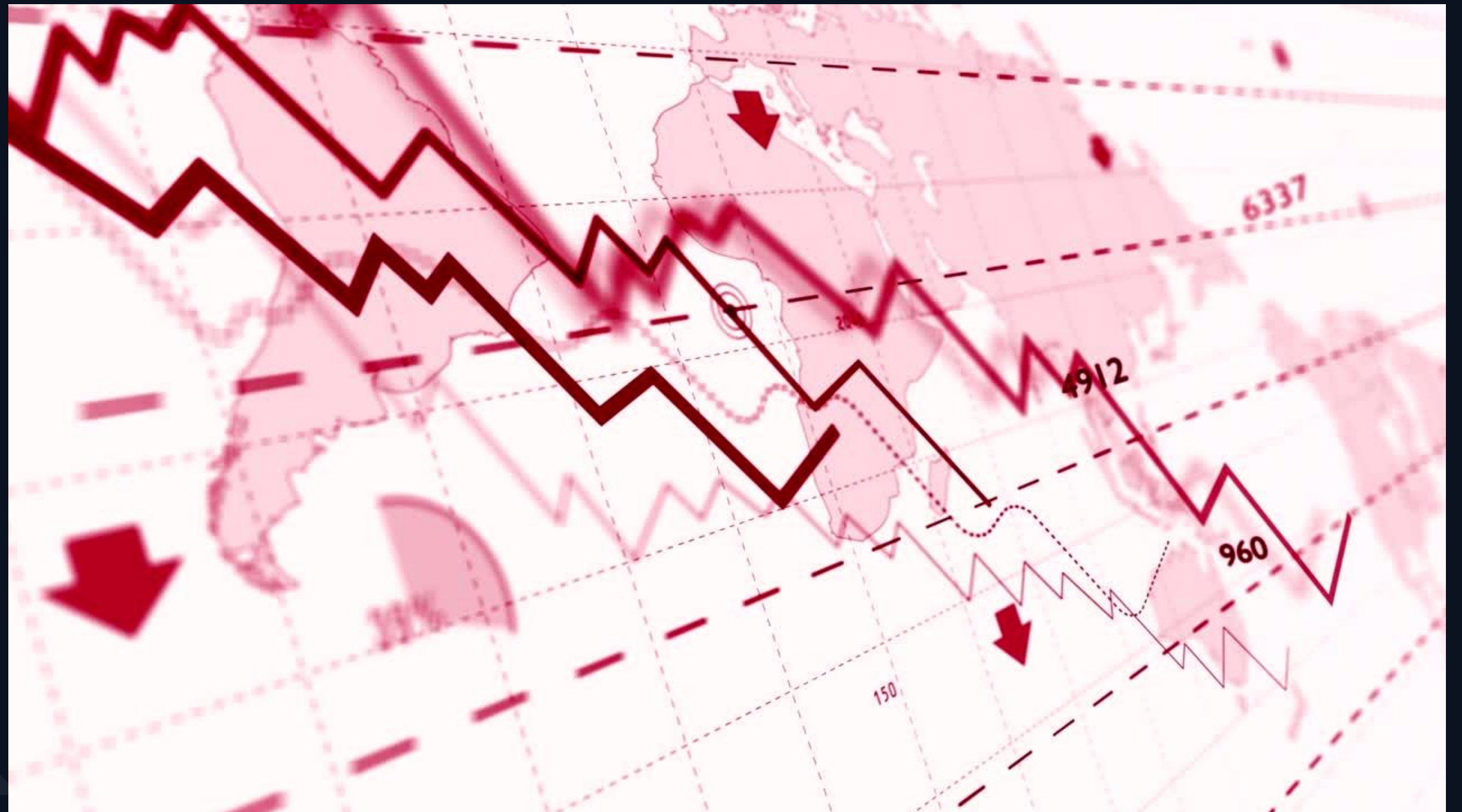
- personal motivation
- perceived barriers
- social support
- access to facilities
- awareness of available sports opportunities

(Caperchione et al., 2018; Morris et al., 2019)



Rational

**The declining level
of physical activity
among students**



Research Question/Study

Aims



To assess the prevalence of table tennis participation among UCL students

Gain insights into the factors that influence their engagement in the sport

Research Question/Study

Aims



- **What is the prevalence of table tennis participation among UCL students?**
- **What are the factors that influence UCL students' engagement in table tennis?**
- **What are the perceived barriers that prevent UCL students from participating in table tennis?**
- **What motivates UCL students to participate in table tennis more frequently?**
- **How aware are UCL students of the table tennis facilities and opportunities available on campus?**
- **Do UCL students have access to table tennis facilities on campus?**
- **Are UCL students aware of any organized table tennis clubs or groups at UCL?**
- **What are the perceived benefits of participating in table tennis according to UCL students?**
- **Do UCL students have social support from friends or peers who participate in table tennis?**
- **How supported do UCL students feel by their social circle to engage in table tennis?**

Hypothesis



- **Low Participation**
- **Lack of awareness**
- **Lack of social support**

Research Design



Survey Research

Effective tools for collecting self-reported data from a large sample of participants (Bryman & Bell, 2019).

Allow for standardized responses and facilitating quantitative analysis (Creswell, 2013).



Survey Questionnaire

- ▲ Demographic questions
- ▲ Table tennis participation
- ▲ Factors influencing participation

Research Design

▲ Demographic questions

▲ Table tennis participation

▲ Factors influencing participation

- What is your gender?
- What is your age?
- What is your academic discipline/faculty?

Examples

- Have you ever participated in table tennis? (Yes/No)
- How frequently do you currently engage in table tennis? (Choose one: Daily, Weekly, Monthly, Rarely, Never)

Examples

- Are you aware of any organized table tennis clubs or groups at UCL? (Yes/No)
- Do you have friends or peers who participate in table tennis? (Yes/No)

Examples

Research Design



Survey Research

- Large amount of quantitative data on table tennis participation
- Structured format
- Carefully designed questions
- Systematic data collection and analysis

Study Participants



Undergraduates



Postgraduates

Data Collection Methods

Method 1

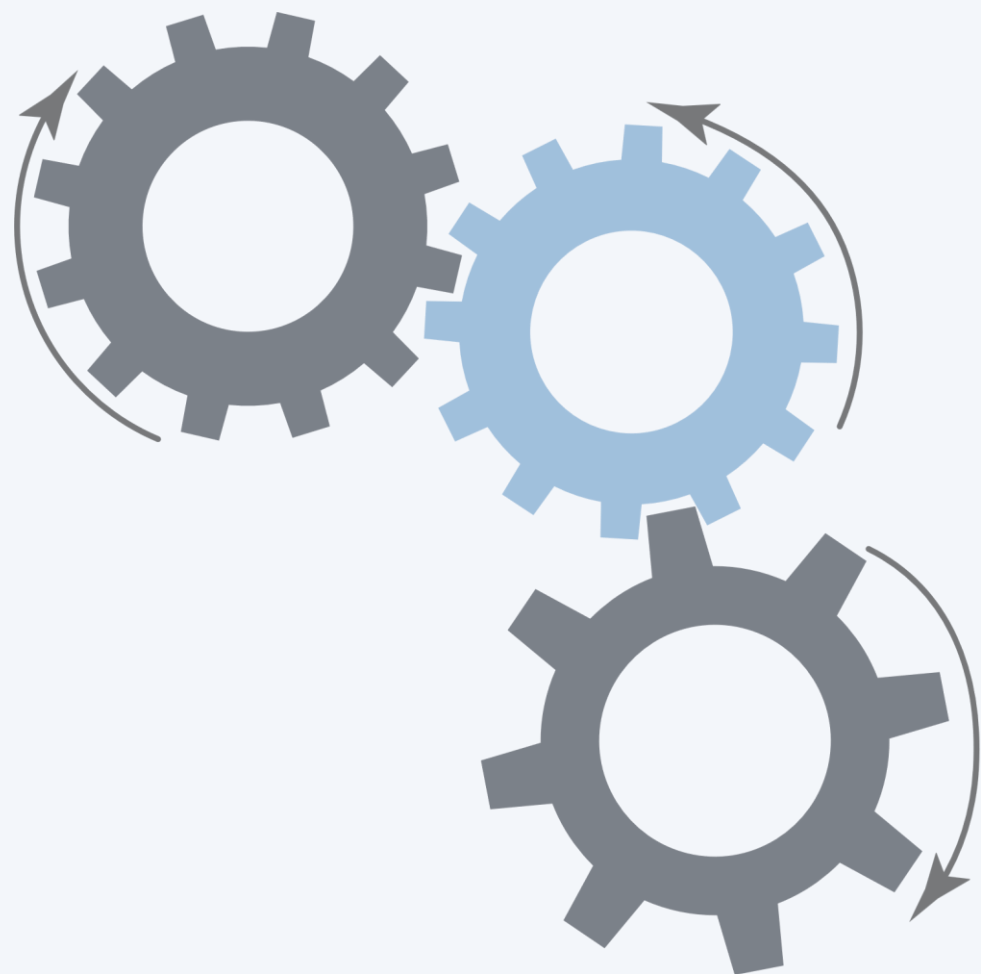
Online Communication Channels (e.g student newsletters, mailing lists, student forums and social media groups)

Method 2

Campus Announcements and Awareness (e.g physical posters, flyers, digital displays)

Method 3

Snowball Sampling



Data Analysis

Descriptive Statistics



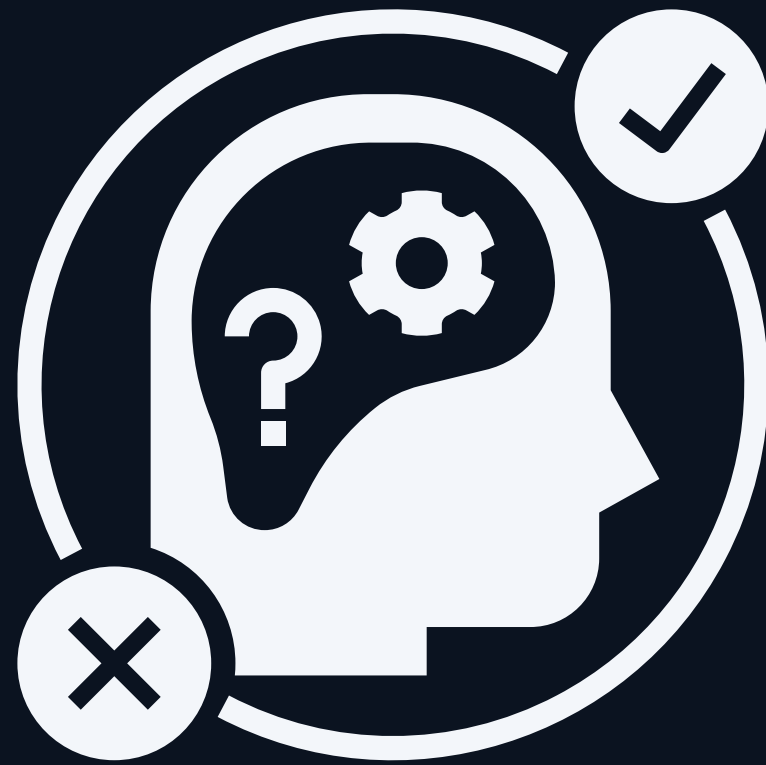
Help in understanding the frequency of participation, the average amount of time spent playing table tennis per week, and the distribution of participation across different demographic variables such as gender, age, and academic discipline (Creswell, 2013).

Inferential Statistics



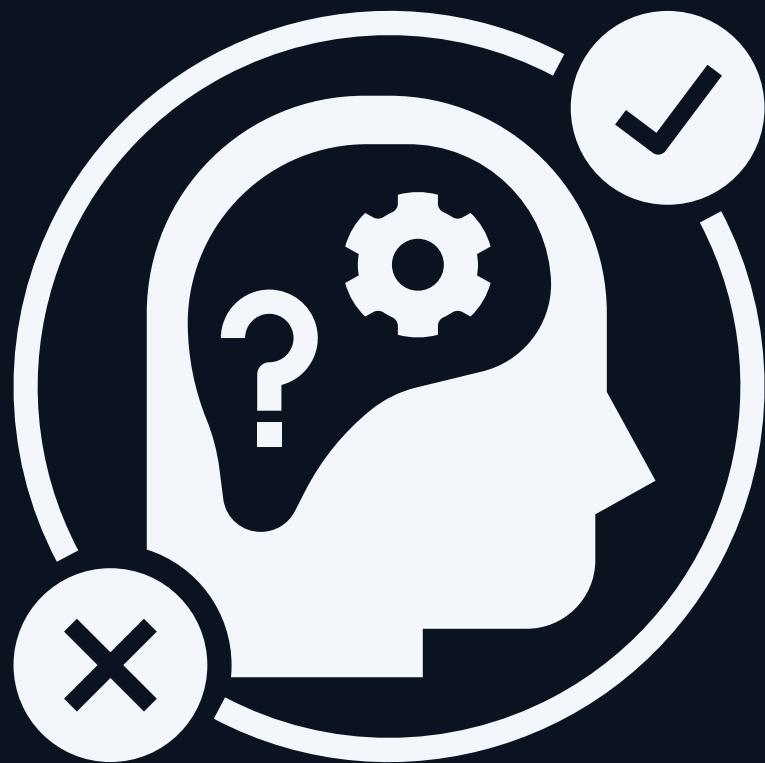
This analysis can provide insights into potential gender disparities in table tennis engagement (Punch, 2013).

Ethical Considerations



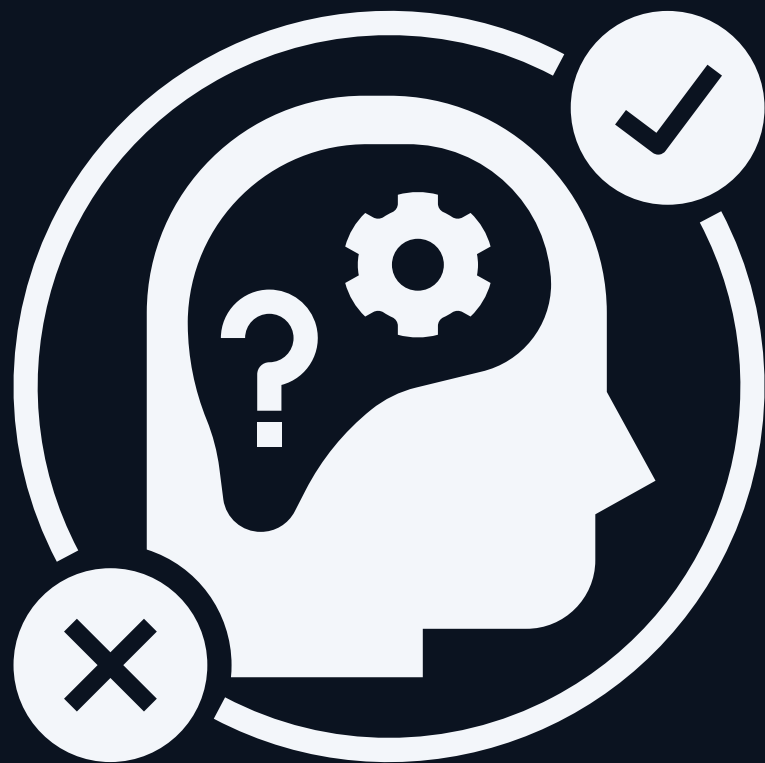
- Informed Consent
- Anonymity and Confidentiality
- Data Protection and Storage

Informed Consent



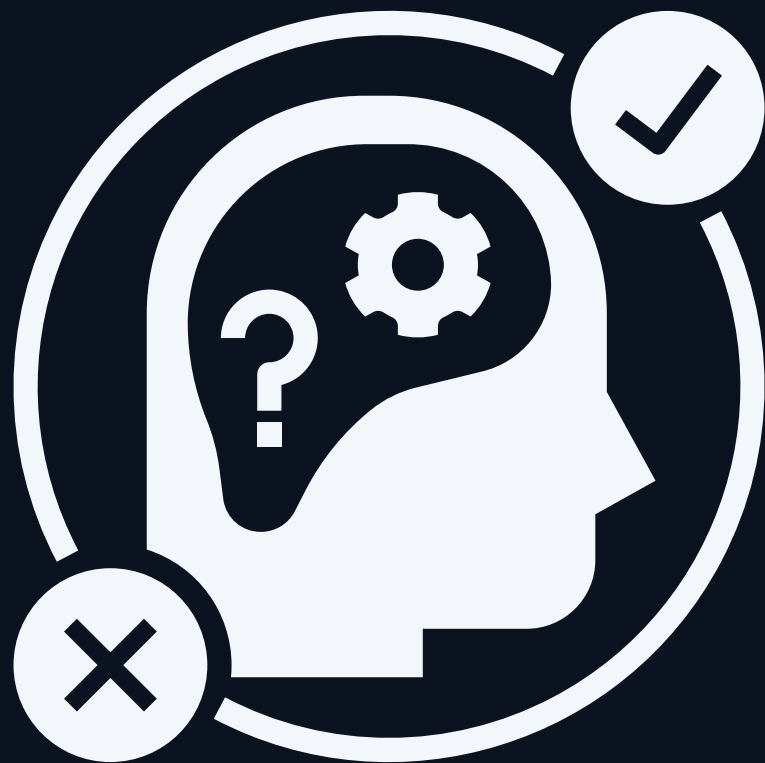
- Fully informed about the purpose, procedures, potential risks, and benefits of the study before agreeing to participate.
- Consent should be obtained in a voluntary and explicit manner
- Able to withdraw from study without penalty

Anonymity & Confidentiality



- Participants' privacy and confidentiality must be protected throughout the research process.
- All data collected should be treated with strict confidentiality and stored securely.

Data Protection and Storage



- Researchers should adhere to data protection regulations and guidelines to ensure the security and privacy of participants' information.

Implications of Research

Stakeholders

- University Administration
- Policymakers
- Sports Associations
- Students

Implications of Research

University Administration

Valuable insights to the university administration regarding the current state of table tennis participation among UCL students.

Use insights to evaluate the effectiveness of existing initiatives to promote the sport.



Implications of Research

Policymakers and Sports Associations

Inform policymakers and sports associations in developing policies and initiatives to promote sports participation among university students.

Findings can influence the development of programs, funding allocations, and strategies to increase sports participation among university students (Belando et al., 2016; O'Donovan et al., 2010).



Implications of Research

Students

By highlighting the benefits and addressing the challenges, the study can motivate students to take part in table tennis activities and improve their overall quality of life (Wharf Higgins et al., 2008)



Timeline



Week 1

- Refine the research objectives and questions.
- Finalize the research design, including the survey questionnaire and sampling strategy.
- Write the research proposal, including the rationale, methodology, and ethical considerations.
- Seek necessary approvals, such as ethics clearance, if required.
- Develop and finalize the survey questionnaire, ensuring it covers all the necessary aspects of table tennis participation and factors influencing engagement.

Timeline

Week 2



- Implement the participant recruitment strategies, such as online platforms, campus announcements, and collaborations with course coordinators.
- Launch the survey and collect data from participants.
- Monitor the survey response rate and adjust recruitment strategies if needed to ensure an adequate sample size.

Timeline

Week 3



- Data Collection
- Allocate a whole week to ensure we receive as many submissions as possible

Timeline

Week 4



- Clean and organize the collected survey data.
- Conduct descriptive statistical analyses to summarize table tennis participation, demographic characteristics, and other relevant factors.
- Perform inferential statistical analyses, such as independent t-tests, to examine relationships and differences between variables of interest.

Timeline

Week 5



- Analyze the results of the data analysis and interpret the findings in relation to the research objectives and questions.
- Write the research report, including an introduction, methodology, results, discussion, and conclusion sections.
- Ensure that the report incorporates relevant academic references to support the findings and discussions.

Timeline

Week 6



- Revise and proofread the research report for clarity, coherence, and accuracy.
- Prepare a presentation summarizing the research process, findings, and implications.
- Present the research findings to stakeholders, such as university administration, policymakers, and sports associations.
- Seek feedback and suggestions for further improvements or future research directions.

CONCLUSION

WEEK 1



Planning and
Proposal

WEEK 2



Participant
Recruitment and
Survey
Development

WEEK 3



Data Collection

WEEK 4



Data Analysis

WEEK 5



Interpretation and
Report Writing

WEEK 6



Finalizing and
Presenting the
Research

References

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