

Factors and Measures Affecting Players' Psychology in Tennis

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Abstract: *With the development of tennis, the technical and tactical level of tennis has been rapidly improved, the physical qualities of athletes such as strength and speed have been continuously improved, and tennis competitions have become more and more intense, which has posed certain challenges to athletes. In addition to the physical skills and abilities of the athletes, tennis matches also require athletes to have certain mental abilities, and athletes have greater psychological pressure in the game. In this study, the psychological factors of athletes were analyzed and discussed by means of literature and logical analysis, and the psychological influencing factors of athletes in the process of competition were expressed from many aspects, in order to improve the psychological quality of athletes and achieve good results in the competition. It has played an important role in improving the psychological quality of athletes.*

Keywords: Tennis matches; Jock; Psychological factors.

1. INTRODUCTION

Tennis is a game of confrontation, the intensity of the competition is very high, and players are required to adapt quickly, act cautiously, and have a strong psychological tolerance. In recent years, the popularity of tennis in China has gradually increased, and more and more people have begun to learn to play tennis, including tennis tournaments organized by universities or clubs, and more and more athletes have participated in tennis tournaments. However, due to a variety of factors that can affect the game, including environmental, weather, venue, and psychological factors, it is difficult for athletes to perform at their usual level. Although there is no direct physical contact in a tennis match, varying levels of psychological pressure can be exerted on opponents through the trajectory of the tennis ball and various real-time match conditions. As the game progresses, the different psychological changes shown by the players directly determine the outcome of the tennis match. The famous former tennis player Jimmy Connors once said that 95% of an athlete's performance in tennis depends on psychological factors, which shows that psychological factors are very important for an athlete's performance in tennis. By analyzing the psychological factors that affect athletes in tennis matches and proposing appropriate strategies and countermeasures, it is possible to ensure that athletes do not worry about psychological factors and perform well in the game.

2. PURPOSE AND SIGNIFICANCE OF THE STUDY

In tennis, tennis players must master the technical movements of the game and use tactics flexibly. At the same time, tennis players need to develop a strong mental quality in training and competitions. In traditional tennis training, coaches emphasize the development of technical and tactical skills, but ignore the training of players' mental qualities. In the context of major tennis competitions, the uncertainty of psychological quality leads to the increase of uncertainty of the whole game, especially in recent years, when the outstanding athletes at home and abroad are relatively close in terms of technical and tactical level, physical training and other related characteristics, the quality of psychological quality directly affects the result of the whole game. Especially in the game of serving, stable psychological quality can enable players to maintain a good competitive state during the service process.

3. COMMON PSYCHOLOGICAL CHANGES AND CAUSES IN TENNIS MATCHES

3.1 Excitement

Tennis players go through a preparation period before the start of a match, during which coaches and teammates encourage players through physical contact and verbal communication, which increases their motivation and enthusiasm, helps them adapt to a more conscious state and prepare for the match. This emotion is a common

feature of an athlete's pre-competition mental activity, often triggered by an external stimulus, the duration of which varies from competition to competition.

3.2 Nervousness

Some athletes are easily influenced by their opponent's players and training patterns before a tennis match, making assumptions and judgments about their opponents, comparing them to themselves, and easily getting frustrated by such comparisons. At the same time, the environment on the pitch tends to cause athletes to lose their calm and composure in front of large spectators, thus inducing inner fear and nervousness, which is one of the most common psychological traits before a game and is often characteristic of inexperienced athletes.

3.3 Anxiety

After the tennis match starts, the players start playing against each other. Since tennis is a sport with simple rules but varied and highly flexible, it is not possible to predict the final outcome of a match based on how prepared individual players are before a match, and the flexibility of tennis means that the game moves quickly. Points are won and lost quickly, so it's easy to feel anxious and impatient when one side of the game overtakes the other.

3.4 Focus on the mind

While the rules of tennis are simple, athletes develop different strategies and styles of play within the rules, and it is these different tactics that make the sport and the game fascinating and dynamic, and most people enjoy and participate in it. Concentration is the most important factor for an athlete to win a competition. In tennis, players must pay attention to the trajectory of the tennis ball, predict the direction of the opponent's shot, and adjust the game plan in time.

3.5 Confident emotions

For those athletes who have accumulated a lot of experience in the game and have a high level of tennis skills, it has become a habit to constantly accumulate self-confidence and courage and adjust their mental state in time. Self-confidence comes partly from the athlete's correct self-assessment, but mainly from the hard work and sweat that the athlete puts into their daily training. Only if you are diligent enough can you not be anxious before the game, not afraid of the pressure of the opponent, and deal with it calmly.

4. PSYCHOLOGICAL FACTORS INFLUENCING TENNIS PLAYERS

4.1 Subjective factors

There are several subjective factors that affect the psychology of tennis players:

Tactics, records and performance level in the game: In tennis, if the technical level of the opposing two sides is very different, their playing style on the court will directly affect their psychological changes. Specifically, if a player plays an important ball well, it provides a good psychological basis for the next ball and the rest of the game. Failure can lead to anxiety and impatience, which can weaken confidence and even affect the outcome of the game. In a high-level tennis game, the technical and tactical level of the athlete is very different, then the technical and tactical level of the athlete plays a decisive role in the victory or defeat of the game, and the psychological state also affects the technical and tactical level of the game, and the technical and tactical level of the game also affects the change of the athlete's psychological state, especially when dealing with key balls, the level of technical and tactical level directly affects the psychological state, and a good technical and tactical level will increase the confidence of athletes. Poor technical and tactical skills or mistakes can cause anxiety and loss of confidence.

physical fitness: tennis is a high-intensity physical sport, the game time is long, physical reserves will play an important role in the game, scientific and reasonable storage of physical fitness is conducive to the play of the game, especially in the critical stage, good physical reserves can make athletes maintain self-confidence and calm, play normally, beyond the technical and tactical level of the game, but insufficient physical reserves will make athletes suffer. It affects athletes' confidence, makes them hold back, and even causes anxiety during competitions.

Volitional quality: volitional characteristics are a set of fixed psychological attributes, which are characterized by an individual's volitional behavior. They vary from athlete to athlete: each athlete has a different level of perseverance, independence, and determination. Due to the long duration of the game, the intensity of the sport, and the constantly changing situation on the court, tennis players are more demanding. If there is no strong willpower, players will lose confidence and develop a negative attitude, which will affect the performance of technical and tactical skills. Tennis players must have a strong character, good psychological quality, keen observation and decision-making ability, in order to calmly deal with various problems and lay a good foundation for the final victory of the game.

Goal setting: Every tennis player has a goal that guides his work, motivates him, and helps him play better. If the goal is not present or too high, the athlete loses their sense of purpose and direction, often makes mistakes, and becomes depressed during the race. In a study of some tennis players, it was found that those who set goals and had reasonable goals improved their performance. The literature on goal setting suggests that as long as it is within the player's ability, it should be challenging and demanding. In matches, we often set goals such as "more threatening serves", "more powerful shots", "fewer turnovers", and so on. These goals, while positive, are not specific and do not make much sense when making changes. We should set more specific goals, such as "increase service efficiency from 60% to 70%", "reduce errors to less than two per game", etc. This will give players a clear idea of what they are trying to achieve and increase their confidence once the goal has been achieved. This will give players a clear idea of what they want to achieve and boost their confidence when it happens, so they will go into the game with a better mentality. It is also important to remember that winning or losing a game does not mean success, and success means overcoming and exceeding goals.

4.2 Objective factors

There are several objective factors that affect the psychology of tennis players:

Referee: As we all know, the scoring of tennis is different from other ball sports such as badminton and table tennis, because each ball is related to scoring, so players must score each ball, and this special scoring method is related to the referee's perspective. For example, in a high-level tennis match, a ball below the line is considered a mistake, while a ball that is hit is considered a hit, which of course affects the psychology of the players. In matches such as the National Club League, the referee may favour the home team, which puts pressure on the away team and affects their mental state, which in turn affects the performance of the away team. In a fast-paced sport like tennis, referee mistakes are inevitable, and it is inevitable that there will be misjudgments, which will affect the psychological state of the players and ultimately the outcome of the game.

Coaches: Coaches are considered to be the leaders of athletes in tennis competitions, and their task is to formulate tactics based on the current situation of athletes and the experience of opponents before the game, and adjust the fighting skills and psychology of athletes according to the actual game situation in the game, so that the mental and physical abilities of athletes are in the best state and achieve excellent results. Each elite athlete has their own coaching team, and the coach is the direct supervisor or mentor of the athlete during the competition. The tactics of the coach and the characteristics of the athlete and how attentive they are in the game determine the behavior and outcome of the athlete.

Arena environment: The stadium environment refers to the tennis court, the equipment used in the game, and the accidents that occur during the game. Players are often affected by other objects on the pitch, or changes in weather conditions, which can interrupt the game and affect their results. In addition, sometimes the spectators are too excited, the sun is too strong, and the playing field is not suitable for the mental state of the players, which can affect the outcome of the game.

5. THE INFLUENCE OF DIFFERENT PSYCHOLOGICAL FACTORS ON TENNIS MATCHES

5.1 Affects the time it takes for an athlete to enter the game state

Getting into action quickly is an important way to help players get their first points in tennis and gain confidence and courage, but it takes different times for different players depending on the situation. In any given environment, negative psychological manifestations, such as nervousness; Positive psychological manifestations, such as self-confidence and optimism, are inevitable. Under negative psychology, the athlete's body tends to relax and

become sluggish, unable to mobilize the strength of the whole body to maintain muscle tension; Positive psychology encourages athletes to release adrenaline quickly and stay nervous.

5.2 It affects the athlete's ability to judge and think during the competition

Tennis matches are not only a test of an athlete's usual form and technical understanding, but also a test of their ability to play on the court and adapt to changes. The athlete often faces an opponent of unknown size, so little is known about his tennis style and strategy, and he must quickly understand his opponent's technical level and weaknesses within a few sets in order to find a way to respond. All these different psychological changes can lead to a change in the athlete's mindset that affects his decisions.

5.3 Affects the athlete's urgency to fight against the flexibility of the body

Body movement is a result of the brain's nervous system. In tennis, players must constantly adjust their position according to the direction of the incoming ball and the expected trajectory of the shot. The body must be alert and sensitive at all times to be able to run and hit the ball quickly. In a positive state, the athlete's brain is slightly alert and excited, and the athlete's muscles are relaxed and coordinated due to hormonal regulation. On the other hand, in a negative state of mind, the athlete becomes relaxed and sluggish.

5.4 Affect the athletes' enthusiasm and confidence in the competition

If you watch a lot of tennis matches, you'll see that the teams that win more and score more will get stronger and stronger in the later stages of the match, while the teams that lose points will play worse and worse. This is because in the game, mistakes are inevitable, and teams that are able to recover quickly from losing points can regain confidence and enthusiasm, while teams that cannot recover quickly lose enthusiasm and confidence due to a negative attitude.

5.5 Affect the quality results of the athlete's tactical play

Tennis is a game of tactical shifts and improvisation, which means that even with proper tactical preparation and planning, not being able to improvise can leave you vulnerable to variables in the game and unable to fully implement your original plan, which can lead to disastrous results. If your players have the ability to quickly stabilize their mental state and focus on the game, they will be able to successfully demonstrate the quality and effectiveness of their tactical play.

6. MEASURES TO IMPROVE THE MENTAL ABILITIES OF ATHLETES IN TENNIS

6.1 Build good self-confidence

Building confidence is about creating the right mental conditions for success, showing athletes past results, believing in their abilities and performance levels, and believing that they can succeed in competitions. Continuing to do so in competition, even if an athlete is at a disadvantage in the competition, can be an important turning point in their success and can produce excellent results. By showcasing past successes, athletes can build strong self-confidence, think objectively and calmly, go beyond their limits, discard bad ideas, and build a good mindset to overcome their opponents.

6.2 Keep your emotions in check

All athletes have the potential to experience excitement during competition, and moderate excitement increases adrenaline levels in the body, improving the athlete's combat effectiveness. If an athlete becomes too nervous and anxious during a race, it is advisable to take a few steps back and forth to relax. The first step is to relax the body's muscles, as overly tense muscles can affect the athlete's body coordination, affect the speed of the game, and consume some of the body's stored energy. The second step is to take a deep breath, which is a great way to relieve tension and stress and help focus on the game. High-level players see the game as an enjoyable experience and are very proud to win such a match.

6.3 Focus on incentives

Motivational strategies are often used in modern society to motivate individuals to engage in activities that subconsciously create a desire to constantly surpass themselves and challenge others, and to constantly strive for these goals. Tennis coaches should use role models to motivate their players. A role model is a person or behavior that is worth learning from in the past or present, who serves as an example in the competition process and inspires others to learn from the role model. Role models can help athletes overcome their own shortcomings in the competition and improve themselves in the process. A role model doesn't have to be a specific person, but someone who can motivate athletes in different ways and inspire them to work towards their goals.

6.4 Mental training courses for athletes are offered

It must be made clear that psychological quality is as important as technical and tactical level, and psychological quality also plays an important role. Therefore, it is necessary to carry out psychological training for players in a certain period and a certain period of time to improve the awareness of psychological training of each player, which is the premise and basis for the implementation of psychological training. Identifying the positive experiences and lessons learned from each player in the game can provide material for mental training that can help each player learn how to deal with different situations in the game and improve their technical and tactical skills. At the same time, coaches should give generous encouragement and praise to boost the confidence of the players. In addition, the lessons learned by some outstanding athletes in competitions can also be used as material for athletes' mental training, and through this kind of psychological training, the athletes' psychological quality can definitely be improved.

6.5 Concentration training

Concentration refers to an athlete's ability to focus on the game during a game without being affected by other negative factors. The main purpose of mental training is to help athletes avoid negative emotions such as anxiety and excitement and help them apply their skills correctly in order to win the competition. However, even with mental training, some young athletes may have difficulty adapting to the rapidly changing conditions on the field due to their limited experience. In addition, special attention should be paid to attention training in young athletes, so that specific attention training methods, such as stability ball training, batting, bouncing, and hitting training, can help mitigate the effects of other unfavorable factors on the playing field.

7. CONCLUSION

When tennis players are playing, they will be disturbed and influenced by their own subjective and objective environmental factors, resulting in different psychological patterns and changes: positive psychological factors and negative psychological factors, and different psychological factors play an important role in the athlete's competition. Positive psychological factors can increase an athlete's fighting power and confidence, allowing them to focus on the game, while negative emotions can cause the athlete to lose his ability to analyze calmly and comprehensively, lose control of the situation, and not be able to fully focus on the high-level game. Therefore, it is very important to continuously develop the athlete's ability to withstand pressure and mental endurance in daily training and study.

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