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MONOGRAPH
INFLUENCE OF TENNIS IN PEOPLE'S LIFE

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GRATITUDE

First of all, I want to thank God and my family for all the support I have receive from them, specially my dad and my mom, who have reminded me every day to work hard on this project.

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SUMMARY

The first chapter introduces the reader to the subject, by explaining the biography of three awesome ex professional tennis players. It is mentioned some of the achievements and records of these players who are the pride of their country. It is also sustained how was their life before becoming superstars.

The second and third chapter is a summary of the benefits or advantages, and disadvantages of playing tennis. Some of the benefits are good for the health of the people, let it be mental health or physical health. The disadvantages are more like the time spent while playing or the money inverted.

The last chapter is more like a livelihood, where professionals and citizens, say their opinion about this sport, and confirm that this is well inversion of money and time, because with the time tennis will regard you for your dedication.

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INTRODUCTION

The following monograph, “Influence of tennis in people’s life,” shows how the psychology plays an important role in hard decisions in daily life. Also, this monograph talks about the physical and health changes that people who practice this sport suffer. Chapters one through four explain the life of some professional tennis players; the benefits and negative effects of playing tennis; how to react to pressure; and the opinion of other tennis players about this sport.

The first chapter is an introduction to this area, where the main idea is to catch the reader's attention. The life of some of the best players in not only the world, but in history, is developed. To have credibility, in the first chapter, statistics and records are used based on reliable sources, such as the official ATP (Association of Tennis Professionals) website. Furthermore, to make the reader feel more comfortable, the life of a national ex pro tennis player is presented.

The second chapter, basically reflects something more specific, like what does high performance tennis mean, benefits and negative consequences of its practices, etc. At this point the reader should be able to understand the decisions made by the professionals, which are mentioned in the previous chapter, and wonder what would have been better for them. The central idea of this chapter is to let the reader know what are the benefits and the risks of playing this lovely and elegant sport.

Everybody reach a point in their life where they have to trust their instinct and follow their heart to make hard decisions, and this is just what chapter three talks about: confidence. People already know this is something vital for their existence and improvement, but what they do not know is how to get it. Chapter three gives the reader some tips to achieve the confidence needed to trust, son then the reader can overcome and

improve in whatever it's going on, and even be happy. Finally, chapter four confirms the hypothesis proposed earlier, by explaining some experiences of a man who plays tennis, and interviewing professional tennis coaches.

CHAPTER I

Life of professional tennis players

1.1 Roger Federer

On August 8 of 1981 in Basel, Switzerland, one of the greatest tennis players of history was born. The legendary Roger Federer, also known as “King Roger” or “The Master”, is a professional tennis player right-handed, one-handed backhand; he is the actual number one of the world and has the record of winning 20 Grand Slam single titles (the biggest achievement so far in men's tennis history), followed by Rafael Nadal with 16 Grand Slam single titles. At the age of 11, he was already at the top junior tennis players of his country, with impressive credentials and unique results. Roger Federer's strokes were so natural that it seemed to be an easy sport every time he played, catching most of the spectators attention: “I was instantly fascinated by Federer's elegant style.” “It appeared to me that an extraordinary talent was coming of age here in front of me.” (Stauffer, 2007, p.ix).

In 2001, the young new talent defeated the reigned champion and also his idol, Pete Sampras, in the fourth round at Wimbledon, becoming this one of his biggest triumphs in his career. Even though he didn't win the tournament, the sensational Roger Federer got such a self-confidence that at the beginning of 2004, after winning the Australian Open, he was already ranked No. 1 of the world. He was able to maintain the No. 1 for four consecutive years, but in 2008 his ranking slid to No. 2 after losing three Grand Slam finals against Rafael Nadal and Novak Djokovic respectively. In 2009, he reached again the No. 1 ranking of the world, and in 2012 he did it again, establishing a record of 302 weeks atop the world ranking. Unfortunately, nothing can last forever, and since 2013 to 2016 Roger Federer's career seemed to be threatened by some back and knees injuries, furthermore, his self-esteem went down because of his defeats: "His confidence seemingly shaken by the loss, he lamented how he missed so many opportunities and that his rhythm was off during the match." (A&E Television Networks, 2018, par. 12); he could no longer win unless he increases physicality (hard thing to do for a 34 years old man) and start playing more offensively, so then he would end up scoring points faster and saving energy, but for that Roger needed to feed himself better than he was used to.

Nowadays, Federer holds so many records that he could be considered the greatest of all times. The amount of prizes and awards Federer has is extremely ridiculous, and almost unbeatable. On a study of the Reputation Institute in 2011, this extraordinary athlete was ranked No. 2 of the world's most respected, admired and trusted personalities just behind

Nelson Mandela, but ahead of Steve Jobs, Bill Gates, Oprah Winfrey, between others; also, he won BBC Sports Overseas Personality of the Year three times in 2004, 2006, 2007; in addition, he was named in 2005, the international man of the year by GQ Germany; and finally, he was named GQ's Most Stylish Man of 2016. This is just a tiny part of Federer's awards, but it's enough to see what kind of person, this awesome and admirable players is.

1.2 Rafael Nadal

Four years after Roger Federer was born, another phenomenon of tennis took place in life. Rafael Nadal, born in Manacor (Mallorca, Spain) on July 3, 1986, is a professional tennis player left-handed, two-handed backhand and direct rival of Roger. He has also been the No. 1 of the world for a few times. When Nadal was a young kid, he used to play both soccer and tennis, and he really liked them. But with the time he was forced to choose one of them, and, persuaded by his uncle, Toni Nadal, he had a feeling and decided to focus on playing tennis: "He was good at it and he could have devoted himself completely to that sport... if it wasn't because of Toni, who was heading him towards tennis, and so Rafa ended liking it the same or more than soccer." (Pujol-Galceran and Serras, 2007, p. 26).

Rafael Nadal won his first title in 2004, when he was part of the Spanish National Team that won the Davis Cup. A year later, the path of Nadal began when he won the first of his eleventh Roland Garros or French Open titles, something never been done before by any

player. Rafael Nadal's qualities are so unique that they have allowed him to do such a tremendous record and an extraordinary and desired career. André Agassi (2006) announces the following:

Nadal is amazing, hold what you throw on him and come back even more. He is like a punching ball that you hit and hit but in the end he ends up hitting you in your face.

I take my hat off before him. I think he is the best tennis player that moves around the court. He makes others to be forced to do something special. To beat him you need to play like Roger does in grass, of course. I have seen him since he was pretty young and I admire his development as a professional tennis player. Now, even in grass, he is making the others feel that they cannot beat him either. He has an authentic sense of professionalism in relation to his environment: But in the court he only tries to win the next point, every time. This is the big difference. His presence imposes and I think he already knows that, if the heart and the mentality of a champion find their space, he would also be able to win Wimbledon.

Rafael Nadal has won the four Majors through his career, and he has battled some epic fights against every type of player, such as Federer, Djokovic, Murray, Wawrinka, Agassi, Zverev, Roddick, Nishikori, Dimitrov, etc. He is the kind of player than never gives up, that keeps focus and running to every ball. In the court he is extremely intense, the most intense

of the tour, and that is what has bring Nadal to the top, winning an amount of 17 Grand Slam titles and a total of 79 titles yet. But before that, he had to suffered every time he trained, giving his best. That's the only way to succeed.

1.3 Andrés Gómez

Andrés Gómez is a retired professional tennis player that was borned on February 27, 1960, in Guayaquil, Ecuador. He conquered a total of 21 titles in individual category, was finalist in 14 tournaments and won in another 34 in the doubles modality, becoming an outstanding tennis player in the history of the sport of his country. He was able to face great tennis players of his time, such as Jimmy Connors and Björn Borg.

Andrés Gómez turned pro in 1979, and in that same year he had the opportunity to play in the U.S Open, but not doing such a great performance. In 1984 he was eliminated in quarter finals of Wimbledon, Australian Open, and french Open. In his whole career, Andrés Gómez, also called by his friends “Gogo”, won a total of 21 titles including his biggest achievement, defeating André Agassi in the final of the French Open and becoming the champion of it, something never been done so far by an ecuadorian. His best ranking was No. 4 of the world, and that is why ecuadorians respect him so much, for having left the name of the country on high. In doubles he was ranked No. 1 of the world and he won 33 titles in his career, including two Grand Slam doubles title, the U.S Open and the French

Open. Nowadays, Gómez has a tennis academy located in Guayaquil. He is a coach and has a lot of competitive young tennis players. Gómez uses his experiences as a professional tennis player to teach his pupils, by telling them what they need, how they are going to improve and what is the best for them.

CHAPTER II

Advantages and disadvantages of high performance tennis in people's life

2.1 High performance tennis

When we think about being the best in any specific group, any particular sport, and even in any ambit of daily life, we need, and must be people high qualified to accomplish this wonderful goal that the most of us desire with all of our souls: Be the best. Life is hard and nothing is free in it. When we have the opportunity and the chance to succeed and to demonstrate who we are, we cannot let it go away. We need to take it. But for that, before we became the best, we need real hard work.

Tennis is not the exception, those who really want to get into the top, need days, weeks, and years of sacrifice and hard training. The suffering never stops, because we are always

setting ourselves new goals. One of the best player of history, Nadal (2018), confirm the previous fact saying the following: “I learned during my career to enjoy suffering.”.

We all know that for everything in life we need to concentrate and do well whatever we are doing, but this sport specially, is characterized for its patience, dedication, discipline, and perseverance, that it’s required to make it through the best players of the world.

Nadal (2018), again impressed us with some lessons that, probably his uncle told him because Nadal does not specify who said them,if they are true and that if we follow them, we will show our best:

If he hadn’t made me play without water that day, if he hadn’t singled me out for especially harsh treatment when I was in that group of little kids learning the game, if I hadn’t cried as I did at the injustice and abuse he heaped on me, maybe I would not be the player I am today. He always stressed the importance of endurance. “Endure, put up with whatever comes your way, learn to overcome weakness and pain, push yourself to breaking point but never cave in. If you don’t learn that lesson, you’ll never succeed as an elite athlete”: that was what he taught me.

2.2 Health benefits of playing tennis

The human body, as far as scientists know, need to be well take care to work in perfect conditions. A body in great conditions is called a healthy body. Generally a healthy body is a body with no injuries or contractures, in other words it shouldn't have any muscle pain. But that is not all. A body in “perfect” shape should be within its adequate weight depending on its height, we see, everything affects the performance and effectiveness of our bodies, so we must be conscious of what are we doing to keep our bodies healthy. Believe it or not, practicing tennis gives our bodies a better care. It is impressive and ridiculous how much tennis can contribute in terms of health.

Unlike some sports, practicing tennis will ensure we workout our entire body and improve the development of it, because we have to run to the ball using our lower body, the legs;also, hitting the ball means using our upper back and shoulders;furthermore, we use our minds while playing tennis, because we need to prepare the point, find the weakness of our opponent, and so on.

Tennis is well known for its aerobic and anaerobic improvement. What does this mean? While playing tennis, we take a lot of oxygen from the outside, so this increases our heart rate and helps our body to deliver nutrients and oxygen to the muscles. The muscles now with a better anaerobic health, uses what it's provided by the blood, which has a better flow, for explosive power and quick reaction movements. Doing little springs during a tennis match, that usually last between one to two hours, our heart rate increases promoting higher

energy levels and within this interval of time, our cardiovascular health improves and this normally prevents us from any heart attack or injury.

As it is mentioned before, this sport requires the cooperation of the whole body to be in the right position to have a great stroke. The coordination, flexibility, and balance of our body is fundamental in every field of our lives, and tennis can give us that.

This is not all that playing tennis can provide us, even if we think that this has nothing to do with tennis, it does make us more disciplined and does make us improve our social skills. To master the game we need time, dedication and discipline and we can't learn on our own, so we have to socialize with people whether they are from our country or not.

Last but not least, tennis players normally have a greater self-esteem, and, are more optimist and less anxious than other people that play others sports. This is one of the best impacts of tennis in our bodies, because it boosts our mood and make us more confident, and that's the key of success.

2.3 Negative effects of tennis in other fields of daily life

Some of us might wondered what influence has tennis in life, at the end of the day, it's just a sport. But what it's curious is that certain things we do while playing tennis, we also

do them while living our lives, and there is the relation. Every sport has its influence in life, for example, when practicing swimming, we are stimulating growth, and also helping relaxing our body and mind, which is very good for our health, the effect is not always good. Like chinese people used to believe, everything have an opposite side, just like yin and yang, otherwise, there would be no balance. For tennis, in fact, the negative effects can be changed into good ones with a strong mind, though, tennis is a fast-paced sport and places a lot of demands on your body. If case of not being prepared properly, as in any sport, because tennis is a sport of repetitions and fast short movements, our muscles could suffer several injuries such as contractures, and going further, more possible injuries could be wrist tendonitis, tennis elbow, muscle strains, shoulders inflammation, knee joints, pulls and tears.

Another big disadvantage of practicing tennis for daily life, is that it takes too time to perfect our technique and to improve, preventing us from doing other stuffs. Also, it is a very expensive sport, so if we didn't make it through the top, it kind of be a waste of money unless we got a scholarship (of course talking about competitive tennis), if we only want to have fun that's another story.

Tennis is a sport known also because of its players, which are way responsable and ordered. So this means no parties the night before a game, resting well two weeks before a tournament begins, nothing of alcohol and drugs, eating specific diets during the

tournament week, the diet is normally based in nothing of red meats, and finally for a good development in the tournament, is better to be distracted from the problems of the outside, because it affects your mental pressure during the game.

CHAPTER III

Does confidence overcome pressure, or vice versa?

3.1 Effects of pressure in tennis players

Pressure. Nervousness. Tension. Fear. Despair. Examples of complex words that attack tennis players day to day. These same words create issues for people in general too. So now we see the connection. It is amazing how a simple sport can play with the human psychology. The feelings that tennis players experiment are the same feelings that people in daily life do. We allowed ourselves to say that tennis players are a bit advanced and that they know what to do in situations like that, where the only hope that we got is confidence.

Though tennis players have the ability to overcome these moments of mental weaknesses, because that's what these adjectives are, moments where we need to be strong knowing that it is normal to have these mental brakes, that happen to everyone, they are not totally safe of them. Advantages they have. Tips they have. Character to overcome them,

they have. So why are they not assure of them? Why tennis players still pass bad times in critical moments of their life? Because they are humans. Just like that. But for being curious, this is kind of the scientific reason why they are not safe of experimenting mental breaks in real life. Basically, when we are nervous it's because our brain interprets that we are in danger, and our body produces a discharge of adrenaline that activates our heart and muscles. In other words, fear is a reaction of our body when we believe we are in danger or when we think that something it's about to get wrong, like a warning, but truly, it almost never goes wrong. On the other hand, when it is panic that seizes us and not fear, we have to worry about it. Because panic paralyzes you, when fear only says you to overcome, that it is just a possibility. We don't have to be afraid of fear, in fact we need fear to succeed, but instead we do have to be afraid of panic.

3.2 How to be self-confident

The word confidence has various meanings. Some would tell us it is a belief or a feeling that we can rely on something or someone, but in these case, confidence mean something a little bit different. We, tennis players, use the word confidence referring to the act of playing without fear. When we achieve this point of playing without being scared to lose, we show our maximum potential and enjoy every part of the game.

But, What is necessary to achieve that confidence? What is require to reach that point of playing without fear and enjoy every part of the game? First of all, we need to be positive every time, no matter what you are going through, there is always a chance to overcome it. Furthermore, when we believe in ourselves, we are recognizing our virtues and defects, which is a big step to improve.

CHAPTER IV

4.1 Interview with people.

How do you see yourself in a life without sports?

Quiroz (2018) “Well, I can’t see myself in a life without sports because I think I wouldn't have one. Sports have to do with everything fun but besides that, I think it is essential to humans to practice any sport even if they don't like it.”

Viver (2018) “I think I would probably be dead, or too fat, so I couldn't move. I would probably not have a way to disconnect myself from the problems of the world, because that is my way out, through sports. Also, I would be another person, practicing a sports have made me who I am, and I wouldn't change that for anything.”

Gómez (2018) “For me, practising sports help people to develop some humanity, like working in teams. I don't know how would be a world without sports, maybe boring, but what I know is that sports develop some mental and emotional characteristics in people that they can't develop in another ambit, such as passion. It is also very good for the health and physic.”

As a tennis player, What good things has this sport brought to you?

Quiroz (2018) “As a tennis player, tennis allowed me to get a scholarship to a good University, so I could study hard a become he person who I am now. I still play tennis when I can because it is my passion and I could not be happy without it.”

Viver (2018) “Tennis is a sport where you can have some fun and at the same time you can improve your health. Some of my friends right now suffer some knee pains, or have problems with their heart, but I feel really nice to be honest. The time and constancy I dedicated to this sport is right now rewarding me.”

Gómez (2018) “Of all the benefits that tennis has given to me, I think the better ones are those where I share the victories and defeats with the ones that I love. The union that I got with my family, with my friends, and with my couches, is the best gift that this sport could have ever given to me.”

Which of the following do you think is more important? Mind, physic, technique or strategy?

Quiroz (2018) “All are important, but if in a game you don’t move well you won’t be able to hit the ball as it is used to.”

Viver (2018) “The physic is very important, the technique can be improved with time, but the strategy in the games is something you need to practice from the beginning, and for that of course you need a strong mind.”

Gómez (2018) “I think the mind is the most important. If you control your mind, you can control your body and resist the pain. Also, with a strong mind you can think in the court to set a strategy and find a weakness of the rival.”

Do you recommend tennis as a hobby?

Quiroz (2018) “Totally agree. Tennis has a lot of benefits for not practicing it. Besides, it is a lot of fun to meet new people and earn some confidence while having fun.”

Viver (2018) “Of course, I suggest people who want to practice a sport or to do some exercise, to play tennis, they don't have to train as a high performance, just with an hour a day is fine.”

Gómez (2018) “Tennis is a sport of dedication, patience and confidence. Things you need in daily life, so you can see the tennis practice as a training for real life.”

In conclusion, tennis has a lot of benefits, such as developing a stronger mind, improving our health, and preparing for real life while giving confidence and social development, like working in teams. One of the better known obstacles that prevent people from playing this awesome sport, is the time. Some people don't have enough time to spend an hour playing tennis, but it is highly recommended by professionals to do it.

4.2 Personal experiences of Tomás Alvarez.

Just like a memory that goes round and round inside his head, Tomás Alvarez still remember the moment where he decided to choose tennis over soccer. His father was putting a little bit of pressure too, though, it had no influence in his decision. They were in the car, leaving the school, and his father asked the question. Tomás took his time to answer it, cause both sports were very important to him; in soccer he could spend more time with his friends. After a while, he said that he wanted to take the risk and play tennis for the rest of his life, something of this sport attracted him.

Unfortunately, with the pass of time, Alvarez started to lose some of his best friends, because he couldn't go to parties or hang out with them. But he also was making new ones, with the ones he played. It was not until he got much confidence to confront his friends of the school and told them he missed them. After all, Tomás ended with new friends and the ones of all his life. Furthermore, it is amazing how he explained that thanks to tennis he had the ability to reason better, because he was all day using his mind finding strategies. Thanks to tennis he became a more responsible person than he was before, he also learned to be patient and to listen. Some people wouldn't believe that a simple sport can change your life for good, they just have to believe and take the risk as Tomás Alvarez did.

CONCLUSIONS

At the end of this monographic work it is concluded that: Tennis is a sport of patience, perseverance, dedication, and hard work. These are qualities of a successful man or woman, who achieve and complete his or her goals, for instance, Roger Federer finished his studies and then he became the best. Nowadays, the world is so competitive that everyone is capable to success, just like Tim Notke phrase "Hard work beats talent when talent doesn't work hard." People are becoming more professionals and athletes, meaning that the one who work the most, as Federer, Nadal, and Gómez did, is the one who triumphs.

Besides the previous characteristics, tennis contribute to the health too. One of the best parts of this sport is that it requires no physical contact with other players, preventing lessons or fractures. Also, while playing, toxins are expelled from your body, and the brain starts working hard, so tennis boosts the brain capacity.

Furthermore, tennis teaches how to be self-confident, how to believe in yourself, and how to manage moments of fear and nervousness by finding strength when there is none, when everything seems lost. This is one of the major benefits of tennis, to never give up, to keep fighting and fighting until the goal is completed. And, even if the goal couldn't be done, the happiness reached from the attempt is what matters.

Finally, it is confirmed and explained by professionals, even a citizen, what are the better benefits of tennis. At a physiology level, tennis can change your entire life and way to see the world. This sport can bring people a state of inner pace. They just have to keep looking it and don't give up, and then they will see the incredible advantages of this sport called tennis.

RECOMMENDATIONS

At the end of this work it is recommended that: people should go to play tennis because this sport is good in a variety of aspects, especially in mental and physical health, therefore

it is good for the pressure and improves the levels of stamina we put on sports. Also, because it is a highly competitive sport it teaches the people how to survive in the real world by finding other ways or paths. In general, it is highly recommended to practice this sport, even as a hobby.

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