

The Role of Tennis in Promoting Students' Physical Health and Psychological Development

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Abstract

The construction of campus tennis culture can cultivate lifelong sports awareness among college students, promote their comprehensive physical and mental development. The author conducted a survey on the current construction status of campus tennis culture in eight universities in Beijing from spiritual, material, behavioral, and institutional levels through methods such as questionnaire survey and interview. 165 college students, accounting for 33% of the total number, are very certain that tennis is a part of lifelong sports, and 102 college students, accounting for 20.4%, 91 college students with a general attitude, accounting for 18.2% of the total number, there is also a portion of college students who hold an attitude of uncertainty or below, accounting for 28.4%. The connotation of campus tennis spiritual culture is mainly summarized into three levels: core values, civilized moral etiquette, and psychological quality. Each level is based on the frequency of interviews and integrated to extract the core values of tennis sports spiritual culture, which are independence, perseverance, hard work, unity, and dedication; The civilized moral etiquette conveyed by tennis includes elegance, integrity, respect, fairness, and humility; The psychological qualities reflected in tennis are confidence, focus, positivity, optimism, and willpower.

Keywords: Tennis sports, Sports ethics, Psychological quality, Tennis Culture.

Introduction

With the development of tennis in universities, the status of tennis in the entire sports industry is constantly improving, and the development of tennis in universities is forming a good trend. Tennis, with its profound cultural heritage, excellent fitness effects, and elegant and fashionable characteristics, has become the preferred sport for many college students to participate in sports activities (Depken et al., 2022). The development of tennis in universities is an important way to spread and popularize tennis and tennis culture, tennis, as one of the sports in universities, its own development plays a crucial and irreplaceable role in the construction of campus sports culture. This study selects tennis as the starting point, taking some universities in A city as examples, conduct research on the cultural construction of campus tennis sports, investigate the current situation of tennis sports culture construction in universities, and analyze the reasons why the development of tennis sports in Beijing universities promotes the construction of campus tennis culture, identify deficiencies and propose suggestions, providing reference for future research on campus sports culture and campus tennis culture. At the same time, it also sets an example for the development of tennis in other regions of the country, promoting better and faster development of tennis in universities across the country,

and promoting the construction of campus sports culture in universities. It actively integrates into the atmosphere of building a cultural power and promotes the vigorous development of tennis in China in the new era.

With the progress of society and the transformation of educational concepts, school education not only focuses on students' academic performance, but also increasingly emphasizes the comprehensive development of students, including the cultivation of sports ethics and psychological qualities. Sports play an important role in school education, not only promoting students' physical health, but also having a positive impact on their moral and psychological qualities. Tennis, as a popular sports event, has a series of characteristics and advantages, gradually becoming a part of physical education in universities and schools. In tennis, students need to abide by competition rules, respect opponents, and persist in training. The cultivation of these sports virtues helps students form correct values and behavioral norms. At the same time, tennis also has a positive impact on students' psychological quality. Participation in tennis can enhance students' self-confidence and self-esteem, exercise their will quality and tenacity, and improve their ability to concentrate and respond to changes. During the competitive process, students may face setbacks and difficulties. By overcoming these difficulties, they can learn to actively respond and solve problems, and further improve their psychological

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quality. The purpose of this study is to explore the role of tennis in cultivating students' sports ethics and psychological qualities. By investigating and researching the actual situation of students participating in tennis, this study analyzes the impact of tennis on students' moral and psychological qualities and provides useful reference and guidance for school physical education. Through the investigation of the development of tennis in A city combined with the campus tennis culture indicators, this study aims to explore the construction and development of tennis sports culture in universities, and improve the physical fitness level of students in universities, and promoting the overall improvement of physical education in universities from point to area has theoretical significance in providing reference and suggestions for enriching and supplementing the theory of campus sports culture in universities; Improving students' enthusiasm for participating in tennis and sports activities, promoting the development of tennis in universities, and further advancing the overall level of tennis has practical significance; Promoting the establishment of sports culture in higher education institutions, forming an atmosphere dominated by sports spirit, comprehensively developing the educational role of sports in people, and cultivating high-quality talents for socialist construction in the new era has humanistic significance. [Figure 1](#) shows sports ethical behavior.

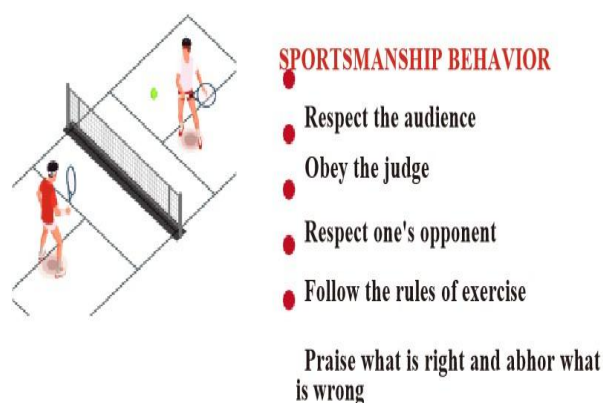


Figure 1: Sports Moral Behavior.

Literature Review

Through literature review, it can be seen that current research on tennis is mostly focused on techniques and tactics, tennis teaching and training, and there is relatively little research on the cultural value and role of tennis, in foreign countries, according to information collected in the past two years, it has been found that the development of sports culture in kindergartens and schools in foreign universities is generally good. After three post-war

curriculum reforms, "happy sports" and "career sports" were highly praised in Japan. In addition to the vigorous development of sports club in colleges and universities, the construction of college sports culture in Japan has made great progress. In Germany, sports activities can be regarded as a synonym for pleasure and fun. Public participation in sports activities is very common, one in every three people is a member of a sports club, under the influence of such a strong sports atmosphere, the campus sports cultural atmosphere of German universities is quite excellent, and almost every college student has joined the sports club. The close relationship between university sports and clubs has become a major feature of German university sports. In addition, the construction of sports culture in universities in the United States, the United Kingdom, and other European and American countries is also very outstanding. Although the construction of sports culture in universities in developed countries with sports abroad is very distinctive, the author studies and analyzes the role of tennis in the process of campus culture construction from another perspective, adding solid strength to the construction of campus sports culture in universities. In addition, the Party and the state have put forward new requirements and measures for ideological and political work in universities in the new era, requiring compliance with the laws of ideological and political work, teaching and educating people, and student growth, with moral education as the fundamental goal, and comprehensively improving the level of ideological and political work. The development of tennis in universities provides new impetus for college students to engage in sports activities, college students' participation in tennis not only provides physical exercise, but also forms a lifelong sports mindset, moreover, influenced by the rules and etiquette in tennis culture, it enhances students' self-cultivation, strengthens the cultivation of ideological quality, promotes and inherits sports ethics and spirit, and becomes a person with both moral and talent, the comprehensive development of qualified builders and reliable successors of socialism with Chinese characteristics has profound significance. In the context of Grand Slam tennis, Harris, D., and others attempted to investigate how situational pressure and previous mistakes affect the subsequent performance of elite players. Method: A retrospective analysis was conducted on scores exceeding 650000 points in 12 Grand Slam tennis tournaments from 2016 to 2019 to identify stress moments and unforced errors during the competition. The scoring system is used to rate situational pressure point by point based on the current competition situation (such as breaking points and competition stages). The occurrence

of performance errors is based on dual errors and non-forced errors, identified as instances of controllable errors. Results: The mixed effect Logistic regression model showed that the increase of stress index (1-5 points) significantly increased the probability of performance errors ($p < .001$), as did the errors in the previous point (Harris et al., 2021).

Methodology

Research Object

The author takes the cultural construction of campus tennis as the research object.

Research Method

In the process of this study, please describe in 5-8 words what do you think the spiritual culture conveyed by tennis sports is, such as: An open-ended survey was conducted on 38 college students participating in tennis, using the topic of "Gentleman, Struggle, Persistence, etc." to collect relevant information. A total of 275 questions were collected and summarized. Interviewed with the leaders of the sports department, tennis teachers, and tennis coaches of A University, and obtained information on the development of school sports projects, the development of tennis sports, and the construction of campus sports culture from these universities, understand the current development of tennis in universities, as well as their views and suggestions on the construction and development of campus tennis culture, through interviews with experts in this research field, their opinions and related issues were solicited, and a total of 8 tennis teachers and experts were interviewed.

Starting from the actual research, distribute or interview some college students, collect relevant information, and summarize and organize it. Subsequently, a preliminary and complete survey questionnaire on the cultural construction of campus tennis was developed, and under the patient guidance of the mentor, multiple revisions were made, after the revisions, 50 college students participating in tennis were pre distributed, and the final questionnaire was formed by modifying and improving based on the problems and deficiencies in the collected questionnaire. The questionnaire questions mainly include four dimensions of campus tennis culture: material, behavioral, institutional, and spiritual, the questionnaire entries are sourced from interviews and previous research.

A total of 7 experts were interviewed in this study to evaluate the validity of the questionnaire. Based on the opinions of the experts, it was concluded that this questionnaire has high feasibility. The results are shown in Table 1:

Table .1

Validity Test Results of the Survey Questionnaire

	Very complete	perfect	Basically complete	Incomplete
construct validity	1	5	1	0
content validity	1	3	3	0
Overall validity	1	3	3	0

Using the retesting method, 50 students from the survey subjects were selected for a second questionnaire filling out at a 15-day interval after the questionnaire was distributed. Through data statistics, the correlation coefficient of the questionnaire is $r=0.799$, $p < 0.01$.

Based on the development history of tennis in universities and their tennis performance, 8 universities in A city were selected, including B University (B), A Sports University (Beiti), School of International Relations (Guoguan), A University (A University), C University (C University), D University (D University), A University of Chemical Technology (Chemical Engineering) East Campus, and E College of Physical Education (E Sports), to investigate the college students participating in tennis in these 8 universities, randomly distribute questionnaires to these college students. A total of 520 questionnaires were distributed, and 512 questionnaires were collected, with a recovery rate of 98%, among them, there are 500 valid questionnaires, with an effective rate of 96.2%. There are 275 male questionnaires and 225 female questionnaires. Note: For the convenience of the following text, the abbreviations of the eight universities surveyed are in parentheses (Wang, 2022).

Research Results and Analysis

A Spiritual and Cultural Analysis of Campus Tennis Sports in Colleges and Universities

The spiritual culture of campus sports in universities is the core of campus sports culture, campus sports spiritual culture is a collection of ideas, concepts, and consciousness generated by the participation of various sports activities within the campus, which plays a promoting and guiding role in the sports behavior of the campus group and is a precious spiritual food. Its role not only showcases the actual value of sports, but also elevates it into a spiritual force, subtly influencing the ideological consciousness of the entire campus population, regulating and guiding their behavior, and promoting the formation of their outlook on life and values. This study extracted the connotation of

campus tennis spiritual culture through expert interviews and comprehensive previous research and summarized the campus tennis spiritual culture into core values, civilized moral etiquette, and psychological qualities based on cultural and spiritual aspects, including values, ways of thinking, moral sentiment, and psychological qualities. Among them, the core values are frequently mentioned and integrated based on similar semantics, as shown in Table 2: Independence, perseverance, hard work, unity, and dedication; The final integrated and refined words of the same civilization, morality, and etiquette are as shown in Table 2: Elegance, integrity, respect, fairness, and humility. The words with higher frequency of mention are as shown in Table 2: Confidence, focus, positivity, optimism, and will. The tennis sports spiritual culture extracted in this study is elaborated on in sequence using these 15 words.

Table. 2

*Spiritual and Cultural Classification and Extraction
Integration of Tennis Sports*

category	Integrated refining
Core values	independent
	insist on
	Struggle
	solidarity
	dedication
Civilized moral etiquette	grace
	Integrity
	respect
	fair
	Humility
psychological quality	self-confidence
	Focus
	positive
	Da Guan
	will

Core Values - Independence: Refers to not relying on anyone and relying solely on one's own strength to do something. Tennis is a solitary sport, and compared to foot basket volleyball, tennis often requires athletes to fight alone in addition to doubles events. Throughout the entire game, there should be no coach or team outside the field to provide guidance, any situation that athletes encounter on the field can only be solved by their own abilities, which has led tennis players to develop a spirit of independent thinking, daring to take responsibility, and dominating the overall situation.

Persistence: Strong willed, persistent, and patient. It describes completing a task without giving up from beginning to end. Persistence is the perfect expression of

willpower. Tennis, in terms of its technical skills, has a higher threshold compared to other sports, making it difficult to get started and a longer learning process, especially for beginners, at the beginning of practice, they improve by constantly picking up the ball. The process of persistence is dull and lonely. In order to master correct and proficient tennis skills, it is necessary to constantly repeat, consolidate, and persist in order to improve. College students should not give up playing tennis simply because the learning process is lengthy or difficult to achieve a sense of achievement. For tennis players, their perseverance is mainly reflected in the tennis competition and their tennis career. Moreover, tennis is a sport with unlimited competition time and a long set system, athletes need strong perseverance and persistent quality in the competition, whoever perseveres until the end can achieve the final victory.

Struggle: It refers to fighting or striving with all one's might, regardless of everything, to achieve one's goals. The indomitable spirit of struggle reflects the will and spirit to exert oneself to the fullest, never give up until the last moment, and strive to the end. College students in the process of participating in tennis also exhibit the energetic and fighting spirit of young people today, they never give up on the court, actively strive, and constantly explore their potential, demonstrating the spirit of hard work and showcasing the demeanor of current college students. This can only be demonstrated on the sports field, once formed, it will make college students face pressure and challenges in their studies and work, and they will not give up easily, striving for their dreams and future until the end.

Unity: Refers to collective unity or combination, and mutual cooperation, in order to achieve common ideals or complete common tasks. Behind every tennis player's success is a team effort. Tennis matches can cultivate the qualities of unity and mutual assistance. There is a need for tacit cooperation and trust between teachers and classmates, coaches and athletes, teams, and doubles partners, and this tacit understanding comes from everyone's unity and cooperation, mutual assistance, and excellent qualities. These are of great significance for cultivating the team spirit of unity, friendship, and cooperation among college students. According to field investigations, when college students learn tennis skills in tennis classes, they often work in groups of two or four, with one person throwing the ball and the remaining person hitting it, they rotate with each other, collaborate in practice, and work together to improve their skills; When college students participate in tennis matches, the team's cheering and support increase the confidence of the participating players. Especially in doubles competitions, it

is necessary to unite with partners, come up with ideas together, boost morale, and work together to win the game (Kim et al., 2022).

Dedication refers to giving with respect. Throughout the tennis industry, those professional tennis players have devoted their youth and lifelong energy to the tennis industry, not only to achieve their dream of winning the championship, but also to showcase their passion for tennis. Djokovic once said that the key to becoming a world-class player is to see the dedication of the players and how much time and energy, they are willing to invest in tennis. And these players, through their continuous efforts, hard training, and dedication, not only bring exciting performances to tennis enthusiasts around the world, but also their great achievements constantly refresh history and create legendary tennis myths.

In the new era, the country proposes to strengthen quality education in universities and cultivate high-quality talents. The cultivation of high-quality talents requires not only solid professional qualities and excellent abilities, but also civilized and moral qualities. It is the core of high-quality talent cultivation and plays a leading and guiding role in the cultivation of other qualities.

Elegance usually means that someone's speech and behavior are very graceful and elegant. Tennis has been synonymous with elegance since its inception. When it comes to tennis, it is often referred to as an elegant, gentlemanly, civilized, and fashionable sport, this is inseparable from its profound and long-standing cultural heritage. People who participate in tennis are often gradually influenced by the rules and etiquette of tennis, and are naturally influenced by them, by constantly regulating their behavior and behavior, they will form some unique and civilized behavior habits. Firstly, the clothing and equipment of tennis participants have become increasingly fashionable and personalized with the trend of the times, especially in the British open, which requires players to wear uniform white tennis clothing. The entire event will give people a gentlemanly and elegant aesthetic sense. Secondly, the characteristics of tennis techniques make every beautiful hitting move reflect standardization and elegance. Finally, the rules and etiquette of tennis also make every tennis participant a civilized and polite audience. When watching a tennis match, it is necessary to observe etiquette such as not making loud noises and not walking around casually: after the game, athletes from both sides should shake hands with each other. The most common words heard on the tennis court are polite phrases such as "sorry", "thank you", "you're welcome", and so on; Through on-site observation, tennis participants always apologize for their mistakes

during practice and offer heartfelt praise for their opponents' outstanding performance. During tennis classes, college students choose to detour from the edge of the field when entering their own field; When the ball hits another student's field, they do not immediately rush into the opponent's field to pick it up. Instead, they wait for the ball in progress to become a dead ball before entering the field to pick it up. Some college students even voluntarily stop hitting the ball and help pick it up; I accidentally hit a clean tennis ball to win the game and would reach out to apologize; After the game, shake hands or give high fives to each other. These civilized and polite words and actions are common among college students who participate in tennis, and they are taken for granted. These are all the qualities of tennis that give people civilization, elegance, and cultivation, and also make tennis participants socialist successors who emphasize civilization, morality, and etiquette. This can indicate that through tennis, college students can shape a good image, improve their cultivation, and lay a very good foundation for interpersonal communication.

Honesty belongs to the moral code, usually referring to being sincere and honest in dealing with people, valuing reputation, and fulfilling one's promises. Honesty and trustworthiness are the most basic moral qualities in interpersonal communication, and they are also an essential requirement for being a person based on society. If there is a lack of integrity, one will be eliminated by society. The quality of honesty and trustworthiness runs through the entire process of tennis, and college students' participation in tennis can reflect their honesty and trustworthiness. General amateur tennis competitions usually adopt a trust system, which refers to the form of competition in which athletes participate in tennis matches without a tennis referee, requiring both parties to be honest and trustworthy, fair and just, relying on mutual trust and mutual recognition of the game results. Therefore, trust based competitions can directly reflect the honesty and trustworthiness of college students, when participating in tennis matches, college students are based on mutual trust, they should be honest with each other, be fair to themselves, and trust the judgments made by the other party, they should not lose their basic integrity to win a point or appreciate the results of the game, it is dishonest to say that a good ball on the line is out of bounds or that a good ball is out of bounds.

Respect is respect and importance, which now refers to treating each other equally in terms of mentality and words and actions. Tennis has always been considered a gentlemanly sport, where players are required to abide by tennis rules and respect their opponents. In addition to

these statutory rules, etiquette on the court is also customary. No matter what type of competition, it is necessary to maintain such quality and literacy. In tennis matches, when a contestant is ready to serve and throw the ball, they will check whether the receiving party is ready before deciding to throw the ball. When the throw is not done properly, they will apologize to the other party. When a player's serve ends, they politely hand the ball over to the opponent, rather than casually hitting the ball into the corner and giving the opponent multiple balls one by one. During the competition, if there is a referee, they should absolutely obey the referee. If there is no referee, they should trust and obey the other party; If there is a mistake, one should not use foul language, insult the opponent, throw the racket, kick the ball with their feet to vent their dissatisfaction, and so on, these behaviors all demonstrate respect for the rules and respect for the opponent's quality and literacy. Through on-site observation, college students are generally able to abide by the rules and respect the demands of their opponents when playing tennis, and rarely engage in uncivilized behavior.

Modesty refers to being humble, not taking away one's own abilities or values, and being able to actively learn from or ask for opinions from others when they find that they are not as good as others in certain aspects. College students should maintain a humble attitude in any learning process. As the saying goes, if you are full, you will lose, but if you are humble, you will benefit. Modesty leads to progress. In a game, tennis players will not become arrogant or arrogant due to victory, nor will they suffer from losing and lose confidence. After the game, athletes hug or clap each other, encourage or congratulate each other, this moral literacy is reflected in the tennis culture and etiquette accumulated in tennis, and there is a pursuit of higher, faster, and stronger sports concepts in sports. Therefore, college students have always maintained a humble and cautious attitude in the process of learning tennis, only by being humble can they continuously discover their own shortcomings, practice hard, make progress, actively strive for progress, and surpass themselves. Even if some students have good skills, they do not forget to continue to study hard, humbly seek advice, and pursue higher goals.

Fairness is a sociological term that refers to openness and equality, meaning equal existence for all. Competition in tennis is conducted under highly fair conditions. Without fair competition, tennis cannot proceed normally. All aspects of the tennis competition should be reasonable and not biased towards any contestants. Through interviews with university tennis teachers, it was found that in the various college tennis competitions held every year, tennis

representative teams from each university strictly follow the competition rules for registration, and participating athletes must truthfully conduct qualification checks based on the registration conditions, athletes of different sports levels compete in groups A, B, and C, and cannot simply speculate and participate in groups that do not meet their own level or are lower than their own level just because they have won the championship, this violates the spirit of fair competition in tennis competitive sports. Any competition must uphold the spirit of fair competition in order to reflect the true level and achieve true honors. Through tennis, college students have elevated the behavior or concept of fair competition into a spirit of ideological consciousness formation, which in turn affects their behavior. In the current social life, competition is everywhere, especially in the job competition faced by college students after graduation and employment. It is necessary for college students to inherit the spirit of fair competition, be down-to-earth, show their strength, and showcase their best selves.

Psychological qualities include various personality traits such as cognitive ability, emotions, willpower, and personality. The psychological quality in tennis refers to the gradual formation of a person's participation in tennis through the influence of this process, based on their original qualities. It plays an important role in cultivating people's life, work attitude, and psychological state.

Confidence is believing in oneself. Broadly speaking, confidence itself is a form of positivity, a self-affirmation and belief that comes from the heart. Tennis can cultivate a confident psychological state among participants. Tennis is a sport full of sunshine and vitality, and tennis enthusiasts have never mastered technical skills, from low to high levels of exercise, this process is undoubtedly an exercise in self-confidence. During the interview, college students who participated in tennis said, when I hit the dessert (the center of the racket, the most suitable point for hitting the ball) with every stroke during practice, this feeling brings me excitement and boldness, making my subsequent strokes more confident, composed, and relaxed. When watching a game, tennis players make a fist grip with a beautiful stroke to achieve the winning point, which maximizes their confidence and psychological expression. Confidence will make people on the field braver, calmer, and more decisive, persevering with the belief of victory, fearless of difficulties, and achieving success.

The meaning of concentration is to concentrate and pay close attention. During the process of learning tennis, the coach and teacher repeatedly mentioned the most common sentence: Keep an eye on the ball and concentrate. During the process of leading the racket to

hitting the ball, it is necessary to maintain eye contact with the ball for accurate hitting. Eye contact is the first element of successful hitting. This enables tennis players to develop a good habit of being attentive and serious. The famous tennis psychological coach, Gulbert, said when coaching the famous professional tennis player Agassi, a game only cares about every hitting process and does not make low-level mistakes. The process of each stroke is the most important and core process throughout the entire game, which is to keep your eyes on the ball and complete the action. This is the importance of focus. For matches, professional tennis players must maintain a focus on every beat and every point of the entire game and not be distracted by external environmental influences. This is a necessary psychological quality for every player (You et al., 2022).

Positive means affirmative, positive, promoting development, striving for progress, and enthusiastic. Tennis can cultivate people's positive and optimistic psychological qualities. Tennis is a sport full of vitality and passion, but mastering complex hitting techniques is not easy, especially in the beginner's process of repeating a certain hitting action until proficient. This process requires participants to be patient, maintain a positive and optimistic attitude, and not be defeated by setbacks. In professional tennis matches, players who fall behind or lose a point should not be immersed in the frustration of losing points, instead, they should actively adjust their mentality and rally to seize the opportunity to win, otherwise they will quickly lose the game. When we watch tennis matches, we often see some athletes do a few in place jumps before each point starts, and then start preparing for the game, this action is an active adjustment by the athlete to regain balance. As a result, tennis enthusiasts will develop a positive and optimistic psychological quality in their exposure, familiarity, and participation in tennis. Whether in dry and repetitive practice or in falling behind and losing matches, participants' psychology will also be honed time and time again, and they will have a positive and upward attitude to face all difficulties, this will make success easier and smoother when achieving goals. A positive attitude can control everything, which is an invaluable psychological quality and attitude towards life. Will refers to the psychological state that arises in order to achieve a certain goal. It is a psychological process in which a person consciously determines the goal, dominates actions, overcomes difficulties, and achieves the goal. Tennis is a competitive event that involves playing against the net, in addition to requiring tennis players to possess comprehensive and exceptional skills, tactics, and physical fitness, the player's strong willpower is also a crucial factor in winning the final game. Among many top professional

tennis players, Rafael Nadal deserves to be a model of super strong will. He is known as the god of clay because he achieved victory after victory with tireless sprints, sharp eyes, and unwavering fighting spirit at Roland Garros Stadium, becoming the ruler of clay court. No matter how strong an opponent you face or how big a disadvantage you are in, you have a strong heart to face, and every point you make is your best effort to fight to the end. Some people said that what Nadal feared was not only his abnormal ruling power on the clay, but also his amazing willpower in his career. Da Guan refers to being open-minded, open-minded, and not troubled by unpleasant things. In tennis competitions, professional athletes not only demonstrate excellent skills on the field and are praised by people, but their grand and elegant demeanor, elegant stillness, calm movement, and open-minded mentality also captivate the audience. Especially those outstanding tennis professional athletes who have experienced countless battles, in every large-scale game, millions of spectators are attracted to them. Whether they win or lose a point, they show a confident, calm, and fearless demeanor. When facing victory, he will also jump up excitedly, and when facing failure, he will also show frustration, but it can be seen that he is trying his best to control his psychology, this is also his strong side, especially in the game where he will never let his opponents see through his psychology, which is extremely important. Therefore, his optimistic mentality must have been honed in countless battles.

The Construction of Behavioral Culture in College Campus Tennis Sports

The behavior culture of campus sports in universities reflects the performance of campus sports activities and the behavior of collective personnel in sports activities within the university. The more campus sports activities and richer their content, the more they promote the construction of campus sports culture; The behavior of college students participating in sports activities plays an important role in the construction of campus sports culture. The combination of tennis and campus sports behavior culture in universities is manifested in tennis teaching activities, extracurricular tennis exercise activities, tennis consumption behavior, tennis competition activities, and tennis clubs.

Tennis teaching activities are the most valuable activities for college students to participate in tennis, it is the "birthplace" for students to master tennis skills, understand tennis knowledge, enhance their interest in tennis, and participate in enthusiasm, it effectively drives the development of extracurricular tennis exercise activities, establishes various tennis organizations, and organizes tennis competitions, promoting the construction of

campus sports culture. With the development of tennis in universities, tennis classes have gradually become a popular sports event, widely welcomed and pursued by college students. Among the surveyed universities, except for the School of International Relations, which requires tennis courses to be compulsory for students, the other seven universities conduct them as elective courses. Through interviews with tennis teachers in universities, it was found that the school's tennis class is highly favored by students. Every time the course is chosen, students are overcrowded, and some students have repeatedly failed to attend tennis classes, suggesting improvements to the teacher. Moreover, tennis is a highly technical sports event, and the process from contact to depth is a long-term one. During the learning process, students find it difficult to get started, difficult to control, have more movement stages,

Table. 3

Satisfaction Survey on the Overall Effect of Tennis Teaching Activities

Attention level	Very satisfied	satisfied	same as	Dissatisfied	Very dissatisfied
Number of people	132	208	130	15	15
Proportion (%)	26.4	41.6	26	3	3

The tennis elective courses offered by universities are highly sought after by universities. However, due to the limitations of the venue and teachers, the number of participants in each semester's curriculum is limited, which has led to the contradiction of many students wanting to choose tennis courses but not being able to do so. Through a survey of areas for improvement in tennis

and slow to finalize their movements. It requires sufficient time for repeated practice to master basic technical movements, and many students find it difficult to master them proficiently within a year. According to a survey, in addition to the demand for professional talent development in tennis, such as A Sports University and E Sports College, tennis classes are offered for 6 semesters, other universities offer tennis elective courses mostly for 1-2 semesters. According to the satisfaction survey on the overall effectiveness of tennis courses, as shown in Table 3, among the surveyed college students, 68% of students expressed satisfaction or above with the overall effectiveness of the school's tennis teaching activities, 26% expressed general satisfaction, and 30% expressed dissatisfaction, this shows that the overall effectiveness of the tennis curriculum implementation in A University is good.

courses, as shown in Figure 2, 60.6% of students believe that the lack of tennis courts and equipment in school tennis courses leads to low class efficiency, poor teaching effectiveness, and weakened students' enthusiasm for learning. 39.6% of college students believe that there is a need to improve the content of tennis classes, and 36% of college students believe that there is a need to improve the selection method of tennis courses. During the investigation, a student from Renmin University of China, as a tennis enthusiast, said, "I really enjoy playing tennis. My tennis skills are all learned in tennis classes, but I am not good enough, the school only offers tennis classes for one semester, which is too short, I simply cannot master comprehensive tennis skills. I hope the school can increase the tennis class hours Therefore, various aspects of tennis teaching activities in universities still cannot meet the needs of students, and continuous improvement is needed to address these issues (Argyrou et al., 2021).

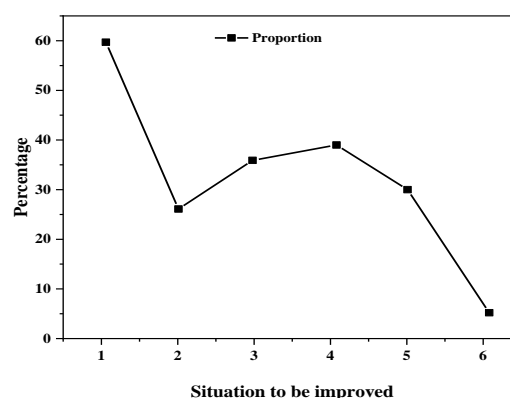


Figure 2: Investigation on the Improvement of Tennis Curriculum.

With the continuous deepening of higher education reform, under the conditions of socialist market economy, in order to play its rightful role and meet the needs of sustainable

development, especially in the rapid development of tennis sports, universities in the process of developing tennis sports, following the laws of industrial operation, utilizing

one's own abundant sports resources, fully developing and utilizing them, raising funds from various aspects, and continuously injecting vitality and vitality into the development of school tennis. This not only meets the needs of teaching and exercise, but also serves society. Therefore, with the marketization of tennis in universities, it will also bring convenience to universities. As a large group, college students' current enthusiasm for participating in tennis will generate an increasing demand, which cannot be fully addressed by universities. This requires the introduction of social resources, welcoming sponsors and other institutions to enter the campus, making up for some of the shortcomings of universities, and reducing conflicts between students and universities. By collaborating with some tennis training institutions in society and sponsoring universities to carry out tennis training activities, we can effectively solve this contradiction and add impetus to the development of tennis sports in universities. On the other hand, social tennis commercial institutions can also receive more benefits by collaborating with schools and using college students as carriers to spread their products and services. Therefore, universities should timely open their doors, actively introduce social resources, and promote the better development of tennis in universities.

Extracurricular tennis exercise activities, as an important form and content of college tennis, are an extension of the tennis classroom. The frequency and duration of students' participation in extracurricular tennis exercises can indirectly reflect their preference for tennis, increase the atmosphere of campus tennis, promote the prosperity of campus tennis culture, promote the construction of campus sports culture, and more importantly, subtly influence the formation of students' lifelong sports awareness (Li, 2021). The survey shows that as shown in Table 4 and Figure 3, 44.3% of the population participate in tennis exercise more than 3 times a week, 175 people participate 1-2 times a week, accounting for 41.67% of the total population, and 13% do not engage in tennis extracurricular exercise activities every week 81%. Students who participate for more than 2 hours each time account for 20.24%, while students who participate for 1-2 hours account for 41.67% of the total. 38.09% of students participate in tennis extracurricular exercise for 1 hour or less each time. From the frequency and duration of students' weekly extracurricular tennis exercises, it can be seen that A university students generally participate in tennis 1-2 times a week, the duration of each exercise is generally maintained at 1-2 hours, indicating that A university students have a high level of preference for tennis. During this process, it can promote the formation of students' physical exercise habits, relieve stress, pleasure the body and mind, and enhance physical fitness, which plays a

very important role. At the same time, it can also enrich the campus tennis culture atmosphere.

Table. 4

Questionnaire on the Frequency of Weekly Extracurricular Tennis Exercise among College Students in City A

Exercise session	Number of people selected (person)	Percentage (%)
More than 6 times	59	14.05
4-5 times	47	11.19
3-4 times	81	19.29
1-2 times	175	41.67
Not participating	58	13.81

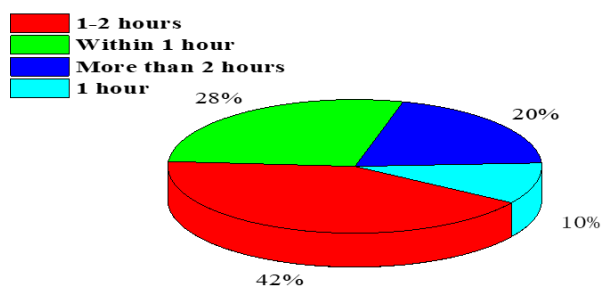


Figure 3: Survey and Statistics of Extracurricular Tennis Exercise Time among College Students in City A.

When students engage in tennis exercise activities in their spare time, they can develop a strong interest in tennis and maintain a stable and long-lasting understanding of the basic knowledge and technical skills of tennis, thus enabling them to persevere in tennis and develop exercise habits, and make tennis an indispensable part of life, thus forming a lifelong sports ideology. A survey on the degree to which college students who participate in tennis enjoy tennis is shown in Table 5 (Kozinc & Šarabon, 2021).

Table. 5

Questionnaire on College Students' Likelihood of Tennis Sports

	Very like it	like	same as	dislike	Very dislike
Number of people	215	176	102	7	0
Proportion (%)	43	35.2	20.4	1.4	0

From the data, it can be seen that 78.2% of college students express a liking or above for tennis, of which 43% think they are very fond, with 20.4% of college students expressed mediocrity and disliked only 7 classmates, accounting for 1.4%. Among the 391 college students who believed they

liked and liked very much, 45% were girls and 55% were boys {Ruban, 2021 #10}. Therefore, it can be explained that college tennis is highly favored by college students, and they have a high enthusiasm for participating in tennis, whether male or female, tennis is highly accepted. In addition, through an attitude survey on whether college students can consider tennis as a part of lifelong sports, the results are shown in Table 6. 165 college students, accounting for 33% of the total number, are very positive about tennis as a part of lifelong sports, and 102 college students, accounting for 20%, are very positive about it 4%, 91 college students with a general attitude, accounting for 18.2% of the total number. There is also a portion of college students who hold an attitude of uncertainty or below, accounting for 28% 4% (Wiewelhove et al., 2020).

Table .6

Attitude Survey of College Students towards Tennis as a Part of Lifelong Sports

	Pretty Sure	Affirm	Same As	Not Sure	Very Uncertain
Number of people	165	102	91	116	26
Proportion (%)	33	20.4	18.2	23.2	5.2

Conclusion

After studying and investigating the impact of tennis on the cultivation of students' physical character and psychological quality, the following conclusions can be drawn:

1. Tennis sports help cultivate students' sports ethics: Students who participate in tennis sports learn sports ethics such as respecting opponents, following rules, and teamwork in competitions, which helps shape students correct competitive concepts and moral

consciousness. Tennis emphasizes fair competition and honesty, which helps to enhance students' sports ethics and moral qualities.

2. Tennis has a positive impact on students' psychological quality: participating in tennis can enhance students' confidence and self-esteem and cultivate their resilience and perseverance. In the competitive process, students face various challenges and pressures. By overcoming difficulties and setbacks, students learn to adapt and respond, and improve their psychological resilience and adaptability.
3. Tennis sports promote the development of students' physical and mental health: Tennis sports are a form of systemic exercise. By participating in sports, students can improve their physique and physical quality and maintain their physical and mental health. At the same time, tennis can help release students' stress, enhance their emotional regulation ability, and alleviate anxiety and depression.
4. Students cultivate team awareness in tennis: In tennis matches, students usually participate with their teammates, which promotes their sense of teamwork and communication skills. Students learn to cooperate with each other and divide tasks in a team, which has a positive effect on cultivating students' team spirit and collective sense of honor.

In summary, tennis plays an important role in cultivating students' sports ethics and psychological qualities. By participating in tennis, students can develop a correct sense of competition and sports morality, improve self-confidence and adaptability, promote healthy physical and mental development, and also help to develop a sense of teamwork and collective honor. Therefore, schools should further promote and carry out tennis as an important component of student physical education.

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