

Road to Success for Women Lawn Tennis in India to International

Dr. N. Sundar Raj¹, Dr. Jamal Sherif G F², Dr. P. Ranjith³, Mr. Eswaran. S⁴, Mr. A. Venkatesh⁵

¹Associate professor, Saveetha School of Physical Education, Saveetha University, Chennai.

Email ID: sundarphd15@gmail.com

²Assistant Professor, Saveetha School of Physical Education, Saveetha University, Chennai.

Email ID: jamalsherifgf.sspe@saveetha.com

³Director of physical education, Sri Sai Ram Institute of Technology Chennai.

Email ID: ranjith.pd@sairamit.edu.in

⁴Assistant Professor, Saveetha School of Physical Education, Saveetha University, Chennai.

Email ID: footballeswaran10@gmail.com

⁵Assistant Professor, Saveetha School of Physical Education, Saveetha University, Chennai.

Email ID: venkatiyeru421@gmail.com

Cite this paper as: Dr. N. Sundar Raj, Dr. Jamal Sherif G F, Dr. P. Ranjith, Mr. Eswaran. S, Mr. A. Venkatesh, (2025) Road to Success for Women Lawn Tennis in India to International. *Journal of Neonatal Surgery*, 14 (3s), 84-89.

ABSTRACT

Tennis, a racquet sport, has always been one of the few individual sports that Indians have been good at and produced good talent in; also, they have equal contributions with their male players. Tennis player's careers were not easy in India because of no sponsorship and no encouragement from the local government; it is very difficult to move to the next level of training and traveling to tournaments. Parents were the only source of financial support. Players who want to improve their game develop speed, agility, strength, and coordination through exercise and workouts. However, the great players approach the game, especially by mental attitude. In general, when one plays regularly with different players who are more experienced as participate in higher-level competition, it is easy to improve the skills and to develop the strategies in tennis. A vital component to becoming a professional tennis player is to attack and adapt the same strategies to our strengths. Physical fitness in tennis is very important both to prevent injuries as well as to increase performance. Each player varies in their intensity and duration. The Women's Tennis Association is the main organization that works for the female tennis players, which was founded by Billie Jean King in 1973 on the principle of equal opportunity. Now the WTA is the global leader in women's tennis professional sports. Players use the service of WTA and gain concrete skills to maximize their performance. Former tennis stars should have access to a variety of initiatives both during and after their careers, such as leadership, career mentoring, networking and legends events, coaching credentials, financial preparation and purchasing, and subsidized university education. It has been demonstrated that these methods for developing female tennis players help them stay at the top of their discipline.

Keywords: Tennis, Fitness, Performance, Strength, Tournament, Association, Legends.

1. INTRODUCTION

Today sports and games are given more importance because the lifestyle leads to various problems and comes with a lot of deception. Sports are very important part of everyone's life it helps to create talent and hobbies so that people can help to bring professional goals. The need for sporting events is also used for promotional purposes where as various brands use sports as a platform for marketing and advertising their products. One of the most common pastimes for women is volleyball. It is among the few sports where female athletes enjoy the same level of notoriety and appeal as male competitors. Women's tennis contests typically don't have more powerful players and effects compared to men. Women play the game most of the time from the baseline and also serve with less power, but things in this field are getting better as well as growing more and more popular since the 1990s.

Engaging in a variety of sports is crucial to guaranteeing that one can profit from them. One can guarantee that they can enjoy an active and healthy life by participating in a variety of sports. Tennis has a lengthy history. In the middle of the nineteenth century, a Spanish businessman and a British major joined forces to play Pelotas and rackets. In 1847, they established the first tennis association. Despite having a less than auspicious beginnings as a charity in 1877, Wimbledon has grown to become one of the largest tennis events. Grand stadiums, numerous sponsors, cutting-edge gear and technology, and superb news coverage are all features of tennis nowadays [1, 2]. In 1884, the inaugural Ladies Championship tournament took place. It was introduced and played in the Olympic sport in the year 1896 but no tournament was held till the next summer at the Olympic till 1896. In the early 20th century, tennis gained appeal among people of all genders. The four grand slams were among the new competitions that were arranged. The costumes worn by the women were more akin to contemporary tennis attire. Although female tennis did not actually begin in 1960, the women's tennis association was founded in 1970 following years of women's advocacy for equal monetary awards, and Westminister became the final Grand Slam to provide equal prize money in 2007. Speaking of women's Tennis in India Sania Mirza is the only player to be highly successful in doubles players like Rutuja Bhosale, Ankita Raina, Rishika Sunkara, Prema Bhambri are some of the players having a long way in competing with the best in the world. Women in tennis now have the same earning potential as men. They are going to continue to be a part of professional tennis.

Work-life balance has become a concern for scholars and companies in this dynamic, globally competitive commercial environment [3, 4]. The evolving needs and demands of female employees at work and at home must be understood by organizations. Women are dealing with a number of problems and difficulties as a result of their increased personal and professional duties. Its customs and discrimination against women further contribute to a glass ceiling that keeps women from rising in their careers.

2. LITERATURE REVIEW

Numerous causes, some of which may not be mutually exclusive, are probably responsible for the decreased participation rate. But it can also be a reflection of larger societal or institutional impediments that keep migratory women from taking part. Social alienation is taking place if the latter is true. That is, rather than because they do not value involvement in general, ethnic minority women's lower levels of engagement is caused by circumstances outside of their control [5]. This dispels the misconception that everyone has an equal opportunity to succeed in Australian sports. Since Indian-born Australians make up one of the country's major minority groups, Indian women were chosen for this research. As of right present, no research has been done on Indian women's experiences participating in sports and leisure activities in Australia. This, however, illustrates a larger problem with the existing body of evidence regarding gender and ethnicity concerns in sport and leisure activities.

Three connected studies of the cultural geography of Mrs. Lambert Chambers' tennis are presented in the article's main sections [6]. The 1919 Wimbledon final, its reception at the time, and its subsequent study are the main topics of the first. The section makes the case that the prevalent mythology surrounding the competition—that a new, openly physical femininity has surpassed and replaced an older, more restrained and repressed version—was created by contemporary coverage and has influenced later "progressive" narratives in the sociology and history of women's sport. It goes on to say that interpreting the Lenglen phenomena as emancipatory in a straightforward manner ignore changes in the way the female sporting body has become commodities. Important geographic divisions, such as those between Englishness and Frenchness, suburban and the metropolitan, parochial and international, and personal and public life, were also heavily referenced in the legend of the 1919 final.

Work-life balance involves preserving one's beliefs about one's job, personal time, and family well-being while minimizing role conflict. The ability of the worker to organize and combine many spheres of personal, the years, childcare, and work with minimal role conflict is known as work-life balance. According to their various life stages, people may have varied ideas on work-life balance [7]. It essentially covers the issues of fatigue and time constraints. Research indicates that a lack of energy to complete personal obligations and an inability to manage the workload are strongly related to the inability to maintain a good balance of effort. Fatigue, a lower quality of life, and—most importantly—poor performance are the results of this mismatch. The link between work and personal obligations and how they affect each other is known as work-life balance.

England won the Cricket World Cup event in March 2009 with very little media attention. They also were the world Twenty20 Champions in June of that year, and they won the Ashes again in July [8]. The Guardian (18/3/09) pointed out that the England Men's Cricket team won the team prize, and it was unexpected that no member of the squad was selected as a shortlisted individual vying for the BBC Sports Personality of the Year Award, given the outstanding year of play for the England Women's team. Investigating the qualitative form of print media coverage of these female athletes during a World Cup victory is the goal of this paper. Next, this coverage is examined in the context of current media representation studies.

3. METHODS AND MATERIALS

Playing tennis at the international level in India requires a combination of talent, dedication, training and strategic planning [9].

Develop Skills: Professional players begin training in their childhood and have to join the tennis academy to find a good coach. Practice regularly the techniques and focus on improving the footwork and fitness will develop the skills.

Joining the Tennis Academy: Joining Tennis academy can produce a track record of competitive players. In India we have Tennis foundation of India.

Competition at State and National levels: Participating in State level and National level tournaments to gain experience and recognition. The ALL INDIA TENNIS ASSOCIATION (AITA) conducts various competitions across different age groups.

Ranking [10]: Target for good ranking in National competitions. AITA rankings are crucial for gaining entry into higher level tournaments helps improvement in ranking and visibility.

Physical Fitness: Maintain a fitness regimen Tennis requires agility, strength, and endurance. Working with fitness trainer understands the demands of Tennis.

Mental Preparation: Tennis is a mental game as well as physical and mental toughness through visualization techniques, mindfulness, and working with sports psychologist.

Sponsorship and Support: Sponsorship to support training and travel expenses, tie up with any sports management company if possible who can navigate opportunities and sponsorships.

Participate in International Tournaments: If you have national ranking, aim to compete in International Junior tournaments, Such as International Tennis Federation (ITF), Professional circuits like ATP or WTA tours.

Tennis Community: Relationship with Coaches, Players and Tennis officials. Networking creates training opportunities, competitions, Tennis camps, Workshops and to meet other players and coaches.

Stay Committed: The road to success to international tennis is long and requires stay committed, continuously check the progress and adapted training needed.

Tennis Resources: To check tournament schedules, rankings, and other resources AITA website is available [11]. Following the steps and maintaining a strong ethic Women can increase playing tennis at the international level.

Women's volleyball characteristics include:

In women's tennis corresponds, the baseline is normally less powerful than in men's, and the ball is usually served with less impact. Additionally, the service has less strength. But since the 1990s [12], there has been a noticeable change in this area; women's tennis is becoming better and more well-liked. During the open period of tennis, which lasted from 1968 to the current, the top female players began to emerge. The most significant figure in women's tennis in India is Sania Mirza [13], who, together with Mahesh Bhupathi [14] and Leander Paes, has won numerous accolades for her country. Having won more Grand Slams than any other Indian tennis player, Sania has established herself on the global scene.

Controversy:

Some people refer to the women's tennis community as "sexist." Women have been overtly sexualized for their match attire over the years. Serena Williams, a professional tennis player, was involved in one of the most significant incidents in women's tennis in 2018. Naomi Osaka defeated Serena Williams in the 2018 women's final; however controversy rather than Osaka's significant victory became the main focus of the post-match press. Williams faced attention for wearing a so-called "the cat suit" bodysuit to the French Open in May 2018 and was fined for three code breaches, including instruction, shattering her racket, and "verbally abusing" the chair umpire. Given that she had just given birth, the outfit was made to avoid blood clots. Williams still disputes that she ever lost custody of her feelings and wanted to vent herself [15], nor that there was a blatant coaching violation. Women are always chastised for things that males would not be chastised for and are assessed more severely when they react to events emotionally or frustratedly [16]. In the tennis worldwide, this is also true. In the world of tennis, there is unquestionably a double standard between men and women. Women are inclined to lose games or points when they slam the rackets or yell at referees, whereas males who do the same are usually dismissed as "exhausted out" and face no consequences. Players like Williams and Cornet are hardly the only female athletes who have faced consequences for actions that men would not face. Sania Mirza has repeatedly expressed her opposition to sexual assault, domestic abuse, female feticide, and uneven compensation. Despite the fatwa issued by Islamic clerics condemning her clothes and t-shirts to be immoral and un-Islamic, she persisted in standing up for her beliefs, and her following grew. Most female gamers worldwide have experienced incidents.

Gender Equality:

In the 1970s, there was a greater disparity in prize money between men and women. Everyone preferred male tennis athletes, and tennis promoters earned more than female tennis athletes. Women were financially backfooted because of domination by men in the sport. Male players owned and promoted more tournaments on their own because most of them were former tennis players. This provoked 9 of the top women tennis players to take a stand for equality. Those women were called the Original 9. Women tennis players did not play any tournaments and wanted to create their own tennis tournament. The International Lawn Tennis Federation (ILTF) began to drop several women tennis players from the tournaments. In 1970 the ILTF sanctioned only 15 men tennis players were allowed to play the tournaments. The ILTF women's grand prix circuit was conducting 19 tournaments, which are all based in the United States; later this grand prix circuit is called the WTA Tour.

Broadcast of Grand Slam:

Although the US Open tennis competition gave men more money from 1996 to 2000, it came back equal prize money from 2001. The US Open was the first grand slam competition to offer equal value money for women and men in 1973. The Australian Open would be the second grand slam to do so in 1985. Tennis became widely available in homes thanks to the impetus that started in the 1970s and 1980s and the television agreements that allowed events to be televised. Tennis gained popularity as news coverage expanded, bringing the sport outside of the nation and into several public settings. You don't need a ticket to witness the action of players representing their nations all around the world.

4. IMPLEMENTATION AND EXPERIMENTAL RESULTS

Indicators:

In 1980, the WTA circuit was still growing, with over 250 women competing officially over 47 circuits at international championships. These expanded funding options are for advancements in all women's sports, not just playing tennis. In 2007, the WTA fought for equal prize money in the Wimbledon Grand Slam and the French Open. In addition to her several notable accomplishments, Sania has inspired countless young girls who want to play tennis. She was the first Indian woman to win a WTA singles competition, get it into the top 100 of the WTA singles positions, advance to the year-ending WTA doubles (finals), and take home a slam. She has also performed remarkably well for India in multi-nation tournaments, earning numerous medals (including gold) in singles and doubles matches at the Commonwealth, Eastern Asian, and Afro-Asian Games. She lost in the semi-finals of the Rio Olympics and almost missed out on a bronze medal.

Role of Woman Tennis Association (WTA):

The main organization for women's professional tennis is the Women's Tennis Association (WTA). It was established to improve the future of women's tennis and oversees the WTA tour, the global professional tour for women. The corporate locations are located in London, and the European headquarters are in St. Petersburg, Florida. Billie Jean King established the women's tennis club in June 1973. Over 2500 women tennis players from almost 100 nations compete for millions of dollars in prize money with the WTA. The first major sport to include transgender women was female tennis in 1977. A player who had reassignment surgery to change his sex from male to female, Raneer Richards, was granted justice by the New York Supreme Court. The recently released WTA official rulebook formally regulates transgender players' registration. Every year, the Global Tennis Federation hosts a number of ranking championships for women's tennis with larger prize money. The tournament's name was streamlined in 2020 to conform to the ATP system, which includes the WTA 1000, WTA 500, and WTA 250.

Table 1 The overall count of players in the WTA ranking system

Country	Total Tournaments	Tournament Sub-group	Number of Players Ranked Top 200	Number of players Ranked in Top	Combined Ranking of Top 5 players
USA	56	5	123	28	34
Italy	37	5	61	11	265
France	26	5	55	11	165
Great Britain	18	4	31	1	1326
Mexico	18	4	11	0	2875
Spain	17	4	48	11	204

Australia	16	4	47	5	553
India	14	4	25	0	2169
Japan	13	4	50	5	302
Nigeria	6	2	3	0	5309
Belgium	5	2	11	3	722
China	5	2	23	3	854
Indonesia	5	2	8	1	1992
Netherlands	5	2	17	2	1205
Russia	5	2	64	19	61
Turkey	5	2	2	0	4414
Korea	4	2	21	1	1407
Venezuela	4	2	6	2	2448
Algeria	3	1	1	0	5496
Austria	3	1	31	4	761

The amount of professional competitions held in each country varies significantly, as Table 2 shows.

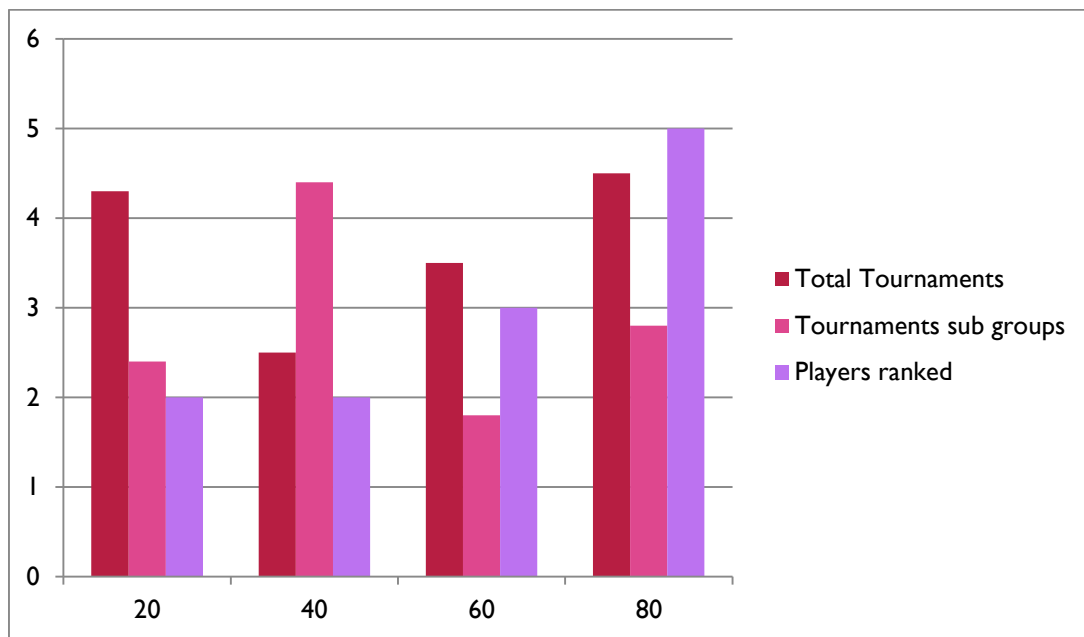


Figure 4.1 The quantity of WTA-ranked athletes

These variables likewise showed kurtosis, with the exception of a country's combined rating of its Top 5-ranked players. All four variables underwent log transformations to account for skewness and/or the trend, and the logarithmic-transformed variables were used in all ensuing analyses in Figure 4.2

5. CONCLUSION:

Eight chosen players on the tour make up the Player's Council, a group of members under the WTA board of directors that represents player interests, resolves grievances, manages schedule modifications for tennis, and addresses other issues. It was considered magical inclusion to invite female athletes to compete on the courts during a time when women's duties in society were restricted to the home. In the century that followed, some of the customs developed meant that the Wimbledon tournament is still the biggest tennis event played on grass, and that the number of spectators has increased from 200 at the

first championship to thousands now. Furthermore, prominent sponsorships raise the stakes for prize money, broadcast viewing numbers, and setting page views. In women's tennis, Wimbledon has continuously been the platform for up-and-coming superstars. Compared to the previous ten years, women tennis professionals now have the chance to attract a sizable audience and make the same amount of money as their male counterparts.

We examine the sport's significance and how remarkable women have overcome adversity to blossom into tennis superstars. Some of these women include Venus and Serena, Steffi Graf, Martina Hingis, and many more. In addition to being exceptional athletes, these women helped shape the sport into what it is today by pushing the envelope. They aspire to be powerful women, and as women are unquestionably the queens of tennis balls today, they will be permitted to do so. Although equal treatment has not yet been fully attained, tennis has come closer than any other contemporary sport because of the remarkable women who have contributed to these changes. The remaining obstacles still need to be overcome, but it is evident that tennis women have demonstrated their solidarity both on the court and at the dining table when it comes to defending the sport's future. Compared to other female athletes, tennis players now receive higher salaries and sponsorship deals.

REFERENCES

- [1] Agarwal, A., Guindo, A., Cissoko, Y., Taylor, J. G., Coulibaly, D., Koné, A., ... & Diallo, D. (2000). Hemoglobin C associated with protection from severe malaria in the Dogon of Mali, a West African population with a low prevalence of hemoglobin S. *Blood, The Journal of the American Society of Hematology*, 96(7), 2358-2363.
- [2] Baechle, T. R., & Groves, B. R. (1994). *Weight training instruction: Steps to success*. Human Kinetics Pub..
- [3] Baker, D. (2003) Acute effect of alternating heavy and light resistances on power output during upper-body complex power training. *The Journal of Strength & Conditioning Research*, 17 (3), p. 493-497
- [4] Baker, F. B. (2001). The basics of item response theory. For full text: <http://ericae.net/irt/baker..>
- [5] Baker, T., & Nelson, R. E. (2005). Creating something from nothing: Resource construction through entrepreneurial bricolage. *Administrative science quarterly*, 50(3), 329-366.
- [6] Baker, T., & Nelson, R. E. (2005). Creating something from nothing: Resource construction through entrepreneurial bricolage. *Administrative science quarterly*, 50(3), 329-366.
- [7] BOSCO, C., Viitasalo, J. T., Komi, P. V., & Luhtanen, P. (1982). Combined effect of elastic energy and myoelectrical potentiation during stretch-shortening cycle exercise. *Acta Physiologica Scandinavica*, 114(4), 557-565.
- [8] Bot, Sandra DM, Johanna M. van der Waal, Caroline B. Terwee, Daniëlle AWM van der Windt, Rob JPM Scholten, Lex M. Bouter, and Joost Dekker. "Predictors of outcome in neck and shoulder symptoms: a cohort study in general practice." *Spine* 3\
- [9] Sawrikar, P., & Muir, K. (2010). The myth of a 'fair go': Barriers to sport and recreational participation among Indian and other ethnic minority women in Australia. *Sport Management Review*, 13(4), 355-367.
- [10] Gilbert, D. (2011). The vicar's daughter and the goddess of tennis: cultural geographies of sporting femininity and bodily practice in Edwardian suburbia. *cultural geographies*, 18(2), 187-207.
- [11] Noronha, S., & Aithal, P. S. (2017). Organizational strategic approach towards work life balance of women in India. *International Journal of Management, Technology, and Social Sciences (IJMTS)*, 2(1), 18-24.
- [12] De Bosscher, V., De Knop, P., & Heyndels, B. (2003). Comparing tennis success among countries. *International Sports Studies*, 25(1), 49-68.
- [13] Frick, B. (2011). Gender differences in competitiveness: Empirical evidence from professional distance running. *Labour Economics*, 18(3), 389-398.
- [14] Douglas, L. (2016). 'Say it Ain't so.... Josephine?': The risk of match-fixing in women's sport. *TheANZSLA Commentator*, 97, 29-42.
- [15] Cooky, C., Wachs, F. L., Messner, M., & Dworkin, S. L. (2010). It's not about the game: Don Imus, race, class, gender and sexuality in contemporary media. *Sociology of Sport Journal*, 27(2), 139-159.
- [16] Biscomb, K., & Griggs, G. (2013). 'A splendid effort!' Print media reporting of England's women's performance in the 2009 Cricket World Cup. *International Review for the Sociology of Sport*, 48(1), 99-111.