

Qualitative Analysis: Meaning and Motivation  
in Irish Recreational Tennis Players Aged 40 and Over

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## Submission of Thesis and Dissertation

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## Abstract

**Background and Aims:** The aim of this research was to explore meaning and motivation in recreational tennis players. Previous research has investigated similar topics, but little qualitative research has examined individuals over the age of 40 within an Irish context. **Method:** Qualitative research design, using phenomenology approach. All participants were Irish, recruited via convenience sampling ( $N = 5$  male,  $N = 5$  female), average participant age was 60 years ( $SD = 9.83$ , range = 42 - 77). Researchers conducted semi-structured online interviews with open-ended questions. The data were analyzed with adherence to Braun and Clarke's (2006) six phases of thematic analysis. **Findings:** Four main themes were found: social interaction, physical and cognitive activity, personal growth and enjoyment. **Conclusions:** The findings suggest that tennis provides meaning to participants through its ability to enhance social connections, physical and mental well-being and overall life satisfaction. Motivation is influenced by various factors, including health and fitness, personal enjoyment, skill development, competition and social interaction. However, certain barriers such as injuries and time constraints may hinder participation. Recommendations for future research and strategies to promote tennis are also discussed.

**Keywords:** meaning, motivation, tennis participation, qualitative research, grounded theory, phenomenology, thematic analysis.

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## Exploring Meaning and Motivation in Irish Adult Recreational Tennis

Research in psychology often focuses on understanding various aspects of human behaviour and experiences. Sports, such as tennis, play a significant role in promoting well-adjusted human behaviour by encouraging physical activity and overall well-being among individuals of all ages. While research on this subject encompasses individuals of all age groups, this research aims to highlight the relevance of studying the age group over 40. Understanding the underlying meaning and motivation behind engaging in such activities is essential for designing effective interventions and programs that cater to the specific needs and preferences of different populations. In the Irish context, where tennis has gained increase in popularity, it is important to explore the factors that drive adults over 40 years of age to participate in this activity.

Every year, there are growing numbers in tennis participation in Ireland (Tennis Ireland, 2021). Tennis is considered the fourth most popular sport in Ireland due to a combination of historical, cultural, and organizational factors. According to Tennis Ireland Annual Report (2021) over 36,000 Irish players are issued with an ITF World Tennis Number (WTN) with 5,129 new player registrations. 1,250 players across 90 clubs took part in the Enjoy Tennis programme and 129,500 matches are recorded on the (WTN) system, respectively. It is worth mentioning that not all recreational players may be registered members of clubs or affiliated with Tennis Ireland. Members include both competitive and recreational players and there are also individuals who play tennis recreationally without being part of a club or organization. These players may engage in casual matches with friends or family, use public tennis courts, or participate in informal leagues and tournaments. Tennis clubs often organize social events, tournaments, and leagues and can be played at various skill levels, making it accessible to individuals with different abilities and fitness levels. The social aspect of tennis is particularly valued in Irish culture, as it provides opportunities for community engagement, socialization, and connection with others (O'Connell & Gallagher, 2017).

Tennis enjoys a long-standing tradition in the country, dating back to the late 19<sup>th</sup>-century. According to historical records, the first tennis club in Ireland was established in Dublin in 1879. According to Tennis Ireland, tennis developed a strong presence in Irish society. This early establishment of tennis clubs laid the foundation for the sport's development and popularity over time. The Tennis Ireland governing body plays a crucial role in promoting and developing the sport across the country. Through their efforts, they have established a network of clubs, tournaments, and coaching programs that cater to players of all ages and skill levels. This organized structure has made tennis accessible and appealing to a wide range of individuals in Ireland, which is the reason we are focusing on recreational tennis through the lens of motivation and meaning in the Irish context, but first we want to review and critically evaluate and analyse the latest literature on the topic.

### **Meaning**

Research by Rees and Freeman (2009) highlighted the importance of social relationships in recreational tennis, showing that individuals who perceived stronger social support from their tennis partners reported higher levels of meaningfulness associated with the activity. Recreational tennis is a popular sport that provides individuals with various physical, mental, and social benefits. Beyond its physical aspects, tennis can also hold personal meaning for participants. Recreational tennis often involves social interactions, such as playing doubles or participating in tennis clubs. Furthermore, a study by Cruwys et al. (2013) found that group membership and social identification within a tennis club were positively related to the meaning individuals derived from playing tennis. Several studies have investigated the role of intrinsic motivation in recreational tennis and its relationship with the meaning individuals derive from the sport.

## Motivation

Research suggests that participating in tennis can enhance intrinsic motivation, which refers to engaging in an activity for its inherent enjoyment or personal satisfaction (Kang & Kim, 2022). Research by Vallerand et al. (2003) as cited in Lafrenière et al. (2008). Further supported this theory by demonstrating that intrinsic motivation positively predicts the meaning individuals find in their leisure activities. Extrinsic motivation, on the other hand, involves participating in an activity to attain external rewards. Several studies have explored the interplay between these two types of motivation in recreational tennis. In a study conducted by Murphy et al. (2019), researchers investigated how different goal orientations relate to perceived competence and enjoyment among Irish recreational tennis players. The study revealed that individuals with a mastery goal orientation, which focuses on personal improvement and skill development, reported higher levels of perceived competence and enjoyment compared to those with a performance goal orientation, which emphasizes winning and outperforming others. These findings highlight the importance of promoting mastery-oriented goals to enhance motivation and enjoyment in recreational tennis. Social factors also play a significant role in motivating individuals to participate in recreational tennis. This suggests that creating a supportive social environment can enhance motivation and contribute to the overall enjoyment of recreational tennis. Furthermore, self-determination theory (SDT) has been widely used to understand motivation in various contexts, including recreational sports. According to SDT, individuals have three basic psychological needs: autonomy (feeling in control), competence (feeling capable), and relatedness (feeling connected to others) being satisfied they are more likely to experience higher levels of intrinsic motivation and enjoyment.



## **The Age Group Over 40**

Several studies have investigated the meaning and motivation in tennis players, providing insights into their psychological experiences. Research has primarily focused on younger age groups, neglecting the significance of studying older individuals, consequently there is a limited amount of qualitative research specifically focused on this topic and relevant age group. For instance, individuals may face various life transitions, such as divorce, retirement or empty nest syndrome, which can influence their motivations for participating in activities (Smith & Brehm, 2019). This age group is often facing physical changes associated with aging, such as hormonal changes, decreased mobility, increased risk of injury which all may pose barriers to engaging in physical activities like tennis (Northey et al. 2018). Moreover, older adults may also experience psychological barriers such as self-doubt, fear of failure, or concerns about social acceptance, which can impact their motivation to participate in tennis (Crespo & Reid 2007). Studying older adults can contribute to the development of age-appropriate coaching techniques and strategies that enhance participation and satisfaction in recreational tennis (Keegan et al. 2014).). This knowledge can inform the design of tailored interventions and programs that address the specific needs and challenges faced by this age group (Smith & Brehm, 2019).

### **Rationale and Research Aims of the Current Study**

It is unclear whether the outcomes of previous international studies will similarly apply to Irish participants. Therefore, this subject still requires further attention, and the purpose of this investigation is to address a gap in the literature by conducting qualitative research to gain a better understanding in the Irish context. While quantitative studies demonstrate that physical exercise interventions decrease stress and enhance mental well-being, qualitative research could enhance the design of such interventions by addressing the primary needs and concerns identified by participants in qualitative studies. Through this descriptive-phenomenological approach that describes lived experience of individuals is rooted in

phenomenology, a philosophical perspective that focuses on the subjective experience of consciousness and the meaning attributed to it. In this method, the researcher is setting aside their own biases, assumptions, and interpretations to stay true to the participants' experiences. Understanding the subjective experiences and personal significance can provide valuable insights into how it contributes to individual's overall sense of purpose and fulfilment.

The benefits of conducting qualitative research can contribute to the existing body of knowledge that reports on the benefits of engaging in recreational sports activities. By focusing specifically on tennis, researchers can provide insights into how this particular sport promotes well-being and contributes to individuals' overall quality of life. This knowledge can inform the development of evidence-based interventions and programs aimed at promoting physical activity and enhancing mental health. Secondly, understanding the meaning and motivation behind adults' participation in recreational tennis can have practical implications for sports organizations, coaches, and policymakers. By identifying the factors that attract adults to this activity, stakeholders can design targeted marketing campaigns, create tailored programs, and develop appropriate facilities to meet the needs and preferences of potential participants. Additionally, this research can inform policy decisions related to the promotion of physical activity and the allocation of resources for sports infrastructure. Lastly, this study can contribute to a better understanding of the Irish context specifically. By focusing on adults in Ireland, researchers can explore how cultural, social, and environmental factors unique to this context influence individuals' experiences with recreational tennis. This localized knowledge can help inform strategies for promoting physical activity within the Irish population and provide insights into how these findings may be applicable or adaptable to other contexts.

## Methodology of the Current Study

### Study Design

Research design was qualitative, the data-collection strategy, semi-structured interviews with open-ended questions were utilized to investigate motivation and meaning-related thoughts (Eynon et al. 2018). The data-analytic strategy is descriptive-phenomenological as this approach is a research methodology that aims to understand and describe the lived experiences of individuals (Khan, 2014). The subjective experience of the individual is their first-person point of view: namely, what meaning they derive from playing tennis, what motivates them to continue to play tennis, how they feel when they play tennis. Such questions shall provide the interviewee an opportunity to share their unique, first-person point of view, and in turn, provide the researcher with rich qualitative data on the meaning and motivation of tennis. The interview guide made every effort to prevent leading questions (see Appendix A).

### Researcher's Position

The researcher's position assumes that there are positive mental health benefits attributable to tennis playing. The researcher enjoys the social connection derived from tennis, which serves to motivate the continued competition. Another benefit from tennis is the exercise and the mental health boost that occurs in the wake of exercise, especially exercise carried out in a social context. The researcher's prior understanding of the research phenomenon functions to motivate the research to be carried out at all. The personal benefits accrued to the researcher prompted the researcher to explore what motivates others to play tennis, especially older peers? What meaning does one derive from tennis? However, while this positionality is admitted here, every effort is made to prevent the researcher's subjective position to shape the qualitative data collected.

### Ethical Considerations

The National College of Ireland supplied ethical approval for this study. A detailed information sheet (see Appendix B) was distributed to participants. Prior to the examination, all participants signed an informed consent form outlining their confidentiality (see Appendix C). To assure participants' confidentiality and anonymity, we removed all identifying information from the transcripts, and we referred to participants according to identification codes. These codes included the unique participant (P) number in which they participated (e.g., P1), which are used in the "findings" section to identify the source of quotations. To ensure participants could not be identified, we simplified the roles in the participant demographic table to be either employed, retired or unemployed (see Table 1). Because of the nature of the study, it was thought that there was little to no chance that participants would feel distressed during or after the interview by expressing their experiences. This was clearly noted in the information sheet, and if participants needed additional support, contact information for volunteer organizations was supplied (see Appendix B).

## **Participants**

Purposeful sampling, also known as non-probability sampling, is a technique used in our research to select participants based on specific criteria that align with the research objectives. Unlike probability sampling, purposeful sampling does not rely on random selection and does not aim to represent the entire population. Instead, it focuses on selecting individuals that possess certain characteristics or experiences that are relevant to the research question. The purposeful sampling is to ensure that the selected participants provide rich and meaningful data that can address the research objectives effectively. This sampling technique is commonly used in qualitative research methods, where the emphasis is on understanding and exploring complex phenomena rather than generalizing findings drawn from a larger population (Luborsky & Rubinstein, 1995). Purposeful techniques with snowball sampling were utilised, in which researchers start with a small number of initial participants who meet the desired criteria. These participants then refer other individuals who also meet the criteria, creating a "snowball

effect" as the sample size grows. Tennis communities on social media platforms were utilized to attract participants (refer to Appendix D). Prior to distributing a recruitment notice, consent was obtained from the committee overseeing the tennis club group. Interested participants contacted the researcher via email.

When deciding on the appropriate sample size, it was evident that there is a lack of consensus in the literature on appropriate sample size for qualitative studies. The literature often states that a sufficient sample must be recruited to achieve data saturation. Guest et al. (2006) defines data saturation as 'the point in data collection and analysis when new information produces little or no change to the codebook' (p. 65). Data saturation has often been described as the 'benchmark' for determining sample size in qualitative research (Guest et al., 2006), however, few researchers agree on how or when this saturation is achieved, as noted in a recent review by Braun and Clarke (2019). For instance, after conducting sixty in-depth interviews and conducting a thematic analysis on the data, Guest et al. (2006) claim that saturation and variability occurred within the first twelve interviews. In contrast, Eynon and colleagues (2018) reported that data saturation had been achieved after the analysis of eight interview transcripts. Braun and Clarke (2019) suggest that researchers should determine their sample size within the process of data collection, with consideration to the adequacy (richness and complexity) of the data for addressing the research question.

Having this in mind, for the present study, a total of 17 individuals expressed an interest in participating. However, due to time constraints and the unavailability of participants within the designated timeframe, the final sample consisted of ( $N = 10$ ) individuals (see Table 1).

Table 1

*Participants' demographics*

Participant	Gender	Age	Relationship Status	Nationality	Residence	Occupation	Latest Educational Qualifications	Game Preference Singles or Dpubles	How long have you been playing tennis?	How often in a week an duration	Level of fitness	Sport Participation in Adolescence	Current Sport Participation
1	Male	73	Married	Irish	Dublin	Retired	Diploma	Doubles	60	Injured at the moment	Good	Yes	Golf
2	Female	58	Single	Irish	Dublin	Employed	Diploma	Singles	15	2-3 times a week, 1 to 1,5 hour	Good	Yes	Tennis
3	Male	60	Single	Irish	Dublin	Unemployed	Diploma	Doubles	10	2-3 times a week, 1 to 1,5 hour	Good	Yes	Tennis, Cycling, Swimming
4	Female	42	Married	Irish	Dublin	Employed	Masters	Doubles	1	1-2 times a month for 2 hours	Good	Yes	Tennis, Gym
5	Female	55	Divorced	Irish	Dublin	Employed	Masters	Bouth	20	2 times a week 1,5 hours	Good	Yes	Tennis, Swimming
6	Male	78	Married	Irish	Dublin	Retired	Masers	Both	50	2-3 times a week, 1 to 1,5 hour	Good	Yes	Tennis
7	Female	60	Single	Irish	Dublin	Retired	Leaving Cert	Doubles	25	2-3 times a week, 1 to 1,5 hour	Excellent	Yes	Tennis, Cycling, Swimming, Yoga
8	Female	63	Single	Irish	Dublin	Retired	Masters	Doubles	10	2 times a week for 1 hour	Good	Yes	Tennis, Golf
9	Male	62	Married	Non Irish	Dublin	Employed	PhD	Both	5	3 times a week 1,5	Good	Yes	Tennis, Kayaking
10	Male	56	Married	Irish	Dublin	Employed	Masters	Doubles	43	2 times a week for 1 hour	Going Stronger	Yes	Tennis, Hiking

All participants selected for the study met the inclusion criteria, which required them to have at least six months of playing tennis and be over the age of 40. The exclusion criteria included non-players and individuals under the age of 40. There were five participants that self-identified gender as male and five females. Average participant age was 60 years ( $SD = 9.83$ , range = 42 - 77). 50 % of participants were married, while the others were either divorced or single. All participants resided in urban areas, with nine of them holding Irish nationality and one being non-Irish. 50 % of participants were retired, while 40% employed and 10 % unemployed. Participants were highly educated gender men ( $n = 5$ ) and women ( $n = 5$ ), with all participants having at least a vocational education and 60% of participants having an education level of master's degree or beyond. Most of participants reported doubles as a game of choice. Involvement in tennis range = 1 – 60 years, with various levels of participation ranging from "only during a season" to "every day". All participants reported their fitness level as good to excellent, with the belief that it could not be better for their age. Nine participants reported participating in sports during their adolescence, and most of them were engaged in other activities alongside tennis. There are prior

relationships and interactions between some of the participants and the researcher. In these cases, the interview guide was followed as strictly as it was in all other cases, maintaining in the process a professional atmosphere throughout the duration of the data-collection.

## **Materials**

Based on the topic and literature, open-ended questions were adapted from Weller et al. (2018). The interview schedule created by researcher, was a crucial tool to conduct semi structured interviews (see Appendix A). These questions allowed the researcher to discover the factors that explain research aims in the targeted sample. Interview guide was designed specifically to allow participants to elicit detailed descriptive responses allowing them to express their thoughts, opinions, and experiences in their own words. Unlike closed-ended questions that require specific answers, semi-structured, open-ended questions provided more flexibility and allowed for a deeper exploration of the topic at hand. Examples of questions that were asked were such as: 'What meaning tennis holds for you? How would you describe your favorite thing about tennis? What motivates you to play? How does playing tennis makes you feel about yourself?'

The researcher's laptop was utilized for all correspondence and during all virtual interviews. NCI's Microsoft Office 365 application platform was utilized for correspondence, recording, and transcription. Before starting the interviews, participants were provided with a short questionnaire on demographics (refer to Appendix E).

A pilot study was carried out with two participants for the research. The participants were informed about this beforehand and agreed to take part. This was a practice interview conducted to ensure that the open-ended questions created were appropriate for the research and were clearly aligned with the research goals, and to ensure that the recording device used functioned effectively. The preliminary investigation allowed the researcher to assess the timing of the interviews and allowed for

adjustments to the questions, if necessary, which is a crucial aspect of conducting qualitative research (Bloor & Wood, 2006). The data obtained from the preliminary investigation was utilized in the main analysis with slight modifications to the procedure were necessary.

## **Procedures**

Data collection occurred during a three-week period. Semi-structured online interviews were conducted as part of the data gathering process, and each participant was interviewed individually and virtually using NCI's Microsoft Office 365 application platform. Before the interview began, participant's disclosed signed consent form and after that participants were given a brief demographics survey. The researcher began with the recording of the interview. Following the interview guide, researcher commenced with asking participants questions. After the interviews were completed, participants were thanked for their involvement in the study and provided with debriefing sheets that included information on available supports and helplines if needed (refer to Appendix F). Interviews were held in duration for 13 - 36 minutes, with an average interview time of 24 minutes. All online interviews were recorded and transcribed word for word.

## **Data Analysis**

The analysis of the data was carried out using Braun and Clarke's (2006) six stages of thematic analysis. As this type of analysis is separate from theory and epistemology (Braun & Clarke, 2006), it aligns well with the descriptive-phenomenological approach which argues that knowledge is subjective and consists of our own interpretations of reality (Burr, 2003). The researcher employed an inductive approach, allowing the themes to emerge from the data itself rather than being predetermined by a pre-existing framework or theory. The first phase of Braun and Clarke's (2006) analysis involved becoming familiar with the data. This process entailed the transcription of the audio recordings verbatim, ensuring that all spoken words were accurately captured to facilitate an accurate interpretation of the dialogue.



The researcher then re-read the data to further familiarize herself with it and began systematically generating initial codes. These codes were then organized into themes and a number of sub-themes. The researcher then analysed the themes to determine if they accurately represented the data. The themes will be discussed in detail in the subsequent section below, “results.” The study achieved data saturation when repetition in the answers became visible and thus no new themes emerged. To ensure the quality of the thematic analysis and enable replication of the study, content validity was achieved through data saturation (Sim et al., 2018). The data was further refined for each theme, and codes that were reflective of the themes were extracted and included in the final analysis of the results. An initial thematic map was then created manually (see Appendix G), in which themes were defined; making sure that they captured the essence of each concept and the reason they are an interesting aspect of the information. The individual themes were then finalized in relation to all other themes, ensuring that there is a coherent 'story' for each that fits the overall narrative of the information (see Appendix H).

## Findings

These findings are grounded in the evidence and this section will describe meanings and understandings using quotes through themes that emerged from the analysis of the interviews conducted with participants. Utilising Braun and Clarke (2006) methods, a thematic analysis was conducted, and four main themes emerged clearly: social interaction, physical and cognitive activity, personal growth, and enjoyment & flow. Findings will be illustrated using examples of themes and subthemes along with descriptions, interpretations, and evaluations of the findings. Refer to Figure 1 and Figure 2 for a visual representation of these main four themes and the developing concepts within them.

### Figure 1

*Themes and Related Subthemes*

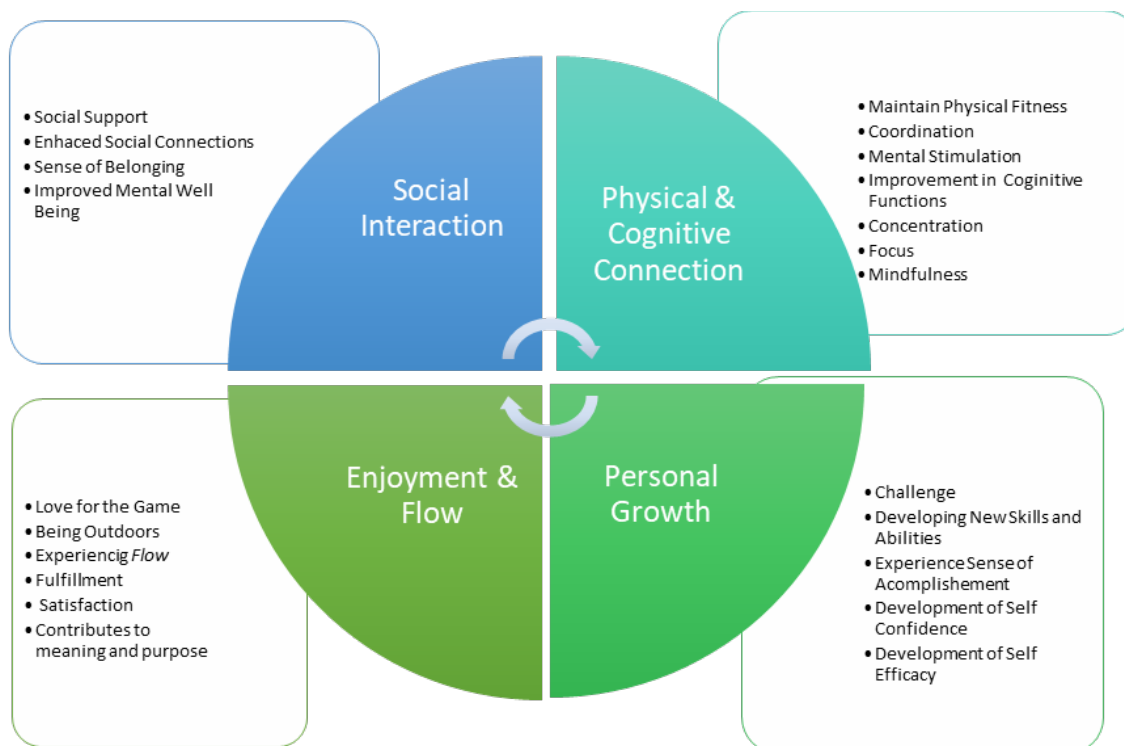


Figure 2

### Themes and Subthemes, Description and Example Quotes

Themes and subthemes	Description	Example quotes
<b>Theme: Social Interaction</b>		
Enhanced Social Connections	Participants described meaning through benefits of social interaction and opportunity to enhance social skills.	"Interaction with opposite sex, Learnig point for social skills." (P1)
Social Support	Benefits of the Club	"I chose tennis because of the social aspect, you know, joining a club, there's a great social aspect, team sport, you know. I absolutely love getting out..." (P2)
Improved Mental Well Being	Participants describe improvement in their mood through exercise while socially interact in a safe environment. Reducing anxiety and lowering stress levels.	"Meeting other people and also the aspect of being able to exercise in a safe environment and the capacity to kind of feel better after one can get things out while you're playing sport, you can get your stress out and you can get anxiety out and you can feel much better. The endorphins kind of kick in." (P3)
Sense of Belonging Sense of identity.	Participant describes sense of joy through the game going through generations, through family history.	"First of all, there's a kind of family connection. My children played tennis and so I played with my children. Some of my grandchildren play tennis and I am happy to play with them also." (P6)
Enhanced Social Connections	Interaction with different, new people. Presents new challenges in communiation and in tennis.	"So and then it's also interaction with different people with different personalities, which is nice." (P9)

Maintain Physical and Cognitive Fitness Concentration Challenge	Participant describes connection between physical and cognitive - requirement for concentration.	"Tennis suits me because the one thing (apart from some physical strength) you need for tennis is concentration. In essence, tennis is a fight and a challenge. Tennis has these challenges: life itself is full of challenges. You're in a fight whether you like it or not. So, tennis replicates life but in a structured way. It's a game, but it's a very human game." (P7)
Maintain Physical and Cognitive Fitness Competition Challenge Doubles	Connction between mind and body, awarenss of the body requirements/challenges	"It's sociable and I can play doubles. I like doubles, and at my age, and I suppose I took it up again in my 50s. I can compete at a level that's easier when I'm playing double s and it is sociable." (P8)
Mind and Body Connection Coordination Improvement in Cognitive Functions Concentration Mindfulness	Mind and Body Connection	"It's a pleasure of the game itself. It's again action, reaction, eye, body coordination and for me also what I will try now if I have the right partner, to play with my left hand, you know, which is good for the brain." (P9)
<b>Theme: Physical and Cognitive Activity</b>		
Mind and Body Connection Requirement for Focus Concentration Strategy	Game requires mind nad body activation, concentration, alertness, being able to make quick decisions, move your body accordingly. All these elements present a challenge and bring satisfaction lowering the stress levels.	"You are just focusing on the ball, You can't play if if youre thinking on anything else. Good for stress reviel. I think it is a good way, if you're not feeling great and, you've had a stressful day and you go and play tennis you feel a lot better, and the blood is circulating. And you can play doubles or you can play singles. I like the strategy around it. You know, I like the fact that you can think. You have to use your head as well as your physics. You're thinking with that person, before he places that ball there. I like the mental and physical element of it and the social." (P5)
<b>Theme: Personal Growth</b>		
Challenge Self Efficacy	Description of how all themes are connected.	"It's Challenging. It's, uh, very good for all round. Fitness. Uh, it has a social significance. Definitely. I socialize a lot around tennis. My wife, my family, all players, increasingly my kids. Are playing it now at a level where they can they can play against me properly and Uh, it's a competitive outlash. I definitely measure my fitness." (P10)
Challenge Desire for Improvement		"It's the competitive outlash definitely I like. I want to get better, I want to improve. I want to beat the guy." (P10)
<b>Theme: Enjoyment &amp; Flow</b>		
Love for the Game Endorpine Fulfillment Satisfaction	Exercise brings enjoment Mood improvemnet	"Good feeling that you want repeat. I feel happier. And, you know, I definitely see improvement in my mood and if after after a good game and I feel, I suppose feel more alive. I feel more alert and in a better frame of mind as well." (P5)
Love for the Game Satisfacion	One hour of exercise, determination, keeping fitt, social connections. Connction between mind and body, awarenss of the body requirements and challenges. Connection with other themes.	"My motivation to play, I suppose just motivation would be to at least do an hour exercise out. That would be definitely. Keeps me fit and I suppose now I've made friends. I've got to know people. So I'd like to see them. . And I think that's a motivator to play tennis, to welcome new people into the club and to and to get to know them as well." (P8)
Being Outdoors Flow	Connction between mind and body, awarenss of the body requirements and challenges. Connection with other themes.	"It really is the most social game and it is also so good for your mental health also, because it's outdoors. So, it's really good, fresh air. It's healthy for that. It's good for your coordination, it's good for your mobility, it's good for your flexibility and for socializing." (P7)
Escape from daily stressors Skill Development Social Aspect	Connction between mind and body, awarenss of the body requirements and challenges. Connection with other themes.	"Distraction from all the other things I'm doing because you have to concentrate, you know? And you forget everything else. And the other thing is the personal improvement in tennis. Which is a big that I get better and I feel it in playing tennis And of course interaction with other people." (P9)

## Theme: Social Interaction

According to the theme all participants spoke of the importance in maintaining social connections as they experience changes in their social networks due to life transitions, retirement, empty nesting, or other life challenges. For some, “there is family history” that provides an opportunity to strengthen relationship with family members creating a bond through new lived experiences. Being part of the club allows them to meet new people, build friendships, and foster a “sense of belonging” within a supportive community. In their words: “there is opportunity for interaction with opposite sex “(P1) and “interaction with different personalities” (P9). They described that participation facilitates social interaction and fosters a sense of belonging within a tennis community, as exemplified by the following quotes: “There is a family history of playing tennis” (P6), “Sense of belonging” (P3), “Having a laugh!” (P2), “Meeting other people, relieving stress, it’s fun, safe environment” (P3). “Connecting with other people,” another participant describes the time of younger days, where engagement in hobbies and sport was main social activity.

A big part of life in the 60’s when we didn’t have a lot of other things was the sociability of it. There was not much TV. We played tennis probably every day. Important for forming personality, learning how to accept defeat and how to be charitable when you win, always aspiring to be better (P1).

The participant is referring to the development of social skills occurring in a fact-to-face context, which counters the contemporary trend of spending hours on social media.

I would have done a lot of league matches where we would have all whole team would have just been beaten, you know, but you have to just pick yourselves up, it’s about camaraderie, you know, boosting other people. You help each other along. You give each other confidence and support (P7).

According to research loneliness and isolation are prevalent issues among older adults, particularly those who may have lost spouses or close friends, live alone, or have limited social interactions. These feelings can have detrimental effects on both physical and mental health, leading to increased risk of depression, anxiety, cognitive decline, and even mortality. One way to combat negative effects is through the establishment of camaraderie among individuals. Camaraderie refers to a sense of belongingness, mutual trust, and support that develops within a group of people who share common interests or goals. It fosters a positive social environment where individuals feel connected, valued, and understood.

Most of the participants described how like-minded individuals who share a common interest in sport foster a sense of belonging and comradeship among players. Following that interaction may contribute to personal growth by fostering discipline, commitment and teamwork, which may reduce stress levels and promote mental well-being. Through participation in tournaments or team events, players learn how to handle success and failure gracefully, “develop resilience”, and build “self-confidence”. These interactions can lead to the formation of lifelong friendships and provide a support system within the tennis community, as one participant described “I've made friends. I've got to know people. So, I'd like to see them” (P8). Social engagement in tennis offers leadership roles, such as being part of the committee who organize events and contribute to the sport's growth.

**Theme: Physical & Cognitive Activity:**

Meaning and motivation were intrinsically connected through the analysis of the interviews by all participants - physical and cognitive fitness and mind and body connection. Participants described that tennis is not just a physically demanding sport but also a mentally stimulating one. They described how tennis participation helps maintain fitness, muscular strength, flexibility, and balance but also engagement requires constant need for focus and concentration. “It is good for coordination and mental capacity, keeps your brain active, it fights against dementia because you have to focus and concentrate

on how to move, how to hit the ball and keep the score” (P7), “Keep myself active, I always feel good after the game” (P2), “Coordination, more strength, in doubles feeling as a part of a team at any age” (P2), “A stress relief “(P3).

Some of participants described their engagement in a play as escape from daily stressors “For me it is a distraction from all the other things that I am doing, because you have to concentrate” (P9).

Engaging in tennis contributes to physical fitness as it involves various movements such as running, jumping, and lateral movements, which enhances endurance, muscular strength, and flexibility. This in turn can improve aerobic capacity, bone density, and body composition as one participant described below. It is important to acknowledge that there are challenges and barriers that this age group is facing.

Yes, I think it's made me more aware of bone health and everything. So, because you know, we're jumping and it's like repetitive, you can get injuries to your wrist and things like that. So, you know, I've started taking vitamin D just it keeps the bones strength's etcetera and calcium, calcium replacement because I'm conscious of that. But I think it strengthened my muscles and you know about health and my age. They say that muscle tone is the most important thing because it's attached to your bone. And so therefore, I think, from that way it's a positive impact that hopefully is making a little difference to me and in that way (P8).

It describes awareness in one's abilities that have changed with coming years. Having this in mind, this qualitative study can contribute to the existing body of knowledge on aging and physical activity by highlighting specific challenges faced by older adults in relation to tennis participation. For instance, it uncovered barriers such as physical limitations and fear of injury. Identifying these challenges, researchers and practitioners can develop targeted strategies to address them and promote inclusivity in tennis for individuals over the age of 40. This could involve adapting training programs to accommodate

physical limitations, providing education on injury prevention, or advocating for improved accessibility in tennis facilities.

Additionally, it helps maintain a healthy weight “my motivation would be to keep myself active” (P2) and “Keeping fit, energized, sleeping better” (P3).

Physical activity stimulates the release of endorphins, which are known to improve mood and reduce stress levels. Meeting other people, being able to exercise in a safe environment and the capacity to kind of feel better after, one can get things out while you're playing sport, you can get your stress out and you can get anxiety out and you can feel much better. The endorphins kind of kick in. (P3)

Tennis is mentally challenging, as players must make split-second decisions, adapt to changing game situations, and maintain focus throughout matches. In other words, the strategic nature of the game also enhances cognitive function, including decision-making skills, problem-solving abilities, and reaction time.

“A sport where you are reactive towards the other side is doing and on the other hand, also active. You know your position with the ball and that is what is intriguing. You know, it's quite dynamic actually and it also involves kind of short-term planning” (P9).

Interesting insight from one participant that describes and explains his view on the meaning of life and how it replicates with the game of tennis.

So, tennis replicates life but in a structured way. It's a game, but it's a very human game. And for me, tennis has a certain amount of forgivingness in it. You have a big racket surface for a small ball, and you don't always have to hit the ball perfectly. Sometimes the ball comes off the side of your racket - off the frame. And even if it dribbles over the net, you win the point. Maybe

the shot is poor or even awful, but these shots win, just as well as the most spectacularly correct shot. You enjoy these sort of fluke shots just as much as playing a perfect shot (P6).

### **Theme: Personal Growth**

Subthemes and codes gained through analysis are challenge, competition, drive to improve, achievement, development of self-confidence etc. Accepting challenge fosters personal growth, and personal growth comes from connection with previous two themes accompanied with strategic thinking and development of new skills and abilities. Achievement motivation is influenced by a combination of internal factors that include personal characteristics such as personality traits, self-efficacy beliefs, and goal orientations. For example, participants with a growth mindset, which is the belief that abilities can be developed through effort and practice, are more likely to have higher levels of achievement described through “the other thing is the personal improvement in tennis. Which is a big, that I get better, and I feel it” (P9). External factors include social influences, cultural norms, and environmental conditions. For instance, receiving feedback, praise as rewards for achievements can enhance one's motivation to excel. Furthermore, intrinsic motivation has been linked to enhanced learning and skill development in tennis. When players are intrinsically motivated, they are more likely to engage in deliberate practice, seek out challenging situations, and invest time and effort in improving their game. This intrinsic drive to excel can lead to long-term success and mastery in tennis.

The enjoyment of the game itself can be a significant source of intrinsic motivation. Tennis players who find pleasure in “hitting the ball”, strategizing, and competing are more likely to be intrinsically motivated. Additionally, the sense of mastery and personal growth that comes from improving one's skills can fuel intrinsic motivation. As players see themselves progress and achieve their goals, their motivation to continue playing increases.



“Consciousness of your fitness level then impacts other choices you make in life (P3), Some of them described their motivation through desire to perform well, desire to improve their skills and abilities and love for the game. “So, the motivation (in addition to the obvious one of simple enjoyment) is to overcome obstacles” (P6), “Fitness, physical workout, improving your technique, staying active in 70’s” (P1), “You cannot play if you are thinking of anything else” (P4), “It boosts confidence” (P4). “Feeling proud, a little achievement. I like the challenge and push myself” (P2) In describing a desire to perform well and be successful, participants shared view related to achievement motivation hared this way:

I had times where that made me feel very low. And then on the other side, I have had times where I feel like I've played well. Maybe the score line would not show that I've played well, but I know I've played well (P4).

I will be quite competitive. So, there is an act, definitely. There's a delight that you get, the endorphins go more when you're obviously winning. And when you hit a good shot and when you play well the other side to that is when you don't. It can also affect you too. But if we're talking about the positives, absolutely, if you're playing well, you're having a good game, you feel you're playing well and you're getting good shots. And that is a self-kind of it's a self-satisfaction thing because no matter how many people will say it's a good shot if you feel you have a good shot it definitely empowers you. So, it's really kind of empowering, good for your confidence (P7).

We know in Ireland that there's an awful lot of drinking culture and addiction. And that's often times where energy goes into. So, what I'm saying is that tennis is a really good form of participating in a positive form of sport (P3).

For some, tennis participation in a safe environment and with like-minded people means to combat addictions or at the very least diminish the duration that would typically be allocated in bars.

### **Theme: Enjoyment & Flow**

Subthemes and codes include love for the game, flow, being outdoors, fulfilment, satisfaction, autonomy.

Flow refers to a state of optimal experience where individuals are fully immersed and engaged in an activity. Participant describes sense of autonomy through these words:

It means getting out of the house for an hour or two on my own, which is also lovely. Like nobody else in my immediate family, in my household plays tennis, so it's nice for me to sort of go out and do my own thing. I quite like that. So, I like the independence it gives me. Mum plays tennis at 70 years of age (P4).

Furthermore, observing older individuals who are still actively participating in recreational tennis can serve as a source of inspiration and motivation for younger players. It demonstrates that age does not necessarily limit one's ability to engage in physical activities at a higher level. This can encourage recreational tennis players in a specific investigated age group or younger to continue pursuing passion for the sport and maintain an active life as they age.

I suppose in my adulthood, well into my adulthood I could see people were still playing in their 70s and going. And I was thinking, gosh, you know, I'm playing pretty well, particularly in doubles, and I thought this is something you're going to take up and play for the rest of your life. And I thought, this is a good thing to take up, it's sociable and I can see myself continuing to do this into my retirement (P5).

By witnessing older individuals who have maintained their fitness, younger players may be motivated to prioritize physical activity and adopt healthier lifestyle to enhance their own longevity. Additionally,

seniors who are still competitive on the court may demonstrate that engaging in mentally stimulating activities like tennis can potentially delay cognitive decline and promote well-being. This can have broader implications for society by challenging ageist attitudes and promote inclusivity across different age groups.

### **Discussion**

The primary objective from this research study was to explore meaning and motivation of tennis participation. The following areas were covered with the objective of seeing whether there are common themes. A thematic analysis revolves around four main themes: social interaction, physical & cognitive activity, personal growth, and enjoyment & flow. The research findings show that individuals can find purpose and meaning by focusing on their values and goals.

In relation to the theme “social interaction”, these aspects can have a significant impact on an individual's motivation in tennis. Interactions provide opportunities for individuals to connect with others who share their passion for tennis, creating a sense of camaraderie and acceptance. According to Holt and Dunn (2004), individuals who perceive the tennis community as inclusive and welcoming are more likely to feel a sense of belonging. Most of the participants expressed positive peer influence that involves encouragement, support, and healthy competition that fosters motivation and improvement. Conversely, research suggests that negative peer influence may involve peer pressure or discouragement that can lead to decreased motivation (Weinberg & Gould, 2018). There are unwritten rules and expectations within a particular social group or culture. In tennis, these social norms may include values such as fair play, sportsmanship, and dedication. Conforming to these norms can positively influence motivation by providing a sense of belonging and acceptance within the tennis community (Holt & Dunn, 2004). Participants expressed that team-oriented nature of playing tennis especially “doubles”, encourages cooperation, communication, “develop new friendships”, strengthen existing and shared goals among

participants, leading to increased social integration and improved quality of life. These findings resonate with previous research on loneliness (Wankel & Berger, 1990). The presence of supportive relationships within the tennis community can positively impact an individual's motivation. Social support can come from various sources such as coaches, teammates, family members, and friends. Previous research that we can resonate with suggests that individuals who perceive higher levels of social support tend to have greater motivation and enjoyment in sports (Deci & Ryan, 2000).

In relation to the theme “physical and cognitive fitness” as individuals age, they experience a natural decline in strength, endurance, and agility (Baker et al., 2003). As resonates with previous research and is evident from our demographic in participant section, older adults are more prone to play doubles in tennis as it requires less running and quick movements compared to singles tennis, making it more suitable for older adults who may have reduced mobility or joint issues (Baker et al., 2018; Gabbett et al., 2019). Additionally, playing “doubles” allows older adults to conserve energy during the game, as they can share the workload with their partner, additionally adults may feel less anxious about their performance when playing doubles as they share responsibility with their partner. Playing “doubles” allows older adults to engage in strategic thinking and decision-making as they coordinate with their partner. Consequently, all that can contribute to increased motivation and enjoyment of the game among older adults as it promotes more social interaction, teamwork, and instant feedback from other players. “It is more fun” (P3).

Participants were describing how play requires players to make quick decisions, anticipate their opponent's moves, and strategize their shots. Engaging in activities that require cognitive demands can help mitigate the risk of cognitive decline by promoting neuroplasticity, which refers to the brain's ability to reorganize and form new neural connections. By challenging the brain with cognitive-demanding activities, individuals can stimulate the growth of new neurons and strengthen existing neural networks, thus maintaining cognitive function. By engaging in activities that involve cognitive demands, older adults

can proactively protect their cognitive health and potentially delay or prevent the onset of cognitive decline. These cognitive demands can enhance mental agility, concentration, and problem-solving skills which resonates with previous research (Kramer et al., 2006). Many participants acknowledged the impact in recreational tennis that helps maintain fitness, muscular strength, flexibility, and balance. These findings resonate with previous studies with reduced risk of chronic diseases such as cardiovascular disease, diabetes, osteoporosis and certain types of cancer (Warburton et al., 2006; Nelson et al., 2007; McAuley et al., 2007).

In relation to the theme “Personal Growth” role models play a crucial role in shaping an individual's motivation in tennis. Observing successful athletes who have achieved high levels of skill and success can inspire and motivate aspiring players to work harder towards their goals. Role models provide a source of inspiration and “demonstrate what is possible” through hard work and dedication which mirrors findings in social learning theory (Bandura, 1986). According to social comparison theory, individuals evaluate their abilities and performance by comparing themselves to others in similar situations. In the context of tennis, players may compare their skills, achievements, and progress with their peers or professional athletes. This comparison can either motivate or demotivate players based on the perceived similarity or superiority of their competitors (Myers, 2010).

Participating in sports enhances self-efficacy and autonomy among older adults. Regular engagement in sports activities allows individuals to set and achieve goals, leading to increased self-confidence and a sense of control over one's abilities (Bandura, 1997). The development of self-efficacy promotes continued motivation for sports participation.

By understanding the meaning and motivation behind recreational tennis participation, policymakers, sports organizations, and health professionals can develop targeted interventions and strategies that cater to the specific needs and preferences of this population. This research can also

contribute to the existing body of knowledge on recreational sports and inform future studies in related areas.

In relation to the theme “Enjoyment & Flow”

Research suggests that experiencing flow during tennis session can enhance psychological well-being, increase enjoyment, and contribute to a sense of meaning and purpose in life (Nakamura & Csikszentmihalyi, 2002). Flow experiences during play is characterized by a balance of what we described through our themes and subthemes as challenge and skill level, clear goals, immediate feedback, concentration, and a loss of self-consciousness which resonates with previous studies (Jackson & Csikszentmihalyi, 1999).

### **Strengths and Limitations**

The study may tackle an apparent void in the literature; the exploration of significance and drive using a qualitative method in Irish context focusing on specific age group as outlined in our introduction.

Additionally, the study utilized a purposive sampling technique, which ensured that a diverse range of individuals with varying experiences were included in the research. This further strengthened the validity and generalizability of the findings. Overall, the inclusion of these strengths enhanced the robustness and comprehensiveness of the study. As qualitative investigations examine personal encounters, the present study contributes to qualitative proof, which offers a distinct perspective from quantitative research. As the objective of qualitative research is not to generalize but to obtain a detailed subjective account of individuals' experiences regarding a specific phenomenon, this may be seen as a drawback in the methodology, but considering the study's objectives, the researcher did achieve what intended.

Purposeful sampling was employed for the study and may be susceptible to selection bias. Nevertheless, there are certain constraints of the research that need to be acknowledged. When choosing participants who could provide valuable insights, as previously described in the method section, the researcher had

limitations due to time constraints. There was relatively brief period of time during which the data was gathered and the design of the research. While the data from 10 participants offers a indicative (not comprehensive) understanding of the experiences, the ability to extend these findings to the wider population is restricted. While every individual in the sample fulfilled the requirements for inclusion, which included having at least six months of participating in tennis and being above the age of 40, a significant number of them belonged to the identical club. Another aspect to account for is the constraints of the interview procedure as it is to presume that numerous individuals would favor an in-person interview as opposed to an online one. There were worries that because the researcher was conducting an undergraduate study that had no direct benefit to participants, it would present a difficulty in recruiting. The researcher received interest from more potential participants than could be accommodated. Unfortunately, because of the time constraints, the researcher had to close the recruitment. It was thought that participants may be hesitant to provide information regarding specific demographic questions or experiences. However, this was not the case and the data appeared to be relevant, with participants sharing personal experiences that were similar to previous studies on the significance and motivation of tennis players. The clearly defined research questions targeting a specific group of individuals and the consistent nature of the interview questions all contribute to the strength of this study. This research focused on including individuals in the Irish context with a specific age group that was challenging to recruit, and the researcher remained committed to these objectives, which is a significant strength of the study.

### **Possibilities for further research**

Our research involved participants from higher income country such as Ireland, given the popularity of sport worldwide, participants from lower income countries and different ethnic or cultural backgrounds should be included in future studies to broaden the understanding of sports participation throughout the world. Additionally, subsequent investigations could enhance this study by augmenting

the sample size, with both qualitative and quantitative approaches utilized, enabling a more accurate representation of the population and a more comprehensive overview of the research domain. An additional noteworthy avenue for future research, based on the findings, would involve contrasting individuals' encounters in tennis suffering injuries to acquire a more profound comprehension.



## Conclusion

This qualitative research study aimed to explore the meaning and motivation behind participation in recreational tennis among older adults in Ireland. Through in-depth interviews and thematic analysis, several key findings emerged. Firstly, the findings revealed that participating in recreational tennis provided a sense of purpose and meaning for older adults. The participants expressed that tennis allowed them to stay active, maintain physical fitness, and enhance their overall well-being. Engaging in this activity also provided a sense of accomplishment and personal growth, as they were able to improve their skills and compete with others. Secondly, the study highlighted the social aspect of recreational tennis for older adults. Participants emphasized the importance of social connections and the formation of friendships within the tennis community. They described how playing tennis together created a sense of camaraderie and support, which contributed to their overall enjoyment of the sport. Additionally, the social interactions during tennis sessions provided opportunities for personal development and learning from others. Furthermore, the research shed light on the motivational factors that influenced older adults' engagement in recreational tennis. The participants identified intrinsic motivations such as enjoyment, challenge, and personal satisfaction as primary drivers for their continued participation. They also mentioned extrinsic motivations such as competition and recognition from peers as additional factors that contributed to their motivation. Overall, this study provides valuable insights into the meaning and motivation behind participation in recreational tennis among Irish older adults. The findings highlight the importance of physical activity and social connections for this population group. Understanding these factors can inform the development of tailored interventions and programs that promote active aging and enhance the well-being of older adults.

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## Appendix A

### Interview Schedule

What do you find particular about tennis?

What meaning tennis holds for you?

How would you describe your favorite thing about tennis?

What motivates you to play?

How playing tennis makes you feel about yourself?'

Describe how playing tennis makes you feel about yourself.

Could you describe if there is/was any skills did you sharpened with the practice?

Research shows that social contact is important for mental health and general wellbeing, could you describe how do you feel mentally and physically after a good game?

On the opposite side, could you describe how do you feel if you are not able play, say, due to injury, bad weather, or cannot find a partner to play?

Do you think that playing tennis has an influence on any aspect of your health, and life in general, and if it does could you describe how?

## Appendix B

### Information Sheet

You are invited to participate in a research study carried out as part of a final year psychology degree at the National College of Ireland examining how playing tennis influences your life. Dr Amanda Kracen, lecturer in Psychology, the National Collage of Ireland, will supervise this project. This study obtained approval from the Ethical Committee, National College of Ireland in December 2022.

Before consenting to take part, please take the time to carefully read this information sheet and ensure you understand the topic and the role you will play in this study. If you have any questions about any of the information provided, please do not hesitate to contact me.

#### Who am I and what is this study about?

My name is Senka Vincekovic, and I am a final-year psychology student at the National College of Ireland, Dublin. As part of our psychology degree, we undertake an independent final-year research project. I have decided to do my research on individuals who are playing tennis and discover what is so particular about tennis and how it influences one's life. This will include open-ended questions about how people think and feel about themselves and their perception of their life.

There is a lack of research in this area in Ireland, which is why this is a topic of interest. Ultimately, this will lead to a greater understanding of how engagement in sports and particularly tennis can influence positive health outcomes and greater opportunity for future interventions that could potentially engage even more people to achieve recommended physical activity and influence their well-being.

#### What will taking part in the research involve?

You will be asked to take part in a one-on-one online interview with an estimated duration of 20 to max 60 minutes over Microsoft Teams. You will be asked to sign a **Consent Form** before the interview, to confirm your agreement to take part in this research and the interview being recorded. You will be asked some basic demographic questions and reflections on your experiences with sports and tennis particularly. Interviews will be audio recorded for the purpose of collecting data, with regard to the fact that all information will be strictly confidential. The Consent Form and Interview Questions are in the attachment.

#### Who can take part?

If you are aged 40 and over, living in Ireland, and you are playing tennis at least for 6 months, you can take part in this research.

#### Do you have to take part in this research?

Participation in this study is entirely voluntary. You have the right to refuse to participate or to withdraw from the study without consequences. You can withdraw from participation at any time during the interview, and also have the right to refuse to answer any question that you do not feel comfortable answering. If you feel that questions may cause you to experience discomfort, you should not take part in the study.

#### What are the possible risks and benefits of taking part?

There will be no direct benefits (e.g., monetary) for the participant in this research, however, the information gathered may contribute to future research and greater understanding within this area. There is a possibility that some of the questions contained within this interview may cause minor distress for some participants. If you feel distressed or upset for any reason in this interview, you are free to take a break or stop the interview completely. Contact information for relevant support services is as follows:

1. **Aware Support Line** Freephone: 1800 80 48 48 Monday to Sunday 10 am - 10 pm.
2. **Grow** Mental Health Support & Recovery [www.grow.ie](http://www.grow.ie) Telephone: 1890 474474

#### Will taking part be confidential and what will happen to my data?



The interview will be organized through Microsoft Teams and will be recorded and transcribed for analysis. Any data that is identifiable will be stored and managed in line with GDPR guidelines. Audio recordings will be destroyed once the data has been transcribed. Any information in the interview transcript that could identify the participant or any other individual (e.g., names, and locations) will be anonymized. Only the researcher and academic supervisor will have access to the data collected. As this is a qualitative study, direct quotes from interviews may be included in the presentation of the results, but these quotes will be anonymized and will not contain any information that could identify the participant or any other individual.

All electronic recordings will be kept in password-encrypted files on the researcher's computer which will be password protected. Interview transcripts and consent forms will be securely stored and retained for five years in accordance with the National College of Ireland (NCI) data retention policy. If the participant has any concerns or queries in relation to data protection for this research project, you may contact the NCI data protection officer, Niamh Scannell ([Niamh.Scannell@ncirl.ie](mailto:Niamh.Scannell@ncirl.ie)).

#### **What will happen to the results and information of the study?**

The results of this study will be presented in my final dissertation, which will be submitted to the National College of Ireland. The results may be presented at a conference and /or submitted to an academic journal for publication.

#### **Can I withdraw from this study?**

You maintain the right to withdraw from the study at any stage up to the point of data submission. Removing your data once we have submitted your data will not be possible, as the data will not be identifiable. At this point your data will be combined with other participants and as such can no longer be retracted.

#### **Who should you contact for further information?**

If you have any questions about this study, please contact Senka Vincekovic via email at [x19143532@student.ncirl.ie](mailto:x19143532@student.ncirl.ie)

or the supervisor of this research project, Dr. Amanda Kracen [amanda.kracen@ncirl.ie](mailto:amanda.kracen@ncirl.ie) lecturer in Psychology, National Collage of Ireland.

#### **What is the next step?**

Please open **Interview Questions** in the attachment and read them. If you are happy to answer these questions while being voice recorded, **sign a Consent Form** and send it to me by replying to this email. Upon receiving the signed Consent Form, we can organize a Teams Meeting and proceed with the interview.

We would be grateful if you could disclose the date and time that is most suitable for you to have a meeting and send it in your email together with a Consent Form, we will do our best to adjust to your availability. We would appreciate it if we could organize a meeting before 17<sup>th</sup> February 2023.

We are excited to meet you and looking forward to hearing from you.

## Appendix C

### Consent Form

In agreeing to participate in this research I understand the following:

This research is being conducted by Senka Vincekovic, an undergraduate Psychology student at the School of Business, National College of Ireland. The method proposed for this research project has been approved in principle by the Departmental Ethics Committee, which means that the Committee does not have concerns about the procedure itself as detailed by the student. It is, however, the above-named student's responsibility to adhere to ethical guidelines in their dealings with participants and the collection and handling of data.

If I have any concerns about participation, I understand that I may refuse to participate or withdraw at any stage.

I have been informed as to the general nature of the study and agree voluntarily to participate.

There are no known or expected discomforts or risks associated with participation.

All data from the study will be treated confidentially. The data from all participants will be compiled, analyzed, and submitted in a report to the Psychology Department in the School of Business. No participant's data will be identified by name at any stage of the data analysis or in the final report.

At the conclusion of my participation, any questions or concerns I have will be fully addressed.

I may withdraw from this study at any time and may withdraw my data at the conclusion of my participation if I still have concerns.

Participant \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Appendix D

## Recruitment Flyer



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

## Calling for Tennis Players!

As part of a final year psychology degree, we are currently recruiting participants for an exciting research study examining how tennis influences your life. Participation involves an online interview with an estimated duration of approx. 20 to 40 minutes. If you are aged 40 + and happy to share your experience before February 20, 2023 please email Senka Vincekovic at [x19143532@student.ncirl.ie](mailto:x19143532@student.ncirl.ie) and we will follow up with further details.

Thank you.

## Appendix E

### Questionnaire on Demographics

1. Gender (Male, Female, Other)
2. Age
3. Relationship Status (Single, Married, In relationship, Other)
4. Nationality
5. Residence (Area)
6. Occupation/Employment sector
7. Latest Educational Qualifications
8. Game preference - Singles or Doubles?
9. How long have you been playing tennis so far? (e.g., Years, Months)
10. Typically, how often and in what duration you play tennis in a week? (e.g., 4 x 1 hour)
11. Related to my previous questions, how would you describe your level of fitness? (e.g., Poor, Good, Going Stronger, Excellent, Fantastic)
12. From a public health perspective, sport during adolescence is a strong predictor of physical activity later in life. Were you involved in sport during adolescence and if you did which one?
13. Are you currently engaged in other sports? If yes, which?

## Appendix F

### DEBRIEFING FORM

Thank you for participating in this study and enabling me to complete this project.

The purpose of this research is to investigate how playing tennis influences your life.

The results of this study will be presented in my thesis, which will be submitted to National College of Ireland as part of my final degree. I also hope to present the results of the study to academic conferences or in academic journals.

Data will be analyzed with research from other participants to establish common themes. The results will not contain participants' names or any other information that could identify you as a participant. If you wish to withdraw from this research, please email me up to 5 days from the interview.

If you have any concerns or queries in relation to data protection for this research project, you may contact the NCI data protection officer, Niamh Scannell ([Niamh.Scannell@ncirl.ie](mailto:Niamh.Scannell@ncirl.ie)).

If you feel upset after having completed the study or find that some questions or aspects of the study were distressing, talking with a qualified clinician or counselor may help. If you feel you would like assistance, please contact one of the support agencies listed below.

1. **Aware Support Line** Freephone: 1800 80 48 48 Monday to Sunday 10am - 10pm.
2. **Grow** Mental Health Support & Recovery [www.grow.ie](http://www.grow.ie) Telephone: 1890 474474

If you would like to receive a summary of the findings when it is completed, please feel free to email your request on the researcher email address provided.

If you know anyone who might be open to participate in this research study, please feel free to share my email address.

Once again, your participation is greatly appreciated, and I am highly grateful for your contribution to my research.

Undergraduate Researcher: Senka Vincekovic [x19143532@student.ncirl.ie](mailto:x19143532@student.ncirl.ie) National College of Ireland.

Research Supervisor: Dr Amanda Kracen, [amanda.kracen@ncirl.ie](mailto:amanda.kracen@ncirl.ie) Lecturer in Psychology, National Collage of Ireland.

## Appendix F

## Interview Transcript 1 - P8

0:0:0.0 --> 0:0:5.80

Researcher

We're recording now. So, XXX, do you consent to participate in this research?

0:0:7.220 --> 0:0:8.10

Researcher

OK, great.

0:0:5.700 --> 0:0:8.650

P8

I do consent. Yes.

0:0:9.160 --> 0:0:12.870

Researcher

So now we're going to start with the demographic questions. What is your gender?

0:0:13.630 --> 0:0:14.580

P8

And gender female.

0:0:15.120 --> 0:0:15.540

Researcher

Age.

0:0:16.430 --> 0:0:17.800

P8

I am 66.

0:0:18.530 --> 0:0:19.730

Researcher

Relationship status.

0:0:20.380 --> 0:0:21.510

P8

I'm single lady.

0:0:22.70 --> 0:0:22.960

Researcher

Nationality.

0:0:23.620 --> 0:0:24.230

P8

Irish.

0:0:24.890 --> 0:0:26.330

Researcher

Residence as an area.

0:0:27.30 --> 0:0:28.180

P8

Clontarf, Dublin.

0:0:28.710 --> 0:0:29.570

Researcher

Occupation.

0:0:30.390 --> 0:0:31.760

P8

I'm a retired nurse.

0:0:32.640 --> 0:0:35.10

Researcher

Your latest educational qualifications.

0:0:35.660 --> 0:0:40.680

P8

At the master's in quality and risk management in healthcare and a Bachelor of Nursing degree.

0:0:41.320 --> 0:0:45.860

Researcher

Very well. What is your game preference in tennis? Singles or doubles?

0:0:46.370 --> 0:0:47.0

P8

Doubles.

0:0:47.400 --> 0:0:50.890

Researcher

How long have you been playing tennis so far?

0:0:51.880 --> 0:1:1.290

P8

I suppose I played it in school, and I joined a local club and about seven years ago, so I'm playing it as oppose in the last seven years again, yeah.

0:1:1.780 --> 0:1:14.470

Researcher

Great. And typically in a week like generally, I know that you're in the season, it's we're all playing more, but how would you what would you say in the season, how often do you play and in what duration?

0:1:15.20 --> 0:1:26.660

P8

I play about twice a week in the in the in the spring summer season. So in the winter I'm a bit lazy and probably spring somewhere my play for an hour and a half in the winter, probably once a week for an hour.

0:1:27.0 --> 0:1:27.910

Researcher

OK, great.

0:1:39.410 --> 0:1:42.710

P8

Sorry, this is at home with my dog's squad.

0:1:42.370 --> 0:1:47.900

Researcher

Yeah, no problem. And so how would you describe your level of fitness?

0:1:57.920 --> 0:2:2.600

P8

I suppose. It's OK. It's. Yeah, I could be better. I could be fitter.

0:2:3.50 --> 0:2:4.390

Researcher

OK. But it's, but it's good.

0:2:5.990 --> 0:2:6.360

Researcher

Yeah.

0:2:5.120 --> 0:2:7.510

P8

It's. Yeah, it's good for my age. Yeah, yeah.

0:2:7.0 --> 0:2:14.780

Researcher

Yeah. Yes. OK. Were you involved in physical activity in your adolescence?

0:2:20.200 --> 0:2:26.510

P8

School. Yes, I suppose. Basketball and tennis in the summer and a little bit of hockey in the winter, yeah.

0:2:26.520 --> 0:2:31.820

Researcher

Are you currently engaged in any other sport except tennis?

0:2:32.300 --> 0:2:34.20

P8

Yes, I played golf twice a week.

0:2:34.710 --> 0:2:47.280

Researcher

Great. These were demographic questions. So, and the first question is why tennis?

0:2:48.130 --> 0:2:50.120

Researcher

What do you find particular about tennis?

0:2:50.710 --> 0:2:59.160

P8

It's sociable and I can play doubles. I like doubles, and at my age, and I suppose I took it up again in my 50s.

0:2:59.800 --> 0:3:8.130

P8

I can compete at a level that's easier when I'm playing double s and it is sociable. I'm in a nice small sociable club as well, yeah.

0:3:8.680 --> 0:3:9.630

Researcher

Very good.

0:3:9.810 --> 0:3:14.230

Researcher

And what does playing tennis mean to you in your life?

0:3:32.900 --> 0:3:33.400

Researcher

Yeah.

0:3:15.650 --> 0:3:37.650

P8

I suppose it means getting out, particularly in the winter and doing an hour exercise in the evening. I feel good that at least I'm doing that outdoors. It's outdoors. That's what I like about tennis. I don't really like gym, so I like that. It's outdoor, you're breathing in the air and it's fun. I am. It's a bit of fun and it's it's sociable. I don't take it too seriously. Yeah, yeah.



0:3:52.230 --> 0:3:52.600

P8

Who does?

0:3:37.260 --> 0:3:53.220

Researcher

Yeah. Yeah, very good. And So what would you say is your favourite thing about tennis? If you can say a little bit more about that? What is your favourite thing about it?

0:3:53.910 --> 0:4:23.720

P8

It's not. It's not always. I don't play well. I'm not that good, but I love it if I get a good shot against somebody who's really good, I do have that competitive edge. So, if I play with something and I hit a really good shot, I'd be delighted from myself and it's a small, quick thrill and you think, oh, great, I've got that. And I like that it. There's a lot of respect on the tennis court. It's nice. It's not too physical with other people. You know a small distance and it's a nice game at that it's competitive.

0:4:24.130 --> 0:4:30.430

P8

Fun it's a small amount of people. It's not overcrowded, it's nice. It's out. Done. Yeah, yeah.

0:4:29.850 --> 0:4:34.680

Researcher

Yeah. Yeah, very good. What would be your motivation to play?

0:4:36.270 --> 0:4:43.710

P8

My motivation to play, I suppose just motivation would be to at least do an hour exercise out. That would be definitely.

0:4:42.990 --> 0:4:43.900

Researcher

To keep you fit.

0:4:44.380 --> 0:4:49.720

P8

Keeps me fit and I suppose now I've made friends. I've got to know people. So I'd like to see them. Yeah, yeah.

0:4:49.160 --> 0:5:7.870

Researcher

OK, great. Very good. How would you describe like skills that you gained in practice with practice? Did you like? Is there something that is transferable that you for example gained during play during playing tennis, something that you can maybe transfer in other spheres of life.

0:5:13.150 --> 0:5:38.60

P8

In other spheres of life, other sports like golf, definitely cause it's like I have to know the direction of the ball and I've built up strength in my right arm and right-handed and definitely that's helped in golf I can drive the ball they say in golf like a distance and I think that's definitely helped me and I think the golf's helped the tennis in that respect and what was the other part of the question sorry.

0:5:37.990 --> 0:5:54.940

Researcher

No, this was like if there's something so this this is what you explain like like the so you basically your skill was just sharpened with the kind of when you observe the ball and maybe a bit of focus yes if you can say.

0:6:2.60 --> 0:6:2.500

Researcher

Yeah.

0:6:7.250 --> 0:6:8.330

Researcher

Yeah, yeah, yeah.

0:6:9.900 --> 0:6:10.690

Researcher

Absolutely.

0:5:54.600 --> 0:6:13.810

P8

Yeah, because you have to concentrate where the ball is going to land and you have to concentrate and where you're going to hit the ball. So you. So if you were to play well, if I was to play well, I have to focus more. Yeah. And that the mind, yeah. You sort of switch off this world of tennis. Yeah, I think that's good.

0:6:12.930 --> 0:6:14.750

Researcher

So concentration. Mm-hmm.

0:6:15.240 --> 0:6:16.470

P8

Yeah, yeah, definitely.

0:6:15.970 --> 0:6:16.550

Researcher

Very good.

0:6:17.200 --> 0:6:25.610

Researcher

And so research shows that social contact is important for mental health and general well-being. Could you describe how do you feel after a good game?

0:6:26.270 --> 0:6:26.470

P8

Exhausted!

0:6:29.240 --> 0:6:30.580

Researcher

But positively, yeah.

0:6:31.310 --> 0:6:49.910

P8

I do feel good. I feel I've done exercise for the arm, particularly those rainy nights are cold nights in the winter. I feel that good that I've done it. And you know, sometimes you can be lazy. And yeah, I think I feel fitter for doing this. So you'll find for health good. I think that's yeah. Yeah.

0:6:50.840 --> 0:6:53.220

Researcher

And how do you feel if you can't play? Or if you can't find a partner and you really want to play was is this like?

0:7:3.830 --> 0:7:14.170

P8

Yeah, I'd be disappointed if I'm really enthusiastic to play and I couldn't find a partner. Or if they cancelled and we couldn't get particularly in good weather. If it's really nice weather today morning.

0:7:12.380 --> 0:7:14.660

Researcher

Yeah, the disappointing, yeah.

0:7:15.20 --> 0:7:22.560

P8

Because you motivated to play and to play with certain people and compete. So yeah, it would be disappointing.

0:7:23.970 --> 0:7:28.60

Researcher

And how does playing tennis makes you feel about yourself?

0:7:29.950 --> 0:7:31.110

P8

It makes make.

0:7:37.20 --> 0:7:58.430

P8

It makes me feel good that I can do it at my age, which is good. So that's good for me mentally to know that, you know, well, actually I can play a game of tennis with some competitive people, like I might not be good with some people and better with other people that, you know. But yeah, I suppose it makes me feel and look at least I'm able to do it

0:8:2.480 --> 0:8:13.850

P8

Yeah, I suppose it does give me a sense of pride that I'm able to do it. Yeah. And then I'm playing with younger people as well as good, as good, too. Yeah. Yeah.

0:8:12.860 --> 0:8:23.10

Researcher

Yeah, yeah, yeah, very good. And do you think that playing tennis has influence on any aspect of your health, like life in general and maybe healthy aging?

0:8:23.950 --> 0:8:54.240

P8

Yes, I think it's made me more aware of bone health and everything. So because you know, we're jumping and it's like repetitive, if you're like you can get injuries with your wrist and things like that. So, you know, I would since I've started, hence I'm taking vitamin D just to keep the bones strengths etcetera and calcium, calcium replacement because I'm conscious of that.

But I think it strengthened my muscles and you know about health and my age. They say that muscle tone is the most important thing because it's attached to your bone. And so therefore, it has to be good. So, I think from that way it's a positive impact that hopefully is making a little difference to me and in that way. Yeah, yeah.

0:9:3.600 --> 0:9:11.50

Researcher

Very good. And would you recommend tennis to your friends or family? I mean, obviously you did recommend to me so.

0:9:12.310 --> 0:9:41.400

P8

I would, family are probably a bit lazy about it, but I've recommended it to some friends. People have got to know in golf, I've recommended it to them and they people that may play tennis years ago but they were busy growing families and they have said they loved it and they didn't have time to do it with young families. But they're my age now and they have time and they say they will come and join our club

actually and I think that's good because they miss it, they enjoy the social aspect and I suppose the most attractive thing about it is that it sort. It's not too long. Tennis is not.

Golf is 4 hours playing, but you'll be, you know, it's another two hours an hour getting ready in an hour, finishing up. So it's really a full day where's tennis isn't in a busy lifestyle. Tennis is not. And you can play tennis at nighttime, which is really nice, you know, think that's it's easy to play, it's attainable etcetera to play so yeah.

0:10:8.610 --> 0:10:9.40

P8

Yes.

P8

I became a social secretary of the committee a few years ago and helped organize a few events. And it was a lot of fun and a lot of hard-working people on the committee. And it made me get to know a lot of people, which was really, really good. And I suppose during the COVID years, we didn't play tennis, and they've been new members. So I've to get out more now in spring time to get to know those people.

Yeah. And I think that's a motivator to play tennis, to welcome new people into the club and to and to get to know them as well. Yeah. Yeah.

0:10:39.220 --> 0:10:50.810

Researcher

Yeah, there it goes. Very good. This was so fast. We were almost done. Is there anything else that you would like to add to our conversation? And like, why you play tennis?

0:11:21.620 --> 0:11:21.970

Researcher

Yeah.

0:10:52.80 --> 0:11:22.500

P8

I think most of the younger generation want to play tennis to keep fit, and because it's something that's attainable after work and it's outdoors. You can play indoors, but a lot of people you know might like to go to a gym and spend a lot of money going to gyms, and I haven't got the time. It's a busy working, and tennis can be reasonable as we know clubs don't have to be very expensive and we can play public courses as well. Tennis is not all about a private club. There are a lot in our area, we have public courses 20 minutes' walk away from us as well and we could play there. Very reasonable and that's really good to know. And so and yeah, I probably could be promoted more from a health promotion point of view because it's accessible and it's cheap and it you know you only need one person to play with or have three others if you want to play doubles because yeah, I probably we should probably do more in Ireland in health promoting in, in promoting health particularly spring summer come in and some are evenings that people could play after work.

0:11:53.930 --> 0:12:5.320

P8

And I think particularly people that work in offices all day, they get tired and that same air when you come outdoors and your plane and it's an hour or two hours of money around the court, you do feel more invigorated, more positive.

0:12:4.910 --> 0:12:15.120

Researcher

Yes, absolutely. It's kind of breaking your own boundaries of thinking. Ohh I'm too tired. But then you come to the court and then you actually see, Oh my God, you know, like this is just flowing.

0:12:23.770 --> 0:12:24.110

Researcher

Yeah.

0:12:15.820 --> 0:12:33.720

P8

Someone that's when I've seen the dull and things come to rain thing. I'm mad going up and then I say, you know, it's not as bad as I thought. And that makes me feel good that I did go. Yeah. And I have my colleagues down as well because when you commit to playing with people, you don't let them down. They're motivated to play. So you don't let them down. Yeah. Yeah.

0:12:33.240 --> 0:12:55.860

Researcher

Absolutely. Very good. I'm so happy we had this quick chat and I got a lot of information from you, so I'm happy that you had time to, to, to meet me and to say this lovely things. Thank you so much, XXX

0:12:56.460 --> 0:12:59.140

P8

Welcome. You're very lovely. Thank you. Thank you very much.

0:12:58.410 --> 0:12:59.770

Researcher

Have a lovely evening.

## Appendix G

### Interview Transcript 2

Thank you so much xxx, for joining me in this research.  
For the beginning, do you consent for this interview to be recorded?

Participant BBB  
00:00:14.063 --> 00:00:14.773  
I do, yes.

Researcher  
00:00:15.273 --> 00:00:18.919  
Well, thank you so much. We'll start with the demographic questions.  
Can you tell me your gender please?

Participant BBB  
00:00:22.633 --> 00:00:23.343  
Female.

Researcher  
00:00:24.023 --> 00:00:24.773  
Your age.

Participant BBB  
00:00:25.633 --> 00:00:26.363  
58.

Researcher  
00:00:27.403 --> 00:00:28.913  
Your relationship status.

Participant BBB  
00:00:30.133 --> 00:00:30.763  
Single.

Researcher  
00:00:31.433 --> 00:00:32.533  
Your nationality.

Participant BBB  
00:00:33.393 --> 00:00:34.063  
Irish.

Researcher  
00:00:34.583 --> 00:00:36.443  
Your residence as an area.

Participant BBB  
00:00:37.243 --> 00:00:37.833  
Dublin.

Researcher  
00:00:38.563 --> 00:00:40.613  
Occupation?

Participant BBB  
00:00:41.893 --> 00:00:42.693  
Administrative.

Researcher  
00:00:43.173 --> 00:00:46.403  
OK, your latest educational qualifications.

P2  
00:00:48.903 --> 00:00:49.683  
Diploma.

Researcher  
00:00:50.603 --> 00:00:56.053  
OK, your game preference like singles or doubles.

P2  
00:00:58.363 --> 00:00:59.453  
Hmm. Singles.

Researcher  
00:01:00.103 --> 00:01:06.167  
Singles, OK. And how long have you been playing tennis so far, like in years, months or?

P2  
00:01:12.273 --> 00:01:15.103  
Yeah, I think I think 15 years.

Researcher  
00:01:17.883 --> 00:01:22.164  
So typically, how often and in what duration do you play tennis in a week?

P2  
00:01:23.363 --> 00:01:27.172  
Yeah. Normally at least two, sometimes three times a week, and generally for an hour or an hour and a half Max.

Researcher  
00:01:32.813 --> 00:01:36.274  
Related to this question, how would you describe your level of fitness?

P2

00:01:41.773 --> 00:01:42.753

Not too bad.

Researcher

00:01:43.223 --> 00:01:44.263

Not too bad, OK.

P2

00:01:49.533 --> 00:01:49.943

Let's say it's good.

Researcher

00:01:57.383 --> 00:02:01.049

Umm. From the public health perspective, support during adolescence is a strong predictor of physical activity later in life. Where were you involved in sport during adolescence? And if you did, which one it was it.

P2

00:02:12.703 --> 00:02:17.053

Yeah, I played hockey as an adolescent in, in school.

Researcher

00:02:17.413 --> 00:02:18.303

OK, great.

Researcher

00:02:19.103 --> 00:02:23.753

And are you currently engaged in any other sports except tennis?

P2

00:02:24.513 --> 00:02:25.173

No.

Researcher

00:02:25.513 --> 00:02:29.955

OK, brilliant. Thank you. So now we're going to lean into these questions. So, the first question would be why tennis? Like compared to some other sport. Why tennis?

P2

00:02:41.743 --> 00:02:46.833

Yeah, I think I chose tennis because of the social aspect, you know, joining a club, there's a great social aspect to, uh, a team sport, you know.

Researcher

00:03:00.993 --> 00:03:04.173

Mm-hmm. OK. OK.



Researcher

00:03:04.453 --> 00:03:10.532

And does so, how would you describe what playing tennis means to you? In this kind of social aspect like. How would you describe this? What tennis means to you?

P2

00:03:27.073 --> 00:03:31.012

Yeah, I mean, I absolutely love getting out, as I say, for two or three times a week. I am. I would miss it if I had to give it up. So apart from the physical side of it means a lot to me and also the social side. I think this is very good. I always feel good after I've had a game, you know.

Researcher

00:03:48.623 --> 00:03:50.903

Yeah. Yeah, yeah, yeah. OK. What is your favourite thing about tennis?

P2

00:03:57.843 --> 00:03:58.793

Having a laugh!

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00:03:59.283 --> 00:04:01.073

Having a laugh? Yeah, absolutely.

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00:04:01.933 --> 00:04:02.233

Yeah.

Researcher

00:04:03.273 --> 00:04:07.203

And so how would you describe your motivation?

P2

00:04:27.743 --> 00:04:32.273

And the motivation would be to keep myself active. That's my motivation.

Researcher

00:04:31.583 --> 00:04:32.633

OK, to keep active.

Researcher

00:04:33.503 --> 00:04:33.813

Yeah. OK. Could you describe the skills that you gained with the practice?

P2

00:04:43.313 --> 00:04:49.209

Yeah, I think I my skills are my coordination. Yeah, and a bit more strength in my upper body, I think. Hmm.

Researcher

00:04:58.033 --> 00:05:02.037

And so, research shows that social contact is important for mental health and general well-being. Could you describe how do you feel after a good game?

P2

00:05:08.743 --> 00:05:11.313

Yeah, after a good game, I feel very well. I feel very happy well, especially if I win.

Researcher

00:05:15.913 --> 00:05:16.953

Yeah, absolutely.

P2

00:05:17.623 --> 00:05:21.677

Absolutely. You know, I think especially if you have a singles game, you know, you come off, you are tired. But you know you've really had a good workout, whereas the doubles is good, but it wouldn't be as big or as invigorating. But the doubles are more social tennis, I would say.

Researcher

00:05:44.253 --> 00:05:47.681

How would you describe how do you feel if for example you cannot play because of injury or bad weather or you cannot find a partner and you really want to play and you, you know, like and you're not able to, how would you describe these feelings?

P2

00:05:59.753 --> 00:06:03.219

Yeah, you'd be very disappointed, obviously. I mean, I have had injuries. I mean, I was out with a broken foot at one stage for eight weeks. So, you know, you can't wait to get back, back playing it's. Yeah, I would certainly miss it. You know, from all aspects, from social and from the sport of us, you know. If I couldn't get a game if somebody wasn't available to play, and I really wanted to do something, I would just go out for a cycle on my bike.

Researcher

00:06:37.003 --> 00:06:40.740

Umm. So, you'll find something else just to kind of keep you active. Umm, right. How does playing tennis make you feel about yourself?

P2

00:06:48.983 --> 00:06:49.873

Makes me feel good.

Researcher

00:06:50.373 --> 00:06:52.473

Hmm, it in what sense like. Can you say more about this?

P2

00:06:59.413 --> 00:07:02.962

I suppose you feel, especially if you improve and you have a good game, you feel very proud of yourself, you've had a little bit of an achievement. You know because it is a funny sport. You can play really, well sometimes and then other times you do not play well at all. You know, it is a funny sport that way, so it's nice to be challenged as well. And then, when you play with different people, they might challenge you, you know, to especially if you play with a good player, you know. So, it's good to challenge yourself like that and push yourself a bit more, I suppose. Umm.

Researcher

00:07:37.603 --> 00:07:41.870

Absolutely. Thank you. Do you think that playing tennis has influenced any aspect of your health and life in general? And how would you describe this?

P2

00:07:52.983 --> 00:07:54.223

Yeah, I think. I think in a club it's very, very good for you mentally as well as the physical thing, but I think being part of a club is, you know, it's really good for your communication skills and for getting on with people and feeling part of a team and then like I was on the committee for a number of years, you know, so it's good to get involved. And then it's also local and you know. And so I think, yeah, in general it's really good, especially I think for anyone to join a club not necessarily tennis, but you know just to be participating in something, hmm.

Researcher

00:08:35.273 --> 00:08:37.003

Mm-hmm. Very good. OK. And uh, would you recommend tennis to your friends or family?

And

P2

00:08:49.223 --> 00:08:52.622

Yeah, of course. Like, well, I know myself I mean my children. I had them in the Tennis Club, when they were small and then they left the club. But now they can play tennis and they can always go back. So, it's a great thing to have.

Researcher

00:09:18.703 --> 00:09:19.143

Mm-hmm.

P2

00:09:19.983 --> 00:09:24.579

I mean, you're supporting local community as well. So, I think the benefits of joining a club and I would certainly, influence you know, I said it to my family members. But I think sometimes people think as they get older, they're not capable, you know. But I mean, people play tennis from very young until, you know, well into their 70s and sometimes even 80s. So, it's one of those sports that, you know, suits every age, I think.

Researcher

00:09:49.933 --> 00:09:51.083

Absolutely, yeah.

Researcher

00:09:52.453 --> 00:09:56.221

Yeah. OK. And so, is there anything else that you would like to add to this conversation? It's been short, but sweet. Is there something that I'm maybe missing out here like for the for the end of our interview.

P2

00:10:09.943 --> 00:10:13.625

And now I can't really think of anything. I mean, everything just going back over what I've said, I mean everything is positive. I haven't say anything negative, so that's a good thing. It makes me feel even better about, you know, being part of them, the club and, you know, playing tennis. There's nothing negative, yeah.

Researcher

00:10:33.513 --> 00:10:37.450

Absolutely, yeah. If you would compare tennis like I'm just trying to find a way like why tennis and not, I don't know, some other sport, why would you choose kind of tennis, I mean, I know it's a social aspect is really important because it's not the same if you go for walks or riding a bike because this is like on your own. But while playing tennis, you always going to have fun. Would that be?

P2

00:11:02.933 --> 00:11:03.423

Yeah.

P2

00:11:04.433 --> 00:11:10.503

Well, I did try sailing, not sailing but. I was canoeing, I suppose you'd call it. I joined that club. I wasn't able to master it, whereas I think Tennis, see, you know, you can master. People can take up the sport at any at any time of their life. And they can master it. There is not an awful lot of sports. I mean, you probably know, like with football, people really have to give up football quite young. You know, you cannot really play football. You never see, you know, 70- or 80-year-olds playing football.

Researcher

00:11:39.213 --> 00:11:40.323

Absolutely, yeah.

P2

00:11:41.093 --> 00:11:42.813

I mean, skiing is another. Another thing that you could I suppose do, but you don't really see older people doing it and plus you need to go to the Alps to do that or you need to....And because I tried tennis or I tried skiing as well. So, I just think, You know, there isn't that many sports that will bring you through all your ages, you know, I mean, I did play hockey as a teenager, you know. But there again, I wouldn't be able to play hockey now, you know. Yeah, that's why I'm so fascinated about tennis. To see so many active members in, like, work. Kind of my age or a bit older, and everybody seemed to enjoy tennis and seeing them active even when they're 70 plus, that's something that's amazing.

Researcher

So, this is what I'm trying to discover. What keeps people you know with tennis? Is it because it's, you know, Club is close to your home, or you already know the people for years there so.

P2

00:12:51.613 --> 00:12:54.427

I believe that all of that, that I've just had kind of also has some kind of influence. Yeah. Plus, it is an easy sport. I mean, I know some people get very, skilled, but I mean it, it's not that difficult to support, to improve on, you know, you don't have to play singles. A lot of people as they get older, don't really want to be able to play singles, but you can play your double s and then you can only push yourself to whatever level you want playing doubles, you know. So, you have your partner to rely on to do some of the running. If you can't do it, you know.

Researcher

00:13:30.653 --> 00:13:32.043

Mm-hmm.

P2

00:13:32.693 --> 00:13:35.723

It's very pleasurable as well because there aren't that many sports that you can kind of rely on your partner to bring you along. Well, you know, as I say, as you get older. Yeah.

Researcher

00:13:44.123 --> 00:13:49.828

Yes. And probably the aspect of this social context that there, there are social events in the club where people gather and hang out and. Kind of deepen the relationship and you play maybe even more often, and that altogether kind of has an influence on, I mean good and positive effect on health generally, yeah?

P2

00:14:14.313 --> 00:14:17.328

I think so. Yeah, we'll movement is always good for you, isn't it?

Researcher

Absolutely, yeah. Yeah. And then communication especially I think we all kind of felt it after COVID how we all missed kind of being part of group.

P2

00:14:33.663 --> 00:14:37.106

Yeah, absolutely. Absolutely. Yeah. That was the hard time during COVID. Yeah, yeah, that was very hard for. Yeah.

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00:14:41.323 --> 00:14:47.352

OK, XXX, I hope this was a pleasurable interview. Thank you so much for your time. I will transcribe this conversation and I will send it to you. And that's it for now.

P2

00:15:03.253 --> 00:15:04.403

OK. Thank you. Thank you.

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00:15:04.063 --> 00:15:06.563

OK. Thank you. Thank you, XXX.

Bye.

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00:15:07.183 --> 00:15:08.383

Take care. See you soon.