A set of points $\mathcal{T}$ of a finite classical polar space $\mathcal{P}$ of rank $r+1$ is i-tight if for any point $P \in \mathcal{P}$,

$$|P^{\perp} \cap \mathcal{T}| = \begin{cases} i\theta_{r-1} + q^r & , P \in \mathcal{T}, \\ i\theta_{r-1} & , P \notin \mathcal{T}. \end{cases}$$

We show that an i-tight set in the Hermitian variety $H(2r+1,q)$, $81 \leq q$ odd square, is a union of pairwise disjoint Baer subgeometries $\mathrm{PG}(2\mathrm{r}+1,\sqrt{\mathrm{q}})$ and generators of $H(2r+1,q)$, when $i < (q^{2/3}-1)/2$. We extend the result to tight sets in the symplectic polar space $W(2r+1,q)$. These results are an improvement of the previous results where the upper bound on i was $q^{5/8}/\sqrt{2}+1$. Combining the generalized version of known techniques with recent results on blocking sets and minihypers, we present an alternative proof of this result and consequently improve the upper bound on i to $(q^{2/3}-1)/2$.