

Analysing the Attitude of Athletes in Tennis Game Performance in Iraq

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Abstract

The purpose of this study was to assess the correlation between athletes' attitudes towards rules, opponents, and dangerous acts, and the game performance of tennis players in Iraq. The study focused on the population of Iraq due to the numerous challenges faced by tennis players in Iraq that directly impacted their game performance. Data from 99 tennis players in Iraq was collected for analysis in this research. The statistical package for social sciences (SPSS) 29 was used to measure the results of Spearman's correlation, model summary, analysis of variance (ANOVA), and coefficients. The research findings indicate that players' attitudes towards rules and opponents have no significant impact on their game performance. However, the study revealed a noteworthy correlation between players' attitudes towards injurious acts and their game performance. In line with the findings, the study indicates that the mental well-being of athletes plays a significant role in influencing their attitudes towards rules and opponents in a positive manner. However, it does not have an impact on the correlation between athletes' attitudes towards injurious acts and their performance in the game. The study made significant contributions to both theoretical and practical aspects of the existing body of knowledge.

Keywords: Game Performance; Player Attitude; Sportsmanship; Tennis Game.

Introduction

The performance of players in a game is a crucial element in attaining objectives. When individuals are highly motivated, they tend to exhibit positive behaviour in relation to their performance in the game (Denisova & Cairns, 2015). In contrast, the players' negative attitude towards game performance results in negative behaviour. Improving performance over time is crucial for achieving productive outcomes in any game. Player performance stability improves with time, necessitating market opportunities for growth. The attitude of players has a significant impact on their performance in games, according to a study by Hagström and Kaldo (2014). Tennis players are currently encountering difficulties in terms of their overall performance. The challenges are resulting in a pessimistic outlook on their professional endeavours. It is essential for players to maintain stable mental health to enhance their performance (Alemdag, 2019). Hence, it is

imperative for players in various games to collaborate effectively to accomplish their team objectives.

Tennis players in Iraq encounter challenges that impact their performance. This approach is beneficial for these individuals in attaining their objectives. Player development is crucial for optimising their effectiveness and achieving desired outcomes. The development of tennis players' attitudes is a crucial aspect that sports management in Iraq must focus on. It plays a vital role in ensuring their consistent performance (Mohammad & Ali, 2023). Enhancing the players' attitude and mental well-being is crucial for enhancing their performance. The strategic approach and behavioural advancements of tennis players can greatly impact their game performance. Nevertheless, Iraqi tennis players encounter obstacles that impact their game performance, which are influenced by their attitude and behaviour (Azeez & Majeed, 2022). Hence, this phenomenon holds significant importance for future research aimed at enhancing the overall game performance of players.

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It is essential for players to dedicate themselves to honing their skills to maximise their performance. The effectiveness of the players is enhanced when they are motivated to perform and receive sufficient support from the coach (Larson, Starkey, & Zaichkowsky, 1996). The coaches have the important task of training the players to enhance their overall performance, ultimately leading to improved productivity. Nonetheless, the mindset of the players plays a crucial role in enhancing their performance. It is important for players to be mindful of their progress and for the necessary resources to be made available to enhance their performance and productivity (Alemdag, 2019). Meanwhile, players need to significantly improve their behaviour to foster trustworthy relationships with their fellow participants in the games. In addition, the psychological development of players is regarded as a crucial factor in enhancing their overall performance (Mónico & Alferes, 2022). The existing body of knowledge has identified certain factors that can enhance players' game performance. However, there are still some areas of research that need to be addressed to fill the gaps in our understanding.

The purpose of this study was to assess the correlation between athletes' attitudes towards rules, opponents, and dangerous acts and the game performance of tennis players in Iraq. The study focused on the population of Iraq due to the numerous challenges faced by tennis players in the country, which directly impacted their game performance. Data from 99 tennis players in Iraq was collected for analysis in this research. The statistical package for social sciences (SPSS) 29 was used to measure the results of Spearman's correlation, model summary, analysis of variance (ANOVA), and coefficients. The research findings indicate that there is no significant direct impact of players' attitudes towards rules and opponents on their game performance. Nevertheless, the study revealed a noteworthy correlation between players' attitudes towards injurious acts and their game performance. In line with the findings, the study suggests that the mental well-being of athletes plays a significant role in influencing their attitudes towards rules and opponents in a positive manner. However, it does not affect the connection between athletes' attitudes towards injurious acts and their performance in the game. The study made significant contributions to both theoretical and practical aspects of the existing body of knowledge.

Review of Literature

Athletes who adhere to the rules of the game are consistently driven to uphold their ethical standards in

their performance (Mohammad & Ali, 2023). However, there are several factors that affect how well they play, one of which is how much they practice their skills. It is important to note that athletes must have a clear understanding of the rule to ensure reliability when determining their inclusion or exclusion from the team. Understanding and regulating one's behaviour during the game is facilitated by analysing it in accordance with established standards (Azeez & Majeed, 2022). In addition, athletes are strongly driven to enhance their performance and require comprehensive knowledge of game policies, rules, and regulations. Having a clear understanding of rules and regulations is beneficial for athletes as it allows them to enhance their performance to meet the required standards (Mónico & Alferes, 2022). When athletes fail to adhere to the rules of the game, it becomes more difficult for them to achieve their goals. Hence, it is imperative for athletes to enhance their performance in accordance with the established standards of the game. This improvement has been shown to be reliable in enhancing the overall performance of athletes (Colangelo et al., 2023). Athletes can enhance their game performance and reliability by exerting a significant influence on strategic aspects. Additionally, when athletes fail to meet the game's standards, they disregard the rules.

Hypothesis 1: *A significant relationship exists between attitudes toward rules and game performance.*

The athletes' attitude towards their opponents in the game is also crucial for their performance (Corti et al., 2023). Their approach to practicing for the game is indicative of their overall attitude. When athletes maintain a positive attitude towards their opponents during a game, it can greatly enhance their motivation and improve their performance. Nevertheless, the athletes' detrimental motivation and conduct towards their opponents are inappropriate for their overall performance (Gawroński, 2023). A strict adherence to the principles of sportsmanship is imperative during game performance, with athletes being encouraged to demonstrate respect towards their fellow competitors. Standardising game performance is crucial for athletes as it positively impacts their overall game performance (Wang, Lei, & Wu, 2023). Nevertheless, athletes who maintain a balanced mindset both during and before the game tend to enhance their performance by avoiding negative attitudes towards their opponents. The team management must address this behaviour to enhance the athletes' overall performance during a game. Athletes must be driven to achieve optimal performance and provided with viable avenues for enhancing standardised results (Kvist, Bengtsson, & Lundqvist, 2023). Athletes must cultivate a positive

mindset and enhance their game performance, as it plays a crucial role in their overall progress in sporting events.

Hypothesis 2: *A significant relationship exists between attitudes toward opponent and game performance.*

Athletes often experience various injuries during a game, some of which may require hospitalisation. Nevertheless, there is room for improvement in their overall performance and standardising the game performance, which could be achieved through better health (Checa et al., 2023). Athletes must prioritise minimising the risk of injury to their health while performing in games. Monitoring health and regulating behaviour regarding potential game injuries is crucial for players. In addition, it is crucial for athletes to maintain a high level of motivation in order to achieve optimal physical fitness during the game, as this directly impacts their performance (Tsvetkova-Gaberska et al., 2023). During a game, athletes may sustain injuries that limit their ability to play and participate. However, they must adopt a proactive approach to enhance their game performance. However, as the study by Sánchez-Sánchez et al. (2023) demonstrates, athletes' mental health has a significant impact on how well they perform in competition. The athletes' performance is crucial for enhancing their approach to injuries. Increased awareness and standardisation of health practices can greatly benefit athletes in optimising their performance (Mohammed Saeed, Salih, & Abdulkareem, 2023). Standardising game performance is a reliable method that can greatly assist athletes in reaching their goals.

Hypothesis 3: *A significant relationship exists between attitudes toward injurious acts and game performance.*

The state of an athlete's overall health has a significant impact on their performance during a game. The mental well-being of athletes is crucial for fostering a positive mindset towards their respective sports (Pachón-Blanco et al., 2022). During the game, athletes must maintain strong motivation to perform effectively. This can be achieved through the athletes' overall physical well-being. In contrast, athletes who lack motivation to enhance their performance may encounter considerable obstacles in their game (González-García, Martinent, & Nicolas, 2022). Nevertheless, it is crucial for athletes to enhance their overall game performance by developing a consistent and dependable approach to participating in games. Thus, the well-being of athletes is regarded as a crucial element that contributes to enhancing their overall performance in the game (Kittler, Arnold, & Jekauc, 2022). The mental well-being of athletes plays a crucial role in shaping their attitude and ultimately

enhancing their performance. Furthermore, it is crucial to ensure that athletes are adequately motivated and provided with ample opportunities to participate in the games (Williams et al., 2022). The mental well-being of athletes is a crucial aspect that impacts their adherence to the rules of the game. Thus, the implementation of these game rules proves beneficial in enhancing athletes' overall performance.

Hypothesis 4: *There is a moderating influence of mental health on the relationship between attitude toward rules and game performance.*

Having a positive mindset towards their health can greatly benefit athletes in terms of their overall game performance and how they interact with their opponents (Caulfield, Lee, & Baird, 2023). Players should cultivate a favourable mindset towards their opponents during the game. This positive development among the players contributes to the enhancement of their skills, ultimately leading to more effective game performance. Athletes should be encouraged to enhance their game performance. To effectively compete with other players in the game, it is crucial for them to enhance their overall health. The involvement of athletes in game performance is vital, as it offers improved opportunities and strategies for the athletes (Rey et al., 2022). For athletes to maintain motivation and perform effectively, it is crucial for them to have reliable opportunities and exhibit appropriate behaviour. In addition, it is important for athletes to maintain a respectful and supportive attitude towards their opponents to foster a strong sense of camaraderie. According to Rintaugu et al. (2022), the relationship between athletes and their opponents is crucial for their performance. When athletes lack proper mental health, they encounter various challenges that can impact team dynamics and performance during games. Hence, it is crucial for athletes to find motivation in enhancing their mental well-being, as it directly impacts their overall performance in the game (Yoka et al., 2022). Nevertheless, comparing the athletes' performance to their standardised game performance can offer valuable insights for enhancing their game strategy.

Hypothesis 5: *There is a moderating influence of mental health on the relationship between attitude toward opponent and game performance.*

The mental well-being of athletes is crucial for their performance on the pitch. It is crucial for athletes to maintain motivation and prioritise their mental well-being, especially when dealing with injuries (Yoka et al., 2022). The well-being of athletes' mental states directly impacts their physical health. Hence, the involvement of

athletes in various sports serves as a dependable method to enhance their overall performance. Nonetheless, it is the coach's duty to inspire the athletes to perform optimally during the game (Smith et al., 2022). The coach's motivation is beneficial in fostering positive behaviour among the athletes. This behaviour would be advantageous for athletes who sustain physical injuries during the game. The motivation and performance of athletes in the game are given significant consideration (Corti et al., 2023). Hence, it is imperative for athletes to prioritise their mental well-being and undergo rigorous training to enhance their game performance effectively. Enabling their participation in the games post-injury. Enhancing athletes' performance can have a positive impact on their mental well-being (Simons & Bird, 2023). According to Wang et al. (2023), an athlete's overall performance and tactical decision-making during the game determine their physical and mental health. Thus, it is crucial for athletes to adopt a focused and strategic mindset to enhance their overall performance on the field.

Hypothesis 6: *There is a moderating influence of mental health on the relationship between attitude toward injurious acts and game performance.*

Methodology

The study was carried out in Iraq, focusing on tennis players as the subjects of investigation. The study was conducted using a deductive approach to analyse the relationship between variables based on data collected from the respondents. The collected data was used to assess the correlation between research variables. Data for this research was collected from tennis players in Iraq. For the data analysis, a sample of 99 respondents was utilised, which was derived from the distribution of 150 questionnaires. This sample was deemed suitable for the findings of this research due to its similarity to previous studies in sports sciences, which also utilised a small sample size.

In addition, the study employed a cross-sectional methodology to collect data, which is widely regarded as suitable for this purpose. Data was collected using the cross-sectional method, as it allows for the measurement of the relationship between variables at a single point in time. Nevertheless, the study relies on a method of data collection through surveys. This method is considered reliable for data collection when every element of the population has an equal chance of being selected as a respondent for this research. The study employed random sampling techniques to gather data from tennis players in Baghdad, Iraq. The sports board of the country was

regarded as the sampling frame. The data for this research was collected from reliable respondents who were considered significant contributors to the study. Data collection involved contacting the respondents in person. The participants were provided with an explanation of the research's objective and were requested to provide their authentic responses to the inquiries. A Likert scale was utilised to gather respondents' ratings on each questionnaire. The questionnaire used for data collection was derived from scale items utilised in prior research. The inclusion of these scale items was based on their significance, as previous studies have confirmed their validity. The study utilised a scale developed by Denisova and Cairns (2015) to assess game performance, which served as the dependent variable.

In addition, the study utilised a scale developed by Hagström and Kaldø (2014) to assess the moderating variable of mental health. The scale items for the independent variable attitude towards injury were adapted from Larson et al. (1996), while the items for attitude towards opponents and attitude towards rules were adapted from Alemdag (2019). The items were modified to be deemed suitable for this research. Thus, the items were modified based on the operationalization of this study.

Data Analysis

The data for this research was analysed using SPSS 29, a widely recognised tool for analysing quantitative data in sports sciences research. The initial assessment involved examining the descriptive statistics of the data to evaluate its reliability and validity for subsequent analysis. All 99 responses were analysed using SPSS 29, and it was found that there were no missing values in the data. The study determined that the mean and standard deviation of the data were suitable, which was deemed significant for the data. The data was also tested for skewness and kurtosis to determine if it was skewed to the right or left. Nevertheless, the study's findings indicate that the data does not exhibit any skewness, as both the right and left values fall within the range of -2 and +2 (Royston, 1992). This is a noteworthy observation with regards to the significance of the results. Therefore, the study data was deemed suitable for further examination. The normality of the data was assessed using the Shapiro-Wilk test. The reported findings indicate that the Shapiro-Wilk test for each variable yielded a significance level of less than $p < .001$, suggesting that the data exhibits normality. The study's findings indicated that the rating scale ranged from a minimum response of one to a maximum response of five. The data for this research's normality is presented in Table 1.

Table 1

Descriptive Statistics

	AR	AP	AIA	MH	GP
Valid	99	99	99	99	99
Missing	0	0	0	0	0
Mean	3.939	3.455	3.828	3.869	3.313
Std. Deviation	1.236	1.288	1.221	1.259	1.209
Skewness	-1.108	-0.409	-0.831	-0.906	-0.239
Std. Error of Skewness	0.243	0.243	0.243	0.243	0.243
Kurtosis	0.321	-0.831	-0.285	-0.235	-0.726
Std. Error of Kurtosis	0.481	0.481	0.481	0.481	0.481
Shapiro-Wilk	0.793	0.885	0.836	0.816	0.904
P-value of Shapiro-Wilk	< .001	< .001	< .001	< .001	< .001
Minimum	1.000	1.000	1.000	1.000	1.000
Maximum	5.000	5.000	5.000	5.000	5.000

AR = Attitude towards rules, AP = Attitude towards opponents, AIA = Attitude towards injurious acts, MH = Mental health, and GP = Game Performance

The Spearman's correlations were examined to assess the relationships between the variables utilised in this study. The correlation test was utilised to ascertain the variables that are correlated and the nature of their correlation. Significance was attributed to correlations between variables when p-values were less than 0.05. The findings presented in Table 2 provide confirmation that there is a significant correlation between the research variables. This is supported by the p values <.001 that were obtained. Therefore, the data was deemed suitable for further analysis. Figure 1 displays the heatmap for Spearman's correlation.

Table 2

Spearman's Correlations

Variable	AR	AP	AIA	MH	GP
1. AR	n	—			
	Spearman's rho	—			
	p-value	—			
2. AP	n	99	—		
	Spearman's rho	0.540	—		
	p-value	< .001	—		
3. AIA	n	99	99	—	
	Spearman's rho	0.572	0.541	—	
	p-value	< .001	< .001	—	
4. MH	n	99	99	99	—
	Spearman's rho	0.577	0.571	0.802	—
	p-value	< .001	< .001	< .001	—
5. GP	n	99	99	99	99
	Spearman's rho	0.426	0.457	0.511	0.567
	p-value	< .001	< .001	< .001	< .001

Note. All tests one-tailed, for positive correlation.

AR = Attitude towards rules, AP = Attitude towards opponents, AIA = Attitude towards injurious acts, MH = Mental health, and GP = Game Performance

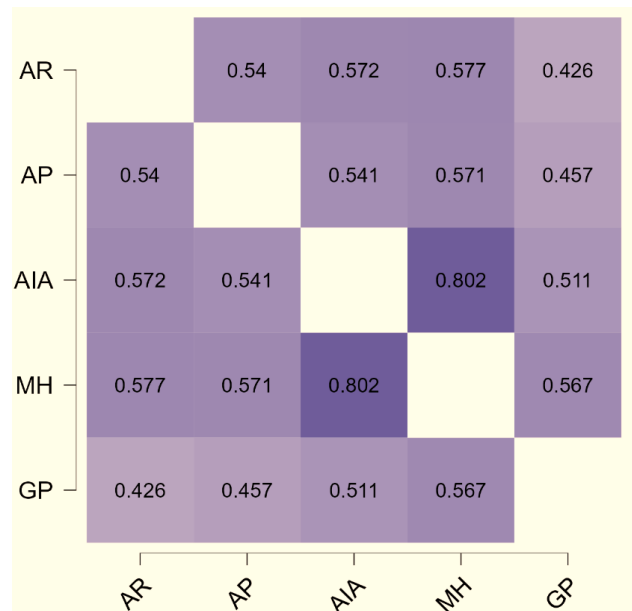


Figure 1. Spearman's rho Heatmap.

AR = Attitude towards rules, AP = Attitude towards opponents, AIA = Attitude towards injurious acts, MH = Mental health, and GP = Game Performance

The model summary findings were tested to assess the prediction of the dependent variable based on the independent variables. The study revealed that the R-value is 0.722, surpassing the threshold of 0.40 required for statistical significance. Thus, a significant correlation was established between the independent variables and the dependent variable of game performance. In addition, the researchers examined the validity of R², which was utilised to elucidate the extent to which the independent variables accounted for the variation in the dependent variable. Values above 0.50 are deemed significant,

indicating that the model is suitable for testing the relationships. The study's findings revealed a significant R^2 value above 0.50, indicating statistical significance. In conclusion, the adjusted R^2 values were used to assess the generalizability of the findings. The data displayed the range of sample outcomes compared to the overall population in the context of multiple regression. Nevertheless, it is necessary to have a minimal distinction between the results of R^2 and adjusted R^2 . The summary of this research model indicates that the adjusted R^2 value is 0.490, which is relatively close to 0.521. The model summary results are displayed in Table 3.

Table 3*Model Summary - GP*

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	1.209
H ₁	0.722	0.521	0.490	0.863

GP = Game Performance

In addition, the significance of the ANOVA findings was assessed to determine the validity of the model. The p-value findings were used to determine the 5% confidence interval, which assessed the significance of the results. The research reported a p-value of less than .001, indicating statistical significance. In addition, the F value was tested to assess the enhancement in variable prediction achieved by fitting the model while accounting for any inaccuracies present. The F-ratio yield-efficient model requires a value greater than 1. The F value in this research model was reported as 16.7, indicating its significance. The ANOVA results can be found in Table 4.

Table 5*Coefficients*

Model		Unstandardised	Standard Error	Standardised	t	p
H ₀	(Intercept)	3.313	0.122		27.262	< .001
	(Intercept)	0.902	0.410		2.202	0.030
H1	AR	0.050	0.098	0.051	0.510	0.611
H2	AP	-0.006	0.093	-0.006	-0.059	0.953
H3	AIA	0.222	0.115	0.224	1.927	0.057
H4	AR*MH	0.255	0.108	0.257	2.373	0.020
H5	AP*MH	0.381	0.110	0.405	3.454	< .001
H6	AIA*MH	0.182	0.105	0.160	1.736	0.086

AR = Attitude towards rules, AP = Attitude towards opponents, AIA = Attitude towards injurious acts, MH = Mental health, and GP = Game Performance

Findings and Discussion

The data for this research was analysed using SPSS 29. Path findings were determined to test the relationship between variables. Additionally, these findings were compared to

Table 4*ANOVA*

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	74.704	6	12.451	16.700	< .001
	Residual	68.589	92	0.746		
	Total	143.293	98			

Note. The intercept model is omitted, as no meaningful information can be shown.

Ultimately, the regression coefficients were utilised to ascertain and evaluate the paths. The rejection of Hypothesis 1 indicates that there is no significant correlation between attitudes towards rules and game performance. In addition, hypothesis 2 was not supported as there is no statistically significant correlation between attitudes towards the opponent and game performance. Furthermore, hypothesis 3 was supported as the study revealed a notable correlation between attitudes towards injurious acts and game performance. Nevertheless, hypothesis 4 was confirmed as the study revealed a significant moderating effect of mental health on the association between attitude towards rules and game performance.

Furthermore, hypothesis 5 was confirmed as the study revealed the presence of a moderating effect of mental health on the association between attitude towards the opponent and game performance. In contrast, hypothesis 6 yielded significant results, indicating that mental health does not moderate the relationship between attitude towards injurious acts and game performance. The regression coefficients are presented in Table 5.

the outcomes of prior research. After careful analysis, it was determined that the initial hypothesis was not supported. The results indicate that there is no substantial correlation between attitudes towards rules and game performance. The results of this relationship were compared to those of

previous studies. Players are naturally motivated to adhere to their ethical standards when they abide by the rules of the game (Mónico & Alferes, 2022). Nevertheless, numerous factors contribute to their gaming performance, including the amount of practice they dedicate to honing their skills. One crucial factor in determining an athlete's eligibility for the squad is their knowledge of the rule (Colangelo et al., 2023).

Players gain valuable self-awareness and improve their ability to regulate their actions by adhering to the game's rules. The athletes are highly motivated to enhance their performance, in addition to having a thorough understanding of the game's policies, rules, and regulations (Oh & Yoo, 2023). This rule awareness is advantageous for athletes as it enables them to perform at a level that aligns with the established standards. If the athletes fail to adhere to the rules of the game, achieving their objective will prove challenging. The performance of the players should be improved to meet the standard level of the game's requirements (Corti et al., 2023). Therefore, athletes can have confidence in the overall enhancement of their performance. Over time, athletes can enhance their strategic performance and game reliability, thanks to their significant impact on the game. The players, in contrast, ignore the regulations when their performance does not meet expectations.

In a similar vein, hypothesis 2 was also invalidated, as there is no substantial correlation between attitudes towards opponents and game performance. The results of this relationship were compared to those of previous studies. One additional factor that can be indicative of an athlete's performance is their ability to conduct themselves in the presence of their competitors (Mohammed Saeed et al., 2023). This mentality reflects their overall approach to practicing for the game. When players maintain a positive mindset towards their opponents, it serves as a source of motivation for them to elevate their performance by adopting the appropriate strategies. Nevertheless, the athletes' negative attitude towards the opposing team and their aggressive behaviour are detrimental to their performance (Caulfield et al., 2023). When engaging in a game, it is important for players to conduct themselves in a manner that reflects good sportsmanship and fosters a sense of respect towards their teammates. Athletes rely on it to improve their game performance, leading to long-term benefits. According to Rey et al. (2022), athletes often experience enhanced performance by adopting a balanced mindset before and during the game rather than holding negative sentiments towards their competitors. To enhance the overall performance of the team, it is imperative for the management to exert control over this mindset. Athletes

require regular opportunities to improve their standardised performance and motivation to excel in their endeavours. Athletes' attitudes and performance during competition have a significant impact on their ability to improve their performance in games (Rintaugu et al., 2022).

Nevertheless, hypothesis 3 was supported as the study revealed a significant correlation between attitudes towards injurious acts and game performance. The results of this association were compared to those of prior research. Athletes often experience various injuries that may necessitate hospital treatment (Simons & Bird, 2023). Improving one's health can lead to standardised game performance and overall improvement. Athletes must undergo rigorous training to minimise the risk of sustaining severe injuries during gameplay. This component plays a vital role in helping individuals monitor their health and regulate their actions in response to potential health issues that may arise during gameplay (Pachón-Blanco et al., 2022). Athletes must prioritise maintaining optimal physical condition during the game, as it can significantly impact the result. A positive mindset is crucial for athletes to overcome setbacks and perform optimally in sports, even in the face of injuries that may hinder their participation (González-García et al., 2022). When athletes possess a high level of motivation, their overall mental well-being experiences positive effects, leading to an enhancement in their game performance. Athletes can improve their mindset regarding injuries through their core performance. Enhancing athletes' performance could be facilitated by a greater comprehension of the relationship between dreaming and health standardisation (Kittler et al., 2022). For athletes, it is an effective way to create a fair competition and maximise their performance.

In addition, hypothesis 4 was confirmed as the study revealed a significant moderating effect of mental health on the association between attitude towards rules and game performance. The results of this relationship were compared to those of previous studies. Research suggests that the physical well-being of athletes has a notable influence on their on-field performance (Williams et al., 2022). The athletes' psychological well-being enables them to develop a positive perspective on the games. Athletes must maintain optimal physical fitness to achieve peak performance during games. Nevertheless, if players lack the internal drive to improve, they may face significant challenges on the pitch. Athletes require a reliable approach to effectively participate in competitive events (Yoka et al., 2022). Hence, it is imperative for them to enhance their overall strategy for optimising game performance. The emotional and psychological well-being of athletes is

considered a crucial factor in improving their overall performance. As athletes' mental health improves, they gain greater opportunities to shape their mindset, leading to a more consistent performance (Matsuzaki et al., 2022). Meanwhile, athletes would be motivated to excel and would require regular chances to participate in competitions. In addition, the mental health of athletes is considered a vital factor that affects their adherence to game rules (Smith et al., 2022). Therefore, players can derive advantages from this regulatory modification and enhance their overall performance.

Furthermore, hypothesis 5 was confirmed as the study revealed a moderating effect of mental health on the correlation between attitude towards the opponent and game performance. The results of this relationship were compared to those of previous studies. The optimistic perspective of athletes regarding their well-being has a significant impact on their on-field performance and that of their competitors (Ravn, 2023). It is important for every player to develop a positive mindset when it comes to their opponents. Due to this symbiotic development, every player can refine their skills to achieve victory. Encouraging players to improve their performance is of utmost importance. Developing successful relationships with other players in the game necessitates the improvement of their health (Park & Jeon, 2023). Active engagement in-game performance is crucial for athletes as it can provide valuable opportunities for growth and development. Athletes require regular opportunities and exemplary behaviour to be motivated to reach their highest potential. In addition, it is important for players to maintain a positive attitude towards their opponents, as this can help cultivate a strong bond between them (Sánchez-Sánchez et al., 2023). Due to this strong bond, the athletes consistently surpass their opponents in performance. The absence of proper mental health among athletes poses several challenges that can impact not only their team's performance but also the overall game. It has been suggested by researchers that athletes could benefit from prioritising their mental well-being to enhance their performance on the pitch (Mohammed Saeed et al., 2023). However, when we compare the players' real performance to their standardised game performance, it provides a reliable method to enhance their game-related thinking. Furthermore, the study revealed that hypothesis 6 holds significance, indicating that mental health does not have a moderating effect on the relationship between attitude towards injurious acts and game performance. These findings were compared to those of previous studies (Checa et al., 2023). The emotional and psychological well-being of athletes is just as crucial as their

performance on the pitch. It is essential for athletes to maintain motivation and prioritise their mental well-being to optimise their performance, even in the face of injuries. The well-being of athletes is closely linked to both their physical and mental health. Therefore, athletes may have confidence in the notion that participating in a range of sports can enhance their performance (Gawroński, 2023). However, it is the coach's responsibility to motivate the players to perform at their highest level on game day. The coach's encouragement plays a crucial role in fostering positive conduct among athletes. A positive mindset can greatly benefit athletes who experience injuries during play (Wang et al., 2023). The determination and on-field achievements of athletes play a crucial role. To enhance their game performance, athletes must prioritise their mental well-being and receive proper training (Park & Jeon, 2023). This would enable individuals to resume participating in the games after sustaining an injury. Athletes can depend on it to enhance their performance, which is beneficial for their mental health. The mental health of an athlete can be inferred from their performance and strategic approach on the pitch, which are closely linked to their physical well-being (Kvist et al., 2023). A more focused strategy in gameplay would greatly enhance the overall performance of the athletes.

Theoretical and Practical Implications

This research made significant contributions to the body of knowledge. The study found that attitudes towards rules do not have a significant impact on game performance. Additionally, the study has provided valuable insights by demonstrating that attitudes towards opponents do not have a significant impact on game performance. Additionally, the study provided valuable insights into the correlation between attitudes towards harmful actions and game performance. Additionally, this study has provided valuable insights into the impact of mental health on the connection between attitude towards rules and game performance. Additionally, this study has provided valuable insights into the impact of mental health on the connection between attitude towards opponents and game performance. In conclusion, the study has provided valuable insights into the absence of any impact of mental health on the correlation between attitude towards harmful actions and game performance. Hence, the research findings contribute to the expansion of the existing body of knowledge.

According to the study, practitioners have found that players' game performance improves when they have a strong focus on their injuries. In addition, the study

emphasised the importance of mental health for players and its impact on their game performance, suggesting that improvements in this area are necessary. The study highlights the importance of players' mental health in shaping their attitudes towards game rules. In addition, the study emphasised the importance of players' mental health in shaping their attitudes towards their opponents. By adopting this approach, the athletes' performance would experience a notable enhancement, thereby contributing to the team's goal attainment. Hence, it is crucial to provide tennis players in Iraq with the necessary mental health support to enhance their overall mindset and performance on the court.

Future Directions

The study focused solely on data collected from tennis players in Iraq without addressing other sports. There may be differences in the results if data is collected from players in different games. Further research is necessary to gather data from athletes in various sports to establish the generalizability of the findings. Additional research is needed to assess how the psychological well-being of players mediates the inconsistent relationship between rejected relationships. This will help determine the causal interaction involved. Providing new insight into the literature would greatly contribute to future studies.

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