

The Effects Of Psychological Factors On Players' Performance: An Evidence From Higher Education

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ABSTRACT

The study examined the influence of psychological factors like motivational climate, psychological capital, and failure apprehension on players' performance among the students in higher education institutions in southern region of Khyber Pakhtunkhwa, Pakistan. In this connection, utilizing a survey methodology, data were collected from student-athletes to explore that how psychological dimensions impact the students' sports performance. The research aims to understand the role of a competitive and supportive motivational climate, the contribution of psychological capital, and the effect of failure apprehension on players' ability to perform under pressure. The findings ¹will provide insights into psychological constructs that can enhance or hinder athletic performance, offering practical implications for coaches and institutions to foster a conducive environment that optimizes student-athletes' potential. The study contributes to broader understanding of sports psychology in context of higher education in KP, with potential applications for improving sports programs and mental health support for athletes there extracting some valuable recommendations from conclusion.

Keywords: *Psychological Factors (Motivational Climate, Psychological Capital, Failure Apprehension), Players' Performance & Higher Education.*

INTRODUCTION

The players' effective performance is dependent upon numerous factors that are responsible for inspiration and motivation towards particular outcomes. In this regard, the contextual along with psychological factors remained significant for inspiring players towards desired outcomes in the particular situations [1]. The psychological factors are widely researched with respect to players' performance in different contexts along with its significant influence upon players' motivations and performances towards desired outcomes [2]. The players' inspiration toward performance is further dependent upon the supervision and guidance of leadership in order to realize the leading objectives overwhelmed at desired consequences and outcomes [3]. In this regard, psychological factors are significant that comprises different factors that significantly

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influencing the players' behaviors and performances. The motivational climate is important for players in order to perform in a conducive environment to realize the desired objectives, attain desired outcomes and confirm predicted success.

The players in a conducive climate are expected to show their motivation and commitment toward desired strategic goals that are desired through decent efforts and potential to sustain behaviors toward success [4]. The motivational climates are created by leaders and coaches which provides environments for effective utilization of skills and knowledge along with innovative techniques to sustain orientations toward desired outcomes [5]. The motivational climate has significant influence on players' motivation to nurture their behaviors towards desired outcomes in different situations and environments [6], that provides basis for eliminating players' failure undesirable apprehensions. The failure apprehension remains significant for players to show extraordinary efforts and skills to perform in innovative manners to ensure effectiveness in diverse situations to pursue the leading tasks through effective behaviors to eliminate undesired consequences [7]. The players' apprehensions restrains the players from desired feat and demotivate them from attaining the desired outcomes.

The failure apprehensions bring certain motivational approaches towards inspiration to motivate players to show leading strategies toward success [8]. These apprehensions are vital in reducing the players anxieties for attaining the desirability in uncertain situation wherein failure prevails diverse situational consequences [9]. The psychological capital is important in inspiring the behavioral affiliations and psychological connection with regard to different strategies that are used by players to sustain their active and effective inspirations towards success as expected from different efforts and overwhelming skills for the development [10]. The psychological capital is important in nurturing the players behavior in response to various apprehension experiences by players to chasing the various tasks and goals in the particular situation and context [11]. The psychological capital ensures the emotional balance of players in taking the suitable decisions in different situations in certain and uncertain conditions to sustain their behaviors towards desired leading developments.

The players are required to improve the psychological capital by utilizing the available resources to attain the desired leading goals leads toward anticipated success. The psychological factors are significant in making desired behavioral changes in the players' attitudes that provides backing and support towards desirability and motivational towards orientations to realize leading tasks over contextual behaviors required in particular situations for particular outcomes [12]. Thus, the motivational climate is significant for the concerned players in nurturing their attitudinal and behavioral responsiveness that how to use diverse strategies and tactics to sustain environments toward desired outcomes [10]. Thus, the failure apprehensions and fair of failures has significant standings towards players' motivation and performance as apprehensions confines players from attaining their desired consequences in particular situations [13]. On other hand, failures motivate the players to show their extraordinary efforts to realize the strategic tasks leading towards the desired consequences.

Objective & Hypothesis

1. To examine association between motivational climate, psychological capital, and failure apprehension and players' performance (H_1).

2. The factors like motivational climate, psychological capital, and failure apprehension have significant impact on players' performance. (H₂).

LITERATURE REVIEW

The existing literature provides sufficient knowledge about role of certain psychological factors towards various outcomes variables like commitment, motivation and performance in the diverse situations and context that used as guiding principles for inspiring the players towards desired outcomes [14]. The players' performance is dependent upon some contextual, situational as well as psychological factors which are considered as building block for motivation and stimulations of players towards desired outcomes [15]. Transformational leadership is important in nurturing the players' motivational behaviors to utilize their utmost efforts and potentials to attain desired leading outcomes in different situation culminates as anticipated success [16]. This section is thus important in providing comprehensive understanding about the research variables in particular situations and context along with their interrelationship to produce the theoretical insights in particular context. Thus, the literature provides a précised background information about these variables under study.

Motivational Climate

The motivational climate is important phenomenon that is used in ensuring the environment as motivational tool different situations for inspire the individuals towards desired consequences in response to various critical objectives that are aimed to sustain the desirability and commitment towards particular outcomes [4]. The motivational and ethical climes have significant standings towards different outcomes that are desired in sustaining the environments for particular aims in different situational and contextual uncertainties [5]. The motivational climate has significant influence upon players' efforts and potentials while chasing different tasks that are used toward strategic determination in purposing the different activities in particular situation [6]. These are leading predictors towards various desired outcomes in response to various approaches towards desired outcomes. A positive motivational climate, branded by supportive coaching, teamwork, and a focus on personal development, has been associated with enhanced performance and overall well-being of the athletes [17]. Conversely, the negative motivational climate marked by excessive pressure, criticism, or lack of support may lead towards diminished motivation and suboptimal performance outcomes.

Failure Apprehension

The faire of failures commonly known as failures' apprehensions is important for the players for considering the environment for particular purpose to pursue the different activities in response to different leading objectives in order to eliminate those elements that hinderances the success and outcomes [18]. The failure apprehensions demotivate the players toward desired outcomes in different situations that provides justifications for using the diverse approaches for attaining the desired consequences in diverse situations [19]. Failure apprehensions have undesirable impact on players' behaviors and ultimate performances due to their anxieties towards expected failures in particular situations that further hindrances the desired success [20]. The players' behaviors are important in exploring the environments for particular purposes that provides the justifications and explanation for utilizes the different potentials for attaining the leading outcomes towards desired consequences outside their comfort zones and explore their full potential [21]. Moreover, the fear of failure is a prevalent

feature of failure apprehension among athletes, characterized by anxiety or unease about encountering failure and its potential repercussions that hinders players from desired outcomes.

Psychological Capital

The psychological capital is considered as significant advantage for the players in ensuring their emotional balances in diverse situations to lead the environments for particular purposes and to realize the leading objectives through utilization of psychological parameters required to attain desired consequences [10]. The psychological climate helps in producing the environments that are significant for maintaining the desirability and commitment for sustaining the conducive as well as favorable environments for anticipated developments [11]. The psychological climate has thus important outcomes for players in sustaining their emotions while chasing diverse tasks that are leading to desired development and success from different parameters and dimensions [22]. These are leading attributes that counts for managing the players' efforts and performances toward the desired outcomes. Psychological capital, encompassing positive psychological states like self-efficacy, optimism, hope and resilience, emerges as vital psychological factor contributing to athletes' success [23]. Athletes endowed with high psychological capital are armed to navigate challenges, maintain focus under pressure, and rebound from setbacks contributes to dynamics of the team performance.

Players' Performance

The performance of players is important for achieving the task of rehabilitation that is associated with the motivation and apprehensions in sustaining the situations that are favorable toward the anticipated development and success in response to various efforts and potentials that are used in providing developmental prospects [16]. The performance is responsible for attaining the desired outcomes that are significant towards prediction of desired consequences in response to various opportunities used for developing optimistic environment [17]. The players' performance is vital in diverse situations for realizing different strategic tasks that are significant in adopting diverse strategies to sustain the situational and environmental approaches for success [24]. The players in different circumstances are significant in providing opportunities that are vital in sustaining desired outcomes [25]. Beyond technical proficiency, psychological factors play the critical role in shaping players' performance in sports. In this linking, the psychological constructs such as self-confidence, motivation, and mental resilience have garnered significant attention in the literature due to their profound impact on the athletes' competitive outcomes that are required for players leading performances.

RESEARCH METHODOLOGY

The research design of this study is quantitative wherein study aimed to examine the statistical relationships among psychological factors (motivational climate, psychological capital & failure apprehension), and players' performance in particular contexts. The population comprised the students' players from sports sciences departments hailing from selected southern region higher education institutions. There is total 1220 students those studying in these department wherein 301 sample=size was selected through statistical formula used for the sampling-determination. The primary data was analyzed through different statistical procedures to examine the research issues and their interrelationship in the particular context. An adapted version of questionnaire was used to collect the data from the respondents to examine the hypothesized relationships in research variables mainly related to association and cause-&-effect relationships over correlation and regression procedures.

RESULTS OF STUDY

The results of study are presented in this section that are mainly the outcomes of the statistical procedures that are used to examine relationships among the research variables of study in order to extract the desired information and making the required decisions about relationships among research variables.

Table 1 Descriptive Statistics

		MTC	FLA	PSC	PLP
N	Valid	260	260	260	
	Missing	0	0	0	
Mean		3.0942	2.9565	3.0188	3.0569
Median		3.1000	2.9000	3.0000	3.2500
Mode		3.80	1.80	1.80	3.80
Std. Deviation		1.13543	1.12638	1.13440	1.19713
Variance		1.289	1.269	1.287	1.433
Skewness		-.107	.086	-.002	-.095
Std. Error of Skewness		.151	.151	.151	.151
Kurtosis		-1.318	-1.329	-1.348	-1.473
Std. Error of Kurtosis		.301	.301	.301	.301
Minimum		1.00	1.00	1.00	1.00
Maximum		5.00	5.00	5.00	5.00

H1: There are significant association amid motivational climate, psychological capital, and failure apprehension and players' performance (correlation).

Table 2 Correlation Analysis (H1)

	[1]	[2]	[3]	[4]
Motivational Climate [1]	-.072	.072	.766**	.804**
Failure Apprehension [2]	1	.806**	.078	.131*
Psychological Capital [3]		1	.224**	.259**
Players' Performance [4]				1

** . Correlation is significant at 0.01 level (1-tailed). * . Correlation is at 0.05 level (1-tailed).

The correlation table provides insights into relationships among variables of interest, including motivational climate, failure apprehension, psychological capital, and players' performance. The results revealed correlation coefficient between motivational climate and players' performance is significant at the 0.01 level (1-tailed), indicating a strong positive association ($r = 0.804^{**}$). This finding supports hypothesis, suggesting that positive motivational climate is positively correlated with players' performance in sports. The athletes who perceive a supportive environment are likely to demonstrate better performance outcomes. The correlation coefficient between failure apprehension and players' performance is also significant at the 0.01 level (1-tailed), albeit with a relatively weaker positive association ($r = 0.131^*$). This result suggests that there is a positive but less relationship amid failure apprehension and players'

performance. It implies that while some level of apprehension about failure may exist among athletes, it may not have as strong an impact on the performance.

The correlation coefficient between psychological capital and players' performance is significant at the 0.01 level (1-tailed), indicating a moderate positive association ($r = 0.259^{**}$). This finding supports the hypothesis, suggesting that higher levels of psychological capital, encompassing factors such as hope, optimism, resilience, and self-efficacy, are strongly associated with better performance outcomes among athletes. Athletes with greater psychological capital are likely to exhibit the enhanced motivation, resilience, and overall psychological well-being, contributing to improved performance. Overall, correlation analysis provides empirical support for hypothesis, indicating positive and significant associations amid motivational climate, psychological factors (psychological capital & failure apprehension), and performance in sports. The results underscore status of considering psychological factors in promoting athletes' performance and well-being in the sports settings.

H2: The motivational climate, psychological capital, and failure apprehension have significant impact on players' performance (regression).

Table 3 Regression Analysis (Model Summary) (H2)

Model	R	R Square	Adjusted R Square	Std. Error of Estimate
1	.907a	.822	.819	.50875

Table 4 Regression Analysis (ANOVA)

	Model	Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	305.177	4	76.294	294.773	.000b
	Residual	66.000	255	.259		
	Total	371.178	259			

Table 5 Regression Analysis (Coefficients)

	Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.323	.128		-2.516	.012
	Motivational Climate	.368	.045	.349	8.221	.000
	Failure Apprehension	.040	.038	.037	1.037	.301
	Psychological Capital	.127	.040	.120	3.192	.002

The regression analysis results provide insights into relationship between psychological factors and players' performance. The overall model summary indicates that regression model accounts for a substantial amount of variance in players' performance, with an R-square value of 0.822. This suggests that approximately 82.2% of the variance in players' performance can be explained by the combination of motivational climate, psychological capital and failure apprehension. Thus, analyzing the coefficients, it is evident that two out of the three predictors have a statistically significant impact on the players' performance. The motivational climate (Beta = 0.349, $p < .001$), psychological capital (Beta = 0.120, $p = .002$), and transformational

leadership (Beta = 0.557, $p < .001$) all exhibit significant standardized coefficients, indicating their positive influence on the players' performance.

However, failure apprehension (Beta = 0.037, $p = .301$) does not show a significant impact on the players' performance, as its p-value is above the accepted threshold of .05. Besides, the ANOVA table confirms the overall significance of the regression model. The p-value associated with the F-statistic is less than .001, indicating that regression model as a whole is statistically significant in predicting players' performance. Therefore, based on regression analysis results, the hypothesis (H2) is partially supported. In this linking, the motivational climate, and psychological capital, demonstrate significant positive associations with players' performance, suggesting that these psychological factors play a crucial role in influencing athletes' performance outcomes. However, the failure apprehension does not exhibit a significant impact on the players' performance in this analysis of study.

DISCUSSION

The results from current study indicate that Failure Apprehension, psychological empowerment and Motivational climate has significant relationship with players performance in the southern zone of Khyber Pakhtunkhwa Pakistan. The significant relationship amid failure apprehension and players' performance suggests that this psychological factor plays a crucial role in influencing athletes' ability to perform optimally in sports [26]. Athletes who experience high levels of failure apprehension may be more prone to performance anxiety, self-doubt, and fear of making mistakes during competitions, that can negatively impact their overall performance [29]. Within the sports realm, athletes may grapple with failure apprehension when perceive heightened risks of falling short of performance expectations, achieving desired results, or enduring criticism from peers [27]. It provides sense of control, competence, and efficacy individuals feel regarding their ability to influence and navigate environment [28]. In the context of sports, psychological empowerment encompasses factors such as self-belief, motivation, and resilience, which can significantly impact athletes' performance outcomes. Motivational climate refers to prevailing environment created by coaches, peers, and significant others, which influences athletes' perceptions of success, failure, and competence.

In a mastery-oriented climate, emphasis is placed on effort, improvement, and skill development, fostering the intrinsic motivation and a growth mindset among athletes [29]. Conversely, in a performance-oriented climate, focus is on winning, comparison with others and external rewards, which may lead to extrinsic motivation and fear of failure [30]. This result resonates with previous research in sports psychology, has consistently demonstrated influential role of the motivational climate on athletes' motivation, engagement, and performance [31]. The studies have shown that athletes who perceive a mastery-oriented climate report higher levels of intrinsic motivation, self-confidence, and enjoyment in sports, leading to improved performance outcomes and greater long-term participation [32]. The finding that motivational climate has a significant relationship with players' performance in the southern zone of Khyber Pakhtunkhwa, Pakistan, underscores the importance of cultivating a positive and mastery-oriented climate within sports settings [31]. By promoting a supportive and empowering environment, coaches and administrators can enhance athletes' motivation, confidence, and performance outcomes, ultimately contributing towards their overall success

and well-being in sports and thus results offered valuable insights in reaching required conclusion.

CONCLUSION

The study aimed to examine relationships amid psychological factors and players' performance in the southern region of KP, Pakistan. These variables were chosen based upon their relevance to sports psychology and their potential impact on athletes' performance outcomes. The correlation analysis revealed a significant positive association among the psychological capital, motivational climate and players' performance. Thus, athletes who perceived the supportive and encouraging environment demonstrated better performance outcomes. This finding aligns with the previous research highlighting importance of a positive motivational climate in enhancing the athletes' motivation and performance. Similarly, there was a significant but then relatively weaker positive association between failure apprehension and players' performance, correlation analysis indicated that apprehension about failure may not have as strong an impact on performance as other factors. This finding suggests that while some level of apprehension may exist among athletes, it may not significantly hinder their performance outcomes. Some recommendations are extracted from the conclusion of study for the players, policymakers and institution to considered these issues in the tailor-made format.

Recommendation

1. Conduct longitudinal studies to explore the dynamic nature of the relationships between motivational climate, psychological factors, and performance over time. The longitudinal research designs can provide a deeper understanding of how these variables interact and influence each other for examination of causal relationships and changes in perceptions and performance outcomes.
2. Investigate the cross-cultural differences in relationships between motivational climate, psychological factors, transformational leadership, players' performance. Cross-cultural studies can help identify cultural factors that may influence athletes' perceptions and performance outcomes and contribute to development of culturally sensitive interventions and coaching strategies.
3. Conduct qualitative studies, like interviews or focus groups, to gain deeper understanding of athletes' experiences, perceptions, and role of motivational climate in shaping their performance outcomes can provide rich insights into athletes' subjective experiences and help uncover underlying the mechanisms and contextual factors that may influence their perceptions and behaviors.
4. Design and implement intervention studies to evaluate effectiveness of strategies aimed at enhancing motivational climate, and psychological empowerment, in sports settings. The intervention studies can test impact of specific interventions, on athletes' perceptions and performance outcome, providing evidence-based sanctions for refining coaching practices and team dynamics.

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