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The Impact of Self-confidence, Self-motivation and Competitive State Anxiety on attentional control in athletes in China

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Abstract:
The sportsman's intentional control in any sports is the essential element needed for survival in the competitive global sports industry. An individual's positive characteristics are considered the foremost solution to intentional control in the sports. The present study examines the role of sportsman's characteristics, such as self-confidence and competitive state anxiety on attentional control in athletes of China's sports complex. The investigation of the moderating impact of self-motivation among the nexus of self-confidence, competitive state anxiety and attentional control in athletes is also included in the present study's purpose. The data has been collected using questionnaires filled out by athletes in China and has been analyzed using the smart-PLS. The results revealed that sportsman's characteristics, such as self-confidence, cognitive anxiety, and somatic anxiety, positively associate with attentional control in athletes of China's sports complex. The results also exposed that the self-motivation has a significant moderating role among the nexus of self-confidence, cognitive anxiety, somatic anxiety and attentional control in athletes in China's sports industry. These outcomes provide policymakers guidelines that they should increase their focus on personal characteristics of sportsman such as self-confidence and competitive state anxiety that enhance the level of attentional control in athletes.

Keywords: self-motivation, self-confidence, competitive state anxiety, cognitive anxiety, somatic anxiety, attentional control in athletes, China

Introduction

Cognitive anxiety is a psychological syndrome. Attentional control problems arise when a person cannot focus on his or her goals (Mella, Vallet, Beaudoin, Fagot, Baeriswyl, Ballhausen, Métral, Sauter, Ihle, Gabriel, et al., 2020). Mental health issues can adversely impact performance regardless of field or sector. Psychological problems are of two types (Ross et al., 2020); cognitive and somatic. Cognitive symptoms include fear, depression, confusion, compulsive behavior, obsessive disorders, and recurring negative thoughts (Daffre, Oliver, Valli, Kleckner, & Pace-Schott, 2020). Psychological trauma affects psychological and physiological health. Sportsmen are very energetic persons and they can withstand each hurdle with ease. Physiological problems in particular have a negative impact on sportsmen. Researchers and sports psychologists have not been able critically analyzed the extent to which the talent of an athlete is responsible for their success (Kazemi Zahran [4] i & Behnampour, 2020). Psychological factors are also equally important for success and well-being.

Psychological factors are either somatic or cognitive in nature. An athlete or sports coach cannot deny the importance of psychological safety. Psychological health is largely dependent on the atmosphere of the sports complex and the communication

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between coaches and athletes. A sports coach should have complete communication support and must learn to instigate self-confidence among young athletes. This kind of support can help athletes excel in their professional life (Leavitt et al., 2020). There is a close relation between athlete health and performance. Sleep is one of the major factors which has a strong impact on the athlete. The sleep cycle is the most important phase of each person`s life cycle. Adequate sleep is important for the well-being of individuals. Athletes are involved in strenuous physical activities, therefore, their bodies need proper sleep for their fitness. The importance of sleep for a sportsman cannot be denied. Reduced muscular and neurological activities provide the body ample time to relax. Sleep is important for the psychological well-being of a person as it helps the mind and body to rejuvenate and prepare for laborious activities in the future. Sleep deprivation causes loss of cognitive function, attentional control, and overall improved performance. Adequate sleep is also necessary for coping up with the anxiety-related issues.

In recent times, anxiety has been one of the major factors affecting an athlete's overall performance. There is a close relationship between anxiety and performance. Somatic anxiety is the opposite of "cognitive anxiety". Somatic anxiety is directly related to the physiological health of an athlete. Somatization is related to muscular spasms, increased heart rate, excessive sweating, and often dried mouth. The body of a person suffering from somatization becomes weary and weak. Somatic anxiety is more lethal for athletes because they cannot perform their usual tasks and fitness-related exercises. The most obvious symptoms of anxiety are scrolling, yawning, and rapid talking without a purpose. The overall personality of an athlete deteriorates in this manner (Becker, Marsh, Holdaway, & Tamm, 2020). There are also other requisite steps necessary for improving an athlete's performance such as a a strong and diligent management team that can closely monitor all the athletes. They should report each and every problem to the upper management promptly for the betterment of the psychological and physiological health of young athletes (Tibbs et al., 2020). Self-confidence and self-motivational practices are necessary to cope up with anxiety issues (Braund, Tillman, Palmer, & Harris, 2020).

Keeping all the factors inclusive of anxiety in mind, the primary aim of all the athletes is to improve their performance. Another factor that affects performance is attentional control. Attentional control problems are specifically related to the practical implementation of knowledge to obtain a desired outcome. The process of knowledge spectrum is related to knowledge maturity and attentional control can easily be improvised. The process of knowledge spectrum starts with routine operations (Biessels & Whitmer, 2020). These operations are prescribed sets of SOPs (Standard Operating Procedures) that help bring desired results in an effective and consistent manner. The output of all these routine operations is pre-planned or pre-determined. There is no innovation in all these routine operations (DeLuca, Chiaravalloti, & Sandroff, 2020). Therefore, by acting upon already designed SOPs, athletes may suffer from pressure and depression. Self-motivation is essential for athletes to perform their routine tasks. Like self-motivation, there is a number of other factors that lead to enhanced self-confidence such as level of guidance provided to new athletes about the basic rules of a sports complex and then giving them a chance to share their thoughts. Such improvised and innovative strategies can help them excel in their professional life (Srikanth, Sinclair, Hill-Briggs, Moran, & Biessels, 2020). Self-motivation is essential to enhance the professional capabilities of a sportsman. There are certain sports complexes in the modern world that hire special psychologists to train athletes about the challenges of life. Psychologists can listen to the problems of every person and can suggest them improvisation strategies to cope up with the hurdles and challenges of life (Price et al., 2012). As routine operations for a better and well-equipped sports complex are maintenance of diet and exercise charts of all athletes. In China, proper attention is paid to the individual athlete by close monitoring of their BMIs. They have well-regulated set-ups to train their athletes to improve their body weight and diet (Doi et al., 2014). In developed countries, athletes have a lot of liberty and they gain substantial benefits in terms of health insurance and other facilities; however, in developing countries, this trend is visibly low (Yang et al., 2020).

Additionally, regulatory control practices are essential for athletes to attain good psychological health. The vision to create an innovative environment at a specific sports complex is imperative for the growth of sports and games at the macro level (Macoir, Lafay, & Hudon, 2020). The choice is an acronym, and it defines caring for history, appreciating new opportunities, devising innovations, and providing empowerment to new professionals. The last word S means support, and this support refers to team effort. When upper management and owner of the complex or sports board provide ample support to their athletes, they perform better. Combined, honest, and integrated efforts from all the

departments, can certain lead to enhanced productivity (Luo et al., 2020).

Athletes grow and mature over years of practice. When they get good coaching and training they perform in a better way (Hu, 2020). An example of the implementation of routine operations is traditional exercise, fitness maintenance procedures and vital-monitoring processes. The influx of athletes with rare psychological trauma problems or patients suffering from somatization or other life-threatening ailments requires the adoption of innovative process outcomes. Some athletes cannot bear the pressure of failure and they are unable to endure it. They become financially exhausted and lose attentional control. Such, trend of pressure and anxiety is lethal for young athletes. Government agencies and sports divisions must support individual athletes and give them ample funds to practice their exercises (Palazzolo, 2020). All such procedures are dealt with by expert teams and the adoption of innovative team management practices. Effective communication and psychological counseling provide essential support and confidence to all the team members. Managers and other staff members like psychologists, sports complex staff, and physicians all have different visions. Psychological security and safe practices provide them with excellent support to express their ideas. All new ideas provide new and innovative strategies to deal with imminent dangers (Nässi, Ferrauti, Meyer, Pfeiffer, & Kellmann, 2017).

Psychology states that teamwork and cooperation are essential for organizational as well as individual success. If each department of an organization blames the other department or managers, then they cannot work as a whole unit. The well-coordinated and well-regulated efforts from all individuals are the main ingredients of a successful organizational culture. Anxiety disorders are the most important behavioral disorders and they usually exist for a lifetime. Sleep loss and impaired cognitive functions are the major causes of anxiety. Anxiety and sleep fear malfunctions often result in social failure. Social interaction of people suffering from anxiety and psychological stresses is negligible (Watson, 2017). The loss of cognitive functions can aggravate the harmful toxins in the brain. Appropriate diet, exercise, and adequate sleep tenure work as an anti-toxin for the nervous system. A healthy mind and healthy body compliment each other. If one part is missing, then the whole puzzle becomes disturbed and tangled. So, it is vital for a sportsman to have a sound mind that can help him in devising new strategies for his future. Although any form of knowledge is intrinsically beneficial, it is of no use without execution. If a person has ample knowledge about the importance of exercise and physical fitness but has no practical implementation, then such knowledge is useless for him. The ancient knowledge and systems are based on the same mechanical principle. Like naturally occurring systems, modern-day systems are highly innovative and adaptable to change. Consider the example of a human body. The human body is like a complex organizational framework. It regulates itself according to different inputs. The response time and nature of the response is dynamic and different for each input. Fruits and vegetables have different outcomes as compared to fast food. Therefore, it can be said that organizational setups are not homogenous, and they change frequently. The orthodox concept of organizations as fixed, mechanically static units has changed altogether. Modernized organizational setups are complex entities with dynamic outcomes.

It's not only the organizations but also the individuals associated with the organizations that play a vital role in the self-confidence of the individuals (Lebed, 2017). In the case of athletes, the coaches are the key factors towards the athlete's confidence and performance. As the coaches are mentors of future athletes, they should instill moral/ethical values and self-confidence in their students. The notion that leaders can control the results or outcomes of a process is outdated. The new trend of leadership entails clear guidance of individuals. Influential support can help young professionals to think independently and provide them with freedom of speech. They can more effectively coordinate and communicate with their coaches. The notion of psychological safety in organizations is imperative for the generation of the desired outcome. The sports and games definition has changed a lot in the modern age. The homogenous teaming groups are not available all the time. The upper management must consider teaming as a dynamic unit (Majumdar, Biswas, & Sahu, 2020). This flexible approach provides a diversified version of different combinations. Teams that are not static perform better as compared to other traditional combinations. The upper management must have changed their mindset. They have to seek knowledge from their staff and participate in team management practices equally. Coaches should not behave like masters, but they should treat their young students as their work fellows. So, an organization can excel in the future continuously. There are two primary themes of any sports complex setups when organizing team members just for the execution of routine tasks. These traditional setups are orthodox and traditional. Such a setup is devoid of any innovation and development. The other teaming

approach is quite different from the traditional approach, and that is called organizing to learn and innovate. The second strategy is the most recent and modern one. Learning strategies provide firms with new and novel approaches to devise modern methods. Anxiety is one of the major issues of every athlete around the globe. Similar is the issue with China. The gravity of this anxiety issue in the athletes is getting worse. This incasing trend is allowing the researchers to focus more on this concept. The gravity of the rapidly increasing anxiety issue in any country of the world cannot be ignored. The same holds true in the case of China. The sensitivity of the issue can be verified from the flow of people participating in that specific activity i.e. sports activities in the context of the present investigation. China's government keeping its people focus on the sports activities in mind is paying more attention to this issue. The gravity of the increasing anxiety issue in the sports players can be analyzed from the people penetrating in China sports section. The analysis of the China people penetration in the sports section from 2017 to 2025 is given in Table 1:

Table 1: User penetration in the sports & outdoor segment in China (in %)

Sr.	Year	User penetration in the Sports & Outdoor segment in China (in %)
1	2017	4.5
2	2018	5.1
3	2019	5.9
4	2020	6.8
5	2021	7.8
6	2022	8.7
7	2023	9.6
8	2024	10.3
9	2025	10.9

Figure 1 shows that the China user's penetration in the sports segment is increasing since 2017. This shows that people are focusing on the sports section.

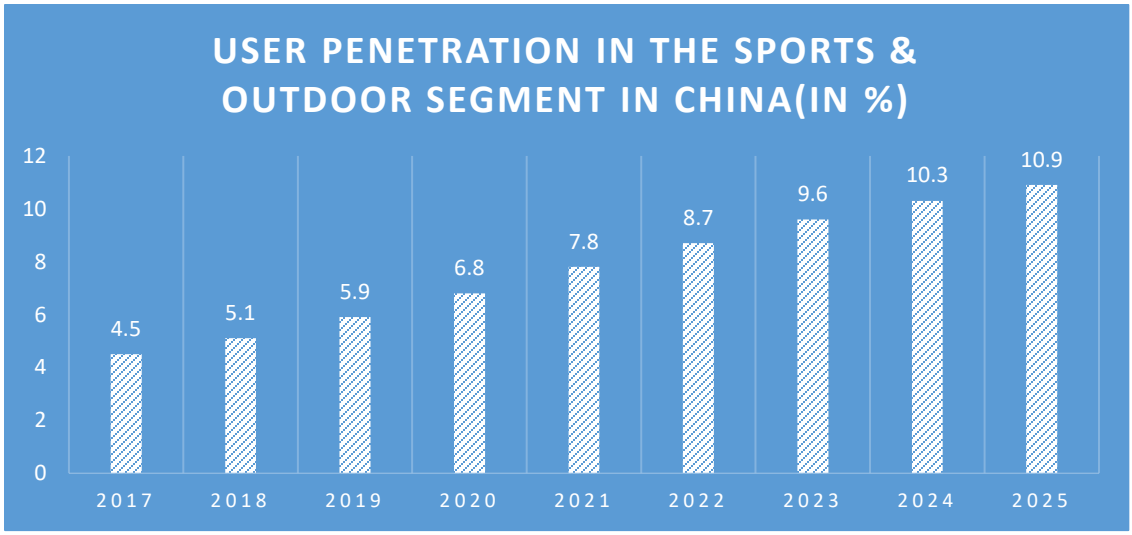

Figure 1: User penetration in the Sports & Outdoor segment in China (in %)

Literature Review

Developed countries have formulated new strategies and setups to encourage their athletes to attain excellence—the flexibility in managerial mindset is necessary in this regard. Organizational support and learning atmosphere provides an opportunity for integration of research and developmental strategies in professional life. The learning environment provides psychological security to all athletes. When the upper management communicates effectively with lower managerial and clerical staff then a lot of problems get resolved quickly. The coaches and instructors must have a clear idea of how to train all

their athletes equally. Attentional control is the basic performance-based approach that specifically refers to performance. Anxiety disorders are the major cause of poor performance and inability to perform difficult tasks. As proposed by attentional control theory that anxiety usually disrupts the brain`s stimulus processing and concentration power (Hallion, Tolin, Assaf, Goethe, & Diefenbach, 2017) as anxiety results in worry and despair. Both of these things are lethal for task performance and efficiency. Brain stem needs more power and energy to stimulate and instigate the organs of the exocrine and endocrine system to perform the tasks. Memory storage compartments do not respond to external stimuli which result in loss of cognitive and somatic functions. Self-motivation and optimistic behavioral therapies are essential in this regard. These therapies inculcate a high level of self-confidence in individuals and they can more easily perform their tasks. Athletes need more focused efforts in terms of diet and exercise. They need efficient brain processing power to concentrate on difficult tasks (Mogg & Bradley, 2018).

The other theory which highlights the importance of self-control and self-motivational practices on cognitive and somatic functions is known as Cognitive-learning theory. This theory is based on the fact that the brain learns from environmental stimuli and positive thoughts. This learning is essential for the initiation of reward pathways in the brain stem (McSparron, Vanka, & Smith, 2019). The reward is necessary for all persons to gain motivation. Optimism and self-motivation generate positive thoughts which initiate the reward pathways in the brain. Adrenaline and other happy hormones are secreted from the endocrine glands and they make a depressed person feel more normal. Anxiety issues can easily be overcome by positive counseling. Thalamus is the basic center of the brain that describes the sleep/wake cycle. The hypothalamus controls the C-process (sleep independent phase). The external stimulus like photic stimulus and internal circadian rhythms are responsible to maintain a rapid transition between sleep/wake cycles. All the external and internal stimuli are processed by the neurons, and their activity is dependent on the hypothalamus. Depression and anxiety disorders are the results of S-phase stimulus disturbances. All the endocrine glands like the pituitary gland are dependent on the signals from the brain to work properly. So if the sleep/wake cycle is disturbed immune system is also destroyed. Anxiety problems diminish the perception between the real and imaginary world. The sleep/wake cycle is disturbed by the use of drugs and tranquilizers. Self-confidence and self-motivation are the only tools to combat this whole scenario, specifically so in an athlete. The proper circadian rhythms are disrupted in psychologically ill persons and the switch between sleep and conscious state is mimicked by those external agents. The result is numbness and delayed muscular response. All such conditions are lethal for the physical health of sportsmen. Therefore, an athlete should avoid alldrugs and lethal chemical stimulants. The cognitive learning pathways learn to act on only the positive thoughts leading the athlete to become highly motivated and physically strong enough to cope with all the hurdles (Shi, Mi, Li, & Liu, 2018).

The situational humility of upper management is overcome by organizing to learn based setups. Sports complexes of countries like China that adopt such strategies can generate a promising future. The psychologically secure teaming environment helps all the team members work as a dynamic cooperative and communicative unit for the well-being of a nation. When sports centers correctly adopt modern strategies, then they can have new data sets and approaches for implementation. A healthcare system with different individuals of diversified backgrounds can perform better in a perfectly coordinated environment. The same is the case with sports complexes. Experienced staff and previously prescribed methods blended with innovative ideas can certainly help sports centers and training hubs to excel in the international community (Bosma & Van Yperen, 2020). Regulatory standards should be maintained for the well-being of athletes. The standards formulated should be very high and strict that can only bet met through diligent efforts. The excessive facilities offered to sports professionals must be increased to encourage them to work hard. Short-term and long-term goals should be clearly defined. Monthly evaluation and assessment reports are imperative and the athlete`s performance evaluation made mandatory for raising the level of confidence between athletes and government bodies. The satisfaction of the board of directors is essential, and surveys related to positive regulatory actions based on these surveys are also supportive for enhancing the urgency in sports complexes (Seegan et al., 2020).

Cognitive anxiety is the trauma of the brain stem and the neurological system. People suffering from anxiety disorders suffer from hallucinations, fear, and phobias. They cannot cope up with the competition pressure. The psychological safety of athletes is the basic pillar of organizational development. Athletes must be

well-aware of the future opportunities and incentives of working in a specific team. When the sports complexes adopt all the above-mentioned regulatory steps, the level of urgency is significantly raised in the athletes and they can achieve success (Reigal, Vázquez-Diz, Morillo-Baro, Hernández-Mendo, & Morales-Sánchez, 2020). Provision of affordable and easily accessible healthcare facilities is the fundamental right of every citizen but of particular significance in the case of sports professionals. China's government has done much reform in this sector. Affordable healthcare facilities are suitable for the promotion of healthy competition between different healthcare providers. The elaborative explanation of legal reforms has inspired other developing nations. Low and affordable healthcare costs had improvised the nation`s health standard. All the sports complexes must abide by all the rules devised by the government. The increased competition improvised the shape of the sports complexes. There is an association reported in the literature between anxiety and attentional control (Allan, Albanese, Judah, Gooch, & Schmidt, 2020; Derakhshan, 2020).

H1: Cognitive anxiety is significantly associated with attentional control in athletes.

Somatic anxiety is the physical or phenotypic depiction of anxiety. This type of anxiety is shown in symptoms such as speech impairments, impulsive behavior, high pulse rate, abnormal heart rate, and failure to cope up with the competition pressure. Failure is an essential part of one's individual journey. People suffering from somatization are more prone to a nervous breakdown because they cannot tolerate the pressure of failure. They are totally helpless in this regard. Such athletes must seek help from psychologists or counselors to help in their difficulties. Psychological security is the satisfaction that every team member is important. The appreciation of thoughts, ideas, and professional skills of a person is necessary for the development of psychological security. All team members feel satisfied when they receive positive feedback from others. Psychological security provides protection and independence to team members for independently expressing their thoughts. The successful team management practices revolve around psychological security and self-motivation therapy. Athletes suffering from somatization need therapy to build self-confidence and self-motivation. Self-motivation provides them ample courage to cope up with all their difficulties (Alejo et al., 2020). In past, there is an association reported between somatic anxiety and attentional control (Birk, Opitz, & Urry, 2017; Mella, Vallet, Beaudoin, Fagot, Baeriswyl, Ballhausen, Métral, Sauter, Ihle, Gabriel, et al., 2020).

H2: Somatic anxiety is significantly associated with attentional control in athletes.

A secure and cooperative working environment provides confidence to individuals to do productive work effectively. The same is the case with medical field professionals; when a patient visits a hospital, he receives care from hundreds of caregivers i.e. doctors, nurses, nutritionists, custodian staff, etc. The effective and cooperative workflow of teams can provide patients a sense of satisfaction. A psychologically secure environment can also improve the situation of the health care department. Sports and games provide essential self-confidence to a person. People who suffer from somatic and cognitive anxiety issues cannot perform well on sports grounds. Psychological and behavioral therapies are essential to maintain self-confidence in athletes. Athletes perform with enthusiasm and confidence if they get support from the sports ministry and sports organization. There is an association between self-confidence and attentional control (Hong, Hwang, Tai, & Tsai, 2017; Tomé-Lourido, Arce Fernández, & Ponte Fernández, 2019). When athletes feel secure, then they can easily compete with their rivals and can win competitions on national as well as international level. They have more attentional control over their goals and can prove themselves to be true assets of their community or country.

H3: Self-confidence is significantly associated with attentional control in athletes.

Self-motivation is a term used in psychological sciences toemphasise the importance of individuality. People who are successful in their personal or professional liveshave self-motivational stories with them. They have usually endured the tests and trials of life with utmost psychological strength. Success and failure are two inter-linked terms. Failure is a kind of self-assessment. Failure is a good teacher and is inevitable in the road leading to success. When one fails to perform a specific task, one is bound to retrospectively self-evaluate their efforts. This process helps one identify mistakes or areas that require imporvement. Many successful people across fields or sectors reported feeling like failure or losers at one point or another in their journey. The most effective way to cope up with failure is to endure it peacefully and confidently. Individuals who are self-motivated instigate self-confidence in their teammates as well. Team management and cooperation are necessary to transform failure into success. Effective team management is a vital lesson to learn from failure. The team leader is like a guiding star that can steer his players in

the right direction. The staff members are like small seeds that nurture in the sunlight (Romano, Arambasic, & Peters, 2020).

Some people are very stubborn, and they consider failure as the end of the journey. Such egoistic and self-centered persons are unwilling to learn from failure. It is challenging for them to accept their defeat. However, failure can be considered as a guiding star for achieving success. Knowledge, wisdom, and power are gained through failure (Nåvik, Hauge, & Sagen, 2020). If you never get failed, then it means that you are not working correctly. Innovation and advancements are all the fruits of failure. Failure is like a milestone in the way of victory. Failure provides one with experience, which can help you identifyone's short-comings (Khodabakhshzadeh, Esmaeilnia, Sarani, & Gholami, 2020). The cooperation and support of other athletes and coaches is vital for learning from failure. Teammates are like small links of a chain and without their mutual cooperation, the chain is of no use. Any broken link can be repaired through collective efforts of the team. Team leaders are like binding gum for team members. He ensures the integrity of the team. Knowledge and experiences learned from failure are necessary for achieving success (Ortega Vila et al., 2020).

Failure can be considered as a good teacher. The responsibility of a wise team leader is that he must figure out the primary reason for failure. The corrective efforts to overcome the failure are necessary for success (Freire et al., 2020). Failure is usually associated with change. When you are continually working in the same way, with the same ideas, and with the same people, you become habitual and sluggish. Failure is like a mirror that shows you when things must be changed (Seegan et al., 2020). Change of ideas, working strategies, and even the transformation of team combination is vital to coping up with the difficulties in attentional control. A coach should closely monitor all the athletes and should motivate them to cope up with competition pressure. The responsibility of all teammates is to work honestly and diligently on this strategy. Collective efforts of the teams always lead to promising results. Optimism and hard work are essential tools for the transformation of failure into victory. Social media addiction is a vital cause of depression and anxiety problems (Mateu et al., 2020). Athletes who do not engage in proper exercise, their bodies and minds get exhausted and they cannot perform their activities (Bešlija et al., 2020). The social media addiction is also very lethal for all the athletes. In literature, motivation acts as a moderator in a number of studies (Park & Lee, 2020; Tsinopoulos, Sousa, & Yan, 2018).

Fears associated with a failure to manage our job responsibilities, can have a determinental impact on one's professional development. Healthcare awareness and knowledge are necessary for a a more healthy and progressive society. Indviduals with a higher level of healthcare consciousness will indeed spend on their health in amore prudent manner. The private health insurance companies provide cover at a reasonable cost. This is advantageous for the public as they are able to afford the expenses of healthcare services. Private healthcare centers are less crowded and easily approachable. Healthcare services attainment's time duration is also relatively less compared to public sector hospitals. Staff employed private sector hospitals' is more professional and has acess to more improved machinery, infrastructure, and more digitalized equipment. These innovative tools and techniques are also utilized in private sector hospitals because they do not run them within a specified budget. The modernized approach has improvised private healthcare centers' overall facilities, and people prefer them to public healthcare centers. The ultimate goal of learning imperative is to get attentional control. It is achieved when one embraces the production of adaptive skills as an essential competency. It is also achieved by a good sense of judgment and flexibility associated with self-control and self-motivation.

H4: Self-motivation significantly moderates the nexus between cognitive anxiety and attentional control in athletes.

H5: Self-motivation significantly moderates the nexus between somatic anxiety and attentional control in athletes.

H6: Self-motivation significantly moderates the nexus between self-confidence and attentional control in athletes.

Research Methods

The current study aims to analyze the role of self-confidence and competitive state anxiety on attentional control among athletes in Chinamand to investigate the moderating impact of self-motivation among the nexus of self-confidence, competitive state anxiety and attentional control in athletes. The data has been collected by using the questionnaires from administered to athletes. The respondents have been selected by using a simple random sampling and distributed among respondents questionnaires through a series of personal visits. A total of 420 surveys were forwarded to the respondents; however, only 290 were returned, representing approximately 69.05 percent response

rate after one month. Data analysis has been executed using the smart-PLS that is an effective statistical tool in case of the complex model (Hair Jr, Babin, & Krey, 2017). Firstly, the measurement model's assessment has been made after the validation of the measurement model than the assessment of structural model has been executed. The measurement model assessment includes the checking of convergent and discriminant validity while structural model assessment includes the path analysis for hypotheses testing.

The constructs that have been adopted consist of one predictive variable named attentional control in athletes (ACA) that has ten items. In addition, self-motivation (SM) has been sued as a moderating variable with eleven items (Tomé-Lourido et al., 2019). Finally, three predictors have been taken by the researchers such as cognitive anxiety (CA) that has twelve items, somatic anxiety (SA) that has five items and self-confidence that has ten items (Tomé-Lourido et al., 2019). These constructs are shown in Figure 2.

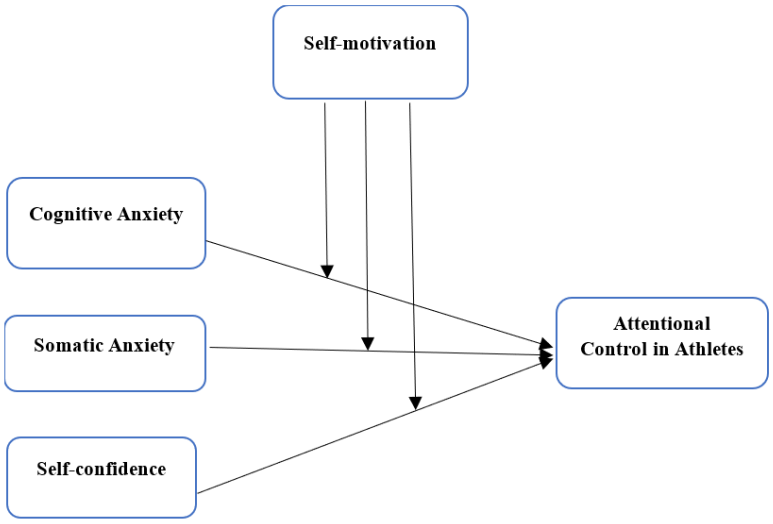

Figure 2: Theoretical Model

Results

The results demonstrate the convergent validity that shows the relationship between the items. The statistics show that loading along with AVE is higher than 0.70, and composite reliability (CR) along with Alpha are more than 0.50. These outcomes are evidence that the convergent validity is present with and high correlation among items. These are highlighted in Table 2.

Table 2: Convergent validity

Constructs	Items	Loadings	Alpha	CR	AVE
Attentional Control in Athletes	ACA1	0.576	0.920	0.934	0.588
	ACA10	0.786			
	ACA2	0.767			
	ACA3	0.843			
	ACA4	0.648			
	ACA5	0.812			
	ACA6	0.797			
	ACA7	0.782			
	ACA8	0.813			
	ACA9	0.801			
Cognitive Anxiety	CA1	0.883	0.950	0.957	0.670
	CA11	0.883			
	CA12	0.837			
	CA2	0.861			

Constructs	Items	Loadings	Alpha	CR	AVE
	CA3	0.847			
	CA4	0.676			
	CA5	0.776			
	CA6	0.858			
	CA7	0.846			
	CA8	0.741			
	CA9	0.772			
Somatic Anxiety	SA1	0.953	0.964	0.972	0.874
	SA2	0.935			
	SA3	0.944			
	SA4	0.954			
	SA5	0.887			
Self-confidence	SC1	0.831	0.935	0.946	0.663
	SC10	0.577			
	SC2	0.858			
	SC3	0.849			
	SC4	0.812			
	SC5	0.865			
	SC6	0.861			
	SC7	0.854			
	SC9	0.778			
	SM1	0.572	0.945	0.949	0.629
Self-motivation	SM10	0.839			
	SM11	0.818			
	SM2	0.844			
	SM3	0.803			
	SM4	0.793			
	SM5	0.818			
	SM6	0.844			
	SM7	0.658			
	SM8	0.842			
	SM9	0.842			

The results also show the discriminant validity by using Fornell Larcker along with cross-loadings that show the nexus among the variables. The statistics show that the value that shows the link with variable itself is larger than the values that show the nexus with other constructs. These outcomes provethat data os valid and there is low correlation among variables. These results are highlighted in Table 3 and Table 4.

Table 3: Fornell Larcker

	ACA	CA	SA	SC	SM
ACA	0.767				
CA	0.518	0.819			

	ACA	**CA**	**SA**	**SC**	**SM**
SA	0.467	0.486	0.935		
SC	0.425	0.441	0.422	0.814	
SM	0.303	0.275	0.544	0.276	0.793

Table 4: Cross-loadings

	ACA	CA	SA	SC	SM
ACA1	0.576	0.293	0.361	0.201	0.312
ACA10	0.786	0.462	0.392	0.346	0.249
ACA2	0.767	0.468	0.432	0.368	0.230
ACA3	0.843	0.436	0.350	0.364	0.244
ACA4	0.648	0.257	0.349	0.237	0.219
ACA5	0.812	0.441	0.410	0.342	0.252
ACA6	0.797	0.374	0.303	0.316	0.201
ACA7	0.782	0.392	0.328	0.356	0.181
ACA8	0.813	0.411	0.333	0.358	0.216
ACA9	0.801	0.371	0.306	0.324	0.231
CA1	0.477	0.883	0.401	0.375	0.214
CA11	0.463	0.883	0.391	0.372	0.219
CA12	0.453	0.837	0.416	0.383	0.252
CA2	0.466	0.861	0.441	0.349	0.287
CA3	0.454	0.847	0.452	0.377	0.223
CA4	0.341	0.676	0.311	0.345	0.183
CA5	0.304	0.776	0.318	0.352	0.156
CA6	0.465	0.858	0.452	0.351	0.273
CA7	0.457	0.846	0.447	0.369	0.221
CA8	0.402	0.741	0.374	0.351	0.255
CA9	0.299	0.772	0.323	0.358	0.149
SA1	0.454	0.449	0.953	0.370	0.492
SA2	0.411	0.458	0.935	0.428	0.492
SA3	0.438	0.456	0.944	0.413	0.507
SA4	0.457	0.451	0.954	0.371	0.486
SA5	0.421	0.461	0.887	0.394	0.572
SC1	0.345	0.321	0.338	0.831	0.243
SC10	0.260	0.251	0.179	0.577	0.074
SC2	0.348	0.377	0.352	0.858	0.216
SC3	0.332	0.362	0.337	0.849	0.235
SC4	0.303	0.367	0.376	0.812	0.245
SC5	0.319	0.387	0.364	0.865	0.276
SC6	0.381	0.404	0.377	0.861	0.220
SC7	0.424	0.400	0.388	0.854	0.232
SC9	0.361	0.334	0.340	0.778	0.253
SM1	0.421	0.461	0.887	0.394	0.572

SM10	0.140	0.144	0.275	0.137	0.839
SM11	0.110	0.127	0.271	0.102	0.818
SM2	0.147	0.152	0.281	0.145	0.844
SM3	0.115	0.130	0.276	0.110	0.803
SM4	0.116	0.065	0.279	0.120	0.793
SM5	0.094	0.112	0.256	0.108	0.818
SM6	0.202	0.129	0.303	0.158	0.844
SM7	0.260	0.166	0.273	0.272	0.658
SM8	0.200	0.137	0.305	0.163	0.842
SM9	0.221	0.182	0.309	0.146	0.842

Discriminant validity has also been examined by using Heterotrait Monotrait (HTMT) ratio, and the statistics show that the values of the ratio are less than 0.85. These outcomes are evidence that the discriminant validity is present among variables. These values are highlighted in Table 5.

Table 5: Heterotrait Monotrait ratio

	ACA	CA	SA	SC	SM
ACA					
CA	0.538				
SA	0.495	0.503			
SC	0.450	0.468	0.442		
SM	0.250	0.213	0.442	0.225	

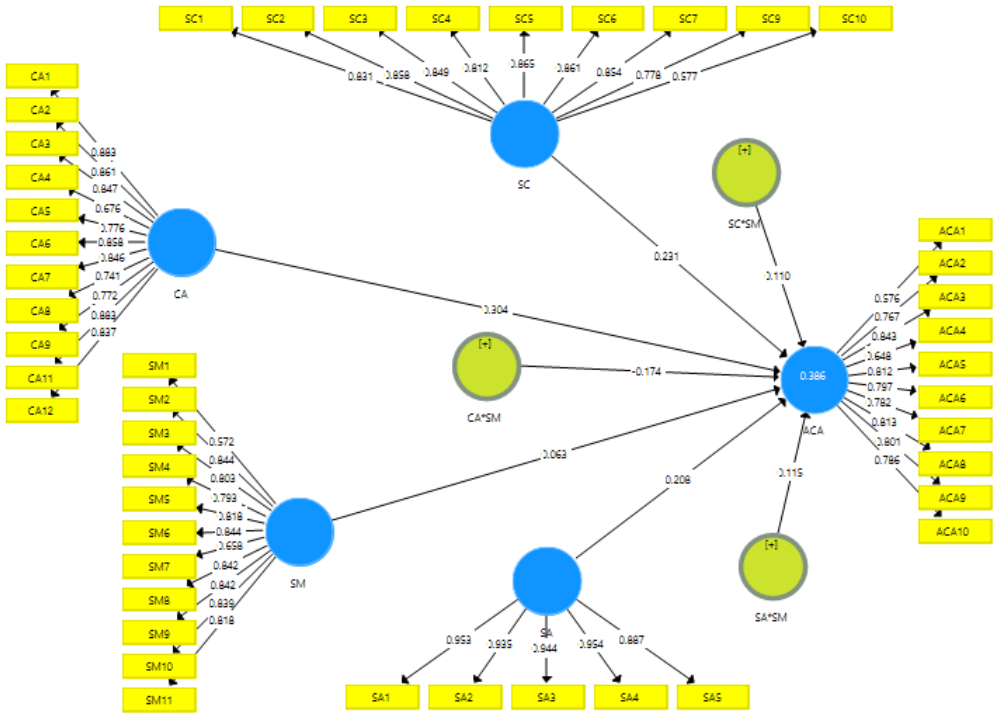

Figure 3: Measurement Model Assessment

Finally, the results also revealed that an individual sportsman's characteristics such as self-confidence, cognitive anxiety, and somatic anxiety positively associate with attentional control among Chinese athletes, therefore confirming H1, H2 and H3. In addition, the results also show that self-motivation has played a significant moderating role among the nexus of self-confidence, cognitive anxiety, somatic anxiety and attentional control among Chinese, therefore confirming H4, H5 and H6. These values are shown in Table 6.

Table 6: Path analysis

Relationships	Beta	S.D.	T Statistics	P Values	L.L	U.L
CA -> ACA	0.304	0.069	4.384	0.000	0.179	0.417
CA*SM -> ACA	-0.174	0.071	2.457	0.008	-0.290	-0.055
SA -> ACA	0.208	0.080	2.611	0.005	0.069	0.324
SA*SM -> ACA	0.115	0.062	1.855	0.047	0.015	0.219
SC -> ACA	0.231	0.060	3.834	0.000	0.137	0.327
SC*SM -> ACA	0.110	0.059	1.864	0.048	0.000	0.226

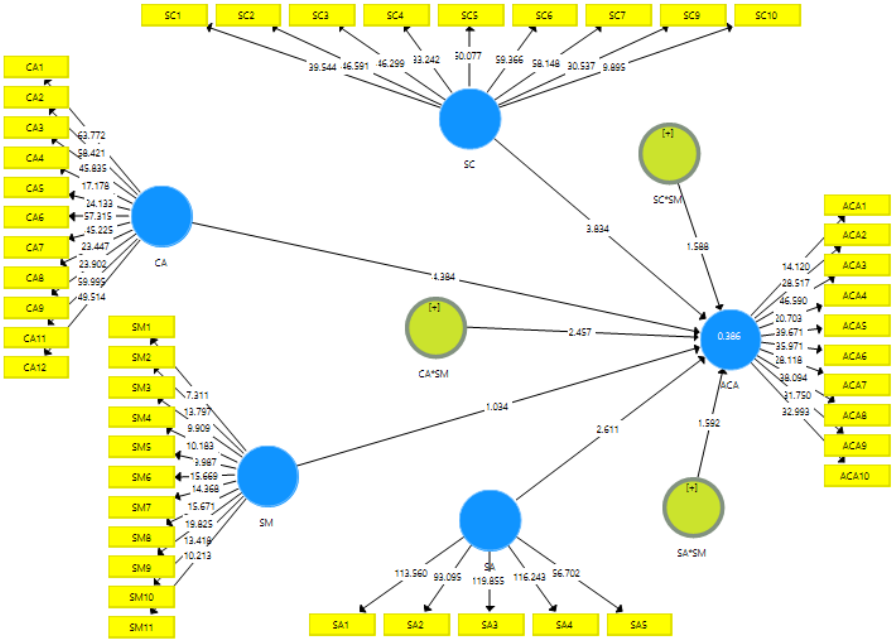

Figure 4: Structural Model Assessment

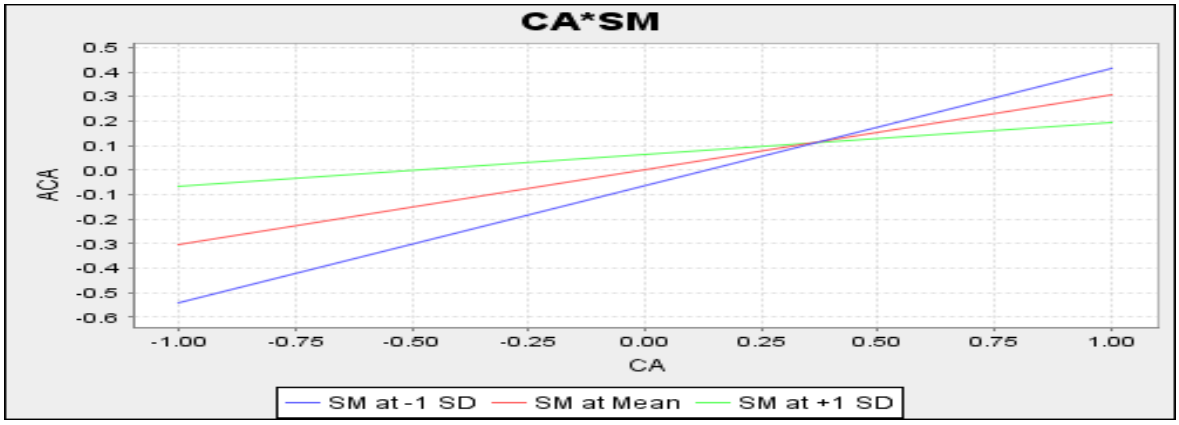

Figure 5: CA*SM

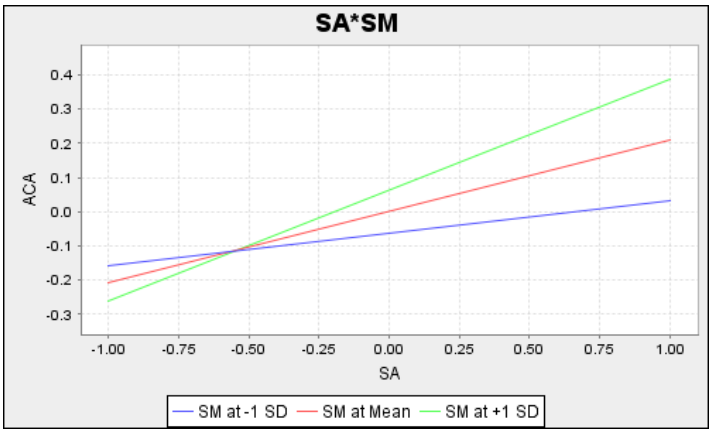

Figure 6: SA*SM

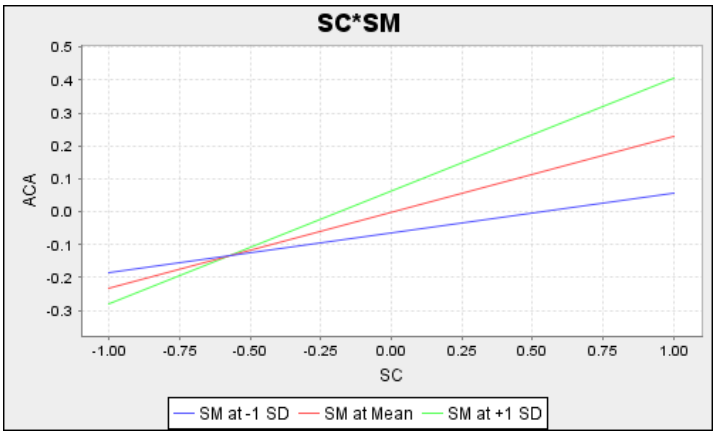

Figure 7: SC*SM

Discussions

The study findings have revealed that cognitive anxiety has considerable impacts on attentional control in the field of sports. These findings are in line with the studies of Palazzolo (2020). These studies analyze the performance of athletes in sports and find that cognitive anxiety affects the attention of the athlete and his ability to control the circumstances under his favor. These findings also match with the study of Latinjak, Hatzigeorgiadis, and Zourbanos (2017) on athlete performance in the sports field. They imply that the pressure and stress on the athlete's mind to achieve his or her goals makes sports preparation better and enables him to control the circumstances in the sports field to turn the game under his support. The results have revealed that the somatic anxiety found in an individual sportsman has a positive relationship with the attentional control in the athlete while playing a game in the field. These results are in line with the past studies of Scott-Hamilton, Schutte, and Brown (2016), which state that when an athlete gets suffered from any physical pain, burn, and complexity, he loses his attention and cannot properly focus on his target but with their efforts they could improve their condition. These results also match with the literary work of Mella, Vallet, Beaudoin, Fagot, Baeriswyl, Ballhausen, Métral, Sauter, Ihle, and Gabriel (2020), who are of the view that physical fitness in an athlete improve his practice in the game as well as his focus or attention towards the sports target. When an athlete improve his focus on the game, he is more likely to win the game as circumstances would be in his control. The results have also revealed that the presence of self-confidence in the sportsman shows positive influences on the attentional control in the athletes. These results are in line with the past studies of Recours and Briki (2015), which indicate that confidence in one's abilities and competence gives power to the sportsman and improves his performance while playing. Self-confidence in an athlete helps him focus on the target and control the sports activities in his favor. These results are in line with the previous work of Machida, Otten,

Magyar, Vealey, and Ward (2017), which indicates that the element of self-confidence in an athlete enhances his attention to the desired goal and makes him take an active part in the game practices, preparing him for the final match in the sports field. Moreover, the study results have revealed that the element of self-motivation in an athlete plays a moderating role between the cognitive anxiety found in the athlete and his attentional control of the circumstances in the sports field. These results agree with the past studies of Tóth-Király, Amoura, Bőthe, Orosz, and Rigó (2020), which show that the self-motivation in the athlete heightens the pressure and stress on the mind of the athlete towards more practice and more passion for playing and winning. This urge enables him to more effectively control his performance during a match. These results also match with the studies of McCormick, Meijen, Anstiss, and Jones (2019), which imply that in the presence of self-motivation in the athlete, the positive contribution of cognitive anxiety to the attention control of the circumstances in the sports field. Furthermore, the investigation results have shown that the self-motivation in the sportsman is a considerable moderator between somatic anxiety and attentional control in an athlete. These results are approved by the research work of Ong (2019), which throws light on the moderating influences of self-motivation on the association between somatic anxiety and attentional control in the athlete. These results are also supported by a past investigative study by Neumann et al. (2018), who suggest that the presence of self-motivation in the sportsman affects both somatic anxiety and the attentional control in the athlete as well as influencing their mutual association. It has been indicated by the study results that the element of self-motivation found in a sportsman proves to be a leading moderator between self-confidence and attentional control in the athlete. These results are approved by the studies of Laborde, Mosley, Ackermann, Mrsic, and Dosseville (2018), which demonstrate the same point by showing the linking influences of self-motivation on the relation of self-confidence and attentional control in the athlete. These results are also supported by the research work of Poczwardowski (2019), according to which higher levels of self-motivation in sportsmen stimulate their self-confidence vis-a-vis their individual competencies, enabling them to manage their sports activities.

Implications

The current study has as number of theoretical and empirical implications. This study contributes to sports literature, which proves beneficial for athletes. The study sheds light on the impacts of three significant factors like cognitive anxiety, somatic anxiety, and the element of self-confidence in the sportsman vis-a-vis attentional control of the athlete. It examines that the pressure and stress on the mind of sportsmen motivates them to make their practice strong enough to hit the target; thus, it assists them in managing the sports matter. While somatic anxiety adversely impacts the sports competence of an athlete. Significantly less attention has been given by the scholars to the self-motivation in the athlete as a moderator between cognitive anxiety, somatic anxiety, and self-confidence in sportsmen and the ability of the attentional control in the athlete. Along with theoretical importance, our study also has an empirical significance to the member of the sports as it gives a clue to hit the target and achieve the desired goals. The study elaborates on how to prepare the sportsmen to deal with the circumstances prevailing in the sports field while playing a game. The hurdles experienced in the way of winning the match can be overcome with a higher level of self-confidence in the sportsman and proper management of cognitive anxiety such as pressure, stress, and tension. Self-motivation among athletes also helps them to manage mental anxiety in order to create emotional competence to play well, to control the somatic pressure with proper medication, to develop self-confidence in athletes, honing their ability to manage a situation with more focused attention or concentration.

Conclusion

The study seeks to investigate into how to manage sports in a more effective manner in order to achieve desired sports goals and how to take advantage of opposing teams. It also seeks to measure the importance of attentional control in the field of sports and analyses the impacts of different sports factors on the attentional control of the sports field's circumstances while practicing the game and playing the final match. It states that various forms of cognitive anxiety such as the pressure to face a crisis situation during a game, the mental stress to compete with a stronger competitor, and the pressure for better practice according to the game requirements considerably impact the attentional control in the context of sports or games. If these forms of cognitive anxiety are adequately managed by sports team members, they develop attentional control among in athletes. Somatic anxiety has adverse impacts on the athletes' focus on the game targets. Thus, this paper suggests that somatic anxiety should be overcome by the members of the sports thorough medication and proper treatment so as to

improve the attentional control of the game. Moreover, the confidence of athletes in their own sports capabilities and practice keeps them active and attentive while practicing or performing in the playground. The athletes with a higher level of self-confidence can better handle problematic or challenging scenario in sports-related settings. Besides, the study elaborates that the motivation in the sportsmen to perform their function efficiently affects cognitive anxiety, somatic anxiety, and self-confidence and the attentional control in the athlete as well as their mutual association. The self-motivation among athletes helps to manage the pressures in such a way as to arouse and maintain the ability to cope with difficulties arising during practice or during the final match in the playground. Self-motivation also develops self-confidence in athletes about their competence, which enables them to meet their targets.

Limitations

Despite the study's contribution to sports literature and its empirical implications in the sports field, the current research has certain limitations. These limitations are supposed to be addressed by scholars in the future. First of all, the scope of the study is limited as it addresses only three personal factors in relation to the attentional control in the context of sports, which are cognitive anxiety, somatic anxiety, and self-confidence in athletes. When the study is replicated, future authors should also address additional factors affecting performance in sports. In this study, self-motivation has been used as a mediating variable between cognitive, somatic anxieties, and self-confidence and the attentional control of sports matters. Future scholars must use the same factors as a mediator between the aforementioned personal factors relating to sports performance. Moreover, only a single source for data acquisition has been used in this study, therefore, future authors must adopt multiple sources for acquiring relevant and supporting quantitative data to improve the level of reliability and generalisability of the data-set. The study has used simple random sampling for collecting data, while in future studies, other sampling techniques must be taken to collect data to analyze the reliability of the study's findings

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