

The Influence of Life Satisfaction, Self-determination and Sports Practices on Intellectual Ability of Football Players: Mediating Role of Coaching Style

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Abstract

A player's intellectual ability could enhance their performance in the field, and in doing so, lead the team towards success. This study aims to examine the factors (life satisfaction, self-determination and sports practices) that impact the intellectual ability of football players in China. Moreover, the study examines the mediating impact of coaching style vis-a-vis life satisfaction, self-determination, sports practices and intellectual ability of football players in China. This study followed uses quantitative methods of data collection through questionnaires administered to China's football players selected through simple random sampling. For hypothesis testing, smart-PLS has been executed to analyze the data. The results revealed that life satisfaction and sports practices have a positive association with football players' intellectual ability in China. The results also examined that coaching style has positively mediated the nexus among life satisfaction, self-determination, sports practices and intellectual ability of football players in China. These outcomes help the regulators while formulating policies related to the players' intellectual ability.

Keywords: life satisfaction, self-determination, sports practices, intellectual ability of football players, coaching style

Introduction

The current intervening problems about the disabilities of people based on some pillars. Although many other pillars also play an important role in the study of people with disabilities, three postulate are well-known. The process of self-determination is named as the first one, which tends as the major one among people with disabilities. It is required to promote enabling elements of self-determination to bring about positive changes among people to attain their respective goals. The second one is named support which represents a highlighted element among people of various classes. Variation in these classes leads to the process of discrimination which hinders some people from achieving a good quality of life. In China, many people have been seen having life satisfaction over their intellectual abilities. Usually, many people worldwide spend their lives below the average income, which entails difference of classes and genders. People of various classes are usually named as elite, average, and poor; signifying a need to remove discrimination. To strive for a better quality of life and achieve optimum goals, an individual needs support which may differ according to their objectives. Mostly, individuals in the elite attain better

support as compared to average and poor or people who face increasing problems of criminal activities and disabilities. To get rid of these factors, positivity is required with the dominance of support with self-determination to improve intellectual abilities (Smirni, Smirni, Di Martino, Operto, & Carotenuto, 2019). Issues of life satisfaction are related to social support and religious beliefs. In China, most people are inclined to the prospects of religion to attain life satisfaction. The affiliation of people with spirituality is associated with God's images and manifestations, the other side to their 'worldly' life represents the need for social support. People are more attracted to images of benevolent God as compared to the other activities which provide life satisfaction (Krause & Ironson, 2019). Different sports and sports practices are denoted as the main indicators specifying leisure activity of quality life. It is considered the most demanding activity among people with intellectual disabilities. Those family members who provide and care for individuals with disabilities consider sport an essential way to eliminate the effects of intellectual disabilities. Regardless of age, sports-related activities promote better quality life among the professionals or otherwise. The time given to sports activities not only yields health-related benefits but also

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leads to self-determination and life satisfaction (Orben, Dienlin, & Przybylski, 2019). It further increases the dominance of sports practices which reduces disabilities and replaces them with abilities and confidence.

Every person bears some intellectual abilities and requires significant motivations in the sense of moral and financial support. Due to this religiously-inspired consciousness of the idea of self-determination in Chinese ethos, Chinese people have profound intellectual abilities. Evidenced in the achievements of people who achieved their goals in life and honed their intellectual abilities with the support of families and societies. Therefore, there is a need to promote the value of self-determination and self-actualisation among people of all classes. Some factors are prominent among the students of the school which strives for self-determination. The same is affected by contextual elements linked to the self-determination of students. Students with an intellectual disability at moderate levels could be slower due to the implementation of self-determining measures (Vicente et al., 2019). In a competitive world environment, everyone strives for better opportunities and factors such as social support, self-determination and particular activities help achieve a good quality life. Different perceptions exist among the people about their intellectual abilities and therefore, require the dominance of these dimensions to achieve optimum objectives (Gilal, Zhang, Paul, & Gilal, 2019). A competitive world needs people with elite intellectual abilities which could be supported with the effectiveness of these three pillars. Various acting elements associated with environment and personal dimensions influence the core need for a quality life. The well-being of a person needs different types of support which ensure a quality life for people. Although, human beings possess unlimited desires, their fulfilment is not always possible due to intellectual disabilities and limitations. Commonly, every country inserts numerous benefits with variations in projects designed to uplift different classes of people by enabling positive measures toward abilities. A person born with certain disabilities requires significant support to pull him/herself out of their natural disabilities. The culture of sports is prominent in different communities and societies as people are able to adapt to inculcate healthier bodily practices through different sports activities. The culture of physical activities usually causes social conflicts but helps overcome intellectual disabilities (Marzano, 2018).

The determination of intellectual capabilities of football players could be analyzed by different skills. For instance, the dual-task performance is countered as an important measure in literature that helps in assessing the intellectual capabilities. People in China are engaged in

various activities other than spending free time with a variety of abilities. Whether the abilities of sportspeople are with or without impairment, the cognitive approach helps to develop a significant portion (Van Biesen, Jacobs, McCulloch, Janssens, & Vanlandewijck, 2018). Impaired intelligence is based on the level of task performance given to people for analyzing intellectual capacities. Motor-related tasks are also important for people to examine abilities and disabilities among different football players. Life satisfaction is based on various factors that impact intellectual abilities. The coaching-style prominently plays a vital role among people who strive to spend life with all satisfaction (Delrue et al., 2019). It is dependent upon the particular coaching style that may increase the capabilities among people who fall under training. Coach is responsible for improving the level of self-determination among people of various class getting training from their clubs (Ryan & Deci, 2019). Different examples could also be placed by the coach to develop the capabilities of self-determination. Sports practices are mostly dependent on people who are striving to attain intellectual abilities with the help of a coach. Therefore, the coach refers to all best practices adopted by people to improve their intellectual abilities. Mostly, people of China have been prominent among other countries for their self-determination and life satisfaction. Observations presented by the coach could be denoted as written reflections which can be collaborative and instructive (Gray & Myers, 2018). Style of coach significantly impacts on whether and how people to improve their intellectual abilities by current scenarios and future applications.

These core elements dominate as equal for every person and could differ according to value and importance. It is dependent on the person whether to affiliate importance and value with the problems prevailing in societies or tackle them by developing their intellectual abilities (Terry, Mewborn, & Miller, 2019). Moral support is important for all classes of people but the variation of attitudes must account for individual capacities. Most of the people living in below-average class strive consistently to attain their objectives. Continuous practices in China over various fields of knowledge and practice have led to the formation a particular reputation of Chinese people. Certain evaluations of given dimensions are usually based on cultural aspects which are usually sensitive when measurements are applied. Numerous corresponding indicators are also prominent among the elected factors which could influence intellectual abilities. Significantly, proxies of such factors play a vital role in the abilities which could not only help realise different goals but also help to achieve good quality

of life. These corresponding elements prevail primarily in the intellectual abilities of every person inducing its activities for self-benefits and for countries. A strong relationship between the proxies and intellectual abilities of every person induces the positivity of a personal approach. The association of corresponding factors over intellectual abilities is well-highlighted in the China.

The emotional well-being of a person can lead to an improvement in their abilities. Emotional well-being further determines the factors which lead to a positive attitude towards the achievement of goals and objectives. People could get ultimate satisfaction by ensuring emotional well-being along with the stress absence and self-concepts. The most difficult means usually denote among the people illustrates the elements of satisfaction for which every person strives with through their abilities.

The illusion of stress has been decreased in China by application of intellectual abilities. It could only be possible when there is no dominance of stress and people could proceed with their self-concepts to achieve life satisfaction (Griffiths et al., 2019). For the achievement of better capabilities with intellectual abilities, there is a strong dependence on interpersonal relationships which create various opportunities. These opportunities could be available by the introduction of strong supports, interactions, and relationships through societies and material aspects. Many other dimensions dominate with personal development, material well-being, physical well-being, self-determination, and social inclusion. These dimensions not only uplift the individual's moral capabilities but also eliminates prevailing intellectual disabilities among the football players (Ardern et al., 2019).

Table 1

China's Sports & Outdoor segment Revenue Growth

Sr. No.	Year	China Sports & Outdoor segment revenue growth
1	2018	62.6 %
2	2019	46.5 %
3	2020	44.3 %
4	2021	25.1 %
5	2022	18.4 %
6	2023	13.5 %
7	2024	9.9 %
8	2025	7.3 %

There is a visible need to focus on improving the intellectual abilities of the manpower of any country (including China) regardless of field or sector. Within China, there is a need to promote intellectual abilities and accommodate intellectual disabilities at all levels of government in China. The present study aims to test the relationship between Life Satisfaction, Self-determinations, Sports Practices, and intellectual abilities with the mediating role in the China context. As intellectual abilities of any country's population are also one of the facets to a country or people's image at the international level. There are other factors associated with the intellectually able individuals who support their

country in numerous ways i.e. any country individual who represents his country at international level also put his maximum efforts to also promote the country in different ways and to support the country economy in multiple ways. In similar ways, when an individual represents his country at that level, they also seek to promote his country's products or resources, and in doing so, strengthen its economy. The revenue which China receives from the sports segment is given in Table 1. There is a decreasing trend reported in the China outdoor sports revenue growth. As it fall to 7.3% from 62.6% in 8 years.

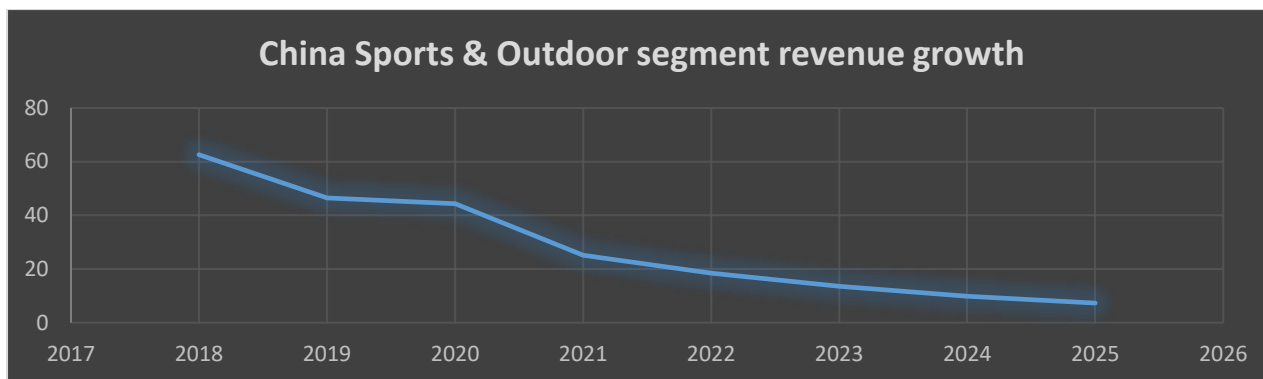


Figure 1. China's sports & outdoor segment revenue growth

Literature Review

The distinction among theories of intellectual abilities and functioning must be made while considering information processing speed. It is denoted as an important element of intellectual behavior and interpretation of speed with intellectual functioning. While enumerating the view of speed intelligence, the age factor is most prominent vis-a-vis the process of information. Intellectual abilities in every person vary due to the prevailing capabilities among different classes of people. A variety of models have been developed in the last two decades discussing intelligent behaviors fundamental aspects. The flow of information discriminates the rector of ages where children are prominently considered rather than adults. While resuming the examination of intelligence among people, mental speed is primarily focused on the performance of cognitive functions. Different other aspects are also highlighted with the prevalence of error and persistence checking while dominating intellectual behaviors. Activities of problem-solving are linked with the continuity of the search process. Standards of accuracy seemed in the errors checking while judging the solutions to problems through self-determination. Personality aspects are highlighted with latter aspects where information speed is seem as cognitive with life satisfaction. Various models are used in the reasoning of intellectual functioning and abilities due to the importance of information processing speed in the systems of limited capacity. Such application of models on intellectual behaviors specified variables such as strategy and knowledge. Some comprehensive views including intelligence speed enumerated these two elements and the information processing mechanics. Views of intelligence

speed are based on the substantial conclusions where the main part deals with the linkage between psychometric intelligence and mental speed.

The theory of Triarchic intelligence discusses the classic applications of human intelligence in various fields. This theory is generally formulated by Robert Sternberg against the approach of intelligence from different perspectives (Robert J Sternberg, 1984; Robert J. Sternberg, 2010). Theory of intelligence with speed view of information states the elements of self-determination in judging solutions, and life satisfaction with personalities over the intellectual abilities of a person. It comprises various elements of intelligent behavior that are latent mental capacities. These variables include strategy, attention, and motivation which are important to assess the performance of time scale among people of varying intellectual abilities and disabilities. Role of information speed among the intellectual behavior is supported by a variety of arguments in existing theories. It illustrates the elements of meta-components and planning in higher-order, inserting an important role in the speed intelligence. Some cognitive changes are depicted over the adults while the formulation of hypothesis in the theories. Whereas; changes are also depicted with the slow and fast movement of information processing between the intellectual functioning and behaviors. Theory tried to enumerate the consistency among speed measures by change over time and older age cognitive functions decrements. Fundamental changes in the existence of mechanism and process are ascertained at various levels. The processing rate of basic information among people of intellectual disabilities and abilities reflected the assumed speed. It required changes over the time and measures where the structure of speed is inconsistent. Additionally, the multiple mechanisms existence at central levels based on linkage among intellectual functioning and intellectual measures of speed. The hypothesis of speed referred to the cognitive changes with the relevance of age denoting the

information processing speed. Such cognitive changes among the age must disappear or be declined when controls are induced over information processing speed. Some other abilities are also analyzed dominating spatial abilities and numerical facility. Different age groups are tested in the theories which differ in background and range considerably. Young subjects are more emphasized with the comparative relevance of old people by applying the same experiments and tasks.

The phenomenon of depression prevails in everyone's life and exerts a negative impact on the intellectual abilities of people. Among others, socio-economic factors related to the different elements in our surroundings that contribute to life satisfaction. It includes pessimism, social support over the depression, optimism, and disability that gives life satisfaction specifically to people that are visually impaired (Kurtović & Ivančić, 2019). Although, many other predictors also exert a significant impact on people's depression. It has a vital impact on life satisfaction for all people who are unable to achieve their objectives due to their intellectual disabilities (Lasse et al., 2019). Games are introduced to all people having various capabilities. To analyze intellectual disabilities, an institutional approach is applied with certain unusual configurations with sports (Lantz & Marcellini, 2018). Although participation in sports is also important for the achievement of greater perspectives, different populations prefer different sports activities including physical exercises with and without emphasizing intellectual disabilities. People get the support from material aspects which results in the establishment of better employment, housing, and significant income. This supports the development of personalities by stating the eminence of performance, competence, and quality of education. Many working fields require specific importance of material aspects which raises the eliminating measures of disabilities. People having acquaintance with sports gets benefits through physical activities which could be a source of income, leisure, and healthcare. The relevance of physical wellbeing promotes various activities to sustain good health which also helps in the daily activities of living. Life satisfaction could be attained through various material and immaterial aspects but priority in self-determination establishes choices and values to attain material life (Margolis, Schwitzgebel, Ozer, & Lyubomirsky, 2019). Therefore, the element of autonomy for the achievement of goals and objectives usually depends on elements of self-determination. Any person not having the element of self-determination mostly omits the sense of life satisfaction which has a potentially lasting impact on the overall life of some people. It is important for people to get engaged in

communities by inducing their role over the societies with social support to other people.

H1: Life satisfaction significantly inserts a positive impact on intellectual ability.

Some studies enumerated lower scores among the students of the school with little intellectual disabilities. These are due to a lack of connection between the experience programs and levels of support by their institutions. The measurement of self-determination is done by the validation of some scales which endorsed the intellectual disability in Norwegian students. Prominent differences were depicted with the program transitions with a variety of variables validation and adaptation. Student's mental ability is examined with the application of certain programs which could raise the standard of self-determination among them. These variations were significantly examined among the students of Norwegian and American culture for construction self-determination (Garrels & Granlund, 2018). Family status is also important to enumerate the possibilities of intellectual disabilities in a sports player (Top & Akil, 2019). Various levels of skills having status and social directions could determine the orientation towards sports and intellectual capabilities. It demonstrates the numerous benefits to people of all classes specifically at the social, psychological, and physical levels. The modeling of self-determination enables people to make their own choices. It also helps people of all classes to achieve a quality of life by deducing their own decisions through experiences (Gillison, Rouse, Standage, Sebire, & Ryan, 2019). This provides constructive measures in people of different working classes to derail internal and external influences. Self-determination entails in the people as a causal agent which strives hard to achieve a quality life despite interfering influences. It includes other enhancing proxies which help to develop strong controls in an individual's abilities. The prevalence of behavioral autonomy helps to succeed with respect to self-regulated behaviors dominating the efficacy of beliefs and controls. While inserting the dominating dimensions, people with intellectual abilities and disabilities could get clear self-awareness (Grabow & Kühl, 2019). Therefore, skills are included in these dimensions for making choices and solving problems with appropriate decision-making. This led toward the setting of aims and objectives for achieving goals with certain abilities. These abilities involve self-defense, skills of leadership, self-assessment, and educational skills which bring rewards with proper controls. The overall induction of abilities could retrieve positive results with the significant attribution of expectations and efficacy. Some environmental factors also influence the elements of self-

determination were age, social skills, and sex to dominate with intrapersonal elements. Various elements impact intellectual abilities; therefore, disability tends to be one of the prominent ones among all others.

H2: Self-determination significantly influences intellectual abilities.

Some colonial institutions in various countries induce physical activities as well as sports activities. The practices of variation in culture usually cause racial categories and social conflicts among people of different classes. There are strong sports-divisive origins for people who are physically disabled. One movement in Switzerland forced institutions to induce their practices for all classes of people (Cornaton, Schweizer, Ferez, & Bancel, 2018). This is the main purpose of properly evaluating intellectual abilities and disabilities among the class of people in China. The movement of national sports in this country remained discriminated against due to the variation in abilities and disabilities (Watanabe, Yan, & Soebbing, 2019). Different games are introduced among the people with differences on level of participation due to intellectual discrimination. Expansion of sports activities with the use of Paralympic games is denoted as a major encouraging factor to people with intellectual disabilities (Howe & Silva, 2018). It endorses a positive impact on people with intellectual disabilities for elimination and induction of significant abilities. Social inclusion in the communities dominates the importance of rights which differentiate the classes of people. Therefore, the participation and integration of social support insert a prominent role by inducing the awareness of law and human rights among people. People who indulged in sports activities mostly survive due to the prevalence of self-determination which highlights their intellectual abilities (Rato, Sousa, Cordeiro, Mendes, & Anjos, 2020). Mostly, football players are eminent in describing the importance of life satisfaction and self-determination which takes them to the targets. Historically, the role of support exerts a significant impact on the development of abilities. Many people reached their goals by the availability of support, whether financially or morally by the social and communal elements. This approached the surveillance of life satisfaction among people who strived hard to achieve the ultimate goals through possible support. Failure in life induces a significant impact on people's lives; therefore, activities of a football player with a consistent approach provide the element of life satisfaction (Sarmiento et al., 2020).

H3: Sports practices significantly influence intellectual ability.

Usually, people gain their life satisfaction from different sources of happiness where there is a lack of

resilience. The dominance of social support triggers a major contribution to life satisfaction among students. These factors among the students are interrelated with each other which endorse an impact on the intellectual abilities and disabilities. Recognising the importance of perceived social support and resiliency is essential to enable the measures of life satisfaction (Kalka & Lockiewicz, 2018). Moreover, among the Polish students, the major contribution of happiness is contributed by these factors which provide life satisfaction. The same is analyzed while focusing on the universities of state and non-state. It is important that fitness age retains to some years but the ability significantly decreases due to age effects. Therefore, the physical condition must be taken into consideration to enhance intellectual abilities with self-improvement (Martschukat, 2019). Usually, the coach-style refers experience to young people as well as the old one. However, generally, most of the perfectionists refrain from sharing their best knowledge. Therefore, the relationship between knowledge sharing and perfectionism is induced as the dominant impact of coaches (Lee, Idris, & Tuckey, 2019). The perception of coaching style is termed as a moderator in some studies which helps to develop intellectual abilities (Wang & Chang, 2018). Confidence with higher levels usually gets inserted by the use of sports activities, especially football sports. Due to consistency in practice and progressive struggle in sports activities, it is possible to hone one's intellectual abilities with the induction of self-determination (Ryan, Soenens, & Vansteenkiste, 2019). This study intended to explore the element of sports practices with the relevance of the intellectual abilities of a sports player. For this purpose, a football player is focused on the dominance of certain factors that affect intellectual capacities. Usually, the football players insert their role toward the country to dominate among people for fame and income. Therefore, it does not relate to the elements of life satisfaction because the demand for more preserves the extended role of an individual (Chen, Cai, He, & Fan, 2020). Sports practices are best related to the elements of self-determination and life satisfaction toward people having disabilities. It motivates the people dominating in societies with intellectual disabilities by the promotion of various sports activities. These activities help such people to overcome the elements of disabilities which are countered as a barrier toward goal achievements. Therefore, the role of self-determination, life satisfaction, and consistent sports practices erases the intellectual disabilities.

H4: Coaching style significantly and positively mediates the relationship between life satisfaction and intellectual ability.

Young people are more emphasized with strong calculations for the establishment of self-determination. Certain groups are focused while interviewing them from social media and illustrated the element of self-determination at initial stages. People with vision impairment are dominated by the enabling measures of self-determination. Young people who are transitioning toward the life of university specifically analyzed with the development of self-determination. By inducing the skills of self-determination, some tools are implemented to develop this skill among visually impaired people (Pacheco, Lips, & Yoong, 2019). These tools helped in the establishment of self-determination in young people at universities. These include mobile devices and interactive and collaborative online tools with the relevance of transition needs. Some sensory instruments have been introduced in sports to analyze the high abilities of individuals. Therefore, psychometric evaluation is considered as a dominating scale among intelligent individuals endorsing high abilities (Rinn, Mullet, Jett, & Nyikos, 2018). Coaching is referred to as the self-creation of different techniques that could uplift the measures of abilities. Intellectual capabilities also dominate in literature but ethical coaching help to overcome the elements of intellectual disabilities. Technological advancements placed an important role but a coach is important to solve the issues (Gerdin, Pringle, & Crocket, 2019). Not only for solving problems but also for the introduction of new techniques. With active participation in football sports, good health with quality life could be asserted with self-esteem and social skills. It converts disabilities into abilities that help people to attain the eminence of life satisfaction through consistency of social and moral support. Many examples prevail in literature denoting the achievement of life satisfaction through the continuous struggle on the single target. Therefore, it is dependent on the individual to assess the common elements which are playing an important role in their lives toward the objectives (Grant & Gerrard, 2020). Negative and positive aspects are a part of life which could be taken as assessment measures to makes the quality life. It is prevalent for the football player to analyze both perspectives with the ideal aspects of real life. This allows the football player to enable the element of self-determination along with the sports practice to capture the life satisfaction. Some people predict their life by the inclusion of sports activities in order to have a greater appreciation of of life satisfaction. Most of the intellectual disabilities prediction belong to skills of life

denoting the elements used in this study. Rather than having the dimensions of support and other interpersonal abilities, a football player is unable to achieve the desired level of life satisfaction.

H5: Coaching style significantly and positively plays a mediating role in the relationship between self-determination and intellectual ability.

The significant contribution of sports through the league system has led to the development of positive measures for people with intellectual capabilities. League systems of sports were primarily concerned with the objectives of sports and organizations. The dominance of the competition system individually made a strong contribution toward the class of people. It not only enhanced the performance with intellectual capabilities but also played a vital role in decreasing intellectual disabilities (Zimmermann & Klein, 2018). In Germany, the contribution of the sports league system involved the individual intellectual abilities which differentiated with other systems. It strengthened the opportunities that opened up after the introduction of sports activities in Germany. Sports association promoted sports activities to increase the intellectual abilities among all class of people. With the intellectual abilities, the inclusion of various sports activities with education could help children at the initial stage. This would support the developmental disabilities with intellectual inclusiveness of various abilities (Okyerere, Aldersey, Lysaght, & Sulaiman, 2019). There are plenty of coach benefits for young people who suffers from intellectual disabilities. Therefore, it is important to place trust in the coaches for learning effective approaches to overcome negative aspects of disabilities. The trustworthiness of communication among the student and coach depends on the integrity, ability, and benevolence (Schiemann, Mühlberger, Schoorman, & Jonas, 2019). Usually, the behavioral aspects are indulged among people of all ages; therefore, effective sports activities could help to decline the intellectual disabilities. Meanwhile, the productive approach provided by communities, the use of self-determination, and dominance of social support impact a player's intellectual abilities. These elements predict the higher satisfaction of life to some class of people who are more dependent on these dimensions. History shows that many people attained their objectives with the significance of self-determination and continuous practice. Whereas, the current scenario predicts the football player with the same approach due to the same objective. The literature clearly stated the importance of self-determination to those people who suffer from intellectual disabilities. Therefore, inducing the element of self-determination help people to

achieve life satisfaction along with the quality of life. By referring to the live examples and various measures, intellectual disabilities could be eliminated in people. Sports player applies their consistent approach to achieve the goal after many failures and attains goal due to self-determination. Significant levels of decision-making must be given to the people which helps in the application of a consistent approach (Keatlholetswe & Maletse, 2019). It could develop the elements of self-determination and also instil the value of life satisfaction among people with intellectual disabilities.

H6: Coaching style significantly and positively exerts a mediating role among the relationship between sports practices and intellectual ability.

Research Methods

The purpose of the ongoing study is to examine the influence of life satisfaction, self-determination and sports practices on the intellectual ability of football players in China along with the examination of mediating impact of coaching style among the nexus of life satisfaction, self-determination, sports practices and intellectual ability of football players in China. This study followed the

quantitative methods of data collection and gathered data with the help of questionnaires by selecting China's football players through simple random sampling. The questionnaires were distributed to the respondents through personal visits to the sports complex and returned after fifteen days. Four hundred fifty surveys were sent to the football players, but only 310 received after fifteen days and used for analysis. These collected surveys have approximately 68.89 per cent response rate. Smart-PLS has been executed to analyze the data because the study's purpose was hypotheses testing, and the complex model has been used by the study (Hair Jr, Babin, & Krey, 2017).

The variables include the intellectual ability (IA) that is used as a predictive variable and has five items, while coaching style (CS) has been used as a mediating variable that also has five items (Moltó & Bruna, 2017). In addition, the predictors of the study include life satisfaction (LS) that has ten items, self-determination (SD) that has three items and sports practices (SP) that has six items (Moltó & Bruna, 2017). These variables are shown in Figure 2.

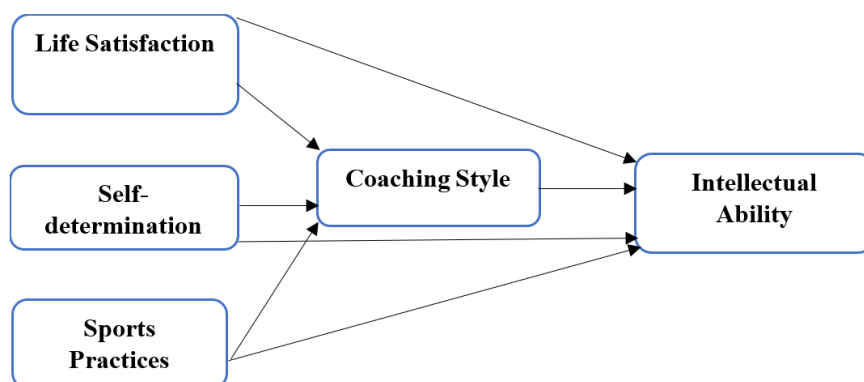


Figure 2: Theoretical Model

Results

The results show the convergent validity of the nexus among items. As shown diagrammatically, Alpha and

composite reliability (CR) are higher than 0.70, and AVE and loadings are higher than 0.50. These values show a high linkage among the items and valid convergent validity. These figures are highlighted in Table 2.

Table 2

Convergent validity

Constructs	Items	Loadings	Alpha	CR	AVE
Coaching Style	CS1	0.850	0.849	0.892	0.623
	CS2	0.828			
	CS3	0.766			
	CS4	0.718			
	CS5	0.779			
Intellectual Ability	IA1	0.738	0.798	0.868	0.623

Constructs	Items	Loadings	Alpha	CR	AVE
Life Satisfaction	IA2	0.750	0.880	0.905	0.544
	IA3	0.839			
	IA5	0.825			
	LS1	0.755			
	LS10	0.810			
	LS2	0.706			
	LS3	0.659			
	LS4	0.678			
	LS5	0.735			
	LS6	0.730			
Self-determination	SD1	0.650	0.646	0.811	0.591
	SD2	0.848			
	SD3	0.794			
Sports Practices	SP1	0.747	0.860	0.894	0.586
	SP2	0.743			
	SP3	0.747			
	SP4	0.755			
	SP5	0.763			
	SP6	0.832			

The results also show the discriminant validity by using cross-loadings and Fornell Larcker for the nexus among variables. The figures highlighted that values linked with current variables are larger than other variables. These values show that no high linkage among variables and valid

discriminant validity. These figures are highlighted in Table 3 and Table 4 below.

Table 3

Fornell Larcker

	CS	IA	LS	SD	SP
CS	0.789				
IA	0.654	0.789			
LS	0.553	0.624	0.738		
SD	0.310	0.250	0.152	0.769	
SP	0.659	0.651	0.561	0.214	0.765

Table 4

Cross-loadings

	CS	IA	LS	SD	SP
CS1	0.850	0.579	0.475	0.244	0.604
CS2	0.828	0.518	0.444	0.243	0.529
CS3	0.766	0.406	0.374	0.299	0.434
CS4	0.718	0.452	0.423	0.201	0.427
CS5	0.779	0.591	0.456	0.243	0.576
IA1	0.524	0.738	0.437	0.191	0.511

	CS	IA	LS	SD	SP
IA2	0.427	0.750	0.450	0.164	0.455
IA3	0.554	0.839	0.547	0.213	0.553
IA5	0.547	0.825	0.525	0.215	0.530
LS1	0.461	0.556	0.755	0.163	0.397
LS10	0.490	0.502	0.810	0.202	0.413
LS2	0.298	0.376	0.706	0.028	0.406
LS3	0.297	0.395	0.659	0.003	0.333
LS4	0.389	0.410	0.678	0.001	0.395
LS5	0.435	0.446	0.735	0.150	0.505
LS6	0.396	0.496	0.730	0.094	0.464
LS9	0.441	0.459	0.813	0.190	0.395
SD1	0.196	0.220	0.181	0.650	0.129
SD2	0.277	0.206	0.043	0.848	0.206
SD3	0.233	0.143	0.142	0.794	0.150
SP1	0.433	0.470	0.526	0.125	0.747
SP2	0.709	0.625	0.406	0.263	0.743
SP3	0.379	0.405	0.349	0.123	0.747
SP4	0.480	0.459	0.360	0.125	0.755
SP5	0.440	0.434	0.440	0.164	0.763
SP6	0.471	0.518	0.491	0.132	0.832

The discriminant validity has also been examined by using the Heterotrait Monotrait (HTMT) ratio. The figures show that values of HTMT ratio are not larger than 0.85.

These values point to no high linkage among the variables and valid discriminant validity. These figures are highlighted in Table 5.

Table 5
Heterotrait Monotrait ratio

	CS	IA	LS	SD	SP
CS					
IA	0.780				
LS	0.626	0.733			
SD	0.419	0.344	0.251		
SP	0.731	0.762	0.643	0.269	

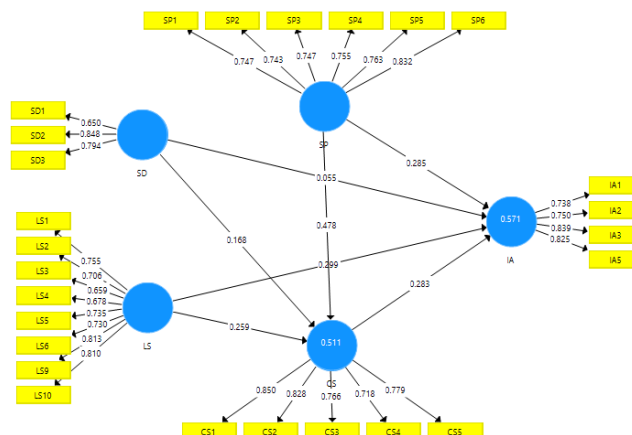


Figure 3: Measurement Model Assessment

The results also revealed that life satisfaction and sports practices have a positive association with football players' intellectual ability in China, thus confirming H1 and H3. However, results also showed that self-determination has an insignificant association with football players' intellectual ability in China and reject H2. In addition, the

results also examined that coaching style has positively mediated the nexus among life satisfaction, self-determination, sports practices and intellectual ability of football players in China, and therefore, the findings also confirm 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
CS -> IA	0.283	0.056	5.020	0.000	0.197	0.398
LS -> CS	0.259	0.047	5.479	0.000	0.161	0.336
LS -> IA	0.299	0.048	6.188	0.000	0.202	0.397
SD -> CS	0.168	0.040	4.216	0.000	0.081	0.241
SD -> IA	0.055	0.036	1.525	0.130	-0.027	0.113
SP -> CS	0.478	0.040	11.957	0.000	0.396	0.547
SP -> IA	0.285	0.049	5.822	0.000	0.184	0.370
LS -> CS -> IA	0.136	0.030	4.524	0.000	0.088	0.205
SD -> CS -> IA	0.048	0.017	2.824	0.006	0.021	0.080
SP -> CS -> IA	0.073	0.017	4.281	0.000	0.035	0.102

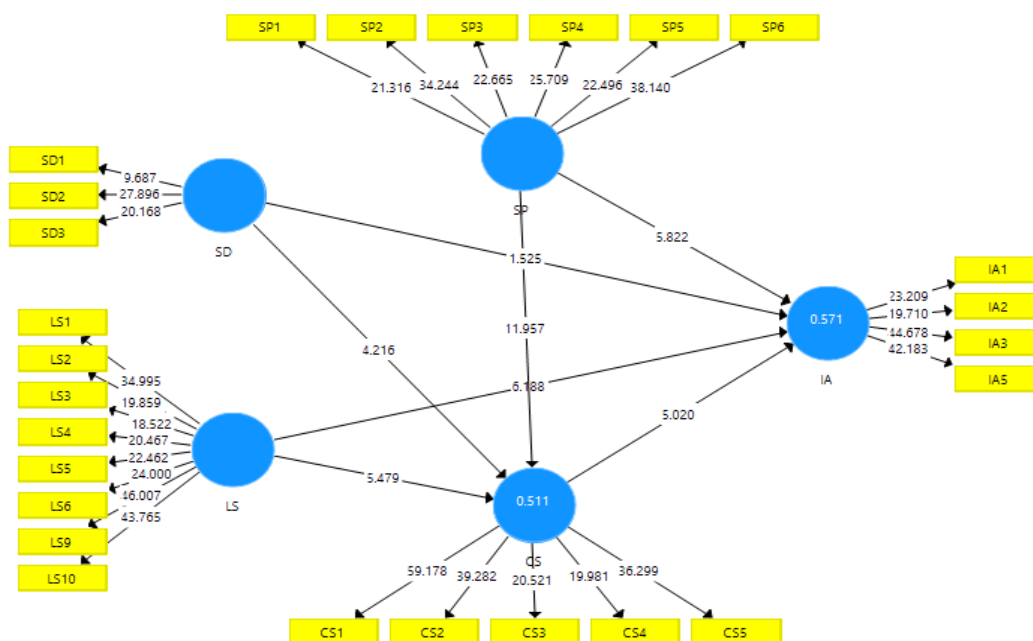


Figure 4: Structural Model Assessment

Discussions and Implications

It has been indicated by the study results that life satisfaction in game players has a positive relationship with their intellectual ability. These results are in line with the past studies of Schmiedeberg and Schröder (2017). These studies show the importance of life satisfaction among game players and suggest that the players who are satisfied with their lives are not suffering from mental disturbance

and show better intellectual ability during practicing, playing a match, and in other sorts of related matters. These results are also approved by the past studies of Kim, Schilling, Kim, and Han (2016), which show how players can better perform their activities in the stadium. They conclude that satisfaction about money at disposal and personal life improves the intellectual capacity of the players. They can better understand the situation and can act accordingly. The results have revealed that the self-

determination in the players has insignificant positive impacts on intellectual ability. These results are supported by the previous studies of Matosic, Ntoumanis, and Quested (2016) on sports management, which imply that the confidence in the players to make them understand their circumstances and improve their intellectual health and well-being which shows promising results. The study results have also revealed that sports practices have a positive impact on the intellectual capability of sports players. These results match with the studies of Rollo et al. (2020), which deals with the maxim "Practice makes a man perfect" with reference to sports setting. These studies imply that the practices in playing a particular game enable the players to save the critical game hint in their mind and deal with the circumstances efficiently. These results are also supported by the research work of Bühlmayer, Birrer, Röthlin, Faude, and Donath (2017), which represents that sports practices have considerable influences on the player's performance. The sports practices make the players ready for the face of a circumstance of any nature in the sports field, especially during playing games.

Moreover, the study results have indicated that the coaching style is an appropriate mediator between life satisfaction and intellectual ability in players. These results are in accordance with the findings of Denison, Mills, and Konoval (2017), which assume that the coaching style (automatic, democratic, and holistic) plays a vital role in the sports field. This literary work proves that life satisfaction in the coach affects its guidance nature, which further helps improve the intellectual capabilities of the players, and they can perform their activities in a better way. These results are also approved by the studies of Townsend, Smith, and Cushion (2015) which view that the leader satisfied with his life (both personal and professional) adopt an effective coaching style which may make the players practice efficiently and develop supportive cognitive skills. The results also reveal that the coaching style adopted by the sports team leader is a significant mediator between self-determination and the intellectual ability of the players. These results are supported by the past studies of Jones, Edwards, and Viotto Filho (2016), which reveal that the player's and coach's determination to handle their circumstances affects their way of guidance, and their direction affects the cognitive capabilities of the players performing in the sports field and give them a chance to win the match. These results also match with the sports investigation of Evans (2017), which shows the importance of coaching style between self-determination and the intellectual abilities of the players. The results have shown that the way of coaching of the sports team leader plays a mediating role

between the sports practices and the intellectual ability of the players. The coaching-style affected by the nature and number of sports practices affects the improvement in the intellectual capacity of the players. These results are in line with the past studies of Light and Harvey (2017), which reveal that the sports practices carried on in the sports field influence the way of treatment of the coach, which help improve the cognitive capabilities during a sports performance. These results are also approved by the studies of Collins and Collins (2015). These studies provide hints on how to improve the sports performance of the players in the playground. They indicate that an effective coaching style makes the players intellectually powerful, which helps them achieve desired goals. This effectiveness of the coaching style is influenced by sports practices.

Our study carries both theoretical as well as empirical implications. The study adds significantly to sports-related literature. The study elaborates on the effects of three significant factors such as life satisfaction, self-determination, and sports practices on the intellectual capabilities of the players in the sports field. It analyses that the players who are satisfied with their personal and professional life, who have confidence in their abilities enough to make choices, and the players who have more opportunities to practice the game and learn more, have better intellectual capabilities. Thus, they can consider the situation in a better way, act accordingly, and succeed in achieving their sports goals. This study is one of the initial attempts to introduce the coaching style of the sports team leader as a mediator between life satisfaction, self-determination, and sports practices, and the intellectual capabilities of team players. Besides its theoretical implications, this study has value for several sports teams because it highlights significant elements that may prove to be effective in meeting the objective of football team players. It shows how football team players can develop intellectual capability in themselves, enabling them to absorb the elements necessary for the successful match and use them while playing in the ground. The study elaborates that the players having satisfaction with their personal, professional, and holistic life can have better cognitive skills and sharp memory, which improves their performance. Similarly, self-determination found among players makes them intellectually stronger through positive thinking and the effective football practices enough in number to put all the necessary steps and things in the mind of the players strengthen them both mentally and physically.

Conclusion

The study analyses the importance of intellectual capabilities of the sports players to identify and manage the circumstances in the sports field while practicing and playing the match as well as checking how different personalities and sports factors influence a players' intellectual capabilities. It examines how the life satisfaction of the players helps develop practical cognitive skills in them. Players who are happy with their personal, professional, and holistic life can focus all their attention on their sports motive, take an active part in these practices, analyze situations profoundly and act accordingly. Likewise, the confidence found among players in their own cognitive and physical skills and abilities affects their mind and body's performance. Self-confident players have a strong determination to analyze the situations, manage them, make the right decisions and perform a specific action with prospected results. Practice makes them perfect (both, mentally and physically) for the desired task. These are players who have taken approach effective in nature enough in length and number to strengthen their cognitive ability to identify the circumstances exposed in the sports field, and manage them, find faults and remove them, and make better decisions. All three aforementioned variables help the team leader adopt the best coaching style. The study that the sports team's leaders adoption of a better way to guide the members of the group on how to deal with problems arising while playing and taking advantage of the available opportunities to achieve their target. The coaching-style where the team leader provides a comfortable atmosphere

to the team players, imparts essential points in them, and make them practice to the most considerable possible extent both in lenient as well as strict manner as required and also teach them about morality, contributes to enhanced intellectual capability in them.

Limitations

Despite its utmost importance vis-a-vis sports literature, sports field, and football sports, the current study has certain limitations. These are identified to provide opportunities to the upcoming writer to show their efficiencies while replicating this study. Other factors, in addition the three aforementioned variables, must be addressed by future scholars in relation to the intellectual capabilities of the sports players. Data for this study has been collected from only one particular source, therefore, future studies must collect data from more than one source for the acquisition of adequate supportive material. This study analyses the contribution of life satisfaction, self-determination, sports practices, and coaching style on the intellectual capabilities of the players of Chinese football team. For this reason, the study results lack generalizability. Future scholars should make their research scope broad and generalisable through an analysis of the interrelationship of underlined factors and players' intellectual capability in the football context in other countries.

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