

Role of Altruism and Amnesia on Players' Health in China

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Abstract

Health is a core issue for any age sector especially in the sports industry where players are to perform. Hence, the core objective of the current study is to determine the relationship between psychological factors and players' health in China. Players' health is explored to identify risks that are likely preventable or reversible to develop approaches to make players' health better. To gain the results of the current study quantitative research technique was adopted. Hence a survey from 750 respondents of this study, was conducted to collect primary data. Then this primary data was analyzed with the help of a statistical software; Partial Least Square (PLS) to obtain the end results. The increased value of altruism in the players, increases their confidence. The players because of more values for their altruistic nature, are more confident and enjoy better health. While the players with the increased value of Amnesia easily lose their confidence and health. The current study provides robust knowledge to the players and athletes to understand the role of altruism and amnesia on their health and confidence.

Keywords: Altruism, amnesia, confidence, players' health.

1. Introduction

Players' health is the basic element for any player which identifies a class of the player. The health of most players is not as good as the players want it to be (Wilkinson, 2021). Hence, the health factor is crucial for the players. Normally, players and athletes do plenty of physical work, exercises, and remedies to increase their health, however, they don't pay as much attention to the psychological issues, due to which they continuously face a struggle in acquiring their health at a better level. Most of the time, these are the psychological factors that have the utmost influence on players' health and limit them to produce prominent performances (Kiskis, 2017).

The purpose of the current study is to determine the role of psychological factors such as altruism and amnesia on players' health particularly in China (Cai, 2017). Studies are available on the role of psychological factors, nonetheless, the current study is aimed to describe the relationship between psychological factors, confidence, and players' health. Moreover, the obstacles regarding psychological factors, are discussed in the current study to determine the impact of these psychological obstacles on the confidence and Chinese players' health. In the current study, it is also explored that Chinese players' health is significantly influenced by psychological factors.

The current study helps to understand the role of psychological factors which play a significant role in Chinese players' health and their confidence. Chinese players and athletes will be backed with the meaningful and consequential knowledge available in the current study. Moreover, the current study assists coaching staff to understand the role of these psychological factors in the health of their players and athletes. The current study by exploring the relationship between psychological factors, confidence, and players' health, has adorned much of the inappropriate and irrelevant

knowledge. Hence, the current study helps the current, new, and senior players and athletes to boost their confidence and make their health better.

Plenty of research work is available on psychological factors, however, the role of psychological factors in players' health especially for Chinese players is missing altogether (Miller & Wager, 2017). There are many studies available that explore the relationship between psychological factors and players' performances however, these studies have not discussed the role of psychological factors such as altruism and amnesia in players' health and their confidence. Hence, the current study explores the relationship between altruism, amnesia, confidence, and players' health. Moreover, the mediation role of confidence between the relationship of altruism and players' health, and amnesia and players' health are also described in the current study (Pitts, 2017). Many psychological factors directly influence players' level of confidence and their health. It is observed that players with a high value of altruism in their personalities are less aggressive for the achievement of their goals and objectives (Pichon et al., 2020). Furthermore, the abundant value of altruism in the players makes them a little bit lazy to get started. While the players suffering from amnesia were also facing difficulties to achieve an excellent level of confidence (Budson & Solomon, 2021). To a degree, the players with amnesia were not marvelous to maintain their thoughts. Several factors directly play their role in players' confidence and their health. Therefore, the current study opted only for the role of altruism and amnesia to describe players' health and confidence.

2. Literature Review

2.1 Altruism and Confidence

There are emotions when they reach a certain level then these emotions cause an impressive change in the entire personality of a player (Sommer & Klöckner, 2019). Some emotions last for a certain period while

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some emotions are too huge that they last throughout life from the time they develop in a personality (Wagner et al., 2019). Altruism is one of the emotion or state of mind which gradually begins and passes various levels to be a conspicuous aspect of life. A previous study shows that Altruism is concerned with selflessness for the contentment of others (Skiba, 2019). Players who are busy with their lifestyle and they don't pay attention to others' problems, normally remain in a certain state of mind and continuously ignore if there is a need for their attention, consideration, or help for others around them as they think that this will help them to be focused towards their goals (Uygur et al., 2017). While on the other hand, being only focused on certain goals, sometimes makes the players tired of the situation, and ultimately, they begin to lose their confidence. Therefore, the players with altruism always ready to accept a challenge for helping others, and they don't have to put their energies against their well hence, they achieve confidence in what they do. According to the results of the current study, it is described that Chinese players with raised emotions of altruism are more confident. Hence, it is encapsulated that;

H1: Altruism has positive effects on the confidence of players.

2.2 Amnesia and Confidence

Amnesia is a psychological issue due to which a player loses a large scale of his/her memories which should not have been obliterated (Northrup, 2021). These memories may contain significant memorable actions, milestones in life, vital facts, and key responsibilities the player has been taught or told. Hence, amnesia has an important role in the life of a player (Lad et al., 2019). According to a past study, amnesia describes memory loss (Robin et al., 2019). There are several effects of amnesia however, confusion, memory loss, regular failure in recognition of familiar places or face are very common especially among the players who have amnesia. Another major cause due to amnesia is emotional stress (Tynas & Panegyres, 2020). There is a list of physical illnesses such as high fever and electroconvulsive therapy due to amnesia in a player. Hence, all the aforementioned illnesses due to amnesia in a player cause for lowering the confidence of the player. Moreover, it is also observed that when a player is facing amnesia, the player has problems with his/her short-term memory due to that the player cannot hold on mentally new information. Even the chances of loss of recent memories of the player increase. Eventually, the player with all these illnesses begins to lose his/her confidence and cannot deliver prominent performances which are expected from his/her side. Therefore, it is encapsulated that;

H2: Amnesia has negative effects on the confidence of players.

2.3 Altruism and Players' Health

There are several studies available that explain that

psychological factors directly influence the health of a player (Ricciardelli et al., 2020). It is also evident that with the negative influence of psychological factors, a player's physically healthier body spoils in no time (Leggat et al., 2020). However, literature is also evident that with the positive influence of psychological factors, a weakened body of a player becomes strong enough (Joshi & Rahman, 2019). Altruism is a state of mind or a psychological factor that helps to remain confident and healthier (Kang et al., 2020). It is observed that players with the emotions of a personal tie with their competitors, gradually begin to evolve their negative powers which ultimately return them for their loss by influencing their personalities (Zhang et al., 2017). While altruism helps such players to be possessed of a quality in which they truly care and put others first around them, and only compete with their competitors to win a game, without a personal tie, emotions, and clinch (Cromwell et al., 2020). Hence, the players without altruism, make their minds busy in unproductive, negative, and ineffective planning, thoughts, and reason, due to which they have to consume more energies and because of this they sooner or later face health-related issues. While the players with altruism always enjoy sound health because their mind continuously is producing positive energies. Therefore, it is concluded that;

H3: Altruism has positive effects on players' health.

2.4 Amnesia and Players' Health

Sound health is one of the basic things which is necessary for a player (Fullerton, 2019). Without sound health, a player is unable to perform as per the need or requirement. Several factors are mandatory to produce prominent performances by a player, however, sound health is a unique factor that is more important than any other factor (González et al., 2020). Without sound health, it is even impossible for a player to play. Hence, several factors directly influence the health of players. According to the current study, amnesia is one of the major factors which have a significant influence on the health of a player. Results from a past study show that confusion, inability to identify known places or faces, and memory loss are very common among the players who unfortunately facing amnesia (Rotenberg et al., 2020). One of the hardest realities about amnesia is that; there is currently no treatment that can cure amnesia essentially. Instead, condition management is concentrated as the treatment for amnesia. Hence, players facing amnesia don't enjoy sound health instead they drop their position from their teams or sports clubs (Glover & Bodzin, 2020). According to the results of the current study, the players with a maximum value of amnesia, have to struggle even for basic health in many cases. While lucky players who don't evidence of amnesia enjoy quality health that ultimately helps them to produce unique performances for themselves and their teams (Miller & Amos, 2017). Hence, it is encapsulated that;

H4: Amnesia has negative effects on players' health.

2.5 Confidence and Players' Health

It is very common among players that when they down on their confidence then they present a poor game (Farič et al., 2019). In other words, the confidence of players is reflected by their performances. They are more confident when they present prominent performances while low performances by them refer that they have low confidence. According to a past study, it is confidence that helps a player to feel ready to complete his/her competitors at any level, any surface, and anywhere (Lauer et al., 2020). When a player is more confident, then he/she always looks forward to grabbing opportunities in his/her favor to make unique performances. According to the data of previous research, it is confidence that helps a player

to try again when things are not working out in the favor of the player (Cronin-de-Chavez et al., 2019). Hence, the confidence of a player has a significant role in the whole life of a player. According to the current study, the confidence of a player has momentous effects on both the physical as well as psychological health of the player. It is obvious from the outcomes of the current study that a player enjoys quality of health when the level of confidence of the player is maximum. While players with low confidence also struggle with their general health. Hence, it is encapsulated that;

H5: Confidence has positive effects on players' health

H6: Confidence mediates between the relationship of altruism and players' health.

H7: Confidence mediates between the relationship of amnesia and players' health.



Figure 1. The theoretical framework of the study shows the relationship between altruism, Amnesia, confidence, and players' health.

3. Research Methodology

Primary data were collected from the selected players in China however, the players were selected from various famous games of China based on certain priorities such as a player must have three years of national experience for his/ her game. Hence these players were the respondents of the current study. After the selection of the respondents, a survey aimed to collect the primary data was conducted. Because the nature of the current study is quantitative hence quantitative research method was adopted to conduct the survey. Furthermore, the area cluster sampling approach was applied for the current study, because the population of the current study belongs to various parts of China which is a very wide area. Hence, the whole country was divided into clusters purposed to make it possible and easy to conduct the survey. The sample size of the current study was 1000, as per the previous studies, a sample size of 1000 is considered a very good simple size. Then a questionnaire was designed as a data collecting tool from the respondents of the current study. The questionnaire has three major sections. The first section of the questionnaire contains questions about demographic information of the respondents such as name, gender, age, experience, game, etc. while in the second section of the questionnaire, the respondents were to answer the questions related to the key variables of the current study such as altruism, amnesia, confidence, and players' health. However, the second section of the questionnaire was divided into further four major

categories based on the variables of the study, having two subcategories for each major category. While the last section of the questionnaire contains 20 questions based on a 5-point Likert scale starting from 1 as "Strongly Agree" to 5 as "Strongly Disagree". Corresponding sports clubs of the respondents were contacted to collect the basic contact information of the respondents. However, it was made sure to the clubs and the players to keep this information confidential. Then, the questionnaire along with a brief description of the purpose of the current study was sent to the respondents on their WhatsApp number. After 20 days of the questionnaire sent to the respondents, there were 540 responses. Hence, a reminder voice message was sent to the rest of the respondents after 20 days from the initial message sent to them. There were 280 more responses after the next 25 days of the reminder message. Hence, initially, there were 820 responses received from the respondents. However, 70 responses were excluded because these 70 responses contain ambiguous answers. Hence, there were 750 responses left which were considered as primary data of the current study. Then the primary data were analyzed to obtain the final results of the current study by using PLS. All the measures and scales were adopted from previous studies.

4. Finding

Structural Equation Modeling (SEM) was applied in this study. SEM is carried out by using Partial Least Square (PLS). SEM is based on two major steps. These steps include; measurement model and structural

model (Hair et al., 2012; Hameed et al., 2018; Henseler et al., 2009). In first step of SEM, reliability and validity was examined. For the purpose to confirm reliability, factor loadings were examined which must be above

0.5. Table 1 shows that all the scale items have factor loadings above 0.5. Figure 2 shows the first step of PLS-SEM.

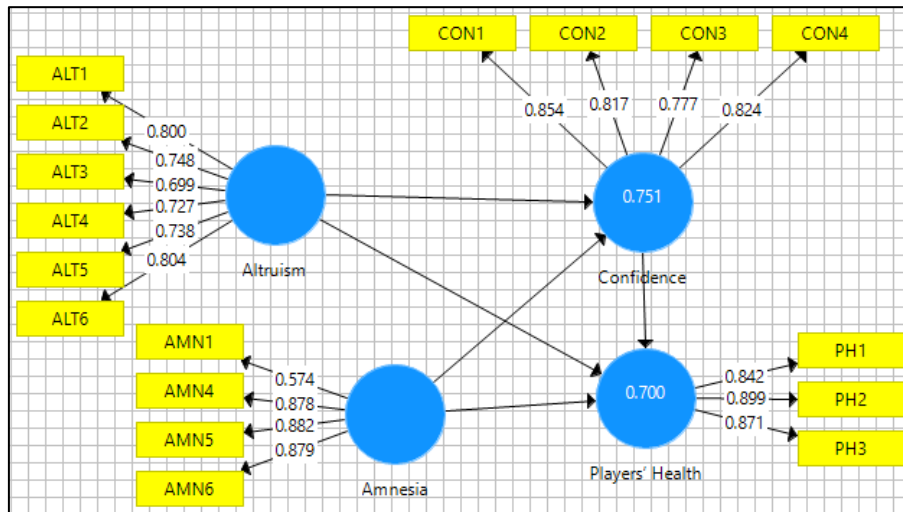


Figure 2. Confirmatory Factor Analysis

Table 1

Factor Loadings

	Altruism	Amnesia	Confidence	Players' Health
ALT1	0.8			
ALT2	0.748			
ALT3	0.699			
ALT4	0.727			
ALT5	0.738			
ALT6	0.804			
AMN1		0.574		
AMN4		0.878		
AMN5		0.882		
AMN6		0.879		
CON1			0.854	
CON2			0.817	
CON3			0.777	
CON4			0.824	
PH1				0.842
PH2				0.899
PH3				0.871

Composite reliability (CR) is also based on the factor loadings. The value of CR should be higher than the 0.7. CR value below 0.7 is not acceptable. Table 2 shows the CR which is above 0.7 for all variables. Convergent validity was confirmed through average variance

extracted (AVE) which must be above 0.5 (Hair, 2010; Hair et al., 2016; Hair et al., 2013). Both the CR and above is the minimum level. Additionally, discriminant validity is given in Table 4.

Table 2

Reliability and Convergent Validity

	Cronbach's Alpha	rho_A	Composite Reliability	(AVE)
Altruism	0.854	0.858	0.887	0.568
Amnesia	0.824	0.869	0.884	0.663
Confidence	0.836	0.839	0.89	0.67
Players' Health	0.841	0.847	0.904	0.759

Table 3

HTMT

	Altruism	Amnesia	Confidence	Players' Health
Altruism				
Amnesia	0.595			
Confidence	0.502	0.522		
Players' Health	0.458	0.888	0.793	

The achievement of the minimum level of reliability and validity, further the data analysis was carried out to examine the relationship between variables. Hypotheses are tested and results are reported in Table 4 and Table 5. Five direct effect are given in

Table 5 are supported and two indirect effect reported in Table 5 are presented. The one mediating hypothesis is supported; however, one is not supported. From total two indirect effect, one is supported, and one is not supported.

Table 4

Direct Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P Values
Altruism -> Confidence	0.026	0.029	0.013	1.999	0.043
Altruism -> Players' Health	0.017	0.019	0.004	4.249	0
Amnesia -> Confidence	-0.853	-0.852	0.027	31.329	0
Amnesia -> Players' Health	-0.132	-0.133	0.035	3.77	0
Confidence -> Players' Health	0.711	0.709	0.077	9.216	0

Table 5

Indirect Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P Values
Altruism -> Confidence -> Players' Health	0.019	0.021	0.029	0.649	0.517
Amnesia -> Confidence -> Players' Health	0.607	0.604	0.067	9.055	0

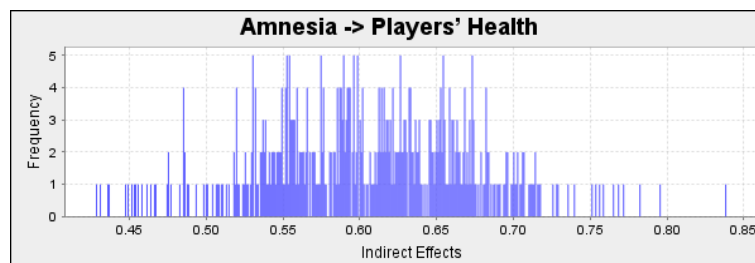


Figure 3. Indirect effect Histogram

5. Discussion

The first hypothesis of the current study defines that altruism has positive effects on the confidence of players. Research from prior literature says that altruism is a force that enables a person to take pleasure in his/her activities (van der Wath & van Wyk, 2020). There is also another past research that evidences the significance of altruism for humans. According to the result of the current study, players especially from China who are familiar with the power of altruism, practice it enthusiastically and eventually the presence of altruism in their cause for an increase in their confidence. Moreover, the players who often lose their confidence, definitely are not in the practice of altruism. Data from past research describes that most of the players don't know the importance of altruism (Mahmood et al., 2019). A player familiar with the potential of altruism normally has a distinguished behavior that is quite

friendly towards everything in the environment. Hence, the player with an enhanced value of altruism deals with the situations and circumstances more confidently especially when he/she is in action for his/her particular game.

The second hypothesis of the current study defines that amnesia has negative effects on the confidence of players. Several past studies describe that a person with amnesia faces several other psychological issues, however, confidence is one of the major issues (Navarro, 2021). With amnesia, a clear difference in the personalities of players is observed, hence, such an unlucky player doesn't have confidence. According to a past study, the confidence of a player is directly influenced by the mental disease of a player (Nowicki et al., 2021). As per the current research, amnesia is a critical psychological factor that has negative effects on the confidence of a player. It is obvious from the analyzed results of the current research that players

who don't suffer from amnesia have no issue with their confidence. On the other hand, unlucky players suffering from amnesia always struggle with their confidence as well.

The third hypothesis of the current study defines that altruism has positive effects on players' health. Players' health is one of the basic factors which defines about the feature and attributes of a player (Xafis, 2020). In the present game environment almost every game of the world, a players' health has significant importance. According to past research, the health of a player determines the performance of the player (Gogos et al., 2020). If a player is enjoying sound health, he/she will continue to perform prominently among his/her fellow member of a team and against his/her competitors. Moreover, from the past literature, it is also obvious that different psychological factors influence the players differently (Cui et al., 2019). According to the current study, altruism is a psychological factor that has a direct relationship with the health of a player. It is clear from the results of the current study that a player has benefits of altruism, particularly regarding his/her health. Hence, altruism is a beneficial factor that cause for a sound health of a player.

The fourth hypothesis of the current study defines that amnesia has negative effects on players' health. Several forces may be internal or external which directly impact the health of a player. Data from a past study shows that internal forces that cause disturbance in the health of a player are sometimes are more dangerous than external forces (da Silva & Amaral, 2019). These internal forces are called the negative psychological factors which have a direct relationship with the health of a player. According to the current research, amnesia is the major psychological factor that has a significant role in the health of a player. Previous literature shows that a patient with amnesia also struggles with physical health besides his/her mental health. Hence, there is a strong connection between the overall health of a player and amnesia.

The fifth hypothesis of the current study defines that confidence has positive effects on players' health. Confidence is a psychological factor that plays a significant role in the life of a person (Taylor, 2019). Some studies describe that it is the confidence of a player that enables the player to compete against competitors and stand with distinguished performances in the career. However, without sound health, the confidence of a player does not do much for

a player. According to the current study, there is a strong relationship between the confidence of a player and the health of the player. Several past research shows that the confidence of a player has significant effects on a player's life (Mancini et al., 2019). Recorded data from the current study shows that increased value of confidence of a player causes an increase in the health of the player. Most of the players live sound health when they are more confident. On the other hand, even a slight loss of confidence for a short period causes a disturbance in the physical health of the players.

The last two hypotheses of the current study are defined as confidence mediates between the relationship of altruism and players' health, and confidence mediates between the relationship of amnesia and players' health, respectively.

6. Conclusion

The final results of the current study show that the confidence of a player is directly influenced by the altruism present in that player. Most of the players without the presence of altruism don't enjoy inner happiness due to which they miss both the spiritual and material qualities of life. Hence, altruism has a key role to boost the confidence of a player. Moreover, it is altruism that causes the sound health of a player. Results of the current study also show that players with the greater value of altruism enjoy sound health. Hence, the health of a player is also significantly influenced by the presence of altruism of a player. Furthermore, according to the current study, amnesia is a factor that has negative effects on the confidence of the players when the value of amnesia increases in players. Temporary loss of memory for the player is very critical, particularly regarding their confidence. As amnesia is a psychological factor that causes many negative impacts for a player. Results of the current study also show that due to common experiences of amnesia in the players cause one of the major reasons for the poor health of the players. Amnesia equally affects the physical and psychological health of the players. Hence, amnesia has negative effects on a players' health and his/her confidence. Finally, it is determined from the results of the current study that increased value of confidence of a player has a significant role in the players' health. Decrease in confidence weaker both the psychological as well as the physical health of the players.

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