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Research on the Cognitive and mental Psychological Properties of Language Comprehension in the Process of Cultural Communication of athletes

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Abstract
The cognitive and mental psychological properties impact the communication channel between the process of cross-cultural communication between athletes. This article discusses the concept of sport psychology that is provisioned between athletes. Cognitive-behavioral Approach and Rational Emotional Behavior Therapy can predominate the Mental State of a sportsperson. This approach and therapy help the trainers to improve or generate positive sports psychology in athletes. REBT and CBA is based upon humanistic approach, as this approach helps the trainer to assist players with self-defeating behaviors and feelings. The article has collected data from sports athletes and data was processes on AMOS 26v and PLS.
Keywords: Cognitive and Mental Psychological Properties, Language Comprehensions, Cultural Communication, Cross-Culture Communication, Athlete's Psychology

Introduction

Sport psychology can be provisioned by using different methods within athletic organizations and athletes. Collectively, Self-Talk, Goal Planning, Relaxation, Imagery, Concentration, and the Cognitive-behavioral Approach can predominate the Mental State of a sportsperson. It helps in assisting athletes in enhancing and maintaining athletic performance (Kryshtanovych, Bilostotska, Ulianova, Tkachova, & Tkachov, 2020; Sheehan, Herring, & Campbell, 2018). However, rather than being exclusively concerned with performance, to improve sport psychology, cognitive-behavioral approaches can help sustain, recover and promote sustain mental wellness (Kim, 2016). The delivery of psychology skill training depends upon sport psychology after recognizing the potential importance of sport psychology in mental health of athletes. Furthermore, the promotion of humanistic approach in sports industry depends upon the necessity of considering athletes as individuals (Gavrilova & Donohue, 2018). Humanistic approach helps the trainer to assist players with self-defeating behaviors and feelings (Raiola & Di Tore, 2017). For treating the mental illness of athletes, sport psychologists should help the coaches in treatment (Purcell, Gwyther, & Rice, 2019); this is professionally and ethically inappropriate for many practitioners.

However, if trainers are competent and qualified in using counselling methodologies. The study indicated that selecting sportspeople as a target population is feasible for such studies, and deeply held with their behavior, beliefs, and attitudes (Monteiro et al., 2020) that positively affect mental health and performance of an athlete (Park, Ahn, Kim, & So, 2020). By emphasizing both rational and illogical (Küttel & Larsen, 2020), the therapy of REB is different from cognitive-behavioral treatments. Rational beliefs are defined in Rational Emotive Behavior Therapy as being reasonable, adaptable, and non-extreme. For example, rational beliefs are consistent with reality (Küttel & Larsen, 2020). Comparatively, irrational beliefs are illogical, dogmatic and extreme. There are four distinct categories of irrational and rational believes. Communication is formed by all the actors engaged in the joint work of mutual participation on the words of other communicators (Balcombe & De Leo, 2020).

The participants of communication are the actors, these actors might have different goals, but conversation needs to be successful to develop shared means of interest. The burden of developing an efficient conversation relies on the actors, therefore, all actors must share their goals. Communication issues are classified according to the stereotyped roles in a communication such as speaker, listener or emitter and receiver, as they might confuse the issue into separate blocks (Schüler, Wegner, & Knechtle, 2014). This activity makes sense as it is global and collective. The communication issues might rely on rational belief system, as it composes the preferences and other believes of actors. These issues might be due to high frustration tolerance (HFT), anti-awful zing (Bista, 2015), and self/other acceptance) (Contreira et al., 2019). The basic idea behind Self-Depreciation work is that communication is an activity based on cooperation between two or more people (R. Liu, 2021).

Furthermore, humans, which are unique to animals, can communicate to maintain non-linguistic and linguistic expression. Furthermore, if we talk about communication, not just the transmission of information, agents should deliberately dedicate themselves to such joint activity (Balaguer et al., 2017). The exchange of information through the use of a symbolic system is known as Linguistic Communication. Language is a compositional entity: it is constructed from discrete components that can be combined (Kang et al., 2015). There are some

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expressions of certain language with an atomic structure; such languages cannot be reduced into constituent parts of a smaller size.

On the other hand, few language expressions have a molecular structure (Azmi & Kusumaningrum, 2019); they are constructed from smaller constituents that may be atomic or molecular. The semantic content of an expression, whether atomic or molecular. It is determined by both the expression's global structure and its constituents' semantic content. To avoid unhealthy beliefs, the study requires a deeper-level communication to counteract with irrational beliefs that may be more effectively treated through the therapy of Rational Emotive Behavior. Humanistic Approach is promoted by the Rational Emotive Behavior (Kang et al., 2015), which the author operationalizes within the sport as 'person first, athlete second.' Rational Emotive Behavior Therapy is humanistic, emphasizing the individual, not the athlete or the performance. As a result, Rational Emotive Behavior Therapy applies to various athlete-related concerns outside performance, including eating disorders, career transition, and personal life issues. The aim of the Rational Emotive Behavior Therapy is recovered, sustain, and improve the behavioral and emotional functionality of athletes, which subsequently assists in achieving long-term goals. Athletes' mental health is frequently overlooked (Blankenship, 2017), where the outcome is paramount, and a quick fix is alluring.

Literature Review

Rational, emotional behavior therapy performance was not born in the literature. Like many other cognitive behavioral techniques, sports and exercise psychologists have adopted rational, emotional approaches for application in performance situations (Andrews, 2019). The treatment of rational emotional behavior began in medical, psychiatric settings, focusing on mental health. Thus, much of the research on the outcomes of mental health (Huang & Shih, 2019) shows that various behavioral and emotional outcomes are linked with irrational beliefs and are detrimental to mental health. The author of article (He, 2020) discusses the literature on irrational beliefs. Previous study indicates that risk factor for mental illness is based on the irrational beliefs. Cognitive behavioral methods, sports and exercise psychologists have adopted rational emotional behavior therapy in performance contexts. As a result, the therapy begins in clinical settings with a strong focus on mental health (Jacocks, 2020). Thus, previous research on the outcomes/consequences of mental health indicates that illogical beliefs contribute to and are associated with various negative changes in the behavioral and emotional aspects and mental conditions of athletes.

The author analyses the literature (Fournier & Attali, 2020) on mental disease based on the irrational beliefs as a risk factor. Previous studies highlight that there are very less studies that indicate the association between reasonable and irrational beliefs on athlete mental health, (Kramer, 2019) demonstrate how illogical and rational beliefs are related to various obvious mental health problems (Monteiro et al., 2020). A deeper knowledge of the mechanisms by which illogical and rational ideas contribute to mental illness provides a platform for future sports study. Although athletes were not the focus of this research, many of the effects associated with irrational beliefs and the effects have the potential to affect the long-term and short-term success and mental health of athletes (Park et al., 2020).

Rational Emotional Behavior Therapy (Kramer, 2019) act as a potentially useful strategy for promoting the positive sports psychology and improved mental health of athletes. Furthermore, it is important to examine the large-scale evidence for rational (Theresa C Ogbuanya et al., 2019) and irrational thinking about mental health (Balcombe & De Leo, 2020). Furthermore, the available literature suggests that irrational beliefs are associated with various disorders, including character, temperament, speech, social, diagnostic, and test disorders in medical and non-medical populations and general, phobic, and obsessive-compulsive disorders (Ali, 2018). At physical level, Compulsive Disorders are based on irrational beliefs and indicate an increase in autonomous physical activity (Soggard & Ni, 2018). Harris, etc. (2006) hypothesized in 2006 that "mental stiffness" results in autonomic stiffness, as measured by an increase in systolic blood pressure. In 2006, Giorgio discovered irrational beliefs, and stated that these beliefs are positively linked to better mental health (Mangela, 2020) (N = 853) in healthy adults, age, and sex. The study of (Han & Yang, 2018) suggests that irrational thinking may be linked to an increased risk of heart disease (Solla Montero & Morales Rodríguez, 2021). It has been proven that irrational beliefs affect physical health. In contrast, irrational beliefs are associated with eating disorders such as bulimia, more severe asthma symptoms, and an increased prevalence of chronic diseases. Previous study indicate that risk-type behavior are positively linked with irrational beliefs and cause mental illness (Han & Yang, 2018). Highly motivated and competitive athletes are constantly subject to time constraints and show a high level of hostility and anger. This is linked to an increased risk of heart disease. Sports research indicates that Rational Emotive Behavior Therapy is an effective intervention to reduce performance anxiety and irrational beliefs, and showed a better competitive performance of an archer.

The study of (Ahn, Back, & Boger, 2019) states that the applied research methodology to demonstrate the usefulness of emotional and rational behaviors with athletes using a standard one-to-one counseling method. However, previous studies have used the

objective performance to determine long-term and short-term effects the athletic success (Singh, 2019). It is unknown at this time what he will do after leaving the post.

In improving the performance of athletes, the researchers have reported that Rational Emotional Therapy is a narrative in improving the mental health of the athlete (Malik, Abdallah, & Hussain, 2016). Still, it is not uncommon for rational, emotional behaviors or effects that increase the performance of rational beliefs. Nor does it produce empirical evidence (Gavrilova & Donohue, 2018). The Rational Emotive Behavior Therapy has supported that sport-related research effectively lowers performance anxiety and irrational beliefs (Küttel & Larsen, 2020). One case study (Sheehan et al., 2018) reveals an archery athlete's improved competition performance. (Ellis & Joffe Ellis, 2019) has studies the applied research methodologies to demonstrate the efficacy of the therapy of Rational Emotive Behavior with athletes. The study has used the one-to-one to improve athletic performance. However, (Theresa Chinyere Ogbuanya et al., 2018) has used objective performance measures to determine the long-term and short-term impacts of Rational Emotive Behavior Therapy on athletic accomplishment (Purcell et al., 2019). It is unknown whether Rational Emotive Behavior Therapy improves kinematic aspects, promotional factors, and skill execution of athletes that contribute to the achievement of long-term goals. These long-term goals depend on the factors such as emotion regulation and motivation level of an athlete. Previous studies has observed improvements in the athlete's performance that they have used Rational Emotive Behavior Therapy anecdotally (Küttel & Larsen, 2020). In this study, the control group and irrational self-talk groups were equally incorrect, and implied that irrational self-talk is more useful than detrimental to performance (Küttel & Larsen, 2020). These laboratory investigations demonstrate that illogical self-adaptation may hinder movement performance in laboratory-based activities. In previous studies, the cognitive-behavior approach called self-talk is found to be beneficial for cognitive regulation, it does not always represent underlying beliefs. In previous research, it was highlighted that REB is an effective therapy in improving the athletic performance, and claim that mental health of an athlete is positively associated with the rational beliefs (Contreira et al., 2019).

For example, mood conditions can predict athletic performance, with athletes who show less frustration, anger, and stress better. Furthermore, current research in Rational Emotive Behavior Therapy (R. Liu, 2021) and Flexibility (R. Liu, 2021) suggests a synergy between Rational Emotive Behavior Therapy and the concept of flexibility, which may be helpful in better understanding and resilience (Ellis & Joffe Ellis, 2019). Despite the widespread belief that irrational beliefs are detrimental to performance, the author works with several athletes and coaches who believe irrational beliefs can help athletes perform better (Jordana, Turner, Ramis, & Torregrossa, 2020). They are against giving up their irrational ideas in favor of rational ideas. Irrational beliefs have a detrimental effect on sports performance (Theresa C Ogbuanya et al., 2019). The opposite view that irrational beliefs have an athletic effect. Has a beneficial effect on Shell discovered in 1978 that some of the people assigned to the irrational self-talk group performed well despite the overall results. (Jordana et al., 2020) finding should not be overlooked. When people think wrong, self-reinforcing sensations can arise, and distortions and exaggerations can become sensational and gain the attention or sympathy of others (Theresa Chinyere Ogbuanya et al., 2018).

In this way, sportspeople can think foolishly and get short-term benefits. Once one considers oneself useless, it becomes acceptable to make the least effort to achieve one's goals (Ortigas-Wedekind, 2022). It is understandable that athletes and coaches are wary of competing with their ideologies, without additional data linking the athletic performance with irrational beliefs (R. Liu, 2021). Although most of the evidence suggests that irrational beliefs are harmful to mental health, there is no denying that they can be extremely beneficial to motor performance (Purcell et al., 2019). To help explain this apparent contradiction, it may be helpful to turn to dynamic theory, such as the theory of self-determination. Individuals are thought to be deliberately motivated by a variety of goals in the theory of self-determination (Pham & Cafazzo, 2022). Thus, Ryan and Deci proposed three different types of stimuli in 1985. These stimuli were significant for an individual's engagement in successful situations: internal stimuli, external stimuli, and stimuli. Internal motivation, various external stimuli (external regulation, introverted regulation, and identifiable regulation), and motivation all represent a continuum of self-determination (Küttel & Larsen, 2020). There are other excellent articles on the complexities of self-determination.

But, for the sake of this article, it is important to understand that internal stimulus means engaging in an activity for the sake of the activity (pleasure, interest and satisfaction from the activity itself) (Sheehan et al., 2018). On the spectrum from internal to external stimuli, an individual's stimuli are guided by different outcomes such as rewards or punishments. Interrogated regulation, which means somewhat self-regulation, is particularly important because of its possible association with irrational beliefs. Pride dictates the duration of the activity, such as self-imposed restrictions such as avoiding shame and remorse or increasing ego. That is, the introverted regulation reflects a self-reliant regulation (Purcell et al., 2019). In 1985, Standage presented an example that resonates with Rational Emotive Behavior Therapy, stating that interjective regulation enables student to

participates in a post-school physical activity program (Theresa C Ogbuanya et al., 2019).
In previous study, the significant relationship between introductory rules and irrational beliefs is important because it can shed light on how irrational ideas can have beneficial and detrimental consequences on the performance of an athlete (Muhammad Talha, 2020). Previous studies state that external regulations characterize the interrogated regulation, when individuals insert or integrate regulations within themselves. More independent external incentives include, among other results, increased engagement, better performance, reduced dropouts, improved learning quality, and higher teacher ratings. Lack of interest, low value, low effort toward success, and greater motivation for students are associated with external regulations. Therefore, these regulations reject responsibility for unfavorable results in a study. Introverted regulation was better associated with increasing efforts, but it was also associated with anxiety and poor ability to deal with failures. Thus, irrational beliefs that reflect introverted regulation may encourage effort in the short term but may have long-term consequences that impair performance.

Methodology

To better analyze the impact of Cognitive and Mental Psychology on Cultural Communication of Athletes, this paper has proposed the following model. Figure 1 shows the CMP (Cognitive and Mental Psychology) is Independent Variable, Cultural Communication (CC) is dependent variable, whereas, Language Comprehension (LC) is the mediating variable.
Each variable carries four items in the Questionnaire, whereas the scale was adopted (H. Liu, Lin, & Zhang, 2017; Lotfi, 2017).

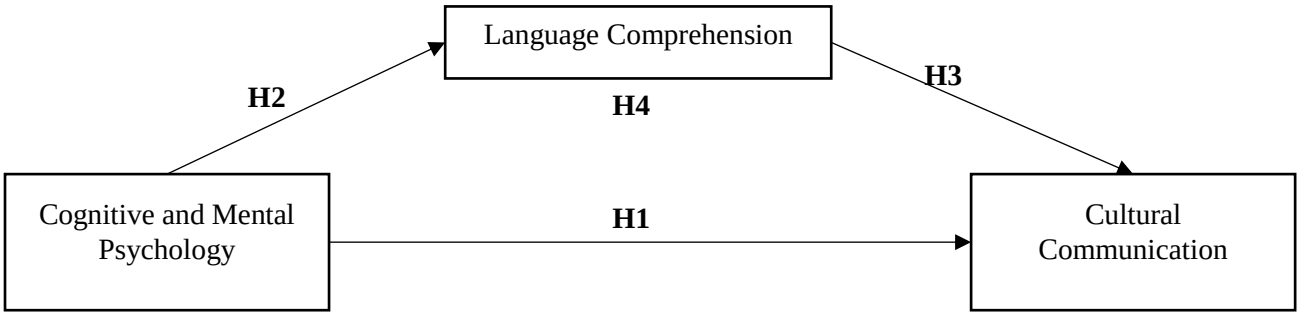


Figure 1: Research Framework

Participants

The data was collected from sports psychological skill trainers. The reason behind selecting this target population for the study is that sports psychological skill trainer train sportspeople for cross-cultural communication, and direct coaches to make it easier.

Reliability of the Test

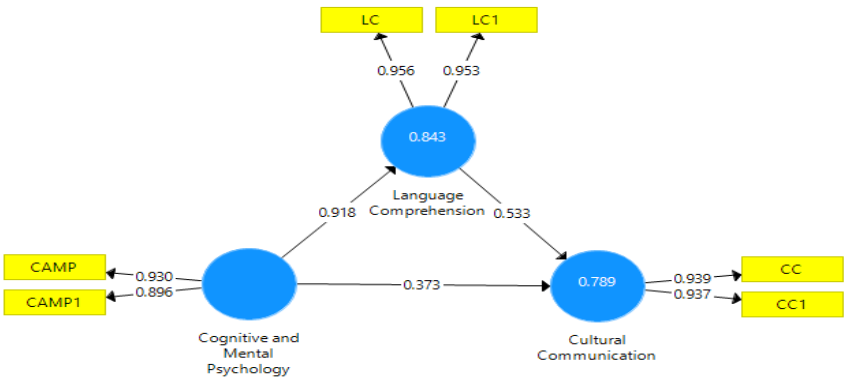
The reliability of the Questionnaire was tested through PLS. In contrast, the data is analyzed on two software AMOS 26v (Model fitness) and PLS.

Hypothesis Statements

H1: The Cognitive and Mental Psychology have a significant impact on Cultural Communication.
H2: The Cognitive and Mental Psychology have a significant impact on Language Comprehension.
H3: The Language Comprehension have a significant impact on Cultural Communication.
H4: Language Comprehension Mediates the relationship between the Cognitive and Mental Psychology and Cultural Communication.

Analysis and Discussion

Figure 2: Smart PLS Algorithm Model



The above model presents that smart PLS Algorithm relation in between independent variable, dependent variable and also that mediator variable the cognitive and mental psychology is independent variable its value is 0.930, 0.896 and its shows that positive relation with cultural communication at rate point is 0.373. the model describes the positive and significant effect with mediator variable which is language comprehensive at rate points are 0.918 and 0.533 respectively.

Assessment of Normality

The table below presents that assessment of normality test analysis of each variable in independent dependent and mediator variable. the result describes that minimum value, maximum value, the skew value also presents that kurtosis values. The culture communication is dependent variable according to the result its minimum value is 1.00 and maximum value is 5.00 the skew value present that -0.476 and kurtosis value present that -0.741 respectively.

Table-1

Variable	min	max	Skew	c.r.	kurtosis	c.r.
CC	1.000	5.000	-.476	-1.943	-.741	-1.512
LC	1.000	5.000	-.659	-2.690	-.735	-1.500
CAMP	1.000	5.000	-.640	-2.612	-.811	-1.656
Multivariate					90.334	82.463

The overall normality analysis shows that negative relation of each variable. the language comprehension is mediator variable its c.r. rate is -2.690 and its kurtosis value is -0.735 the skewness value shows that negative effect which is -0.659. the normality analysis present that multivariate values of kurtosis and c.r. its rate are 90.334, and 82.463 the cognitive and mental psychology present that negative skew value which is -0.640 and its c.r. value is -2.612 respectively.

Regression Weights

		Estimate
Cognitive and Mental Psychology	<--- ICEPT	1.000
Cognitive and Mental Psychology (1)	<---SLOPE	.000
Language comprehension	<--- ICEPT	1.000
Language comprehension (1)	<---SLOPE	.500
Culture communication	<--- ICEPT	1.000
Culture communication (1)	<---SLOPE	1.000

The above result presents that regression weight of each variable with ICEPT and SLOPE with the help of estimate values. The cognitive and mental psychology is independent variable its estimate values is 1.000 and 0.000 at ICEPT level and SLOPE level shows 100% significant estimated value. The language comprehension plays a role as a mediator its estimate level is 1.000 and 0.500 respectively. Last one is culture communication its estimate value is 1.000 for both points included ICEPT and SLOPE.

Standardized Regression Weights

The standardized regression weights describe that estimate values of ICEPT and SLOPE verses variables. The cognitive and mental psychology shows that 0.962 and SLOPE present that 100% significant level result accept the alternative hypothesis and reject the null hypothesis there are significant relation in between cognitive and mental psychology. Another variable is language comprehension according to the standardized regression weights its ICEPT value of estimate is 1.070 and SLOPE value is 0.292 the culture communication present that 1.108 estimate value is ICEPT perspective and 0.605 at SLOPE perspective.

		Estimate
Cognitive and Mental Psychology	<--- ICEPT	.962
Cognitive and Mental Psychology (1)	<---SLOPE	.000
Language comprehension	<--- ICEPT	1.070
Language comprehension (1)	<---SLOPE	.292
Culture communication	<--- ICEPT	1.108
Culture communication (1)	<---SLOPE	.605

Means

The above result describe that means value of each growth curve model related to the cognitive and mental psychology, language comprehension and culture communication. The result present that estimates values, the standard error value, the c.r. values and probability values of each curve. The estimate values are 3.242 and 0.210 respectively. the standard error shows that positive error of standardized of each variable which are 0.132 and 0.087 respectively. The probability describes the significant relation of each variables included independent and dependent variable its shows that 100% significantly levels.

Variance-covariance Matrix of Estimates

The results in below table present that covariance and variance estimate matrix with each other with help of specific values. The result also describes the covariance analysis of each variable. the covariance ratio shows that positive and significant variance ratio with each other at rate level is 0.017 respectively.

	covariance	I Variance	Variance Var	I Mean	Mean
Covariance	.017				
IVariance	-.021	.060			
SVariance	-.010	.008	.013		
Var	.000	.000	-.001	.000	
IMean	.000	.000	.000	.000	.017
SMean	.000	.000	.000	.000	-.006 .008

The result present that significant and positive relation of variables. another one is variance shows that -0.021 value of covariance and 0.060 at level of variance. The mean describes that 100% significant levels of each variable at rate point are 0.000 respectively.

Correlations of Estimates

	covariance	I-Variance	S-Variance	Var	I-Mean	S-Mean
Covariance	1.000					
I-Variance	-.653	1.000				
S-Variance	-.656	.275	1.000			
Var	.144	-.063	-.333	1.000		
I-Mean	.000	.000	.000	.000	1.000	
S-Mean	.000	.000	.000	.000	-.519	1.000

The correlation of estimate represents that interrelation in between covariance, variance, mean of ICEPT and SLOPE 1.000 represents that 100% significant level and inter-correlate of each variable. The values of each correlation estimates are -0.653, 0.144, 0.275, 0.000 respectively. the result present that positive and some negative relation in between each variables include dependent and independent variables.

Reliability Analysis

The result present that reliability analysis of each variables included independent and dependent variable its Alpha value is 0.802 at cognitive and mental psychology the 0.863 rate level of cultural communication and 0.902 shows that language comprehensive value.

Descriptions	Cronbach's Alpha	Rho-A	Composite Reliability	Average Variance Extracted (AVE)
Cognitive and mental psychology	0.802	0.822	0.909	0.833
Cultural communication	0.863	0.864	0.936	0.880
Language comprehensive	0.902	0.903	0.953	0.911

The composite reliability analysis shows that 90% reliability of cognitive and mental psychology 93% reliability level at cultural communication and 95% reliability at mediator variable the research is more reliable for analysis.

Model Fit Summary

CMIN

Model	NPAR	CMIN	DF	P	CMIN/DF
Default model	6	163.679	3	.000	54.560
Saturated model	9	.000	0		
Independence model	6	448.349	3	.000	149.450

The above model present that model fit summary related to the performance of mental psychology and cultural communications. The model describes that saturated model, the independence model and also explain the default mode. Results. The result present that NPAR shows 6.9, and 6 value of each model CMIN value shows that 163.679 at default model perspectives the 0.000 value at saturated model and 448.349 in the independence model. The result also describes the probability values which are 0.000 present 100% significant level. the above model describes the CMIN/DF rate of default model which is 54.560 and at independence model is 149.450 respectively. according to the result the CMIN models fit for analysis and for research related to the mental psychology and cultural communication.

Baseline Comparisons

Model	NFI Delta1	RFI rho1	IFI Delta2	TLI rho2	CFI
Default model	.635	.635	.639	.639	.639
Saturated model	1.000		1.000		1.000
Independence model	.000	.000	.000	.000	.000

This result model describes that baseline comparison of each models the NFI shows values 0.635, 1.000 and 0.000 and RFI value is 0.635 and 0.000 respectively. the result represents the TLI model and CFI model related to the default, saturated and independence model which are 0.639, 0.000 respectively shows positive baseline comparison in between variables.

NCP

Model	NCP	LO 90	HI 90
Default model	160.679	122.427	206.346
Saturated model	.000	.000	.000
Independence model	445.349	379.467	518.634

This result presents the NCP value and LO90 also H190 values of each model for measuring the model fitness summary. The default model shows that NCP value is 160.679, its saturated model present 0.000 significant ratio with each other. The L090 present 122.427, 0.000 and 379.467 values related to the NCP performance. The H190 describe that 206.346 values related to the values model its saturated model present significant level and also that independence model presents the positive hypothesis value with dependent variable which is 518.634.

FMIN

Model	FMIN	F0	LO 90	HI 90
Default model	1.653	1.623	1.237	2.084
Saturated model	.000	.000	.000	.000

Independence model	4.529	4.498	3.833	5.239

The result describes that FMIN value of fitness summary its default model shows that 1.653, saturated model presents that 0.000 values and also that 4.529 value of independence model. The result presents that F0 model of each perspective its rate level is 1.623, 0.000 and 4.498. According to the result its L090 ratios of each model are 1.237, 0.000 and 3.833 shows that significant and acceptable model fitness of each variable. the result present that H190 shows 2.084 value of default model its saturated model value is 0.000 and independence model is 5.239 respectively.

RMSEA

The RMSEA result shows that default mode values and independence model values of each model. Its value of RMSEA is 0.736 and1.225 the L090 value of each model included default model and independence model are 0.642 and 1.130 respectively. The result present that H190 shows positive hypothesis value which is 0.834 and 1.321 its PCLOSE rates is 0.000 which shows significant level of each model.

Model	RMSEA	LO 90	HI 90	PCLOSE
Default model	.736	.642	.834	.000
Independence model	1.225	1.130	1.321	.000

AIC

Model	AIC	BCC
Default model	175.679	176.184
Saturated model	18.000	18.758
Independence model	460.349	460.854

The result present that AIC fit summary related to the mental psychology and cultural communication by measuring the properties of language comprehensive values. The AIC values of each model are 175.679 the saturated model present the value is 18.000 and independence model present the value which is 460.349 respectively. the result present that BCC value related to the model performance its default model shows that 176.184 value of default model its saturated model value according to the result is 18.758 and independence model is 460.854 respectively.

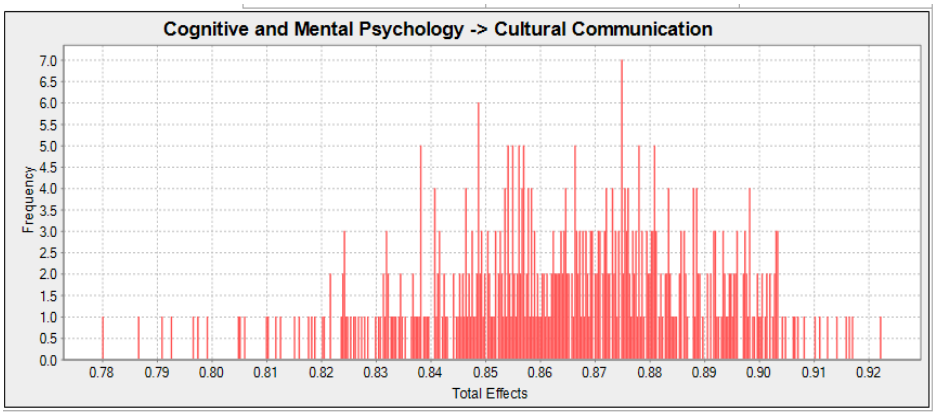


Figure 3: Cognitive model of communication

The above graph presents that total effect analysis of independent and dependent variable the vertical side shows the frequency level and horizontal side present that ratio of total effect in between cognitive and mental psychology and cultural communication.

Minimization History

The minimization history presents that result of all iteration which start from 0 and end at level point 7. The result present that negative eigenvalues, the condition values, the smallest eigenvalues, the diameter rates, also describe the F-statistic value and present the ratio analysis of each iteration. The negative eigenvalue is 3,1,1,1,0,1,0 its condition numbers are 259.853, 182.346, 184.744, 191.530 and 188.907 respectively. the result present that f statistic values of each iteration which are 641.135, 236.619, 191.699, 164.50 respectively. The result presents the minimization history in form of ratios which are 9999.00, 0.930, 0.659, 1.188, 1.118 and 1.002 shows that positive ratio in between variables by measuring the research related to the cognitive mental psychology also cultural communications.

Iteration		Negative eigenvalues	Condition #	Smallest eigenvalue	Diameter	F	NTries	Ratio
0	e	3		-.418	9999.000	641.135	0	9999.000
1	e*	1		-.474	1.390	236.619	18	.930
2	e	1		-.092	.307	191.699	5	.930
3	E	0	259.853		.282	169.922	5	.659
4	E	0	182.346		.050	164.505	1	1.188
5	E	0	184.744		.041	163.710	1	1.118

6	E	0	191.530	.010	163.679	1	1.031
7	E	0	188.907	.000	163.679	1	1.002

The figure below presents that path coefficient analysis of each variables included cognitive and mental psychology and cultural communication. Similarly, vertical side shows that frequency level which start from 0 to 8 and horizontal side present that ratios of path coefficient its start from -0.10 and end at 0.75 respectively the red bar line present the effect of path coefficient.

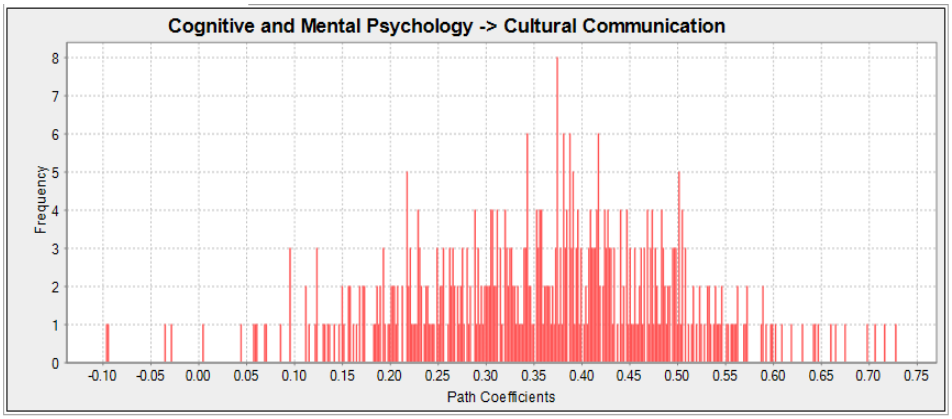


Figure 4: Cognitive model of communication

Conclusion

This paper studies the cognitive and mental psychological properties impact the communication channel between the process of cross-cultural communication between athletes**.** Communication is formed by all the actors engaged in the joint work of mutual participation on the words of other communicators. Communication issues are classified according to the stereotyped roles in a communication such as speaker, listener or emitter and receiver, as they might confuse the issue into separate blocks. Cognitive behavioral techniques, sports and exercise psychologists have adopted rational, emotional approaches for application in performance situations. Cognitive behavioral methods, sports and exercise psychologists have adopted rational emotional behavior therapy in performance contexts. As a result, the therapy begins in clinical settings with a strong focus on mental health. In improving the performance of athletes, the researchers have reported that Rational Emotional Therapy is a narrative in improving the mental health of the athlete. Sport psychology can be provisioned by using different methods within athletic organizations and athletes. The article discusses the concept of sport psychology that is provisioned between athletes. In this paper to better analyze the impact of Cognitive and Mental Psychology on Cultural Communication of Athletes, this paper has CMP (Cognitive and Mental Psychology) is Independent Variable, Cultural Communication (CC) is dependent variable, whereas, Language Comprehension (LC) is the mediating variable. The results indicated that our hypothesis statements were accepted as results were significant and positively correlated.

Recommendations

Following are the recommendations for the study:

- The study lacked the detailed implication of Cognitive-behavioral approaches such as Relaxation, Imagery, and Concentration.
- The study lacked the risk factors which could predominate the Mental State of a sportsperson.
- In future the research could add irrational and rational beliefs of sportspeople regarding sports psychology.
- The Methodology of the study could be designed for building a comparison between athletes and sports psychologists' perceptions about the mental condition and sports psychology.

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