

# Effects of Active Learning and Adaptive Behavior on Personality of Football Players in China

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## Abstract

Football is the game of presence of mind with quality athleticism hence, the effects of psychological factors on the personality of football players cause vigorous results which ultimately affect the players' actions and performances on the ground. It is the personality of the football players that plays a vital role in their consistent performances and building their careers in a highlighted way. According to the current study, active learning and adaptive behavior are the two major psychological factors which affect the confidence and personality of football players, particularly in China. To accomplish the objectives of the current study, a quantitative research approach was adopted. Hence, a survey was conducted to collect the primary data from the 450 football players who were the respondents of the current study, aimed to perform data analysis. The results revealed that an increase in active learning and adaptive behavior; causes an increase in the players' confidence and personality. Hence, the current study helps the players and responsible authorities to make players' personalities object-oriented.

**Keywords:** Active learning, adaptive behavior, confidence, personality.

## 1. Introduction

Prominent achievements by football players largely depend upon their amount of confidence and personality. Besides football players' skill sets, their personalities play an effective role regarding their efforts and achievements. Football players must have a kind of personality that helps them to achieve the demanding objectives of their careers (Leguizamo et al., 2021). Regrettably, the personality development of the players is not considered as their playing skills are focused, and eventually, their playing skills also begin to fall at a certain level just because of flaws present in the players' personalities, particularly in China. Besides, the previous literature shows that the personalities of football players have an adequate influence on their performances. Likewise, researchers have explored that besides football players' skill set, their personalities also have different levels of difficulties which limit them to perform prominently (Rajesh et al., 2020).

Research identifies that football players with developed personalities often stand with prominent performances among their competitors. From previous studies, it is clear that players' personalities play a vital role in their failures and achievements (Abdurasulov et al., 2021). Hence, personality has significant importance for the accomplishment of targets and goals set for football players by themselves and by their coaches. Also, comprehensive knowledge of football players about personality helps them to make their personalities more object-oriented

(Kaplánová, 2021). In terms of ensuring prominent performance by football players particularly in China, there is a need to develop the players' personality. In the context of a football game in China, there are only a few studies available to explore the effects of psychological factors on the confidence and personality of players. Hence, the core objective of the current study is to determine the effects of active learning and adaptive behavior on the confidence and personality of football players (Wong et al., 2011).

Hence, discernible qualities present in the personalities of football players, certainly have positive effects on their performances. A distinct personality is helpful for a player to meet his/her career-related objectives and priorities (Safavi & Bouzari, 2021). Therefore, the role of psychological factors such as active learning and adaptive behavior is very important specifically for personality building particularly for the football players in China. Furthermore, active learning and adaptive behavior both are elements that help players to polish their career in a contemporary way (Halder et al., 2021). This is why the personality of football players is considered as most influential among other factors which affect their performances. The football players with distinct personalities stand apart from the rest (Malina et al., 2007). Regrettably, there is insufficient knowledge regarding the role of active learning and adaptive behavior, in the personality building of football players. According to the current study, the personality of football players is directly

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affected by psychological factors such as active learning and adaptive behavior. Both the psychological factors also affect the confidence of football players. In previous studies, it is found that there is no relationship between confidence and personality particularly in the context of football players (Keskin et al., 2021). Hence, the relationship between confidence and personality is also discussed in the current study. However, according to the current study, confidence mediate between the relationship of active learning and personality, and also between the relationship of adaptive behavior and personality. To acquire robust insight regarding the variables of the current study and the relationship between them, it is vitally important to conduct the research adopting a quantitative approach. Therefore,

the current study aimed to investigate the effects of active learning and adaptive behavior on the confidence and personality of football players, particularly those from China (Dunning et al., 2004).

Besides, active learning and adaptive behavior, several factors affect the personality of football players. Such as financial support, health, and other psychological factors have a distinct role in acquiring confidence and personality for football players. Moreover, there is still a need to interview more players to collect more data that will bring robust insight into findings of the role of active learning and adaptive behavior in the confidence and personality of football players. Figure 1 shows the relationship between active learning, adaptive behavior, confidence, and personality

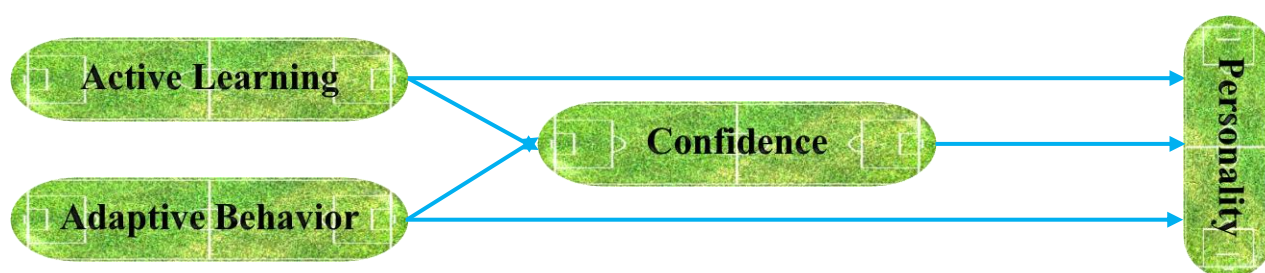


Figure 1. The theoretical framework of the study shows the relationship between active learning, adaptive behavior, confidence, and personality

## 2. Literature Review

### 2.1 Active Learning and Confidence

An approach to observation, discussions, instructions, case studies, problem-solving, and role-plays that involve focus, concentration, and engagement are called active learning (Hodges et al., 2021). The skillset of football players plays a significant role regarding their performances, hence, factors influencing their skill set are very crucial such as active learning (Timmerman et al., 2021). Because the active learning approach helps football players to enhance their skill set. With the help of active learning, football players are able to reinforce themselves towards the actual concepts, material, and skills that are necessary for prominent performances in the game (Murillo-Zamorano et al., 2021). Moreover, it is active learning that provides immediate and more frequent feedback to football players. According to a previous study, the active learning approach provides an opportunity to consider, communicate and process field objectives particularly for football players (Russell et al., 2020). It is noticed that active learning approach helps to build personal connection to the game for football players. However, the football players with a minimal value of active learning, usually are less motivated towards goals set by themselves or by their coaches due to which their confidence level

ultimately decreases. While the football players with the maximum value of their active learning approach remain focused, goal-oriented, and motivated inside and outside of the field. Therefore, the role of the active learning approach is very important that has significant impacts on performances, particularly from football players. Hence it is encapsulated that;

**H1:** Active learning has a positive influence on confidence.

### 2.2 Adaptive Behavior and Confidence

Adaptive Behavior represents the actions, responses, and activities of a football player (Nunes et al., 2020). With the help of healthy behavior, it is easy for a football player to maintain confidence. The adaptive behavior of a football player has a significant value for various aspects of life especially boosting his/her confidence (Escolano-Pérez & Bestué, 2021). Hence, one of the major objectives of the adaptive behavior of a football player is to determine his/her confidence. Previous research investigating the role of adaptive behavior of a person describes that improper adaptive behavior of the person leads him towards deficiency in his/her confidence (Grazziotin-Soares et al., 2021). On the other hand, a healthy and appropriate adaptive behavior of football player cause for a prominent increase in the confidence of the football players. Hence, the adaptive behavior of a football player is very important because it has a direct relationship with his/her confidence.

Additionally, several other factors directly affect the confidence of a football player. Despite an adaptive behavior, football players tend to lose their confidence due to other certain psychological factors which show extreme influence on them (Wunderlich et al., 2021). Nonetheless, when other certain psychological factors are normal for a football player, his/her healthy and proper adaptive behavior certainly causes an increase in his/her confidence. Therefore, it is hypothesized that;

**H2:** Adaptive behavior has a positive influence on confidence.

### 2.3 Active Learning and Personality

The process of learning different methodologies and various functionalities of games, which are football players-centered, is called active learning (Olaniyi, 2020). In, active learning, football players pay attention to self-dedication and devotion concerning polishing their capabilities instead of being taught by some external sources such as getting training from a coach or observing others players' games. Moreover, the center of the active learning process is towards the personal character of the football players (Norouzi et al., 2020). It is the process that initiates with a personal desire of a football player. Hence, active learning plays a vital role in the personality of a football player. The value of active learning determines the nature of a football player. Results of a past study show that the personality of a person is an entity that is directly affected by the actions taken by that person (Swann et al., 2020). When these actions are the clear, conclusive, and decisive personality of a football player become more attractive, acceptable, and exceptional. According to the results of the current study, a player who doesn't pay enough attention towards adopting active learning normally doesn't represent a good personality. Instead, such players have to face various kinds of issues regarding their personalities. Hence, it is clear from the outcomes of this study that active learning has a significant role in personalities of the football players. Therefore, it is hypothesized that;

**H3:** Active learning has a positive influence on personality.

### 2.4 Adaptive Behavior and Personality

A behavior that facilitates a football player to get along in his/her environment with considerable success and minimizes conflict with others is called an adaptive behavior (Wendling & Sagas, 2020). Moreover, adaptive behavior enables a football player to understand his/her situation, setting, and status more clearly and accurately. With the help of adaptive behavior, a football player feels an attentive and beneficial relationship with his/her environment (Ashford et al., 2020). Hence, the adaptive

behavior of a football player has significant value in the life of the player. According to the previous research work, the personalities of many football players are inefficient who don't represent good behavior (Dörnyei, 2006). However, the results of the current study, show that players who show a greater value of their adaptive behavior, have acceptable and decent kinds of personalities. Nonetheless, several other elements cause a good personality however, according to the current study, adaptive behavior is an influential element that directly impacts on personalities of football players. While the players who don't have adopted the adaptive behavior, usually struggle with their personalities too. Therefore, football players with adaptive behavior enjoy a quality of personality. However, football players without adaptive behavior have to face issues regarding their personalities. This is why it is encapsulated that;

**H4:** Adaptive behavior has a positive influence on personality.

### 2.5 Confidence and Personality

In simple words, confidence is a clear state of mind about a particular fact, prediction, or hypothesis. Confidence has a greater role in the overall life of a football player (Madsen et al., 2020). It is the confidence that assures a football player that his/her taken actions are the best or most efficient. According to a past study, confidence is a force that arouses a person towards the accomplishment of his/her set goals (Ghasemi et al., 2020). Hence, confidence is a fact that has numerous effects on the personality of a football player. It is the confidence that makes a football player continue to perform. Otherwise, when a player loses his/her confidence it is hard to maintain continuity in his/her performances. Furthermore, the confidence of a football player helps to make his/her personality more acceptable. Previous literature shows that the personality of a person is affected by various psychological factors (Farahani et al., 2020). Nonetheless, the results of the current research show that the confidence of a player has a direct relationship with the personality of a football player. Moreover, it is clear from the outcomes of the current study that the increased value of confidence of a football player brings constructive, effective, and practical changes in the personality of that player. While a player with lower value of confidence mostly fail to enjoy a productive personality. Therefore, it is hypothesized that;

**H5:** Confidence has a positive influence on personality.

**H6:** Confidence mediates the relationship between active learning and personality.

**H7:** Confidence mediates the relationship between adaptive behavior and personality.

### 3. Research Method

To achieve the objectives of the current research quantitative research method was preferred because qualitative research method or mixed method were not according to the nature of the study, hence, quantitative research method opted. Moreover, it is obvious from the past studies that the quantitative research method allows for a deep study involving the greater accuracy and objectivity of results. Therefore, for the generalization of the effects of active learning and adaptive behavior on the personality of football players in China, a quantitative research method was preferred for the current study. After the selection of the quantitative research method, a questionnaire was designed aimed to collect data from the respondents of the current study. Thus, the questionnaire consists of 6 sets of questions each set containing 2 subcategories. All the questions in the questionnaire were established based on the key variables such as active learning, adaptive behavior, confidence, and personality of football players. However, the questionnaire starts with clear, simple language to briefly explain the objective and topic of the survey. Moreover, a 5-point Likert scale starting from "1" as "Strongly disagree" to "5" as "Strongly agree"; consisting of 20 further questions, was also part of the questionnaire. As the population of the current study was dispersed over a large area hence, the area cluster sampling approach was adopted to meet the objectives of the current study. Respondents of the current study belong to different parts of China which is a very wide area. Therefore, the whole country was divided into different clusters based on specific properties. Then, among those clusters, specific clusters were selected depending upon pre-decided properties of the survey such as the sample size of the current research. The sample size of the current research was 700 as a sample size between 600 to 800 is considered a very good sample size.

Respondents of the current study were football players associated with various football clubs in China. Hence, initially, various football clubs were contacted aimed to collect contact information of the associated players who were following the desired features of the current study. Hence, a list of contact information of the 700 respondents was created. Then, all the respondents individually were contacted via their email addresses. Hence, an email was designed to send the questionnaire to all the respondents individually. Moreover, in the body of the email, the respondents were briefly explained about the core objectives of the current study. After the 10 days of the email sent, there were 320 responses received from the respondents. Hence, a reminder message was sent to the rest of the respondents. After the 20 days of the reminder, there were further 210 responses received. Hence, after 31 days of the initial email sent to the respondents, there were 530 responses received in total. However, 450 responses were used for data analysis purposes because 70 responses were partially filled while 10 responses were rejected because of containing uncertainty of the meaning of their answers. Hence, in total 80 out of 530 responses were rejected, therefore the rest 450 responses were considered as the primary data for the current study. Moreover, PLS was used to obtain the objectives of the current study. All the scales and measures were related to previous studies.

### 4. Analysis

Data analysis of this study is carried out to examine the relationship between variables. Hypotheses was tested in this section which was developed in the literature review. For this purpose, factor loadings were examined through PLS measurement model as given in Figure 2. Factor loadings are given in Table 1 which shows that none of the value is below 0.5.

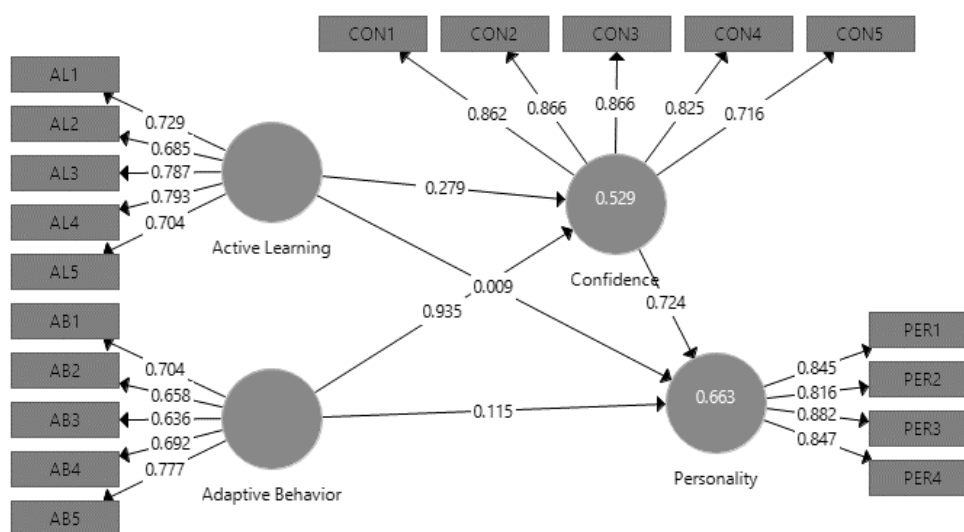


Figure 2. Measurement Model

**Table 1***Factor Loadings*

	Active Learning	Adaptive Behavior	Confidence	Personality
AB1		0.704		
AB2		0.658		
AB3		0.636		
AB4		0.692		
AB5		0.777		
AL1	0.729			
AL2	0.685			
AL3	0.787			
AL4	0.793			
AL5	0.704			
CON1			0.862	
CON2			0.866	
CON3			0.866	
CON4			0.825	
CON5			0.716	
PER1				0.845
PER2				0.816
PER3				0.882
PER4				0.847

It is also important to check the liability of the data. In PLS-SEM, reliability can be examined through composite reliability (CR). It is given in Table 2 which shows that it is above 0.7. CR must be above 0.7 and average variance extracted (AVE) must be above 0.5 J.

Hair et al. (2017); (J. F. Hair et al., 2012; Hair Jr et al., 2010). Both values achieved the minimum threshold level as shown in Table 2. Furthermore, discriminant validity (Henseler et al., 2015) is examined through HTMT as shown in Table 3.

**Table 2***Reliability and Convergent Validity*

	Cronbach's Alpha	rho_A	Composite Reliability	Average Variance Extracted (AVE)
Active Learning	0.805	0.825	0.858	0.549
Adaptive Behavior	0.781	0.859	0.823	0.503
Confidence	0.885	0.888	0.916	0.687
Personality	0.869	0.87	0.911	0.719

**Table 3***HTMT*

	Active Learning	Adaptive Behavior	Confidence	Personality
Active Learning				
Adaptive Behavior	0.542			
Confidence	0.533	0.659		
Personality	0.517	0.621	0.926	

Figure 3 shows the relationship between variables and significance is examined through t-value. T-value above 1.96 is the minimum level for hypotheses acceptance. Hypotheses results are given in Table 4 with direct effect.

Hypotheses results of indirect effect are given in Table 5. Total seven hypotheses results are given which shows that all the hypotheses have t-value above 1.96. Thus, all the hypotheses are supported in the current study.

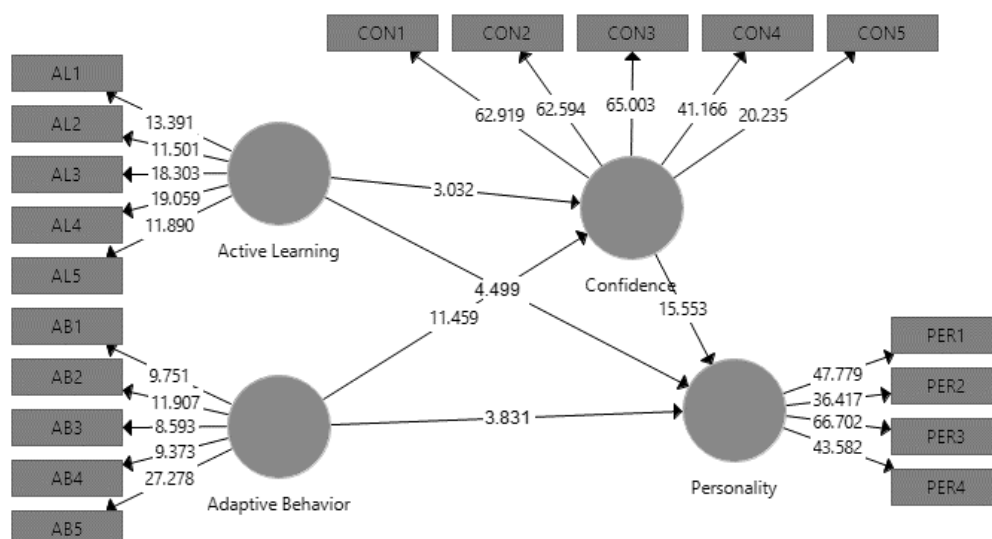


Figure 3. Structural Model

Table 4

## Direct Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics ( O/STDEV )	P Values
Active Learning -> Confidence	0.279	0.267	0.092	3.032	0.001
Active Learning -> Personality	0.009	0.01	0.002	4.499	0
Adaptive Behavior -> Confidence	0.935	0.93	0.082	11.459	0
Adaptive Behavior -> Personality	0.115	0.119	0.03	3.831	0
Confidence -> Personality	0.724	0.721	0.047	15.553	0

Table 5

## Indirect Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics ( O/STDEV )	P Values
Active Learning -> Confidence -> Personality	0.202	0.191	0.065	3.111	0.001
Adaptive Behavior -> Confidence -> Personality	0.677	0.67	0.068	9.917	0

## 5. Discussion

The first hypothesis of the current study illustrates that active learning has a positive influence on confidence. Football players with the habit of active learning have distinct performances among their competitors (Woods et al., 2020). Because active learning makes football players more skillful and able to deal with their problems especially regarding their games. It is active learning that enables a football player to perform actively in every aspect of his/her game. According to a past study, active learning is

a property that empowers a person to achieve his/her set goals and objectives accordingly. With the greater value of active learning, it is easy for a player to boost his/her confidence. It is also noticed that the confidence level of the football players increases quickly when they use to live with active learning. Hence, the role of active learning for building and increases the confidence of football players is very essential. Studies are available showing that most football players fail to obtain their game objective just because of their unskilled, untrained and incompetent nature (Roberts et al., 2020). Whereas, active learning

empowers football players by keeping them busy in various kinds of activities related to their learnings. Hence, ultimately the football players become confident and they play without any fear to compete with their competitors. According to the second hypothesis of the current study; adaptive behavior has a positive influence on confidence. The adaptive behavior of football players is important because it enables them to live in an intact and socially accountable manner (Howells et al., 2020). Moreover, adaptive behavior is necessary for football players to perform daily living activities. Adaptive behavior includes bathing, feeding, dressing, navigational and occupational skills of football players. With the increased value of adaptive behavior, football players are enabled to enhance their confidence. It is determined from the results of the current study that football players who practice adaptive behavior manners usually have raised the value of their confidence. Unfortunately, lose confidence is very common among football player who doesn't follow adaptive behavior (Swainston et al., 2020). Hence, the role of adaptive behavior is very critical for football players, especially in China. Furthermore, the football players who take personal responsibilities and pay attention to their abilities to work, practice, and social skills are more confident concerning the player who doesn't care about these kinds of activities. However, it is the adaptive behavior that helps a football player to increase his/her confidence.

The Third hypothesis of the current study describes that; Active learning has a positive influence on personality. The football players with active learning have a specific position in their team or group because they enjoy another level of their personalities. The personality of a football player becomes more adequate with the help of their habit of active learning (Surakarn et al., 2020). Hence, active learning plays a vital role in the personalities of football players. According to the results of a past study, football players with greater personalities, are in habit of spending most of their time in game-related activities (Dönmez et al., 2021). Therefore, the active learning nature of a football player helps him/her to become a player with his/her charm, identity, and character. If a football player is continuously involved in a habit of active learning, that player becomes a person with a recognizable personality. In a way, active learning helps the football player to bring more enlightenments in his/her personality. While the football player who don't have a habit of active learning, remain unable to enjoy such qualities of personality. Even, such players are not recognized with their personalities. Hence, active learning plays a numerous role in the life of a football player.

The Fourth hypothesis of the current study describes that adaptive behavior has a positive influence on personality. It is obvious from the data present in various past studies that adaptive behavior prompts a football player to bring more accuracy and clarity to his/her personality (Van der Veken et al., 2020). Prior studies also show that the increased value of adaptive behavior in a football player also causes a robust relationship with others that ultimately cause a good personality (Sunuwar et al., 2020). Therefore, adaptive behavior has significant importance, especially for a football player. According to the current study football players without possession of adaptive behavior, normally don't represent a recognizable personality instead the players often suffer from issues regarding their personalities. Hence, it is the adaptive behavior that helps the football players to make their personalities more decent and acceptable. However, except for adaptive behavior, several factors have a direct relationship with the personality of football players, but adaptive behavior is one of the major factors which has a significant relationship with the personality of a football player.

The fifth hypothesis of the current study describes that confidence has a positive influence on personality. Football players' self-belief in his/her ability, experience, and skills is called confidence (Reverberi et al., 2021). In other words, football players who are convinced, courageous, and fearless to play their games by applying their skills, expertise, and abilities, to compete with their competitors are known as confident football players. Hence, confidence is an entity that has a greater impact on players, particularly football players. It is noticed that a player with a greater value of confidence has a definite personality as compared to the football player who doesn't have a recognizable value of confidence. Therefore, the confidence of football players helps them to make their personalities more attractive and acceptable among their societies and fans. According to a past study, various psychological factors impact differently on the personalities of football players (Pang et al., 2020). Hence, according to the current study, a psychological factor: the confidence of the football player has a direct relationship with the personality of football players. It is obvious from the results of the current study that increased value of confidence in a football player causes conclusive changes in the personality of that player. However, football players with losing confidence, don't enjoy a distinct personality. Last two hypothesis of the current study describes; confidence mediates between the relationship of active learning and personality. And confidence mediates between the relationship of adaptive behavior and personality.

## 6. Conclusion

The personality of a football player is influenced by his/her level of confidence, active learning, and adaptive behavior. Several factors directly influence the personality of a football player however, according to the current study psychological factors such as active learning and adaptive behavior have conspicuous effects on both the confidence and personality of a football player especially those who

belong to China. Moreover, it is also eliminated from the final results of the current study that a football player with prominent performances among his/her competitors always comes with a great level of confidence and personality. Mostly the football players who don't have an acceptable personality, suffer to deliver even the required level of performance. While it is the active learning and adaptive behavior of a football player that helps the football player to enhance his/her confidence and personality.

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