Player's Physical Fitness, Training Process, and Team Support Impact on Football Team Performance in Thailand: Mediating Role of Player Satisfaction

Mochammad Fahlevi[1], Kittisak Jermsittiparsert[2], Navaporn Wongsuwan[3], Mohammed Aljuaid[4], Khunanan Sukpasjaroen[5], Thitinan Chankoson[6]*

Abstract
Globally, team performance has become a crucial factor for the success of any sport, attracting the interest of regulators, coaches, and new researchers. Therefore, the current study investigates the impact of critical factors such as physical fitness, training process, and team support on the performance of the Thai national football team. In addition, this article examines the mediating effect of player satisfaction on the relationships between physical fitness, training process, team support, and football team performance in Thailand. The researchers collected the data using primary data collection methods such as questionnaires. The respondents were selected using purposive sampling, and smart-PLS was used to assess the reliability and relationships between variables. The results demonstrated that physical fitness, training process, and team support positively affect the performance of the Thai national football team. In addition, the results indicated that player satisfaction significantly mediates the relationships between physical fitness, training process, team support, and football team performance in Thailand. This article assists regulators in developing regulations regarding team performance and serves as a guide for future researchers investigating this field.
Keywords: Physical Fitness, Training Process, Team Support, Football Team Performance, Player Satisfaction

Introduction

In any developing nation, sports are of paramount importance. Different sports are played at various institutional (school, college, and university) regional, national, and international levels. The meanings of sports vary at multiple levels (Ramos, Lopes, & Araújo, 2018). Sports have developed as a significant contributor to a nation's socioeconomic development. Active participation in sports improves the health and productivity of a community, reduces medical expenditures, instills character traits such as discipline, determination, and endurance, fosters the development of great leaders, and builds social cohesion. Sports are a massive national and international industry, influencing nations' political, economic, and cultural elements worldwide (Hammami et al., 2018; van Kleef et al., 2019). Sports, particularly in politics, can influence nations, their identities, and the entire world Sriyakul, Fangmanee, and Jermsittiparsert (2018). Individual sports team success elevates sports to an international level (Los Arcos & Martins, 2018; Taylor et al., 2017). Active engagement, strong communication, trust and commitment, cooperation, clear roles, periodic evaluation, and an optimistic but realistic outlook are characteristics of an effective team. Physical fitness, the training procedure, and team support are the three most important determinants of a sports team's advancement. Regular physical fitness activities in sports can aid in the prevention of chronic disease, the development of a healthy heart and bones, and the enhancement of cognitive capacities. These activities help manage diabetes, weight reduction, blood circulation, and stress levels (Rizvandi et al., 2019). Periodic training programs develop fundamental skills in team members that are essential to the team's performance. Similarly, the assistance of a coach, team leader, or other team members is beneficial for guiding a team toward advancement (Geldenhuys et al., 2021; Póvoas et al., 2018).

Our research investigates the effects of physical fitness, the training procedure, and team support on Thailand's player confidence and team performance. The topic of the study is the Thai national football team in the sports industry. It is an emerging economy with an upper-middle income. In 2020, its gross domestic product will be valued at $509.200 billion. Sports are the source of national and worldwide reputation and income (Hermassi, Laudner, & Schwesig, 2019; Ochieng, 2018). The Football Association of Thailand controls the Thailand national football squad, RTGS, which competes in senior international football on behalf of Thailand. Thailand is Southeast Asia's most successful football team, having won five AFF Championship trophies and nine Southeast Asian Games gold medals at the senior level, more than any other Southeast Asian nation (Paul, Marques, & Nassis, 2019; Stull, Glick, & Kamis, 2021). Thailand placed third at the 1972 AFC Asian Cup, which it hosted, and has had seven overall appearances in the AFC Asian Cup. In addition, the team placed fourth at the Asian Games in 1990 and 1998 and participated in the Summer Olympics three times. Thailand, however, fell short of both the continental and worldwide records. The team won its first AFC Asian Cup in 2007 and had to wait 47 years to advance past the group stage in 2019. Thailand also reached the final round of World Cup qualifying twice, in 2002 and 2018, but failed to qualify for the

[1] Management Department, BINUS Online Learning, Bina Nusantara University, Indonesia; mochammad.fahlevi@binus.ac.id
[2] Faculty of Education, University of City Island, Cyprus; kittisak.jermsittiparsert@adakent.edu.tr
[3] School of Communication Arts, Sukhothai Thammathirat Open University, Thailand; 4641500352@stou.ac.th
[4] Department of Health Administration, College of Business Administration, King Saud University, Saudi Arabia; maljuaid@ksu.edu.sa
[5] Chakrabongse Bhuvanarth International Institute for Interdisciplinary Studies, Rajamangala University of Technology Tawan-OK, Thailand; khunanan_su@rmutto.ac.th
[6] Faculty of Business Administration for Society, Srinakharinwirot University, Thailand; thitinanc@g.swu.ac.th **(**Corresponding author**)**

tournament both times (Abdullah et al., 2021; Ogunfowora et al., 2021).

Even though Thailand's football team is the most successful in Southeast Asia, it still requires more effective football players, a high-quality practice environment, and help for competent players to put and fix their feet on the field (Dijkstra et al., 2021; Wan, Ng, & Lin, 2020). To meet this demand, this study examines the effects of physical fitness, training procedures, and team support on team performance. Our study is also concerned with the influence of physical fitness, the training method, and team support on player contentment and the function of player happiness in enhancing team performance. Our research significantly contributes to the existing literature since it fills in gaps. In the past, numerous authors have examined the effects of physical fitness on players and the training process on the performance of sports teams. Rarely has a study addressed the impact of team support and physical fitness and training procedure on team performance for the first time. The analysis of player satisfaction as a mediator between physical fitness, training process, team support, and team performance significantly contributes to the literature, as few studies have examined player satisfaction as a mediator between the factors mentioned above. The analysis of the football team's performance in Thailand is novel in the sports literature.

This paper is divided into numerous sections. In the second section, the concepts of the study regarding the relationship between physical fitness, the training process, team support and player satisfaction, and team performance are proposed using the arguments presented by previous authors. The following section clarifies the method used to acquire supporting data and evaluate them to derive results. The fourth section validates the study's findings in light of prior research. The conclusion summarizes the entire study, its consequences, and future recommendations.

Literature Review

Working as a team promotes a healthy competitive edge that can benefit the team and each member. Teamwork in sports enables members to collaborate to achieve a common objective. This may involve winning the league, edging out a rival, or simply advancing as a unit. The effectiveness of a successful sports team is determined by the coach, team captain, and individual team members. A sports team is effective if its members exhibit active participation, good communication, trust and commitment, cooperation, clearly defined roles, periodic evaluation, and a positive but realistic outlook. Numerous variables could affect the performance or efficiency of the team. Our study investigates the relationships between physical fitness, the training process, team support, player satisfaction, and team performance. The influences of physical fitness, the training process, and team support on player satisfaction and team performance comprise a substantial portion of the previously conducted literature, which the current study utilizes to illustrate its concepts.

Mancha-Triguero et al. (2019) conducted a study to investigate the effects of physical fitness on players' playing efficiency and team performance. The research was conducted in multiple databases to systematically determine the role of physical fitness in players' team performance. Forty pieces of literature were selected for this purpose. The physical fitness enables players to understand the game's requirements, participate actively, communicate effectively with others, and strive to achieve team goals, as indicated by the study. Los Arcos, Martínez-Santos, and Castillo (2020) conducted an empirical study to determine the relationship between physical fitness, soccer team composition, and competitive participation. From 1994 to 2013, pertinent data to support the study's concepts were collected from 192 players (approximately 20.2 years old) enrolled in the Spanish reserve team, a La Liga club. This study demonstrates that as physical fitness improves players' mental and physical health, it fosters the development of team-enhancing traits such as communication, active participation, commitment, awareness, and punctuality, among others. Given the preceding discussion, we can conclude:

H1: There is a positive relationship between physical fitness in players and team performance.

Fox et al. (2018) systematically analyzed the relationship between a sports team's training processes and performance outcomes. We searched the SPORTDicus, PubMed, and PsycINFO databases for a study published before July 2018. The application of predefined selection criteria and methodological quality resulted in the selection of data from 26 studies that have criteria pertinent to training load and team performance. This literary workout demonstrates that inadequate training load is advantageous for physiological and physical adaptations, thereby reducing the risk of injury and illness and increasing the likelihood of competitive performance by the opposition. Therefore, periodic training results in performance enhancement. Woods et al. (2019) examine the relationship between innovative training environments and elite sports team performance. The constraints-led framework was utilized for empirical research and quantitative data collection. The performance of teams coached by three AFL coaches over five years was evaluated, and quantitative data regarding innovative training and its effect on team performance were collected. The study suggests that periodic training for a player's physical strength and endurance improves skills and fosters ambition, passion, confidence, and motivation, all of which are necessary for team members to effectively complete assigned tasks and contribute to the team's achievement of its goal. Consequently, we may state the following hypothesis:

H2: There is a positive relationship between the training process and team performance.

Sopa and Pomohaci (2018) present their perspectives on the empathetic or supportive relationship between team leaders and team members and examine its impact on volleyball team performance. This investigation utilized the survey, observation, and sociometric tests. The sample of 12 mini-volleyball players (ages 10 to 12) who compete in the national youth championship provided the data. This study demonstrates that in sports, the coach's attitude toward the players under his tutelage influences the players' conduct and performance efficiency during practice and competition. When a leader demonstrates empathy for players, treats them with courtesy, and builds their confidence through repeated encouragement, the players feel supported, develop an inner commitment to the leader, and work diligently to improve the team's performance and reputation.

Similarly, Ribeiro et al. (2019) research examine team members' supportive behavior and performance. The support from teammate players (financial, cognitive, and physical support) provides them with mental tranquility, game knowledge, and motivation to complete assigned tasks efficiently. Thus, the team's performance is exceptional, and they effectively achieve their objectives. Griffin et al. (2020)

investigated the relationship between team support and performance in their study. According to this study, when players exhibit supportive behavior in the form of ethical conduct, effective communication, information sharing, and physical assistance during practice, it is possible to solve problems, overcome obstacles, and play according to game standards. Thus, team objectives can be effectively achieved. Therefore, it can be stated:

H3: There is a positive relationship between team support and team performance.

Keatlholetswe and Malete (2019) presented a literary work analyzing the effects of player physical fitness on player satisfaction and team performance. This study hypothesizes that athletes with a healthy body, a sound mind, and strong muscles and bones are more prevalent in sports teams whose leaders make provisions for the physical fitness of team members through an appropriate diet plan and various exercises. This generates encouragement, endurance, and the capacity to concentrate on the subject. With physical fitness, they are refreshed, at peace, and motivated to play. Thus, the players are content and have little concern about the outcomes of games, resulting in improved team performance. Terner and Franks (2021) research suggests that when a leader demonstrates concern for the health and physical activity of team members, they experience cognitive and emotional satisfaction, which motivates them to perform to the best of their abilities to achieve team goals (Leinonen, 2022; Sudhan & Nandhini, 2022).

Similarly, Lee and Hur (2019) state that players' confidence, which is required for improved performance, is a result of players' satisfaction. When the players feel physically prepared for action on the playground, their level of satisfaction rises. The team members can maintain their concentration on the situation, handle issues, and collaborate effectively during practice and matches due to their contentment. Following the preceding discussion, the following hypothesis is offered:

H4: Player satisfaction is mediating between physical fitness in players and team performance.

Burnie et al. (2018) investigated the link between sports training, player happiness, and sports team performance. Using an open-ended, semi-structured technique, thirteen of the world's greatest coaches and athletes in Bicycle Moto-Cross (BMX), track cycling, sprint kayaking, rowing, and athletics were contacted for an interview. Coaches and athletes were questioned regarding training program design, training intensity, player satisfaction, and team performance. The application of a theme analysis is demonstrated. Through member verification and analyst triangulation, the data's integrity was increased. The research suggests that the design of monthly sports training programs impacts the efficiency of training programs in teaching athletes playing skills and techniques. Reasonable training procedures instill a sense of satisfaction in the players and increase their participation, collaboration, and teamwork, which is beneficial for achieving team objectives. According to Mujika et al. (2018), the training process provides regular opportunities for team members to improve their playing skills, including their knowledge of the game, their ability to analyze situations, their ability to predict the behavior of opposing team members, and their awareness of playing tricks. This facility raises the satisfaction of team members and enhances their performance. Hence:

H5: Player satisfaction is mediating between the training process and team performance.

Fransen et al. (2018) conducted a study to determine the effects of team support on players' level of satisfaction, intrinsic motivation, and overall sports team performance using Cognitive Evaluation Theory, a sub-theory of Self-Determination Theory. 120 male basketball players were divided into five groups for analysis. Then, each of these groups was randomly allocated to one of three experimental conditions. In these experimental conditions, the squad is supported by either the coach, the athletic leader or both. This experiment demonstrates that when players receive encouragement from coaches or leaders during practice, they experience a sense of satisfaction and are intrinsically motivated to perform well, improving the team's overall performance. Sasaki et al. (2017) determine the association between team support, player satisfaction, and sports team performance in their study. The study's hypothesis is that team support arouses team members' emotions and gives them a sense of fulfillment, resulting in a relationship between the leader and the team. Due to this commitment, the sports team performs well. Given the above debate, we propose the following hypothesis:

H6: player satisfaction is mediating between team support and performance.

Research Methods

This article investigates the impact of physical fitness, training process, and team support on football team performance in Thailand, as well as the impact of player satisfaction as a mediator between physical fitness, training process, and team support and football team performance. The dependent variable in the present study is team performance (TPR), which is measured using a seven-item, five-point Likert scale. In addition, the article uses player satisfaction (PS), a five-item construct with a five-point Likert scale, as the mediating construct. The researchers have adopted three predictors with five-point Likert scales: physical fitness (PF) with twelve items, training process (TP) with eight items, and team support (TS) with six items. These constructions and their connection are shown in Figure 1.

The researchers collected the data using primary data-gathering methods such as surveys. The respondents were selected using purposive sampling for the study. The study population comprises all football club players in Bangkok, Thailand, with more than ten years of experience. Approximately 720 questionnaires were sent to the players via personal visits, and 720 questionnaires were distributed. After ten days, only 374 valid questionnaires were collected and analyzed, representing a response rate of around 51.94 percent. In addition, the researchers have utilized smart PLS to examine the dependability and correlations between factors. Smart-PLS is regarded as a powerful data analysis tool, particularly for primary data, and it functions effectively even when researchers have big data sets and intricate frameworks (Hair, Sarstedt, & Ringle, 2019).

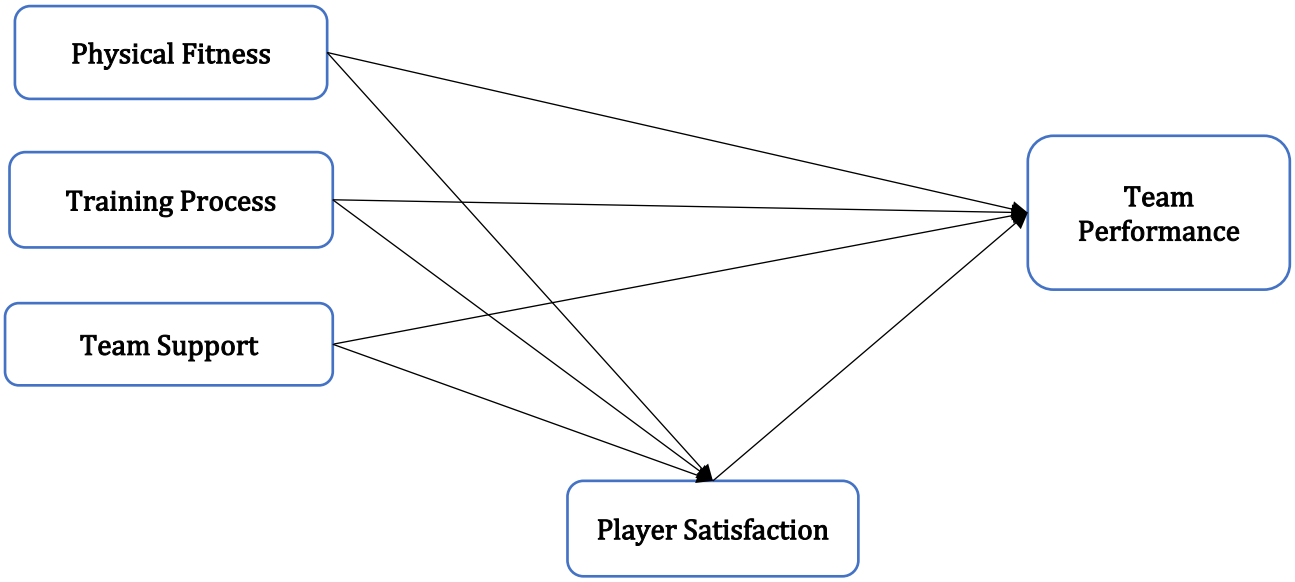

Figure 1: Theoretical model

Research Findings

Using discriminant and convergent validity and factor loadings, the article's findings reveal the validity and reliability of the items and constructs. Path analysis also reveals the direct and indirect relationships between the constructs. First, the results of this study indicate the factor loadings that expose the items' validity. According to the data, all item weights are more significant than 0.50. These results demonstrated that all the things in Table 1 are valid, as detailed below:

Table 1

Factor loadings

Variables	Items	Factor Loadings
Physical Fitness	PF1	0.618
	PF10	0.514
	PF11	0.717
	PF12	0.825
	PF2	0.779
	PF3	0.782
	PF4	0.840
	PF5	0.740
	PF6	0.771
	PF7	0.796
	PF8	0.651
Player Satisfaction	PS1	0.833
	PS2	0.814
	PS3	0.708
	PS4	0.775
	PS5	0.743
Training Process	TP1	0.814
	TP2	0.651
	TP3	0.732
	TP4	0.825
	TP5	0.840
	TP6	0.792
	TP8	0.791
Team Performance	TPR1	0.675
	TPR2	0.768
	TPR3	0.870
	TPR4	0.853
	TPR5	0.829
	TPR6	0.738
	TPR7	0.717
Team Support	TS1	0.824
	TS2	0.793
	TS3	0.753
	TS4	0.854
	TS5	0.672
	TS6	0.768

Second, the current study's results demonstrate convergent validity, revealing the inter-item relationships. Alpha values are more significant than 0.70, average variance extracted (AVE) statistics are more significant than 0.50, and composite reliability (CR) values are more significant than 0.70, according to the data. These statistics demonstrate that high inter-item relationships and convergent validity are valid. Table 2 displays the concurrent validity.

Table 2

Convergent validity

Variables	Cronbach's Alpha	Composite Reliability (CR)	Average Variance Extracted (AVE)
PF	0.9130	0.9280	0.5420
PS	0.8340	0.8830	0.6020
TP	0.8920	0.9150	0.6090
TPR	0.8920	0.9160	0.6110
TS	0.8710	0.9020	0.6080

The results of this study also demonstrate the discriminant validity that revealed the relationships between variables. Fornell Larcker was first used to evaluate the discriminant validity. The numbers indicated that the values showing the relationships with other constructs were less than those revealing the relationship with the variable. Thus, it is demonstrated that the variable's relationships with itself are more robust than those with other constructs. These statistics highlight that low relationships between variables

and discriminant validity have been demonstrated to be valid. The Fornell Larcker outcomes are displayed in Table 3 below.

Table 3

Fornell Larcker

	PF	PS	TP	TPR	TS
PF	0.737				
PS	0.501	0.776			
TP	0.601	0.438	0.780		
TPR	0.823	0.559	0.608	0.781	
TS	0.599	0.485	0.463	0.604	0.779

The discriminant validity was then evaluated using the cross-loadings approach. The numbers indicated that the values that revealed the relationship between the variable and itself were more significant than those that revealed the relationship between the variable and other variables. These figures reflect that modest connections between variables and discriminant validity have been demonstrated to be valid. The cross-loading results are listed in Table 4 below.

Table 4

Cross-loadings

	PF	PS	TP	TPR	TS
PF1	0.618	0.412	0.431	0.573	0.698
PF10	0.514	0.309	0.353	0.452	0.615
PF11	0.717	0.427	0.355	0.579	0.361
PF12	0.825	0.293	0.459	0.615	0.352
PF2	0.779	0.313	0.402	0.585	0.331
PF3	0.782	0.283	0.450	0.571	0.298
PF4	0.840	0.414	0.538	0.720	0.433
PF5	0.740	0.346	0.532	0.700	0.391
PF6	0.771	0.242	0.360	0.538	0.327
PF7	0.796	0.491	0.481	0.694	0.429
PF8	0.651	0.446	0.443	0.538	0.624
PS1	0.402	0.833	0.358	0.428	0.373
PS2	0.452	0.814	0.428	0.511	0.389
PS3	0.372	0.708	0.290	0.444	0.445
PS4	0.342	0.775	0.291	0.356	0.342
PS5	0.357	0.743	0.310	0.404	0.322
TP1	0.508	0.377	0.814	0.502	0.338
TP2	0.348	0.207	0.651	0.408	0.372
TP3	0.364	0.179	0.732	0.431	0.295
TP4	0.513	0.403	0.825	0.535	0.424
TP5	0.527	0.414	0.840	0.502	0.351
TP6	0.474	0.381	0.792	0.460	0.351
TP8	0.506	0.358	0.791	0.471	0.399
TPR1	0.654	0.390	0.453	0.675	0.547
TPR2	0.614	0.300	0.479	0.768	0.436
TPR3	0.718	0.389	0.482	0.870	0.505
TPR4	0.698	0.375	0.474	0.853	0.478
TPR5	0.729	0.451	0.520	0.829	0.476
TPR6	0.546	0.540	0.453	0.738	0.479
TPR7	0.501	0.643	0.464	0.717	0.368
TS1	0.486	0.381	0.367	0.513	0.824
TS2	0.413	0.383	0.338	0.365	0.793
TS3	0.396	0.361	0.386	0.424	0.753
TS4	0.540	0.449	0.416	0.581	0.854
TS5	0.538	0.331	0.345	0.535	0.672
TS6	0.380	0.347	0.290	0.335	0.768

Lastly, the discriminant validity was evaluated using the Heterotrait Monotrait (HTMT) ratio. According to the data, HTMT ratios are less than 0.85. These statistics highlight that low relationships between variables and discriminant validity have been demonstrated to be valid. The HTMT results are displayed in Table 5.

Table 5

Heterotrait Monotrait ratio

	PF	PS	TP	TPR	TS
PF					
PS	0.562				
TP	0.654	0.488			
TPR	0.700	0.650	0.682		
TS	0.666	0.562	0.520	0.667	

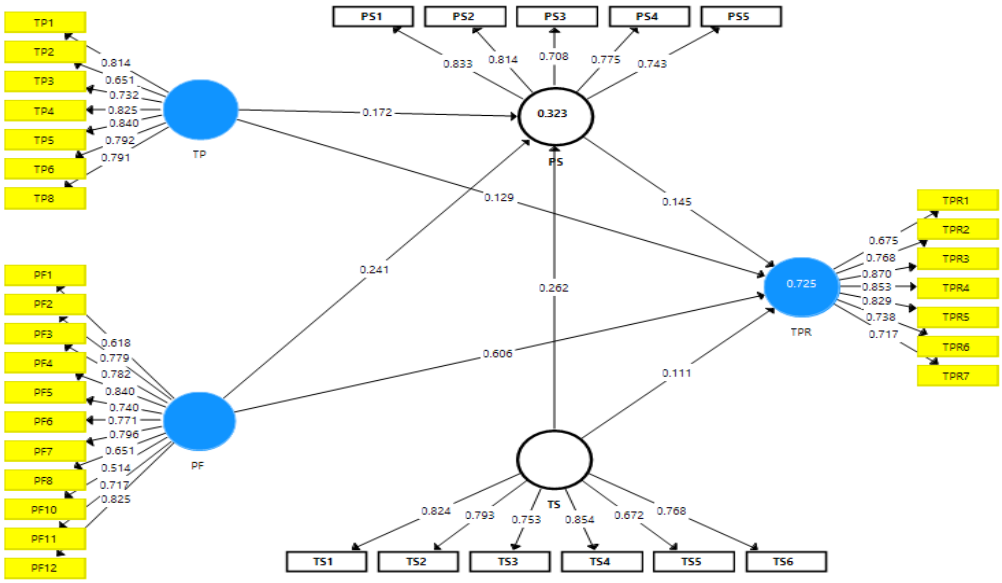

Figure 2: Measurement model assessment

The structural model illustrates the connections between the constructs. In path analysis, direct relationships between the constructs have been highlighted. Accept H1, H2, and H3 as physical fitness, training process and team support positively affect the performance of the Thai national football team. The results for direct relationships are highlighted in Table 6 below.

Table 6

Direct path

Relationships	Original Sample	SD.	T Statistics	P Values	LL.	UL.
PF -> PS	0.241	0.064	3.775	0.000	0.1090.357	
PF -> TPR	0.606	0.039	15.737	0.000	0.5360.681	
PS -> TPR	0.145	0.036	4.028	0.000	0.0740.217	
TP -> PS	0.172	0.059	2.926	0.004	0.0550.287	
TP -> TPR	0.129	0.041	3.160	0.002	0.0440.199	
TS -> PS	0.262	0.060	4.398	0.000	0.1500.387	
TS -> TPR	0.111	0.042	2.658	0.008	0.0260.196	

In path analysis, indirect relationships between the constructs have also been shown. The results also indicated that player satisfaction significantly mediates the relationships between physical fitness, training process, team support, and football team performance in Thailand, thus rejecting hypotheses H4, H5, and H6. The results of indirect correlations are noted in Table 7 below.

Table 7

Indirect path

Relationships	Original Sample	SD.	T Statistics	P Values	LL.	UL.
TP -> PS -> TPR	0.025	0.010	2.517	0.012	0.007	0.048
TS -> PS -> TPR	0.038	0.014	2.628	0.009	0.016	0.074
PF -> PS -> TPR	0.035	0.013	2.676	0.008	0.013	0.063

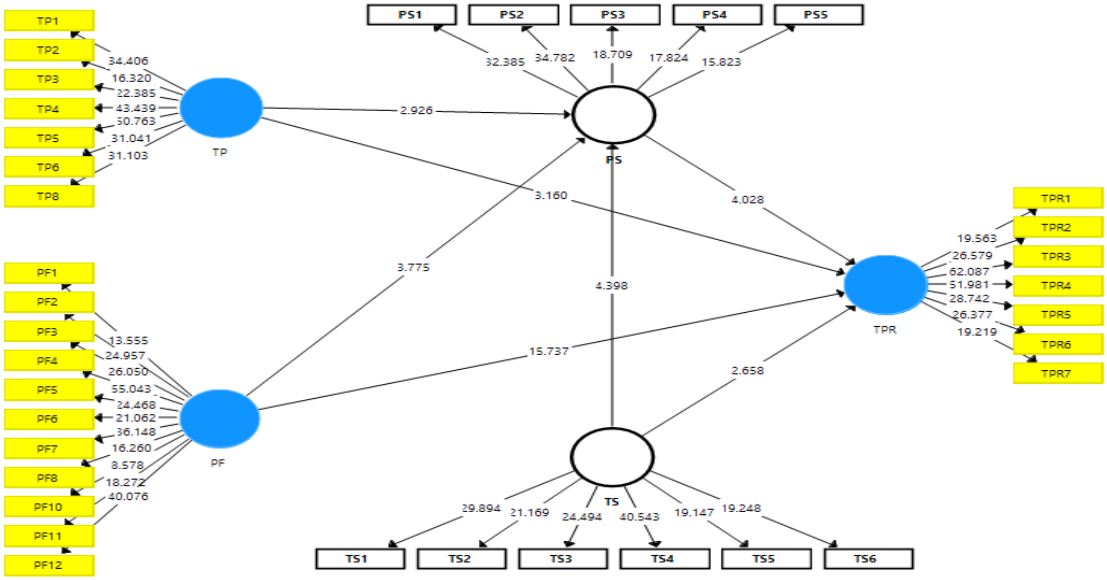

Figure 3: Structural model assessment

Discussion and Implications

According to the study's findings, the physical fitness of team members has a favorable effect on team performance. The study suggests that team members who are physically fit and participate regularly and actively in training sessions and practices build a cooperative and supportive relationship. Physical strength and activity enable team members to pay close attention to the leaders' instructions, gain situational awareness, and perform effectively. These findings are consistent with the earlier research by Hermassi et al. (2019), which examined the significance of physical fitness on sports team performance. This study explains that an individual's physical fitness strengthens their bones, thoughts, and limbs, allowing them to actively participate in cooperation during practices and test matches and complete the specific tasks allocated within the team. When employees have good health and a sound mind, they can attain team sports goals. These results are also confirmed by a previous study by Duncan et al. (2021), which demonstrates that physically fit people can overcome stress and are not disturbed by the questions or interruptions of others. This skill fosters a strong network of communication and commitment among team members. Thus, team objectives can be efficiently attained. In addition, the study's findings demonstrate that sports training practices positively affect team performance. These findings are consistent with the results of Hamlin, Lizamore, and Hopkins (2018), who hypothesized that effectively implemented sports training processes enable the body to gradually develop strength and endurance, bring improvement in skill levels, and develop ambition, motivation, and confidence, all of which are required for team members to perform their defined jobs effectively and contribute to the achievement of team goals. These results are also supported by the research of Lazarus et al. (2017), which states that periodic training for team members to learn about the objectives and requirements of a sports team, how they can improve their cognitive and physical skills and abilities, and how to interact with team members, members of the opposing team, and how to overcome a critical situation, is beneficial. The systematic training process is useful for team effectiveness.

The findings of this study indicate that team support is positively associated with team performance. These findings are supported by a previous survey of Novak et al. (2021), which demonstrates that team performance, which is a collective task performed by all team members, can only be enhanced when all team members sincerely undertake the tasks assigned to them through collaboration with their teammates. The leader's encouragement of teammates during training or practices increases their playing abilities, involvement, communication, trust, and dedication. Recent research by Hulme et al. (2021). In this study, the role of team leaders in supporting team members gives them peace of mind and encourages them not to give up but to continue their efforts, attempt to analyze the critical situation, and implement their novel ideas while performing their assigned duties under the direction of a leader. Thus, the leader's support boosts the performance of subordinates and facilitates the achievement of team objectives. The study's results indicate that player happiness mediates the relationship between physical fitness and team performance. The previous survey of Erikstad et al. (2018) confirms that when a coach ensures that team members maintain their physical fitness, they have good health, a sound mind, strong muscles and bones, and the ability to focus on a specific task for a predetermined period. This provides rejuvenation, mental tranquility, and the ability to regulate the situation. Thus, team members feel content and fulfill team responsibilities with greater vigor. These results are also consistent with the findings of Prayag, Mills, Prayag et al. (2020), who found that when the health and activeness of team members are taken care of, they experience cognitive and emotional satisfaction, which motivates them to perform to the best of their abilities to achieve the team's goals. The study's results also indicate that player happiness mediates the relationship between the training procedure and team performance. The previous survey of Luo, Song, and Chen (2020) confirms that the training process is a periodic facility for team members to acquire playing skills such as knowledge of all sports-related matters, the ability to analyze the situation, the ability to predict the actions of the opposing team, and an awareness of their physical movements while playing. This facility increases the satisfaction of team members and boosts their team performance. The study's findings suggest that player happiness mediates the relationship between team support and performance. These findings are consistent with the results of Hong and Jeong (2020), who hypothesized that team support engenders emotional happiness in team members, hence fostering commitment between team leaders and team members. This dedication results in superior team performance.

Due to its addition to sports-related literature, the present study possesses a high level of theoretical significance. The study examines the effect of three important aspects on team performance, including physical fitness, training procedure, and team support. Additionally, the study examines the impact of factors such as physical fitness, the training procedure, and team support on player satisfaction and team performance. Most previous research has focused on physical fitness and training while simultaneously examining team performance. However, this is the first time that the effects of physical fitness, training procedures, and team support on team performance have been studied concurrently, which is a significant addition to the sports literature. In addition, it is one of the first times that player satisfaction has been used as a mediator between physical fitness, training process, and team support and team performance, as previous research has primarily focused on the direct effects of physical fitness, training process, and team support on player satisfaction and the immediate impact of player satisfaction on team performance. This study has empirical value in emerging nations where sports are a significant source of money and reputation since it may be utilized to improve team performance and achieve success in the respective sport. This page assists regulators in formulating legislation relating to team performance and serves as a roadmap for future researchers investigating this field. The current study gives the theoretical guideline to the team coach on how the team performance may be improved with improved physical fitness, periodical training method, and enhanced team support.

Conclusion and Limitations

This study aims to investigate the effects of physical fitness, the training procedure, and team support on team performance. It also aims to assess the influence of physical fitness, the training method, and team support on player contentment and the role of player happiness in enhancing

team performance. The writers conducted an empirical analysis to determine the nature and extent of the improvement in team performance and player happiness to give results that add to the paper's credibility. It also examines the effects of player satisfaction on the performance of the Thailand national football team. These findings suggest that physical fitness programs in sports benefit the health of athletes by strengthening the immune system, bones, mind, and muscles and fostering motivation, activity, and concentration. Thus, they are better able to fulfill their roles within the team. The study hypothesized that monthly training reduces cognitive and physical weaknesses in players, enabling them to complete game criteria efficiently through effective teamwork with the team's leader and other teammates. The study's findings revealed that when players receive social and emotional support from their teammates or the team's leader, they feel secure and can concentrate on effective team performance. The study also concluded that physical health, the training method, and team support boost player contentment, which is essential for enhancing team performance.

Even though this research work is good and a significant contribution to the field, it has certain drawbacks. The limitations of this study can be viewed as a chance for the authors to demonstrate their capacity to provide a more suitable study in the future. This study investigates the relationship between physical fitness, the training method, team support, and improved team performance. Team members' financial situation and ethics are also crucial to the team's performance. Consequently, the study may not be as exhaustive as it should be. Future authors must also consider the effects of physical fitness, training procedures, and team support on team performance. This study examines the relationship between physical fitness, the training process, and team support with player satisfaction and team performance in the Thai sports industry, which has its standards and requirements as each nation has its own sporting needs and standards. Therefore, the same study may not be equally valid in all countries, but the analysis of the understudy constructs may apply to an optimal number of countries.

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