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SOCIAL PSYCHOLOGY AND SPORTS: THE INFLUENCE OF SOCIAL COGNITION PREDICTORS OF LEISURE-TIME PHYSICAL ACTIVITY IN PLAYER PERFORMANCE

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ABSTRACT

This study aims to determine the effect of social cognition predictors on player activity and performance among Jordanian football players. This study aims to determine the influence of motivation, extraversion, and neuroticism on player activity and performance. Jordanian football players are struggling to gain the potential to improve their performance at the national and international levels. To collect data and determine the link between the variables, this study used a sample size of 340 football players at the domestic, national, and international levels. The study shows that social cognition variables play a critical role in enhancing player activity and performance across all Jordanian football players. This study is significant since no previous research has examined the function of social cognition variables in determining physical activity and player performance. Thus, this study contributes to existing theory and has practical consequences for improving the performance of Jordan's football team's players.

INTRODUCTION

In today's rapidly changing sports environment, a player's performance is essential to his career. The players engage in various activities that contribute to their poor performance and impede success. Similarly, Jordanian football players are battling to improve their performance to develop competitive qualities necessary for success and achievement. Mainstream or national level football players and domestic and international level players are affected by this issue. Additionally, other studies have established that social-political and

psychological concerns affect players performance because they are a part of society and have the same cultural values as the rest of society (Coutinho, Gonçalves, et al., 2022). In this context, enhancing player performance has become a vital objective for domestic and international sports management.

Motivation can be intrinsic or extrinsic, depending on whether it originates inside or outside the self. Internal motivation is the motivation that an individual senses independently of external influences (Karmakar, Liu, Mukherjee, Che, & Dutta, 2022). In this context, extended motivation travel refers to the motivation influenced directly by external variables such as an inspirational speech or a specific goal. In sports, highly driven players who have an internal drive to succeed are highly successful in their careers and performances. On the other hand, low motivation causes reduced physical activity of the layer, resulting in poor player performance.

Meanwhile, extroverts are gregarious individuals who enjoy writing and are heavily involved in various physical activities, particularly those that require performance (engün, Santos, Salminen, Jung, & Jansen, 2022). Similarly, the very extrovert player, who is reasonably involved in physical activities related to exercise to achieve their target, is a player who is developing sustainably. Additionally, neuroticism refers to an individual's mental capacity and proclivity for negative features of the mind, such as cognitive difficulties and adverse conditions. Neuroticism significantly impacts players' performance since it is predicted that they will perform well if they are less immersed in mental dissonance and irrelevant tasks (Goisbault, Lienhart, Martinent, & Doron, 2022). Additionally, it assists athletes in enhancing their performance when it comes to accomplishing their objectives. The term "players' physical activity" referred to their activities, which included exercise and other related activities, that they engaged in to improve their performance while competing against another team. Physical activities are vital in developing players' training and practises for improved performance and career growth (AlMarzooqi et al., 2022). In this context, player performance refers to a player's performance when engaged in any sporting activity while representing a particular team. Player performance aids in developing the player's career and ensures their success when competing against other teams. Notably, according to Cross, Gill, Brown, and Reifsteck (2022), players' attitudes also contribute to their performance improvement, as the more positive an attitude a player has, the better he performs in his profession or game.

This study aims to identify and examine the aspects that contribute significantly to player performance improvement. In this context, this study examines the role of motivation, extroversion, and neuroticism in helping players increase their physical activity to improve their performance. Similarly, this study establishes a direct link between motivation, neuroticism, and the development and modification of high-level player performance. Additionally, this study will examine the moderating effect of player attitude on the link between physical activity and player performance, focusing on Jordanian football players. Thus, this study is founded on a theoretical and conceptual framework to comprehend the relationship between the cognitive influencing element within the player and

enhancing their physical activity to increase their performance and get better results.

The significance of this study is that it develops a theoretical framework that has not been explored previously. Notably, this study examines the cognitive influence of elements on players' physical activity to improve their performance. Jordanian football players face performance concerns, and this study is specifically developed to address the cognitive issues of Jordanian football players to increase their performance and potential for better results. Additionally, this study aims to decipher the link between the variables used in the theoretical framework to determine their effect on player performance. Notably, this study has theoretical and practical implications for the literature and management to work on the influencing elements for increasing a player's physical activity to improve their domestic, national, and international game performance.

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

Motivation and Physical Activity

Motivation is a vital aspect of achieving success. According to a study conducted by Rachmawati, Fitria, Sari, and Reniati (2022), individuals who are incredibly motivated to attain their intended goals are physically or psychologically active in achieving those goals. Motivation enables individuals to develop goals based on their psychological requirements, which are accomplished through struggle and a good attitude (Mitrotasios, Christofilakis, Armatas, & Apostolidis, 2022). Motivation is critical in games and sports because it provides a path to success for teams and individuals participating in activities. The incentive is not restricted to defining an objective and accomplishing it; it is also advanced over time, as motivation is acceptable for improving players' physical ability.

Players are the individuals who represent any team in any game, and these individuals must be intrinsically or externally driven to improve their performance. Miftachurochmah and Sukanti (2022) emphasise the importance of physical ability in preparing players to defend their teams for the country in any game and defeat the opponent physically and emotionally. The relationship between motivation and physical ability is not so-called because motivation enables players to increase their physical ability uniquely and distinctly. The management of teams striving to develop a player's physical ability, notably in football games, recognises the importance of their physical ability to increase their stamina and strength to defeat their opponents. However, Chuang, Ishii, Kim, and Sherman (2022) indicate that with the assistance of motivation, it has become a reality that increased motivation is necessary for developing their physical ability through participation in physical games designed to increase their stamina and strength for success. In this aspect, highly motivated players are more engaged in games due to their improved physical ability to perform better in the arena.

On the other hand, athletes who are not highly driven and participate in activities to develop their physical strength and stamina face a different dilemma in improving their performance to advance in the game and sports (Brannagan et al., 2022). In this way, motivation plays a vital part in enhancing the performance of any team's players. It is a truth that when players are motivated and engaged in crucial roles that help them grow their strength and performance, players succeed in dare games. However, according to Yudhaprawira, Asmawi, and Dlis (2022), athletes who engage in fewer physical exercises to improve their performance are a burden on the team and have a minor role in squad selection. Additionally, internal motivation enables the athlete to be self-motivated and free of external pressure to improve their performance through physical activity.

On the other hand, external motivation is provided by management or another influential personality who assists players in working in the proper direction and setting achievable goals. Notably, motivation enables players to increase their performance on the field and in performance and ranking in their respective categories. As a result of the literature review, the following hypotheses were developed:

Hypothesis 1: There is a relationship between motivation and physical activity.
Hypothesis 2: There is a relationship between motivation and player performance.

Extraversion and Physical Activity

Extroverted individuals are more outgoing, risk-taking, and actively involved in various social and non-social activities. Nguyen, Sun, and Williams (2022) assert that players are less reliant on external motivation since they are self-motivated and highly interactive with other individuals and the problems they confront. Similarly, in games and sports, players who take calculated risks and are actively involved in developing their potential for improved performance are crucial to the success of the game or activity. These extrovert personality characteristics aid the participant in developing their capacity by involving them in physical activities related to the games. The teams provide assistance and an efficient environment for players to increase their physical activity. As a result, most players take advantage of this opportunity and fulfil themselves by developing their talents (Ilxomovich, 2022). On these foundations, extroverts excel in games and physical activity, which helps them build stamina and strength for conflict with opposing teams. Coutinho, Abade, et al. (2022) argue that extrovert personality traits are crucial for boosting players' capacity to perform effectively in the game.

On the one hand, athletes who participate in various sporting activities and are encouraged by management to increase their physical abilities perform well in the game (Irrutia et al., 2022). On the other hand, introverted players who lack the risk-taking ability cannot improve their ability for exercises and practises aimed at improving their performance, and their performance over time has decreased concerning the game's requirements (Ehmann et al., 2022). In this regard, it has become critical for management to improve active players'

physical ability to make them capable at the game (Ehmann et al., 2022). Erickson et al. (2022) indicate that players' performance is closely related to their personality; on the one hand, players who are not risk-takers perform worse than extroverts who are heavily active in risk-taking and capacity-building programmes for performance improvement. As a result of this literature assessment, the following hypotheses have been developed:

Hypothesis 3: There is a relationship between extraversion and physical activity.

Hypothesis 4: There is a relationship between extraversion and player performance.

Neuroticism and Physical Activity

Neuroticism refers to an individual's proclivity for worry, stress, and other cognitive difficulties. Neuroticism plays a significant part in an individual's life; persons heavily influenced by external influences and are experiencing cognitive dissonance engage in fewer critical and creative activities. Similarly, Chu et al. (2022) report that players on any team experiencing cognitive dissonance and dealing with neuroticism-related issues are less engaged, and their performance declines with time. It is a reality that mental acuity and capability are critical, much more so for those who work in games and sports. In this approach, Li et al. (2022) demonstrate how decreased cognitive dissonance in the player leads to more suitable decision-making for capacity development and performance improvement. In this aspect, neuroticism has a more significant role in enhancing players' ability to participate and improve their talents. Improving skills is crucial for players because it is clear that they are successful based on their skills and talents.

On the other hand, Reyes-Mercado (2022) illustrates that when players face cognitive dissonance issues and are unable to enhance their capacity and strength for games and sports, these players are unable to do effectively in the game. Notably, neuroticism is a critical feature in teams and players representing any team or country. Eliminating neuroticism is critical for enhancing a player's capacity to contribute to the team's success (Sabater-Grande, Garca-Gallego, Georgantzis, & Herranz-Zarzoso, 2022). Similarly, cognitive difficulties are crucial in developing players' performance, as players' performance is strongly related to their neuroticism. According to Kersten and Greitemeyer (2022), players who are less involved in or have less risk-taking abilities increase their performance due to their self-motivation and willingness to attain their goals. In particular, when it comes to football players, it is critical to understand the role of neuroticism because it is the foundation upon which the players perform on the field. Martinez-Rodriguez et al. (2022) emphasise that the more neuroticism conflicts a player has, the lower his performance relative to his ability and talents will be. Numerous players' performance has been diminished only due to the psychological tensions contributing to their neuroticism. However, Collingwood, Wright, and Brooks (2022) assert that players with high emotional intelligence are less likely to engage in neuroticism disputes and think positively, resulting in an increase in performance over time. As a result of this literature assessment, the following hypotheses have been developed:

Hypothesis 5: There is a relationship between neuroticism and physical activity.
Hypothesis 6: There is a relationship between neuroticism and player performance.

Physical Activity and Player Performance

Players' physical activity refers to their participation in practical activities that increase their stamina, strength, and force for games and sports. According to Gavanda et al. (2022), players who participate in practises improving their performance are motivated to accomplish their goals through improved performance. Physical activities and practices are critical for achieving success and enhancing performance depending on abilities (Tranaeus et al., 2022). Physical activities are crucial for equipping players of any game or sport with the abilities necessary to improve their performance. The more physically active the players are, the better they perform on the field. Notably, according to Işn, Akda, Zdoan, and Bishop (2022), successful players explained how their success is based on their skills and the techniques they have implemented to better their performance to accomplish their goals. Goal attainment and performance enhancement are dependent on physical activity and motivation (Dobbin, Richardson, Myler, & Esen, 2022). In this regard, Leabeater, Coutts, Clarke, and Sullivan (2022) demonstrate that when management motivates players to participate in physical activities and practise sessions to improve their effectiveness and experience, they become more skilled and risk-taking while performing in games. On the other hand, if their players are unmotivated and disengaged from practise sessions, they face severe performance issues and are frequently left off the teams for game participation.

Furthermore, according to Jastrzbska et al. (2022), motivation is crucial for boosting the physical activity of any team's members, but personality attributes also play a role. Players who exhibit extrovert personality qualities and are consequently more involved, active, and risk-taking are expected to enhance their talents to meet the team's requirements. Marzouki, Ouergui, Cherni, Ben Ayed, and Bouhleb (2022) indicate that the function of physical activity is not restricted to boosting players' performance but that highly driven and extrovert players are also the most significant candidates for performance-based selection. Notably, neuroticism has a critical function in enhancing players' physical activity since mental competence significantly influences performance. Meanwhile, players who are not experiencing psychological distress due to cognitive dissonance are well-trained by management or teams to improve their physical ability (Marzouki et al., 2022). On the other side, reduced participation in psychological concerns enables the player to increase their performance by developing their improved skills as a result of their improved work and ability. In this regard, physical ability plays a significant mediating function in the relationship between motivating extrovert personality attribute neuroticism and player performance improvement. Simultaneously, the player's attitude is vital because it determines their performance (Moreno-Perez et al., 2022). In this regard, the study's theoretical approach emphasises the moderating effect of player attitude on the relationship between physical ability and player performance. Additionally, Figure 1 illustrates the link between the factors. Theoretical Foundations. As a result, the developed hypotheses are as follows:

Hypothesis 7: There is a relationship between physical activity and player performance.

Hypothesis 8: Physical activity mediates the relationship between motivation and player performance.

Hypothesis 9: Physical activity mediates the relationship between extraversion and player performance.

Hypothesis 10: Physical activity mediates the relationship between neuroticism and player performance.

Hypothesis 11: Player attitudes moderates the relationship of physical activity to player performance.

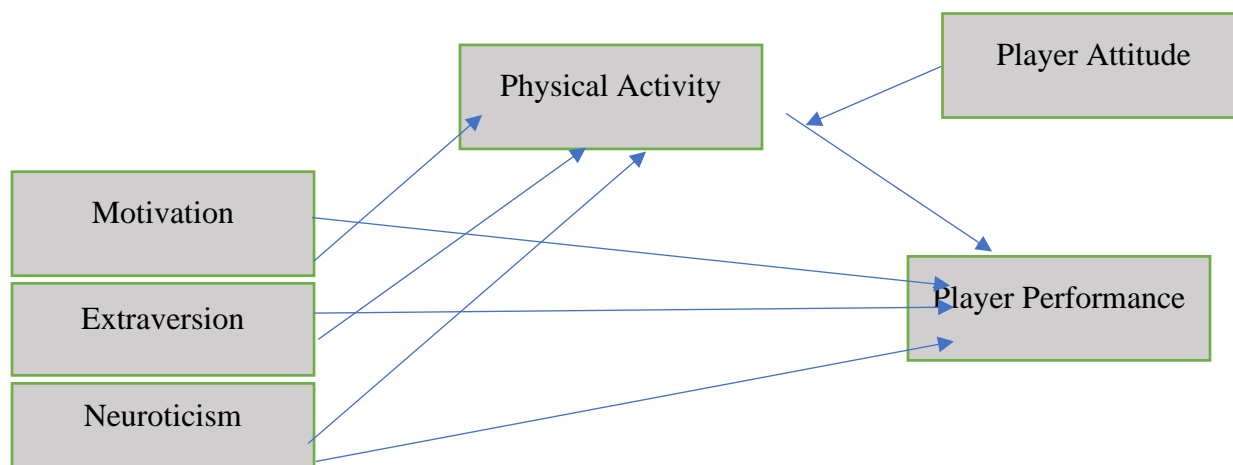


Figure 1. Theoretical Framework

METHODOLOGY

Prepare Questionnaire

The questionnaire for this study was designed with care to obtain data from the target group. The questionnaire was written in English and was used to collect data on scale items from Jordanian football players at the domestic, national, and international levels. The anticipated response rate was 40%. Two sections were included in the questionnaire. Section A asked respondents to provide demographic information about their gender, age, and cultural background following the target population's gender, age, and cultural background. However, in Section B, data were collected from respondents using the scale items for each variable. Three scale items were adapted from Kekäläinen et al.'s study to collect data on motivation (2022). These scale items were designed to collect data on the role of motivation in the player's activity and performance concerning their motivation and willingness to engage in physical activity. These scale items were both dependable and adequate for gathering motivational data. Three scale items for extraversion and five scale items for neuroticism were selected from the study of Kekäläinen et al. (2022). These scale items were used to collect data from the target market to determine how much extraversion and neuroticism play a role. The scale components were designed to assess the players' extrovert characteristics and neuroticism personality traits.

Similarly, three scale items representing physical activity and three scale items representing player performance were collected for the study conducted by Kekäläinen et al. (2022). These scale items were designed to elicit responses from the sample regarding the effect of physical exercise on player performance. Additionally, three scale items were used to collect data for the moderating variable of player attitude from the Kekäläinen et al.'s study. (2022). These scale items were designed to assess participation in sports and strenuous physical activities.

Data Collection Process

For this study, data were gathered from the target population of Jordan's national and international football players. The projected response rate for this study was 50%, and the sample size was 340 in this regard. The demographic was selected, and the target population's mailing address was gathered. The responders received a brief introduction to the study through the mail, along with the questionnaire. Notably, responders were advised that their information would remain strictly confidential and not be shared with any third party for marketing or other purposes. The researcher's email address was also provided to the respondents to react to their questions about the questionnaire. Additionally, responses were supplied for all queries. Following the response, the questionnaire was returned to the respondents, and the respondents were compensated for their time.

FINDINGS AND RESULTS

Convergent Validity

The convergent validity of this study component was determined using Smart PLS 3, as that is the programme recommended by Ramayah, Cheah, Chuah, Ting, and Memon (2018). We examined the composite's dependability, average mean extraction, and factor loading (see Figure 1. Measurement Model). Calculations using the PLS Algorithms were identified to verify these values. As a result, the factor loadings for each scale item exceeded 0.60, which Wong (2013) recommends for recent investigations. Simultaneously, the CR value for all variables was more significant than 0.70, which Wong (2013) recommends for advanced studies. Each variable's AVE value was more significant than 0.50, recommended for advanced investigations (see Table 1. Factor Loadings, CR and AVE). As a result, the framework and its variables are recognised for reliability and validity.

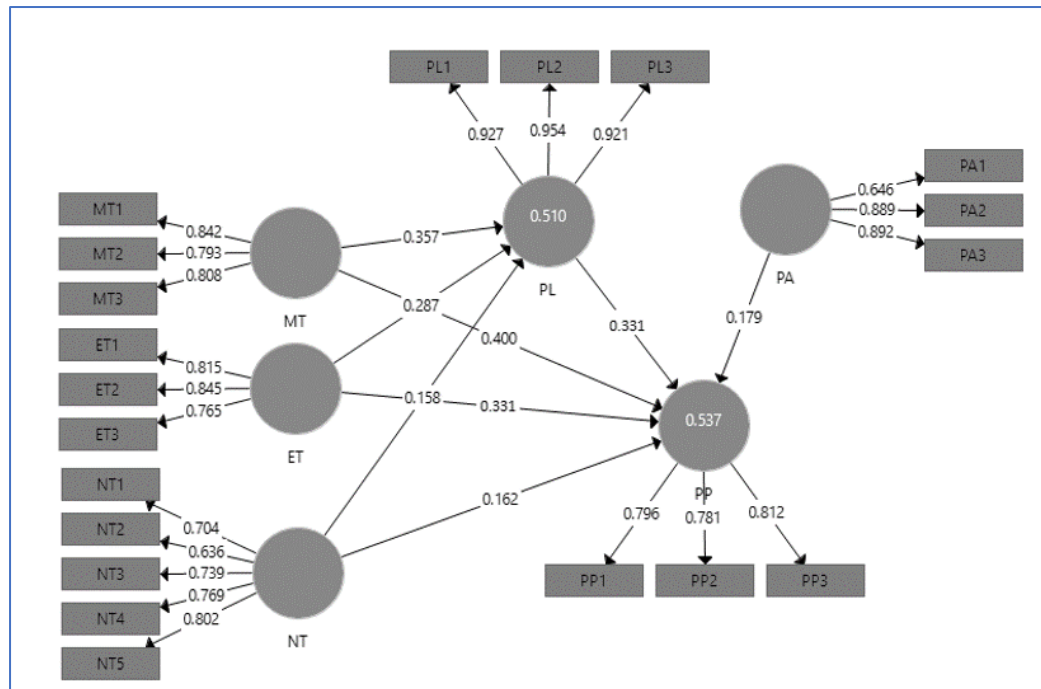


Figure 2. Measurement Model

Table 1. Factor Loadings, CR and AVE

Variables	Items	Loadings	Alpha	CR	AVE
Motivation	MT1	0.842	0.748	0.855	0.664
	MT2	0.793			
	MT3	0.808			
Extraversion	ET1	0.815	0.738	0.850	0.654
	ET2	0.845			
	ET3	0.765			
Neuroticism	NT1	0.704	0.783	0.852	0.536
	NT2	0.636			
	NT3	0.739			
	NT4	0.769			
	NT5	0.802			
Player Activity	PL1	0.927	0.927	0.953	0.872
	PL2	0.954			
	PL3	0.921			
Player Attitude	PA1	0.646	0.737	0.855	0.668
	PA2	0.889			

		PA3	0.892			
Player Performance		PP1	0.796	0.731	0.839	0.634
		PP2	0.781			
		PP3	0.812			

Discriminant Validity

This section of the study contains the discriminant validity results. The PLS Algorithm is the most effective and valuable technique for determining the discriminant validity of the HTMT approach. Discriminant validity is utilised to distinguish between variables and the scale items associated with each variable. According to Table 2, the results indicate a strong discriminant validity between the variables based on the HTMT model’s identified value. As a result, the variable used in the theoretical framework has strong discriminant validity.

Table 2. Discriminant Validity

	ET	MT	NT	PA	PL	PP
ET						
MT	0.890					
NT	0.887	0.881				
PA	0.844	0.823	0.885			
PL	0.757	0.775	0.767	0.916		
PP	0.726	0.722	0.739	0.817	0.583	

The PLS-SMEs Results

In this section, the hypotheses were tested to check their significance or insignificance. According to Table 3 results, H1 was tested to check its significance. According to the results, MT has a significant effect on PL ($\beta=0.357$, $t=6.094$, $p=0.000$), and H1 is supported. H2 was tested to check its significance. According to the results MT has a significant effect on PP ($\beta=0.400$, $t=5.300$, $p=0.000$), and H2 is supported. H3 was tested to check its significance. According to the results, ET has a significant effect on PL ($\beta=0.287$, $t=4.270$, $p=0.000$), and H3 is supported. H4 was tested to check its significance. According to the results, ET has a significant effect on PP ($\beta=0.331$, $t=4.597$, $p=0.000$), and H4 is supported. H5 was tested to check its significance. According to the results, NT has a significant effect on PL ($\beta=0.158$, $t=2.530$, $p=0.012$), and H5 is supported. H6 was tested to check its significance. According to the results, NT has a significant effect on PP ($\beta=0.162$, $t=2.350$, $p=0.019$), and H6 is supported. H7 was tested to check its significance. According to the results, PL has a significant effect on PP ($\beta=0.331$, $t=5.016$, $p=0.000$), and H7 is supported. The results of bootstrapping can be seen in Figure 3. Structural Model.

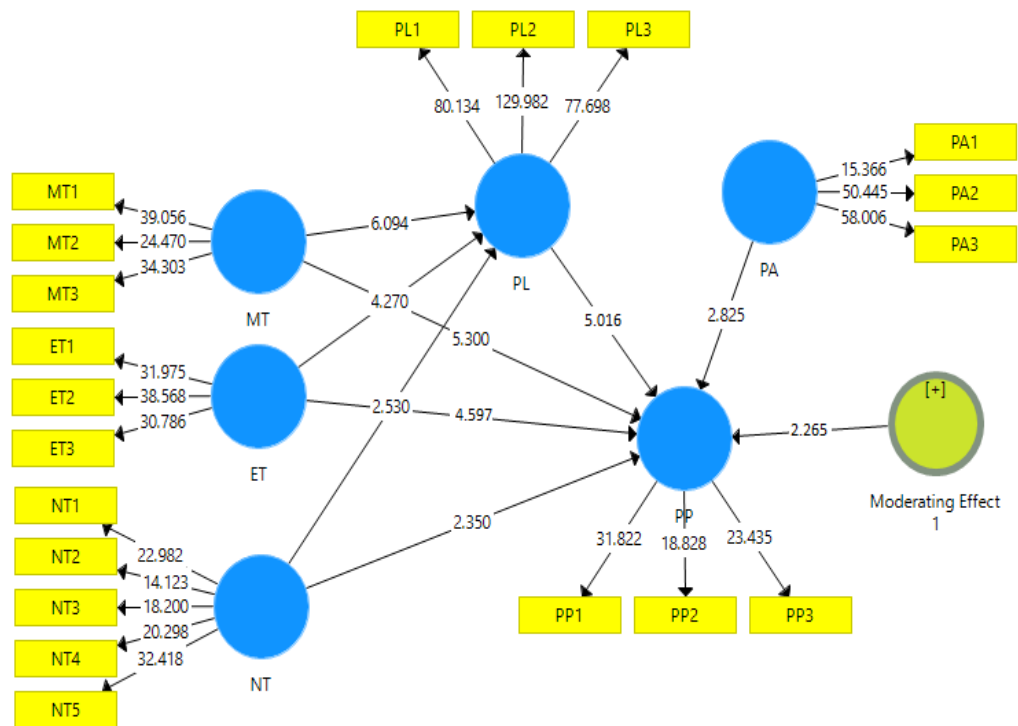


Figure 3. Structural Model

Table 3.Direct Effects

Hypotheses	β	STDEV	T Values	P Values	Decisions
H1. MT -> PL	0.357	0.059	6.094	0.000	Supported
H2. MT -> PP	0.400	0.075	5.300	0.000	Supported
H3. ET -> PL	0.287	0.067	4.270	0.000	Supported
H4. ET -> PP	0.331	0.072	4.597	0.000	Supported
H5. NT -> PL	0.158	0.062	2.530	0.012	Supported
H6. NT -> PP	0.162	0.069	2.350	0.019	Supported
H7. PL -> PP	0.331	0.062	5.016	0.000	Supported

Mediation Analysis

The indirect effects of variables are presented, and PL mediates the relationship between ET and PP ($\beta= 0.101, t= 5.611, p= 0.000$); hence H8 is supported. Similarly, PL mediates the relationship between NT and PP ($\beta= 0.111, t= 10.091, p= 0.000$), therefore, H9 is supported. Additionally, according to the results, PL mediates the relationship between MT and PP ($\beta= 0.232, t= 10.086, p= 0.000$), therefore, H10 is supported (see Table 4. Indirect Effects).

Table 4. Indirect Effects

Hypotheses	β	STDEV	T Values	P Values	Decisions
H8. ET -> PL -> PP	0.101	0.018	5.611	0.000	Supported
H9. NT -> PL -> PP	0.111	0.011	10.091	0.000	Supported
H10. MT -> PL -> PP	0.232	0.023	10.086	0.000	Supported

Moderating Effect

According to the results of moderation analysis, and according to the results, PA moderates the relationship between PL and PP ($\beta= 0.111$, $t= 2.265$, $p= 0.000$), H11 is supported (see Table. 5 Moderation Analysis). Furthermore, PA strengthens the positive relationship between PL and PP because it is a positive moderation according to the beta value (see Figure 4. Moderating Analysis).

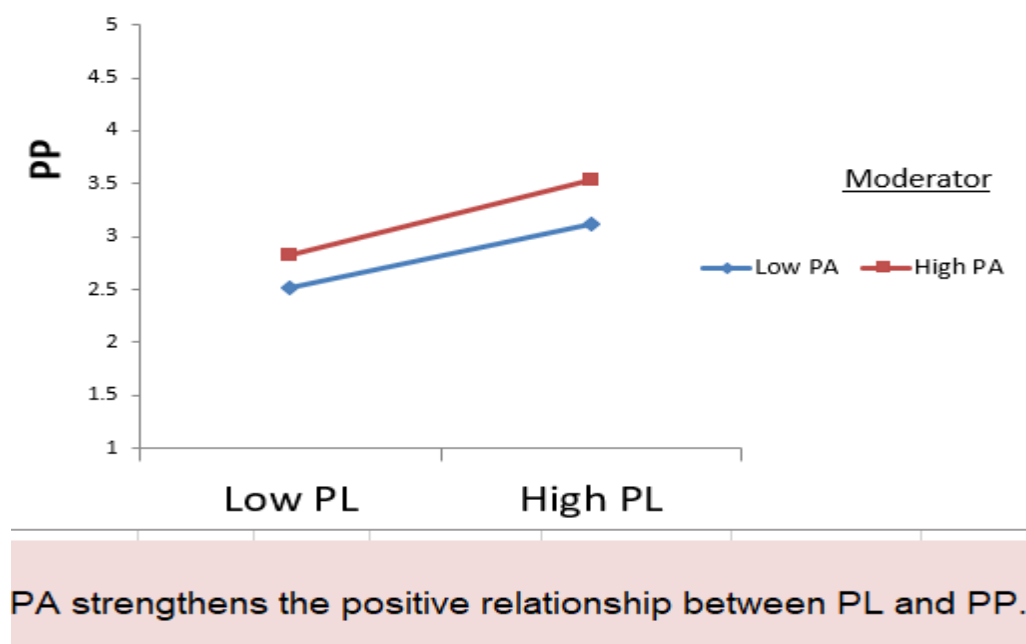


Figure 4. Moderating Analysis

Table 5. Moderating Analysis

Moderating Effect	β	STDEV	T Values	P Values	Decision
H11. Moderating Effect -> PP	0.111	0.049	2.265	0.000	Supported

DISCUSSION AND CONCLUSIONS

According to H1 and H2, there is a significant association between motivation and player activity and performance. Without a doubt, internal or external motivation significantly impacts the player’s performance, as Brannagan et al.

describe (2022). If the athlete is inwardly motivated, they will have goals to accomplish, and their performance will be directly related to those goals. However, according to Karmakar et al.'s study (2022), if players are not internally driven but are externally motivated by another element, their performance will be determined by their ability to attain that aim through continuous motivation. If players are motivated, they will participate actively in practise sessions and other activities to improve their performance through training sessions and skills. This training is crucial because it is not inherited; but, with the assistance of motivation, they can improve their performance to acquire the necessary abilities to perform effectively in the area. In this sense, players are responsible for setting goals, obtaining external incentives, providing internal motivation, and developing strategies to accomplish those goals. Because motivation is a dynamic term that varies from player to player, the less motivated players are not performing at the same level as the highly driven players. Motivation is also a factor in the success of top-flight football teams such as Manchester United and Barcelona (Brannagan et al., 2022). The administration of these teams is heavily involved in providing a solution for the player to inspire them to achieve their goals. Thus, when players participate actively in training sessions, they grow their talents with the assistance of their management, and their increased performance offers them the best benefits. Thus, motivation is crucial, and the Jordanian football team should prioritise motivation as a critical social-cognitive aspect to increase player performance. There is a significant association between extroversion, player activity, and player performance, as determined by H3 and H4. It is a fact that extroverted players who actively participate in practise sessions are more social, and as a result, their performance improves as a result of their activities. Similarly, introverted athletes, unwilling to take risks, and less involved in training sessions and practices, cannot improve their performance throughout practise sessions and training. These player characteristics are critical for individual and team success because human personality changes from person to person and is a dynamic notion, as explained in the study by Kekäläinen et al. (2022). In this aspect, extremely extrovert players contribute more actively to their team's performance.

The findings from H5 and H6 indicate a considerable link between neuroticism and player performance, with player activity serving as a mediating factor. To begin, the players who are less involved in social and mental crises are playing actively, and as a result, the team is performing well. On the one hand, the management must guarantee that the players selected for the team do not suffer from a neurotic crisis to maintain their team credibility. On the other hand, management should consider that with the assistance of practises development techniques and individual player problem-solving, it would be beneficial to eliminate all of the players' problems to improve their performance. Notably, management is accountable for player performance, particularly for social cognitive aspects, because anticipating these factors appropriately and developing methods to reduce roadblocks to improved performance is critical (AlMarzooqi et al., 2022). Significantly, the Jordan football team's management can anticipate increased output by enhancing player performance by enhancing social-cognitive predictors. As a result, management's significant role is to collaborate with players and foster constructive connections.

According to H7's findings, there is a statistically significant association between player activity and performance. The players' activity is their involvement in various training sessions, where they work to better their performance while also formulating strategies for achieving the objectives. Thus, this study establishes that a player's activity is precisely related to their performance. Additionally, this study demonstrates a direct correlation between player activity and performance, as players' activity is required to improve their performance. According to the findings of H8, H9, and H10, player activity has a critical mediating role in the relationship between motivation, extroversion, neuroticism and player performance.

Additionally, the results demonstrate that with the assistance of activity, it becomes easier for a player to increase their performance. This relationship is critical since motivation and neuroticism contribute to the player's active participation in training and, eventually, to the player's performance, which significantly benefits the team. Thus, the football team's administration is directly responsible for improving the player's performance and developing plans to ensure that they are actively engaged in training and other sports and activities that will help them enhance their talents.

The finding of H11 indicates that player attitude has a strong moderating effect on the link between player activity and performance. First, players' performance would be enhanced if their attitudes supported and consistent with their performance. Additionally, the findings indicate that player attitudes positively moderate this association. Thus, management must ensure that player attitude plays a crucial part in improving performance. In this way, a positive attitude should be incorporated into player development to boost players' performance and abilities.

IMPLICATIONS

Theoretical Implications

This study has practical consequences, as it is critical to enhancing player performance. To begin, no study has examined the function of social-cognitive predictors in enhancing the performance of Jordanian football players. This study establishes a conceptual and theoretical framework to examine the relationships between variables and the influencing factors that affect player performance. Similarly, this study used scale items from previous studies to characterise the conceptual framework variable, and these variables are explained adequately for their context. This article contributes to the body of knowledge for future research.

Additionally, this study fills a theoretical need in the literature by examining the function of social-cognitive predictors in developing player ability and performance in the context of Jordanian football players. Thus, this study establishes substantial implications that would be beneficial if football team management was used to boost player performance. Notably, this study considered the critical roles of motivation, extroversion, and neuroticism to

comprehend the relationship between these variables, player ability, and player performance. Based on data obtained from the target demographic, the study indicated that motivation, extraversion, and neuroticism all play a critical part in boosting a player's performance. Additionally, this study examines the mediating effect of player activity on the link between motivation, extraversion, neuroticism, and player performance. This study demonstrates that if a player's ability is enhanced, they can perform better. Simultaneously, this study examines the moderating effect of player attitude on the link between player activity and player performance. The study's findings revealed that by focusing on player activity and attitude, it would be simple to train and improve the performance of Jordan's football team's players.

Practical Implications

This study has practical implications for Jordanian football players looking to boost their performance using social-cognitive predictors. The performance of any team's players is critical because they represent any territory or purpose. In recent times, several strategies have been used by various team management to enhance the player's performance through the use of digital technology. On the other hand, the role of social cognitive prediction models is not abolished from the concepts employed to enhance players' performance. Similarly, the players are human beings who share human characteristics and are influenced by social-cognitive predictors and adverse situations. In this regard, it is vital to enhance players' performance in contemporary times by examining their social position and mental capacity for problem-solving. In this regard, data were gathered from various players representing a different football team to understand better the relationship between motivation, extrovert qualities, neuroticism, and player performance. Players' performance is critical for any team, and it is observed that, based on data and developed hypotheses, motivation plays a critical role in improving player performance through the mediating effect of their activity. The more motivated a player is internally or externally, the more activities he will engage in to better his performance and, at the same time, his contribution will be regarded to increase the team's performance.

Similarly, the impact of extrovert personality qualities in enhancing a player's performance is critical, as is the mediating effect of player activity. It is a fact that the more active a player is, the better they perform in activities such as training sessions and practices. Additionally, neuroticism is critical for boosting players' performance since the more mentally active players are, the more gracefully they participate and perform. Additionally, this study demonstrates that player attitude has a moderating influence on performance improvement. In this regard, the management of all football teams should view these social cognitive predictive elements as vital to guarantee practises align with these characteristics and increase player performance for the team.

LIMITATIONS AND DIRECTIONS

This study aims to examine the effect of social cognitive characteristics such as motivation, extraversion, and neuroticism. However, other variables also affect player activity and performance. This study advises that future research addresses intention, subjective standards, and perceived behavioural control to

understand better their roles in player activity and performance of Jordanian football players. Previously, no study examined the role of these variables in enhancing the performance of Jordanian football players.

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