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## ORIGINAL

# THE IMPACT OF PERSONALITY TRAITS ON THE ATHLETES' PERFORMANCE IN IRAQI SPORTS COMPLEX: MODERATING ROLE OF TEAM SUPPORT

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## ABSTRACT

Athletes' performance is the most important factor for a team's success, and a sportsman might achieve this by exhibiting exemplary sportsmanship attributes. This problem also deserves the attention of politicians and researchers. Thus, the present study investigates the effect of personality factors such as attitude toward sports, self-efficacy, and initiative on the performance of athletes in the Iraqi sports complex. The research also examines the moderating effect of team support on sports attitudes, self-efficacy, proactiveness, and players' performance in the Iraqi sports complex. The analysis utilized survey questionnaires to collect information from respondents. SPSS-AMOS was also used to explore the correlations between variables. The results demonstrated a favorable relationship between attitude toward sports, self-efficacy, proactiveness, and players' performance in the

Iraqi sports complex. The results also revealed that team support greatly moderates the relationships between players' attitudes toward sports, self-efficacy, proactiveness, and performance in the Iraqi sports complex. Using reasonable personality qualities and team support, the study aids policymakers in formulating legislation to improve the performance of athletes.

**KEYWORDS:** Personality traits, attitude towards sports, self-efficacy, proactiveness, team support, athletes' performance, Iraqi sports complex

## INTRODUCTION

Throughout the history of sport psychology, the impact of personality characteristics on athletic performance has been a subject of intense debate. Many pieces of evidence highlighting the relationship between physical exercise and personality traits across the lifespan have prompted scholars and researchers to investigate the use of personality trait evaluation in physical activities (Laborde, Allen, Katschak, Mattonet, & Lachner, 2020). It is essential to examine and debate the description generally to further study personality characteristics and reflect on the policy and practical consequences of sports trait evaluation in exercise and sports. In the study of physical culture, the physical determinants of athletic achievement have been recognized. They possess somatic dispositions and tactical, technical, and motor preparedness. Somatic predispositions, which are genetically determined, are observable at the stage of sports choosing, and the physical preparation is recognized by various specifications of the training sports activities (Piepiora, 2021). These physical traits are acquired via structured and standardized sports training. That may be considered the ideal recipe for success.

Nonetheless, despite their physical circumstances and bodily dispositions, many athletes may not be able to achieve their championship objectives. There are several training masters, but the number of champions is much smaller. Nonetheless, it is believed that a well-prepared athlete's success is attributable to their mindset (Piepiora, 2021). Sports psychologists increasingly regard psychological factors of athletic success as a hot issue. Since there are four physical determinants, the mental determinants of championships may include temperamental traits, personality variables, self-confidence, agitation control, relaxation, and mental resilience, among others. Yet, personality attributes are assigned the most weight (Piepiora, Maliski, Gumienna, & Cynarski, 2020). The emphasis of personality characteristics is the pattern of a person's behavior, emotions, and ideas. Personality qualities demonstrate constancy and steadiness (someone who marks the specific highest trait). Personality factors dictated some fundamental differences between athletes. According to psychologists, a small number of these dimensions include conscientiousness, extraversion, and agreeableness. Athletes may possess any of these dimensions, meaning they may be high, medium, or low on these specific attributes (Diener & Lucas, 2019).

The athletes' attitudes have a significant effect on their performances. Several characteristics may be used to categorize athletes' attitudes and

behaviors. Ong and Harwood (2018) identified several elements illuminating the athlete's attitude toward sports. Stigma Tolerance is the first element that suggests athletes may see sport psychology assistance adversely if they seek it. The second component that fosters the assumption that this aspect would be beneficial for athletes who engage in this procedure is confidence. Personal openness is the third indicator of an athlete's willingness to participate in sports. Another component is a cultural choice, which emphasizes the athlete's preference for the background and cultural context in which they choose to work. These characteristics are important in determining a person's attitude toward sporting activities. Self-efficacy is a significant aspect of determining an athlete's performance in sports (Stajkovic, Bandura, Locke, Lee, & Sergent, 2018). Athletes' agreeableness, openness, responsibility, and extraversion are favorably associated with their self-efficacy. Several investigations have shown that an individual's higher degree of self-efficacy correlates to greater conscientiousness among athletes (Zhang et al., 2019). Thorough monitoring and assessment of actions, a suitable degree of self-efficacy for personal talents and skills, and anxious and aware conduct will motivate the athlete toward performance and achievement (Popa, Mindrescu, Iconomescu, & Talaghir, 2020).

Proactivity is described as the individual's engagement and participation in future-oriented and initiating action to change their work circumstances, job responsibilities, or oneself (McCormick, Guay, Colbert, & Stewart, 2019). Athletes with a proactive mentality typically rely on leverage factors and positive emotions, such as abilities, knowledge, and personal beliefs, to encourage and inspire themselves. People with proactive personalities are far less likely to be bound or impeded by constraints and situations and can alter the limiting circumstances. Studies have determined that proactive personality qualities are associated with advantageous innovation, work happiness, and sports devotion (Hsiao & Wang, 2020). Good cooperation or support will inspire the team to produce higher results than the contributions of its members (Lacerenza, Marlow, Tannenbaum, & Salas, 2018). Team support is highly beneficial because it enhances the athletes' confidence, resulting in positive outcomes. The team's collaborative work, support, and collaboration are crucial to the team's functioning (E. J. Shah, Fransen, Slater, & Barker, 2022). Chen, Z. (2018) discusses the reciprocity theory to establish the function of team support. According to him, the team members' response will be the same as what other team members have done to them. It shows that if athletes get support from their teammates, they will reciprocate that support, enhancing the team's total performance. As we all know, a team has the same objectives, and it is crucial that they assist, coordinate, and support one another to reach those objectives, which also increases the team's performance.

Several sports have been played in Iraq, including basketball, soccer, wrestling, and kickboxing. Their passion for sports is immense. There are a variety of teams and clubs for each sport. But, we must consider a few factors to improve the team's performance so they can thrive in sports. Some characteristics make team members productive and goal-oriented. This research aims to examine the many personality qualities that affect athletic

performance. To succeed in any sport, the team must know the personality qualities that influence their performances. This research has explored the personality attributes of an athlete's attitude toward sports, self-efficacy, initiative, and team sports. We will investigate the effect of qualities such as attitude, self-efficacy, and initiative on an athlete's performance. The team support will moderate the relationships between self-efficacy and athlete performance, proactivity and athlete performance, and the athlete's attitude and performance. This study will identify the effect of these elements when none existed previously, therefore filling a gap.

## LITERATURE REVIEW

Athletes' performance is the most important factor for a team's success, and a sportsman might achieve this by exhibiting exemplary sportsmanship attributes. This problem also deserves the attention of politicians and researchers. Thus, the present study investigates the effect of personality factors such as attitude toward sports, self-efficacy, and initiative on the performance of athletes in the Iraqi sports complex. The impacts of personality characteristics on sports have been recognized for quite some time, and a large number of sports specialists and psychologists are studying in many fields. Their purpose is to examine athletic failure and achievement from a broader and deeper perspective.

Another objective is to address disparities between athletes in different sports to provide prompt intervention (Bojani et al., 2019). The performance of athletes in any sport is governed by their mental attitude and game-related characteristics (Bishop et al., 2022). According to Zhu et al. (2022), players occasionally cannot deliver great performances. To appreciate the difficulties and increase the athlete's performance, the study should be conducted to aid in developing their game strategy. A few personality attributes are essential for improving an athlete's performance (Popoviciu et al., 2022). Any sport will necessitate particular characteristics to regulate its players' behavior. Less productive will the performance of a sportsperson who cannot control their actions throughout the competition (Jawad et al., 2022). Attitude, self-efficacy, and initiative significantly change an athlete's performance in competition.

According to Efendi, Indartono, and Sukidjo (2019), players' effectiveness depends on their conduct and attitude toward the game. Players with great perception and emotional control will be able to generate an optimistic attitude toward the outcome of their game. An athlete's attitude is a critical aspect in various activities; a more encouraging attitude may be associated with desired conduct. A person's attitude comprises two fundamental components: the belief that certain action is oriented toward a particular end and the judgment of that behavior. In their study, Berki, Pikó, and Page (2020) also found that athletes with good views regarding their health, team mates, and the game will improve their performance. Rooney, Jackson, and Heron (2021) also said that athletes' attitudes significantly impact their performance and that a positive attitude is associated with conscientiousness and receptivity to sports psychology. If athletes play with a good attitude on the field, they will be able to push themselves and their teammates to achieve victory as a group. A good attitude is a vital aspect of

an athlete's mentality since a person with bad conduct cannot flourish or advance in their playing strategy. Hence, the athlete's performance is positively influenced by their attitude toward sports.

**Hypothesis 1:** The athlete's attitude positively influences their performance.

Self-efficacy identifies an athlete's capacity to plan and execute specified steps to improve performance. It signifies the athlete's confidence in their ability to execute their athletic actions. Athletes with high self-efficacy can accomplish more difficult goals in terms of their game tasks, exert more effort, and demonstrate greater performance levels (Anstiss, Meijen, & Marcora, 2020). Self-efficacy may increase athletic performance through the perception of effort and pain tolerance. A crucial factor of pain tolerance is the capacity to withstand the most painful degree of physical activity. Self-efficacy is also connected to the impression of effort and is thus considered an important performance predictor for athletes. In their studies, Popovych, Blynova, Halian, and Savchuk (2020) found that athletes with high levels of self-efficacy are more likely to accept responsibility for their actions and recognize that their game strategy and success depend on their decisions. Hence, it has been demonstrated that self-efficacy affects athletes' performance favorably.

**Hypothesis 2:** Self-efficacy positively influences the athlete's performance.

Being proactive as opposed to passive is essential for athletes. The proactive beneficial influence on team performance is a significant success factor (Hsiao & Wang, 2020). Past research has linked the proactive personality characteristic to career happiness, professional achievement, and work satisfaction. They have also determined that players having a proactive disposition will boost their game performance. According to Maan, Abid, Butt, Ashfaq, and Ahmed's (2020) study, a proactive personality has the capacity and bravery to take the initiative to create a constructive atmosphere. Individuals with this feature will be able to bring an about good change in their environment regardless of the limits and obstacles they encounter. This demonstrates that players who take a proactive approach to their game will be able to produce good and significant improvements for themselves but also for their teammates, so improving their athletic performance in the game.

**Hypothesis 3:** The Proactive approach positively influences the athlete's performance.

An optimistic outlook will always produce favorable results, even on the ground. The influence of teammate support on the conduct of sportsmen towards their game is significant. In this approach, the team may foster confidence and trust among its members via coordination, incentive, and helpful conduct. The favorable influence of team support on an athlete's behavior will result in improved performance. Positive conduct will be promoted in athletes by teams that enable and encourage their members' efforts to achieve a shared objective (Salcinovic, Drew, Dijkstra, Waddington, & Serpell, 2022). Players can overcome even the most difficult playground hurdles with a good mentality. If they lose their optimism and hope, it will be

difficult for them and their team to succeed. So, if the athletes have team support from their particular teammates or coaches, they will produce higher results. Athletes' conduct is significantly influenced by team support to improve their performances and attain their goals.

**Hypothesis 4:** The moderating role of team support between attitude and athlete's performance.

Self-efficacy is a very significant personality attribute for athletes. According to research, athletes' self-efficacy and level of motivation can be boosted by team support from teammates. According to previous research, an athlete's emotional condition may be changed by their self-efficacy level. If athletes can effectively manage their emotional state, they will be more equipped to deal with stressful situations (Chrysidis, Turner, & Wood, 2020). Implementing their plan of action on the ground will need teamwork and collaboration. With team support, players' motivation levels rise, and so do their confidence and desire to win the game. Yet, without team assistance, it would be tough for them to overcome any obstacles they encounter during their game. Team support may assist team members in managing their self-efficacy, which improves their performance in sports.

**Hypothesis 5:** The moderating role of Self-efficacy between attitude and athlete's performance.

Those with proactive personalities are more inclined to engage in networking. As these individuals can sustain and cultivate relationships with other athletes, they will exhibit superior performance (Maan et al., 2020). Team assistance will enable individuals with this characteristic to participate in good activities, skills and attitudes. Athletes who get encouragement and support from teammates, leaders, and society will be able to achieve greater success (Lai, Hsieh, Chang, & Ni, 2020). To handle any difficult circumstance on the field, players will need their own drive and the backing of the entire squad. Hence, constructive team support will increase the initiative of the athletes so that all team members may positively collaborate to accomplish the team's success. Team support's moderating effect on proactive personalities will result in more successful performance results.

**Hypothesis 6:** The moderating role of proactiveness between attitude and athlete's performance.

## Research Methods

This study studies the effects of attitudes toward sports, self-efficacy, and proactivity on athletes' performance and the moderating effect of team support on attitudes toward sports, self-efficacy, and players' performance at the Iraqi sports complex. The research utilized survey questionnaires to collect information from respondents. The constructs are measured using items from previously published research. Self-efficacy was also measured with six items extracted from I. A. Shah et al. (2020). Proactiveness was measured with five items extracted from Qazi, Qureshi, Raza, Khan, and Qureshi (2020). Team support was measured with four items extracted from

Pearce and Herbig (2004). Athlete performance was measured with four items extracted from Mielgo-Ayuso et al. (2019). Table 1 lists the items and variables in question.

**Table 1: Variables and Measurements**

Items	Statements	Sources
<b>Attitude towards Sports</b>		
ATS1	I believe sports imply more advantages than disadvantages.	(I. A. Shah et al., 2020)
ATS2	Sportsman as a career is attractive to me	
ATS3	I want to join the sports club if I have the resources.	
ATS4	A sportsman career would entail great satisfaction for me.	
ATS5	I select sportsman as a career among various options.	
ATS6	It is attractive for me to become a sportsman.	
<b>Self-efficacy</b>		
SLE1	Becoming a sportsman is an easy task for me.	(I. A. Shah et al., 2020)
SLE2	I am ready to become a viable sportsman.	
SLE3	I have sufficient control over my game.	
SLE4	I know the essential details of becoming a sportsman.	
SLE5	I know how to develop teamwork while playing on the field.	
SLE6	I have a high probability of succeeding in the game.	
<b>Proactiveness</b>		
PRO1	I feel driven to make a difference in my community.	(Qazi et al., 2020)
PRO2	I am always looking for better ways to do things.	
PRO3	When I have a problem, I tackle it head-on.	
PRO4	I am constantly on the lookout for new ways to improve.	
PRO5	I can spot a good opportunity long before others can.	
<b>Team Support</b>		
TMS1	My team boosts my courage to accomplish the team's goals.	(Pearce & Herbig, 2004)
TMS2	My team helps me in removing my discrepancies in the game.	
TMS3	My team provides me with enough resources that help in improving my game.	
TMS4	My team overall provides the help to build a successful sportsman.	
<b>Athletes' Performance</b>		
ATP1	My attitude towards support helps me to improve my performance in the game.	(Mielgo-Ayuso et al., 2019)
ATP2	Proactiveness in my personality enhances my performance.	
ATP3	Self-efficacy also plays a vital role in my performance.	
ATP4	Team support also helps me to improve my performance.	

As responders, the researchers chose the sports of the Iraqi sports complex. The questionnaires were distributed via personal visits. There were a total of 596 surveys distributed. Researchers only obtained 290 valid replies. These replies have a 48.74 percent response rate. SPSS-AMOS was also utilized to explore the correlations between variables. This efficient tool processes large and small data sets and offers the most accurate estimation using sophisticated models (Hair Jr, Howard, & Nitzl, 2020). The study included three independent variables, attitude toward sports (ATS), self-efficacy (SLE), and initiative (PRO). In addition, athletes' performance (ATP), a predicting predictor, and team support, a moderating variable, were included in the study (TMS). Figure 1 contains a listing of these variables.

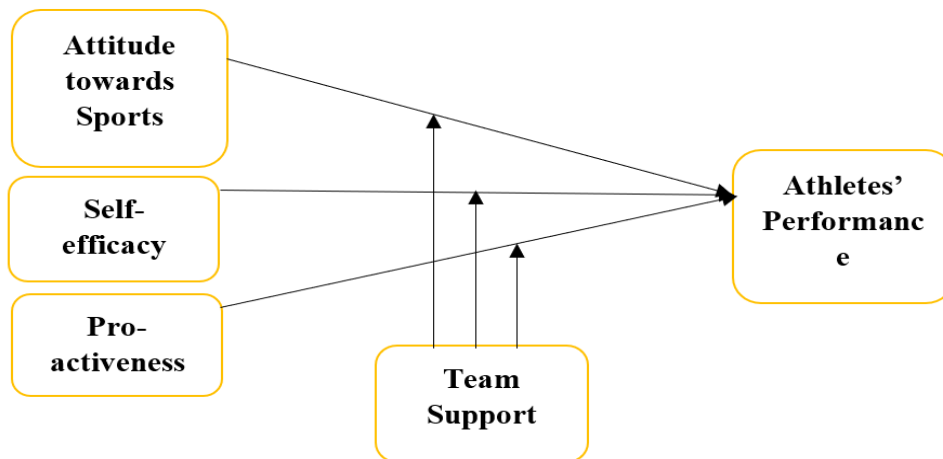


Figure 1: A research framework

### Research Findings

This research examines the association between items, often known as convergent validity. The results demonstrated that the composite reliability (CR) values exceed 0.70. Results also revealed that factor loadings are more than 0.40. In addition, the results demonstrated that the average variance extracted (AVE) values are more than 0.50. Maximum Shared Variance (MSV) and average Squared Shared Variance (ASV) are less than AVE, as revealed by the results. These numbers showed a strong association between items. Table 2 displays these results.

Table 2: Convergent Validity

Constructs	Items	Loadings	CR	AVE	MSV	ASV
<b>Attitude towards Sports</b>	ATS6	0.841	0.965	0.821	0.246	0.186
	ATS5	0.994				
	ATS4	0.807				
	ATS3	0.981				
	ATS2	0.788				
	ATS1	0.997				
<b>Self-efficacy</b>	SLE6	0.996	0.854	0.518	0.403	0.222
	SLE5	0.532				
	SLE4	0.996				
	SLE3	0.556				
	SLE2	0.493				
	SLE1	0.536				
<b>Proactiveness</b>	PRO5	0.837	0.911	0.673	0.193	0.159
	PRO4	0.786				
	PRO3	0.838				
	PRO2	0.848				
	PRO1	0.790				
<b>Team Support</b>	TMS4	0.989	0.953	0.840	0.403	0.245
	TMS3	0.994				
	TMS2	0.627				
	TMS1	1.000				
<b>Athletes' Performance</b>	ATP1	0.511	0.809	0.522	0.278	0.234
	ATP2	0.720				
	ATP3	0.815				
	ATP4	0.803				

In addition, the study examines the association between variables, also known as discriminant validity. The results demonstrated that the first value in



the column is greater than the other values, indicating that the relationship with the constructs is stronger than the other variables. These data revealed a low degree of connection between variables. Table 3 displays these results.

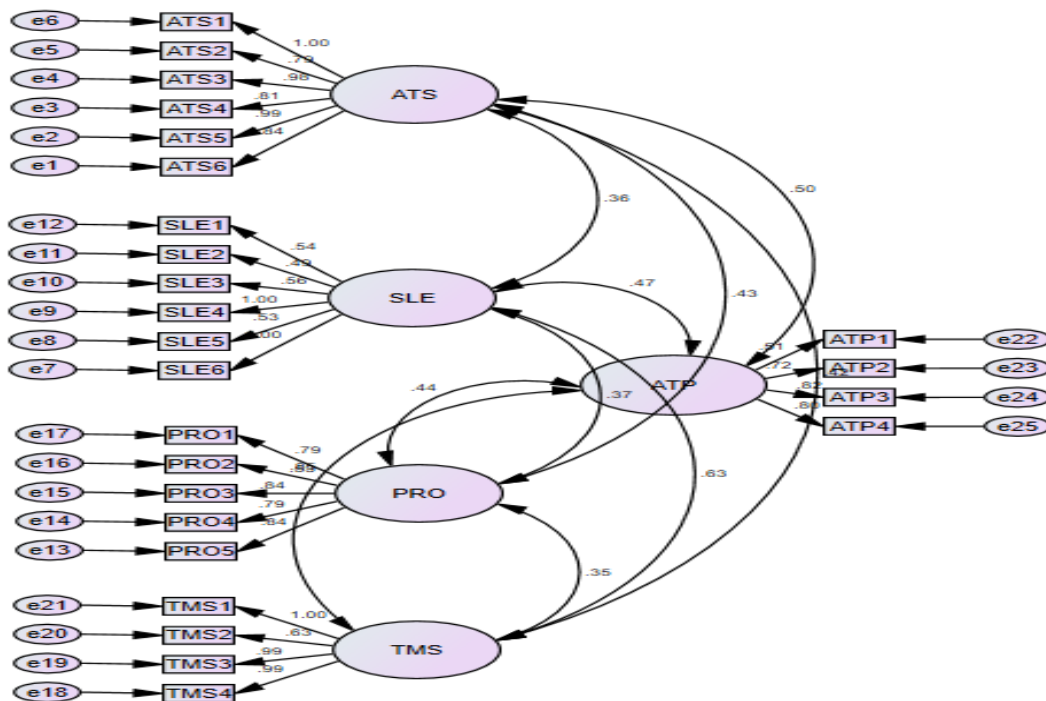
**Table 3:** Discriminant Validity

	TMS	ATS	SLE	PRO	ATP
TMS	0.916				
ATS	0.423	0.906			
SLE	0.635	0.363	0.720		
PRO	0.347	0.432	0.367	0.820	
ATP	0.527	0.496	0.467	0.439	0.723

In addition, the Tucker-Lewis index (TLI) is used to assess the model's strong fit; if the value is more than 0.90, the model is said to have a good fit. In addition, the study examines the model's fitness using the comparative fit index (CFI), and if the number is more than 0.90, the model is deemed suitable. Lastly, the study examines the model's excellent fit using root mean square error of approximation (RMSEA), and if the number is less than 0.10, the model is deemed well-suited. Table 4 displays these results.

**Table 4:** Model Good Fitness

Selected Indices	Result	Acceptable level of fit
TLI	0.907	TLI > 0.90
CFI	0.903	CFI > 0.90
RMSEA	0.004	RMSEA < 0.05 good; 0.05 to 0.10 acceptable

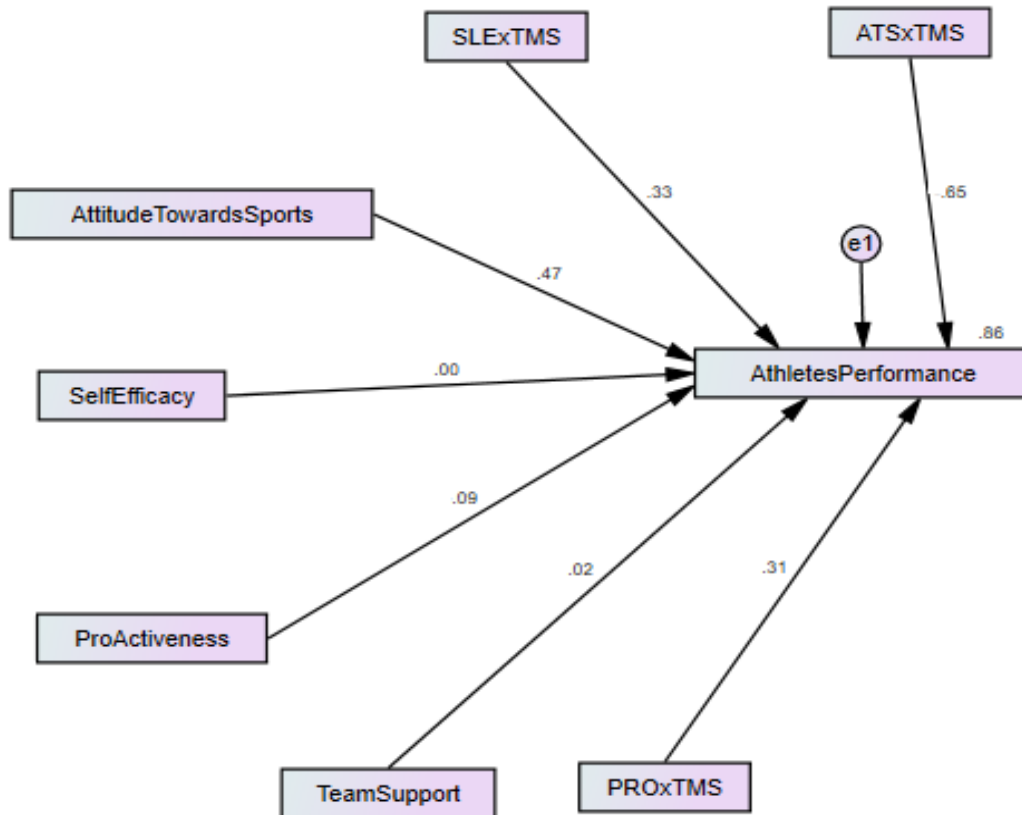


**Figure 2:** Measurement Model Assessment

Accept H1, H2, and H3 as attitudes toward sports, self-efficacy, and proactiveness show a good correlation with players' performance in the Iraqi sports complex. In addition, the results revealed that team supports strongly moderates the relationship between attitudes toward sports, self-efficacy, proactivity, and players' performance in the Iraqi sports complex and keep hypotheses H4, H5, and H6. Table 5 displays these results.

**Table 5:** Path Analysis

Relationships	Beta	SE.	CR.	P
Athletes Performance <--- Attitude Towards Sports	0.625	0.029	21.483	0.000
Athletes Performance <--- Proactiveness	0.148	0.035	4.181	0.000
Athletes Performance <--- Self-Efficacy	0.003	0.001	3.000	0.000
Athletes Performance <--- SLE*TMS	0.088	0.006	15.038	0.000
Athletes Performance <--- Team Support	0.034	0.012	2.833	0.012
Athletes Performance <--- PRO*TMS	0.088	0.006	14.120	0.000
Athletes Performance <--- ATS*TMS	0.159	0.005	29.412	0.000



**Figure 3:** Structural Model Assessment

## DISCUSSIONS

Athletes' performance is the most important factor for a team's success, and a sportsman might achieve this by exhibiting exemplary sportsmanship attributes. This problem also deserves the attention of politicians and researchers. Thus, the present study investigates the effect of personality factors such as attitude toward sports, self-efficacy, and initiative on the performance of athletes in the Iraqi sports complex. The results indicated that the attitude of athletes affects their performance, which suggests that if the athletes have favorable attitudes and behaviors toward their sport, their performance would be boosted, resulting in a successful game outcome. Ong and Harwood (2018) endorsed this research as well. The cheerful attitude of the athletes, according to them, is the driving reason behind their performance. The attitudes and behaviors of athletes are one of the most important personality qualities covered in this study. Rooney et al. (2021) found from previous research that a good attitude among players will foster openness and motivation for the game, hence enhancing physical performance. Hence, athletes with a good attitude will cultivate optimism,

thankfulness, courage, and acceptance, which will benefit themselves and their teammates. Athletes with poor behavior and attitude would receive no response from their coach or teammates. So, to improve athletic performance in Iraqi sports, one must cultivate a good attitude toward games and constantly be willing to meet problems positively.

The following result demonstrated that self-efficacy positively influences athletic performance. A previous study by X. Chen et al. (2019) indicates that players' self-efficacy enables them to manage the unpleasant emotions they experience during games, restoring psychological and physical equilibrium. According to him, self-efficacy may protect the players' physical and mental health from the negativity and challenges they confront during training and on the field. In addition, Walter, Nikoleizig, and Alfermann (2019) found that athletes with a high level of self-efficacy may increase their athletic performance in any sport. Thus, players with high levels of self-efficacy are more self-confident, successful, and risk-taking. When athletes believe they can perform well regardless of the scenario or conditions, their performance will be positively affected. So, for effective results, Iraqi athletes must build self-efficacy traits inside their personalities.

Another finding revealed that proactive personality qualities had a good effect on the performance of athletes. In previous research, Hsiao and Wang (2020) also emphasized the significance of proactive behavior in sports. This quality will improve the performance of athletes since they will always be prepared to confront obstacles on the field and in training. Lin, Lu, Chen, and Wu (2022) noted in their research that players with proactive personalities consistently exert more effort to attain their objectives, enhancing their job skills. This proactive quality not only fosters confidence but also enables players to develop and improve their skills, contributing to their success and that of their team. Hsu, Lu, and Liang (2020) discovered in a separate study that the proactive mentality of players, who are constantly prepared to confront any change, assists them in adapting to the situation and improves their capacity to remain competent in changing conditions. So, proactive athletes will have a favorable effect on their results.

The following finding demonstrated the moderating effect of team support on the relationship between players' attitudes about sports and their performance. In the past, no research has been conducted on the moderating effect of team support. In this study, we determined that team support substantially affects players' game performance. Team support helps athletes develop a favorable attitude toward their sports and increases their motivation and self-assurance. Without team support, athletes will not be able to concentrate and thrive in their sport, which will have a detrimental effect on their performance. Thus, which team must encourage its players, which will assist them in creating favorable attitudes about the game, resulting in enhanced athletic performance? In situations where the players' conditions are particularly difficult in Iraq, team support will be a tremendous source of inspiration for victory.

The subsequent study demonstrated the moderating effect of team support on the relationship between self-efficacy and athletic performance. No

similar investigation has been conducted previously to support this theory. According to (Chrysidis et al., 2020), athletes with self-efficacy can handle stressful conditions on the field. This will, however, be impossible without the assistance of a team. Team support is crucial in enhancing the self-efficacy trait of athletes' personalities, therefore improving their results. When players are confident in their team's support, they are more willing to take chances to win the game, resulting in a positive outcome. Hence, the results suggested that team support has a favorable effect on players' self-efficacy, enhancing their game performance.

The following findings demonstrated the moderating effect of team support between proactive traits and athletic performance. No prior research has examined the moderating influence of team support between these factors. Without team support, it will be impossible for proactive players to capitalize on fresh opportunities to win the game. Team support not only boosts athletes' confidence but also demonstrates to them that their team will always be there for them regardless of the circumstances. Even if the outcome is negative, consistent encouragement from teams, leaders, and coaches will enhance their confidence, allowing them to improve their performances. Hence, team support will boost the proactive nature of athletes, improving their performance.

## **CONCLUSION**

This work has made a significant contribution to the body of knowledge. It will serve as a learning resource for academics and assist gamers in comprehending the significance of these personality traits and how they may mould their character. People in Iraq are immensely fond of sports. However, athletes must modify their personalities to thrive in various sports. Due to their circumstances, international training is tough, but they may still succeed in their sport by modifying their personality traits. This research discusses a positive attitude toward sports, self-efficacy, and proactive qualities in the athlete's performance as personality traits. In addition, the moderating effect of team support between these characteristics is explored. Employees with a positive attitude will not only be able to increase their performance but will also be able to overcome any hurdles without losing hope.

Moreover, self-efficacy improves the performance of players. Athletes with this quality not only boost the confidence of their teammates but also make them understand they can handle any scenario or obstacle on the field. The proactive quality positively affects the athlete's performance. Proactive players can handle unanticipated situations because they are constantly willing to take chances, which motivates them to win the game. The moderating function of team support facilitates the inculcation of a favorable attitude toward the game in the athletes, hence enhancing their results. Occasionally, in various situations, athletes do require team assistance. Team assistance will assist them in improving their good behavior toward achieving their objectives. The relevance of the moderating function of team support between self-efficacy and athletic performance cannot be overstated. Team support grounds make players feel confident and capable of dealing with

opponents since they know they have their team with them. Team roles serve as a moderator between proactive and athletic personalities. Team support will encourage players to take new chances and make brave decisions, enhancing their field results. Proactive athletes always know how to take calculated risks and exert maximum effort to win the game. Using reasonable personality qualities and team support, the study aids policymakers in formulating legislation to improve the performance of athletes.

## LIMITATIONS

Nonetheless, the limitations of this study can be solved in the future. Initially, this study focuses on only a few personality qualities of athletes (attitude toward the game, self-efficacy, and proactive). In the future, researchers will be able to examine the effect of personality qualities such as openness, extraversion, and optimism on athletic performance. Second, there is only one moderator employed in this study. Therefore team support is not available. In the future, it will be possible to use several moderators to examine the correlations between various factors. Thirdly, the study is limited to Iraqi athletes. As a result, this study may not apply to industrialized nations.

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