

Assessment of team cohesion between national level volleyball and basketball players

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Abstract

Introduction: Historically, cohesion has been identified as the most important small group variable. Also cohesion has been the object of scientific scrutiny in both Sport and Exercise Psychology. The term cohesion is derived from the Latin word "cohaesus", which means to cleave or stick together. Like many social constructs, cohesion has been defined in a variety of ways. Festinger defined it as "the total field of force that act on members to remain in the group". In sports Psychology, Carron, Brawley and Widmeyer proposed that cohesion is "a dynamic process that is reflected in the tendency for a group to stick together and remain united in the pursuit of its instrumental objectives and/or for the satisfaction of member affective needs".

Purpose: The purpose of the study was to compare the team cohesion between volleyball and basketball players.

Methodology: To achieve the purpose of the study the investigator had selected 146 players, 73 players from Volleyball and Basketball games during 64th Senior National Volley Ball tournament held at Bangalore and 66th Senior National Basketball tournament held at Mysore. The data pertaining to the selected psychological variable of this study, team cohesion was measured by using questionnaire. The questionnaire was administered to the subjects during the tournament by taking prior permission from the officials accompanied the teams.

Result: To test the hypothesis of the study, the data collected was analyzed by using the statistical technique 't' test was used with the help of statistical package for the social science (SPSS) and level of significance was set 0.05 level.

Conclusion: There was a significant difference in team cohesion between volleyball and basketball players.

Keywords: team cohesion, national, basketball, volleyball

1. Introduction

Historically, cohesion has been identified as the most important small group variable. Also cohesion has been the object of scientific scrutiny in both Sport and Exercise Psychology. The term cohesion is derived from the Latin word "cohaesus", which means to cleave or stick together. Like many social constructs, cohesion has been defined in a variety of ways. Festinger defined it as "the total field of force that act on members to remain in the group". In sports Psychology, Carron, Brawley and Widmeyer proposed that cohesion is "a dynamic process that is reflected in the tendency for a group to stick together and remain united in the pursuit of its instrumental objectives and/or for the satisfaction of member affective needs".

The term cohesion is derived from the Latin word 'cohaesus' which means to cleave or stick together. Like many social constructs, cohesion has been defined in a variety of ways. Festinger defined it as "the total field of force that act on members to remain in the group". In Sports Psychology Carron, Brawley and Widmeyer proposed that cohesion is "a dynamic process i.e., reflected in the tendency for a group to stick together and remain united in the pursuit of its goals and objectives.

Positive feelings may bind people together to form groups, however, there is no guarantee that a high initial cohesion will last all the way. Cohesion is dynamic in nature; it changes over time and situation. "Cohesion is not a trait. Cohesion in a group can (and most likely does) changes over time in both its

extent and various forms throughout the process of group formation, group development, group maintenance, and group dissolution." (Carron and Brawley, 2012, p.732). It is important for group to find ways to maintain and improve its cohesiveness in order to keep the group strong.

Cohesion can be defined as "a dynamic process that is reflected in the tendency for a group to stick together and remain united in the pursuit of its instrumental objectives and/or for the satisfaction of member affective needs" (Carron *et al.*, 1998, p.213) The definition emphasize that cohesion is a dynamic process, it changes and this definition also included most of the existing groups, group with instrumental objective, for example, sports teams and workforce, and group for satisfying members affective needs, for example, the friendship group.

2. Methodology

To achieve the purpose of the study the investigator had selected 146 players, 73 players from Volleyball and Basketball games during 64th Senior National Volley Ball tournament held at Bangalore and 66th Senior National Basketball tournament held at Mysore. The data pertaining to the selected psychological variable of this study, team cohesion was measured by using questionnaire. The questionnaire was administered to the subjects during the tournament by taking prior permission from the officials accompanied the teams.

3. Statistical analysis

To test the hypothesis of the study, the data collected was analyzed by using the statistical technique ‘t’ test was used with the help of statistical package for the social science (SPSS) and level of significance was set 0.05 level.

4. Result and discussion

Table 1: Show the Mean, Standard Deviation and ‘t’ Value of Individual Attraction to Group-Task of Volleyball and Basketball Players.

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Volley ball	73	22.50	5.80	1.00
2.	Basketball	73	23.54	6.75	

Significant at 0.05 level.

The analysis and interpretation of the data related to the hypothesis 1 was done with the help of t test. The obtained t value is 1.00, which is lower than the table value 1.96 at 0.05 level of significance, so the null hypothesis was accepted. Thus, it is concluded that in individual attraction Volleyball players not found significant than Basketball players. But when mean value of both the groups compared Basketball players are having more mean value than the volleyball players.

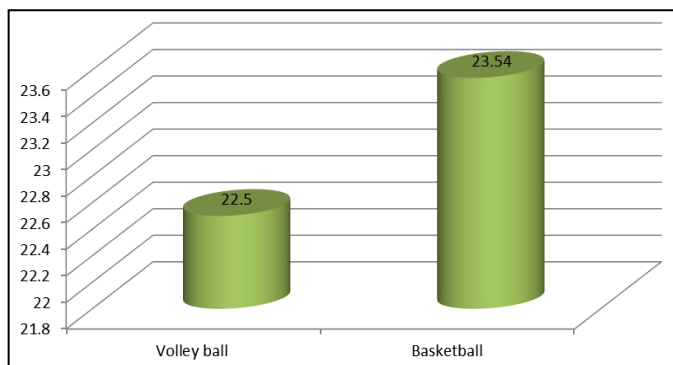


Fig 1: Shows Mean Value of individual attraction to Group-Task and Volleyball and Basketball Players.

Table 2: Show the Mean, Standard Deviation and ‘t’ Value of Individual Attraction to Group-Social of Volleyball and Basketball Players

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Volley ball	73	22.86	7.08	8.87*
2.	Basketball	73	33.01	6.74	

Significant at 0.05 level.

The above table shows the mean value standard deviation and ‘t’ value of individual attraction to group –social (ATG-S) of volleyball and basketball players the ‘t’ value shows there is a significant different in individual attraction in to group social since the calculated ‘t’ value greater than the table value 1.96 so the null hypothesis was rejected and the alternative hypothesis was formulated that, there is a significant difference in the dimension of individual attraction to group-social between Volley ball and Basketball players. Thus, it is

concluded that in individual attraction to group-social there is a significant difference between Basketball players and Volley ball players. In this dimension Basketball players are better than volleyball players.

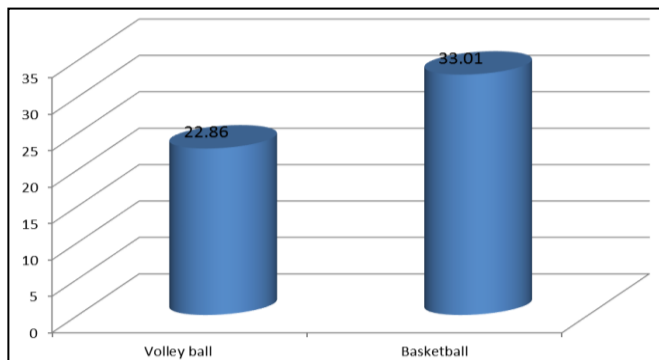


Fig 2: Shows ‘t’ Value of Individual Attraction to Group-Social of Volleyball and Basketball Players

Table 3: Show the Mean, Standard Deviation and ‘t’ Value of Group Integration-Task of Volleyball and Basketball Players

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Volley ball	73	29.31	6.19	0.602
2.	Basketball	73	28.57	8.48	

Significant at 0.05 level.

The analysis and interpretation of the data related to the hypothesis 3 was done with the help of t test. The obtained t value is 0.602, which is lower than the theoretical table value 1.96 at 0.05 level of significance, so the null hypothesis was rejected and the alternative hypothesis was formulated that, there is no significant difference in dimension group integration-task between Volleyball and Basketball players. Thus, it is concluded that in individual attraction Volleyball players found significant than Basketball players. But when mean value of both the groups compared Volleyball are having more mean value than the Basketball players.

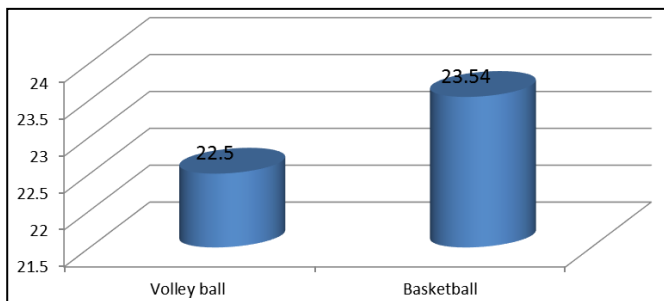


Fig 3: Shows ‘t’ Value of Group Integration-Task of Volleyball and Basketball Players

Table 4: Show the Mean, Standard Deviation and ‘t’ Value of Group Integration Social of Volleyball and Basketball Players

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Volley ball	73	22.43	4.40	4.059*
2.	Basketball	73	19.09	5.48	

Significant at 0.05 level.

The above table shows the mean value standard deviation and 't' value of Group integration social (GI-S) of volleyball and basketball players the 't' value shows there is a significant different in individual attraction in to group social since the calculated 't' value greater than the table value 1.96, so the null hypothesis was rejected and the alternative hypothesis was formulated that, there is a significant difference in dimension group integration social between Volleyball and Basketball players. Thus, it is concluded that in individual attraction Basketball players found significant than Volleyball players. But when mean value of both the groups compared Volleyball are having more mean value than the Basketball players.

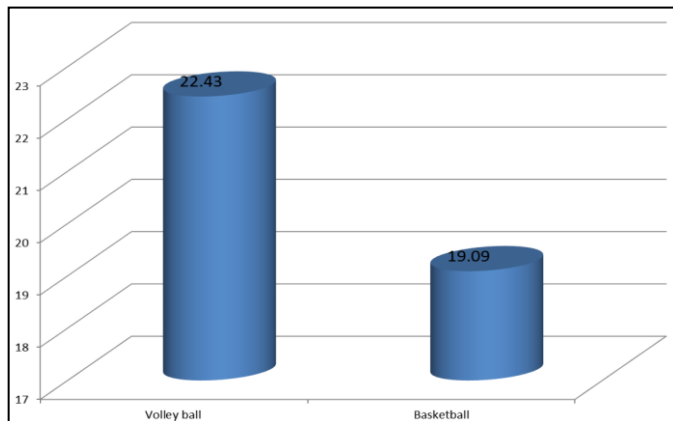


Fig 4: Shows the 't' Value of Group Integration Social of Volleyball and Basketball Players

5. Conclusion

The analysis of the data revealed that there was no significant difference between Volleyball and basketball players in individual attraction to the group task. When mean values are compared Basketball players are having more mean value than the Volleyball players in Individual attraction to the group task.

In attraction to group social there was significant difference between Volleyball and basketball players. In group integration task there was a significant difference between Volleyball and basketball players. In this dimension Basketball players found significant than the Volleyball players.

There was no significant difference between Volleyball and basketball players in group integration task. When mean values are compared Volleyball players are having more mean value than the Basketball players in group integration task.

In group integration social there was significant difference between Volleyball and Basketball players. In this dimension Volleyball players found significant than the Basketball players.

6. References

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