

Research Paper :

Relationship between team cohesion and performance among university level female volleyball players

N.B. SURESH AND S.M. PRAKASH

Accepted : August, 2010

ABSTRACT

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”. To establish the relationship between group cohesion and performance of University Female Volley Ball players, Group Environment Questionnaire (GEQ) was administered. The GEQ assesses 4 dimensions of cohesion. The four subscales of the GEQ are referred to as: Individual Attraction to Group: Task (ATG-T), Individual Attraction to Group: Social (ATG-S), Group Integration Task (GI-T) and Group Integration-Social (GI-S). The Questionnaire was administered to two female Volley Ball teams, one was the winner of the University tournament and the other was the loser team. To evaluate the Volley Ball performance of the subjects a 10 point rating scale was constructed and the ratings were obtained from the experts. Product Moment Correlation Coefficient was calculated to establish the relationship between the team cohesion and performance. It was found that the winning team had significant relationship with all the four items of team cohesion and performance in Volley Ball and the relationship was not significant in the case of losers team.

See end of the article for authors' affiliations

Correspondence to:

S.M. PRAKASH

Department of Physical Education, Kuvempu University, Shankaraghatta, SHIMOGA (KARNATAKA) INDIA

Key words : Volleyball, Group integration

Sports performance is the result of a multitude of factors such as physical fitness, skill fitness, constitutional factors and tactical efficiency. Volleyball, an excellent around team sports, has been widely accepted as highly competitive as well as recreational game throughout the world. It is now recognized as one of the most breath taking and dramatic sports of the Olympics from players and spectators view point. The game of volleyball is performance oriented. The performance of top class volleyball players is the result of interaction of a number of factors which include physical, physiological and psychological demands also. Volleyball performance involves more than physical skills, some of the important psychological factors also. Such factors are evident when we witness a superior display of skill by a player in one occasion and then, on a separate occasion see that same player makes an effort after an error.

In today's competitive society, coaches rely heavily upon the success of their respective team. Coaches strive to understand to why some of their athletes work harder

than others and how to get all the team members to work effective together as one cohesive unit. Team building for sports is being viewed as a medium for increasing team's success.

Historically, cohesion has been identified as the most important small group variable. Also cohesion has been the object of scientific scrutiny in both sports 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 *et al.*, 1985) 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.

Empirical research indicated that higher in group cohesion was associated with successful sports performance and had been shown to be related in a number of sports including basketball (Carron *et al.*, 2002). Gardner *et al.* (1996) showed that group cohesion