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## The study of team cohesion difference of team and individual sports players

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### Abstract

A range of physical and internal factors contribute to successful performance in sports, and success requires the whole range of factors to come together and interact in the right way. For numerous sports, fitness factors are most important, though the internal aspects are essential at the elite position. Group cohesion is becoming more and more important in any activities where performance is the main purpose. In group sports, like in any other performance-based activities, high group cohesion is considered to be very helpful and has led to better performance. The purpose of the study will be to compare Team cohesion of team and individual sports players. A total number of two hundred fifty (250) were collected data from the subjects and one hundred twenty five (125) from team game players and one hundred twenty five (125) from individual games players subjects from the selected variables. The Group Environment Questionnaire (GEQ) instrument was used in this study. The data was analyzed and compared with the help of SPSS software for statistical procedure in which arithmetic mean, standard deviation, t-test was used to compare the data.

**Keywords:** Cohesion, performance, environment questionnaire

### Introduction

In a world where sports players are being pushed further to the limits to exceed, any advantage is getting decreasingly necessary. A range of physical and internal factors contribute to successful performance in sports, and success requires the whole range of factors to come together and interact in the right way. For numerous sports, fitness factors are most important, though the internal aspects are essential at the elite position. Currently numerous youth athletes have the physical, specialized and politic chops to be veritably successful in their own sport. In fact so numerous that the differences between athletes abovementioned chops are veritably slight on the elite position. When the differences between physical, specialized and politic chops are slight, cerebral chops are the bones that make the difference.

In 1996, the European Federation of Sport Psychology (FEPSAC) defined 'Sport psychology is the study of the cerebral base, processes and goods of sport.' Although numerous athletes would contend that sport inescapably includes an element of competition, the term 'sport' is used, both in the FEPSAC description of sport psychology.

Sport psychology, which focuses on all the factors affecting participation and performance in sport, and applied sport psychology, which focuses purely on applying psychology to enhance athletic performance.

### Development of Sport Psychology

Sport psychology has been in some form for nearly as long as psychology itself. The first listed study in sport psychology took place at the close of the nineteenth century. Norman Triplett (1898) performed what's frequently cited as the first trial in social psychology as well as the first in sport psychology. Triplett delved the miracle of social facilitation, in which performance is affected by the presence of others. He demonstrated that cyclists tended to cycle briskly when contending against other cyclists than they did alone.

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Triplett didn't pursue further sport-related exploration, still, and it wasn't until the 1920s that the discipline of sport psychology was formally established.

In 1925, Coleman Griffith set up the Athletic Research Laboratory at the University of Illinois. Griffith, who also put sport psychology on the chart by establishing a university course, publishing two major handbooks and acting as advisor to professional sports brigades, is frequently called the 'father of sport psychology'. The early path of sport psychology didn't run easily, still, and the Athletic Research Laboratory closed in 1932 due to lack of finances.

Between 1930s and the 1960s, there was little exertion in the field of sport psychology. In Soviet Union, sport psychology surfaced as a discipline shortly after the Second World War. It's of course delicate to gain accurate information about the practice of Soviet psychology during the Cold War, but it's generally believed that, during 1960 Melbourne Olympics, Eastern European brigades employed sport psychologists (Kremer & Scully, 1994) <sup>[7]</sup>. In early 1970s, East German and Soviet brigades were routinely employing sport psychologists to enhance athletic performance in transnational events.

Sport psychology reappeared in the USA in the 1960s, and was taken up in Britain and the rest of Europe many times latterly. The area has since expanded worldwide to come one of the fastest-growing new academic disciplines. Interestingly, until veritably lately, the study of sport psychology was forcefully located in the sphere of sport lores as opposed to within psychology. This may be changing, still. In 1986, the American Psychological Association officially honored sport psychology as a branch of psychology, and in 1993 the British Psychological Society formed a Sport and Exercise Psychology Section, which has now come a full division of the society.

Anderson (2000) <sup>[8]</sup> reported that sport psychology is the study of the cerebral factors that affect and are affected by participation and performance in sport, exercise, and physical exertion. He's also of the opinion that Sport Psychology is a specialisation within Brain Psychology and Kinesiology, which seeks to understand performance in sport and apply cerebral ways to enhance individual and platoon performance.

Sport psychology involves preparing the mind of an athlete, just as completely as one prepares the body. Sport psychology is an arising field in the worlds of psychology and calisthenics. For numerous elite-position, professional, recreational, and indeed youth athletes, successful performances, cannot simply be reduced to superior physical performance.

Experimenters have given attention to the cerebral characteristics of exceptional athletes and made significant progress in psychologists' understanding of this area. Krane and Williams (2006) <sup>[9]</sup> concluded that a number of cerebral and behavioural chops and strategies (e.g., thing setting, imagery, anxiety control, and managing chops) are associated with peak performance. They further suggested that athletes can master these chops and strategies through cerebral chops training and harmonious practice. As cerebral chops are developed and maintained with training, the benefit from similar training accumulates over times.

Sports performance is determined by a combination of physiological factors, specialized skill, politic sapience and state of mind. All four factors are critical to peak

performance. Hence, in a world where numerous athletes are physically, technically and tactically decreasingly analogous, it's the mind which offers maybe the topmost compass for a competitive advantage.

In any sports competition, an individual athlete or a platoon would participates targeting better performance for achieving success. The likely success of an athlete or a platoon is the result of better medication and hard sweats. It's egregious that an individual athlete or a platoon medication for successful sports performance requires multi-dimensional considerations that include physiological, cerebral, specialized, and other aspects.

### Team Cohesion

Group cohesion is becoming more and more important in any activities where performance is the main purpose. In group sports, like in any other performance-based activities, high group cohesion is considered to be very helpful, and has led to better performance. The cohesiveness of sports group mostly refers to the strength of bonds between group members, the unity of a group, the feeling of attraction between group members, and the degree to which members concentrate their efforts to achieve group goals. Therefore, from ascertaining that in groups where there are positive relationships of sympathy, friendship and cooperation, the activity is most effective.

Currently, sport conditioning are more and more demanding and performance grounded. The sport group's proposition has developed, and utmost experimenters suppose that a group with high cohesion is more likely to be united and committed to success than a group with low cohesion (Jarvis, 2006) <sup>[10]</sup>. Group cohesion can be described as the strength of bounds between group members, the concinnity of a group, the feeling of magnet between group members, and the degree to which members concentrate their sweats to achieve group pretensions thus, we believe this description given fits stylish group cohesion is a dynamic process that's reflected in the tendency for a group to stick together and remain united in its pursuit of necessary objects and/ or for the satisfaction of members affective requirements (Carron 1998). Being a dynamic process, group cohesion has the characteristic that group tends to remain together and united in the pursuit of its thing for the satisfaction of the affective requirements of group members. Having high group cohesion is considered to be important and would lead to a better performance. The relation between cohesion and performance was studied by numerous experimenters, and utmost concluded that "the connection between cohesion and performance is complementary". Hence, high cohesion increases the group's performance while successful performance increases cohesion. Still, both task and social cohesion are related to group performance. Team cohesion exists where players are united with a common purpose (Cashmore, 2002) <sup>[11]</sup>. Members of the group spend time and share common interests outside the group exertion, which signifies that the group has a good social cohesion. Task cohesion is pertaining to a group united to negotiate a specific task (Williamson, 2007) <sup>[12]</sup>. This description focus on two important generalities of task and social cohesion. therefore, as a group is generally formatted to gain and fulfil a purpose, task cohesion plays an important part in the functionality of every group. Another cohesive force which frequently develops over time was that of social cohesion

among the group members (Rovio *et al.*, 2009) [13]. Task cohesion or group integration is an suggestion of how well the platoon operates as a working unit, while social cohesion or individual magnet refers to how well platoon members like each other as well as the platoon's identity. Research has shown that a high position of task cohesion is also linked to perceived cerebral instigation (Eisler and Spink, 1998) [14].

**Statement of the problem**

The purpose of the study will be to compare Team cohesion of team and individual sports players.

**Research Hypothesis**

Research formulates the hypothesis based on the literature review, It was hypothesized that of Team players and Individual players significantly differ in Group Cohesion.

**Significant of the Study**

The present study is likely to reveal which of Team cohesion level of individual and group Sports players.

**De-limitations**

The study is delimited to 16 to 25 years. The study will be delimited to individual and group events. The study will be delimited to measure Group Cohesion of the subjects.

**Limitations**

The Age of the Subjects will be taken from their Adhaar card records, which are considered a genuine record and are considered another limitation. The players will come from different socio-economic-statuses hence it might have influenced their training and performance and hence b more considered as one of the limitations.

**Definition of the terms**

**Group Cohesion**

Group 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 goals and objectives.

The researcher has explained the procedure which had been adopted to complete his investigation. The subject's selection, selection of components, applied test/

questionnaires, administration of test/ questionnaires, collection of data, reliability of data, administration of data and techniques used for the analysis of data have been described.

In this research descriptive comparative method was used. The descriptive research was used because it described the data and the characteristics of the population. Descriptive research method was used because researcher wanted to assess the team cohesion of team and individual sports players and to compare between the two groups.

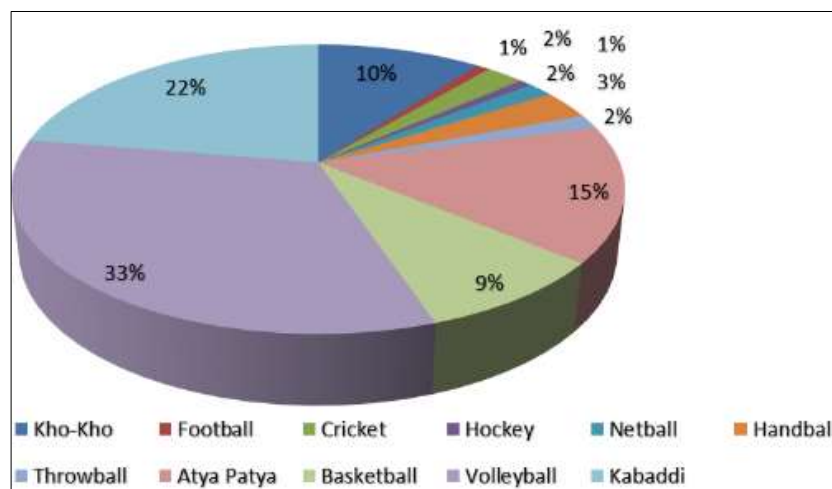
**Selection of Subjects**

For the present study, the subjects were selected from various colleges, sports hostels, sports clubs, universities and sports center of Karnataka state. Which participated in inter-college, national and all-India intervarsity and above level competition. A total number of two hundred fifty (250) were collected data from the subjects and one hundred twenty-five (125) from team game players and one hundred twenty-five (125) from individual games players subjects from the selected variables. The ages of the subjects for various games were ranging from 18 to 25 years. All the subjects were selected randomly during the regular practice and their camps of prior competitions, with the permission of their coaches. No time limit was given to players fill up the questionnaires by the tester.

**Demographic details**

**Table 1: Team Game Players**

Sl. No	Games	Male	Female	Total
1	Kho-Kho	10	3	13
2	Football	01	-	01
3	Cricket	03	-	03
4	Hockey	01	-	01
5	Netball	02	-	02
6	Handball	04	-	04
7	Throwball	-	02	02
8	AtyaPatya	15	04	19
9	Basketball	11	-	11
10	Volleyball	34	07	41
11	Kabaddi	19	09	28
Total		100	25	125



**Fig 1: Team Game Players**

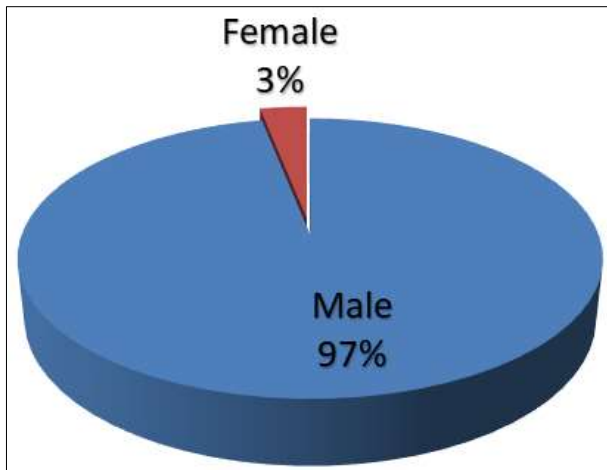


Fig 2: Male and Female in Team Game players

Table 2: Individual Game Players

Sl. No	Games	Male	Female	Total
1	Table tennis	01	-	01
2	Athletics	38	19	57
3	Karate	05	-	05
4	Wrestling	08	02	10
5	Badminton	05	-	05
6	Taekwondo	04	-	04
7	Judo	23	10	33
8	Cycling	7	03	10
Total		91	34	125

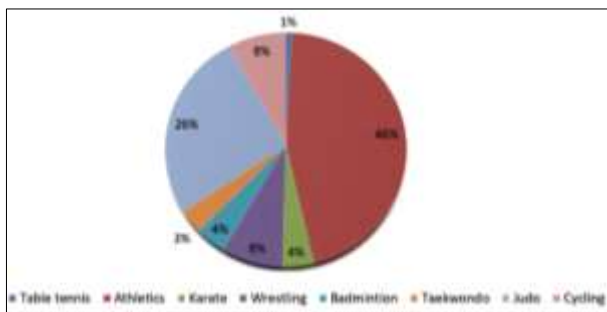


Fig 3: Individual Game Players

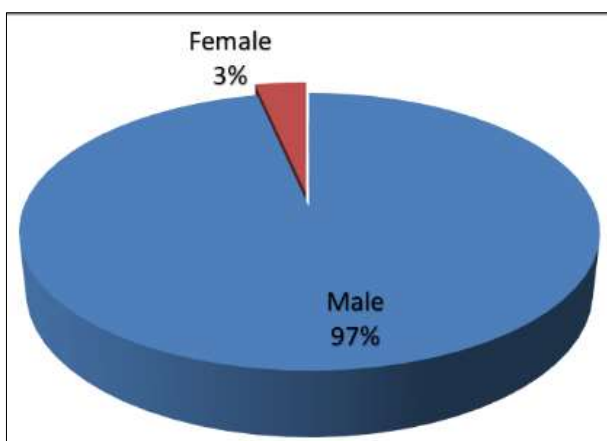


Fig 4: Male and Female in Individual Game Players

**Selection of Variables and Tools:** The available scientific literature of the area of this study comprising both the critical and allied literature from various sources of books, journals, periodicals, magazines, research papers, internet, and elsewhere. From the literature of previous studies, after

going through many discussions with the supervisor and experts in the field and considering the feasibility of the study, the following variables were selected for this study

**The Group environment scale:** The Group Environment Questionnaire (GEQ) is an instrument intended for the study of cohesion in sport teams this scale developed by Albert V. Carron, and *et al.* The GEQ assess the four dimensions of team cohesion - Individual Attraction to group task (ATG-T), Individual Attraction to Group-Social (ATG-S), Group Integration-Task (GIT) and Group Integration-Social (GI-S). The questionnaire contains 18 items that are scored on a 9-point Likert-type scale ranging from "strongly agree" to "strongly disagree." Each item is either positively stated or negatively stated. The questionnaire has five items for ATG-S, four items for ATG-T, five items for GI-T, and four items for GI-S.

**Scoring:** The GEQ measures these four elements regarding how attractive a group is to its individual members: (1) attraction to group-task; (2) attraction to group-social; (3) group integration-task; and (4) group integration-social. To determine your score, simply add the numbers you circled for the questions in brackets below. However, items 1, 2, 3, 4, 6, 7, 8, 11, 13, 14, 17, and 18 should be reverse scored, which means that a 1 would equal 9 and a 9 would equal 1. Individual Attraction to Group-Task (sum of scores for items 2 + 4 + 6 + 8; range = 4-36) Individual Attraction to Group-Social (sum of scores for items 1 + 3 + 5 + 7 + 9; range = 5-45) Group Integration-Task (sum of scores for items 10 + 12 + 14 + 16 + 18; range = 5-45) Group Integration-Social (sum of scores for items 11 + 13 + 15 + 17; range = 4-36) The higher your score on each subscale, the greater you reflect that dimension (e.g., a score of 31 on the Individual Attraction to Group-Social scale means you are more socially attracted to the group than a score of 15 would indicate). Note that the Individual Attraction scales range from a low of 4 to a high of 36, whereas the Group Integration scales range from a low of 5 to a high of 45. In all subscales Higher scores indicate higher group cohesion.

**Statistical techniques:** The data was analyzed and compared with the help of SPSS software for statistical procedure in which arithmetic mean, standard deviation, t-test was used to compare the data. In all the cases 0.05 level of significance was fixed to test the hypothesis.

Table 3: Table shows a Group Statistic comparison of the Group Chosen of Team game players and Individual game players.

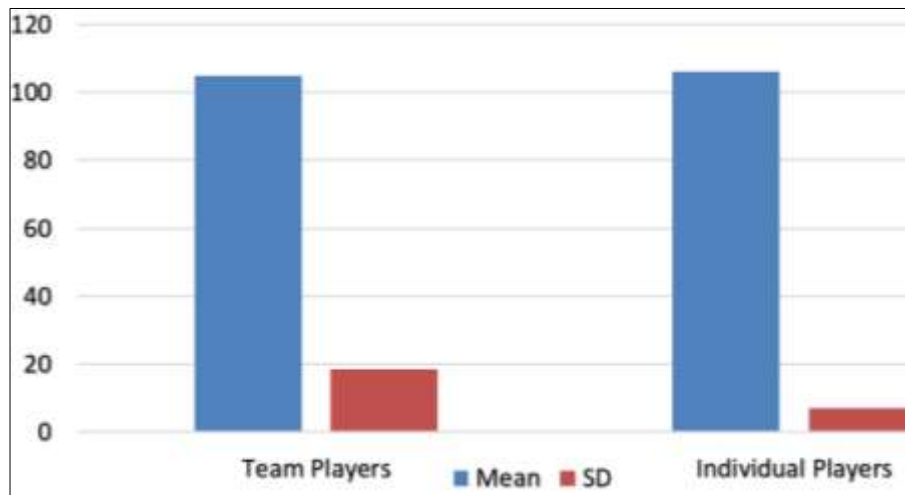
Variable name	Particular	Sample size	Mean	SD	Df	T
Group Chosin	Team players	125	104.76	18.47	248	-.583
	Individual players	125	106.13	18.84		

Above table compares the Group Chosen of a team and individual players. The individual players have a higher mean Group Chosen value than Team players when we look at the mean and SD of both groups (mean 104.87 SD 18.47) (Mean 106.13, SD 18.84). The significance of mean differences between the two groups is assessed using an independent sample t-test on the data. The calculated t-value of -.583 was less than the critical t-value of ±1.969 for 248

degrees of freedom and a 0.05 level of significance, according to the results of an independent sample t-test. As a result, when the Group Chosin of team and individual players is compared, there is no significant difference between them. So, the Alternative Hypothesis, "It was hypothesized that team and individual players significantly

differ in Group Chosin" is rejected, and the null hypothesis is accepted.

**In the bar chart the sample size, mean, and standard deviation of both groups are graphically represented**



**Fig 5:** Group Chosin

**Discussion on findings of team cohesion:** The findings of the study pertaining to Cohesion revealed that individual players were found superior in Cohesion compared to team players. Quite similar to the findings mentioned above, individual players were found better than team players in Cohesion. Interestingly, cohesion is not just important for team sports it is also important for individual sports like cross-country running, Wrestling, Boxing, etc. Athletes in individual sports spend a lot of time together, train with the same coaches, and share the same training space and equipment. This improves them to get along as much as (or more than) team-sport athletes. In my study the difference of mean also. 1.376 is not more difference of team and individual players.

**Conclusions:** The Group Chosen of team and individual players. The individual players have a higher mean Group Chosen value than Team players. The Group Chosen of team and individual players is compared; There is no significant difference between them. So, the Alternative Hypothesis, "It was hypothesized that team and individual players significantly differ in Group Chosen" is rejected, and the null hypothesis is accepted.

**Recommendations:** In light of the findings of the present study the following recommendations seem to be acceptable:

1. The findings of the present study can be helpful for psychologists, physical education teachers, coaches and physical trainers to know the psycho-social parameters of the players of various sports.
2. The findings of the present study will be helpful for psychological and physical trainers and coaches to develop the required psychological parameters of the players.
3. Physical education teachers, psychological and physical trainers and coaches may use the findings of this study to enhance the psychological state of players.

4. A similar study can be undertaken on a large number of players from various sports and from different performance levels and age groups.
5. A similar study can be conducted on female players from different sports.
6. The effect of other variables such as physical, biochemical, socio-economic etc. and psycho-social parameters on the performance of players can also be studied.

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