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Cohesiveness among National Level Women Soccer Players: A Comparative Study

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Abstract: *The purpose of the study was to compare group cohesiveness among National level women soccer players. A numbers of one hundred twenty (120) National level women soccer players of which forty (40) of each level (age ranging 15-25y.) were selected from different clubs and academic of various places from North Eastern state of India, Group Environment Questionnaire (Carron, et.al, 1985) was used to collect the data for the study. The questionnaire consists of 18 items and each of them was scored on a 9-likert scale ranging from 'strongly agree' to 'strongly disagree'. The questionnaire had five items for ATG-S, four items for ATG-T, four items for GI-S and five items for GI-T. The score for each category was calculated by summing the values and dividing by numbers of items in that category. Descriptive statistic and comparative statistic one- way analysis of variance (ANOVA) was applied for the statistical analysis and the level of significance difference was set at 0.05 levels. The findings of the study shows the sub-scale of group cohesiveness were significantly difference in Individuals Attractions to the Group-Social(ATGS), Individuals Attractions to the Group-Task(ATGT) Group Integration-Social(GIS) and Group Integration-Task(GIT)) amongst the National level women Soccer players the Above-19 women soccer players was better than all other players.*

Key Words: *cohesiveness, ATG-S, ATG-T, GI-S and GI-T.*

1. INTRODUCTION:

In the past, the concept of cohesion has been defined in many ways. In the sporting world, one definition is most widely used and accepted. Cohesion is the total field of forces which act on members to remain in a particular group (Festinger, Schacter, & Back, 1950). People will usually refer to their team as cohesive if the members get along, are loyal and are united in the pursuit of its goals. There are many group dynamics that take place within a sporting team. One of the most important is cohesion. One is always hearing about how important it is for a team to "gel" or "bond" or "have good chemistry." Cohesive teams can achieve dramatic and awesome things. The way players interact has a tremendous impact on the way a team performs. Hall (1960), "The fittest to survive and succeed are those able to find their strength in cooperation, able to build teams based upon mutual helpfulness, and responsibility for one's fellow teammates." The more cohesive a team is, the more it encourages peak performance in its members. If cohesion is lacking it can often prevent the team from reaching its potential.

A cohesive team has well-defined roles and group norms, common goals, a positive team identity, a good working relationship, shared responsibility, respect, positive energy, trust, a willingness to co-operate, unity, good communication, pride in membership, and synergy. To establish cohesion, everyone needs to be on the same page when it comes to team goals. Pain M.A and Harwood CG. (2008) examined the performance environment of the England youth soccer teams and reported that team and social factors were generally perceived to have the greatest positive impact, with players and staff showing high levels of consensus in their evaluations. Senecal J, Loughead T.M, and Bloom G.A. (2008) determined whether the implementation of a season-long team-building intervention program using team goal setting increased perceptions of cohesion among 86 female high school basketball players from 8 teams and indicated that team goal setting was an effective team-building tool for influencing cohesiveness in sport teams. Women have certain physiological and anatomical differences, which may affect their performance in sports when compared with men of the numerous sex differences in body size and shape, the most striking of these arise at adolescence. The aim of the study was to compare group cohesiveness among National level women soccer players.

2. METHODS:

Sample of respondents: To obtain required data, the investigators had selected one hundred twenty (N=120) National level women soccer players purposively and then categorized in to 40 samples in each age category. The age of the

subjects was categorized as U-17, U-19 and Above 19. The age ranged between 15 to 25 years old. After having been informed about the objective and procedure of the study, all respondents took part in this study with their own interest.

Tool: The tool used in the present study was Group Environment Questionnaire by Carron, et.al, (1985) to assess various aspects of overall Group cohesiveness such as Individual attraction to the group-social (ATG-S),Individual attraction to the group- task (ATG-T),Group integration social (GI-S) and Group integration-task (GI-T) of the selected soccer players.

Statistical Analyses: The One-way analysis of variance (ANOVA) was applied to know about whether any significance difference is there in sub-factor of Group cohesiveness among three different age categories of Women National level soccer players. In the testing of two tailed hypothesis, the level of significance was set at 0.05.

Table 1

Descriptive Statistics of Group Cohesiveness among National level women Soccer players having different ages.					
		N	Mean	Std. Deviation	Std. Error
Individual attraction to the group-social (ATG-S)	U-17	40	7.02	0.85	0.13
	U-19	40	6.69	1.05	0.17
	A-19	40	7.51	0.73	0.12
	Total	120	7.07	0.94	0.09
Individual attraction to the group-task (ATG-T)	U-17	40	6.30	0.93	0.15
	U-19	40	5.62	0.97	0.15
	A-19	40	6.49	0.69	0.11
	Total	120	6.14	0.94	0.09
Group integration social (GI-S)	U-17	40	5.21	0.67	0.11
	U-19	40	6.10	1.28	0.20
	A-19	40	7.23	1.31	0.21
	Total	120	6.18	1.39	0.13
Group integration-task (GI-T)	U-17	40	7.71	0.59	0.09
	U-19	40	7.06	0.94	0.15
	A-19	40	7.74	0.65	0.10
	Total	120	7.50	0.80	0.07

Table 1 indicated the mean and SD of group cohesiveness of National level women Soccer players having different ages categories. The mean and SD in sub-factor of Attraction to group- social (ATG-S) of Under-17, Under-19 and Above-19 level were 7.02±0.85, 6.69± 1.05 &7.51±0.73 respectively. The mean and SD in sub-factor of Attraction to group- task (ATG-T) of Under-17, Under-19 and Above-19 level were 6.30± 0.93, 5.62±0.97&6.49±0.69 respectively. The mean and SD in sub-factor of Group Integration social (GI-S)of Under-17, Under-19 and Above-19 level were 5.21± 0.67, 6.10±1.28&7.23±1.31 respectively. The mean and SD in sub-factor of Group Integration task (GI-T)Under-17, Under-19 and Above-19 level were 7.71± 0.59, 7.06±0.94&7.74±0.65 respectively.

Table 2

Analysis of variance on Group Cohesiveness among National level women Soccer players having different ages						
		Sum of Squares	df	Mean Square	F	Sig.
Individual attraction to the group-social (ATG-S)	Between Groups	13.82	2	6.91	8.75	0.00
	Within Groups	92.42	117	0.79		
	Total	106.23	119			
Individual attraction to the group- task (ATG-T)	Between Groups	16.90	2	8.45	11.10	0.00
	Within Groups	89.08	117	0.76		
	Total	105.98	119			

Group integration social (GI-S)	Between Groups	81.57	2	40.79	32.13	0.00
	Within Groups	148.50	117	1.27		
	Total	230.07	119			
Group integration-task (GI-T)	Between Groups	12.08	2	6.04	10.95	0.00
	Within Groups	64.55	117	0.55		
	Total	76.64	119			

Table 2 revealed that the F-value was significant at 5% level as the p value attached with the calculated F-value is 0.00 which was less than 0.05. Hence, the null hypothesis of no difference in all the Sub-factors of group cohesion i.e. Individual attraction to the group-social (ATG-S), Individual attraction to the group- task (ATG-T), Group integration social (GI-S) and Group integration-task (GI-T) among National level women Soccer players was rejected. Therefore, LSD post hoc test was used to compare the means in different pairs.

Table 3.

Post hoc mean comparison onGroup Cohesiveness among National level women Soccer players having different ages.

Dependent Variable	Age G (I)	Mean (I)	Age G (J)	Mean (J)	Mean Difference (I-J)	Std. Error	Sig.
Individual attraction to the group-social (ATG-S)	U-17	7.02	U-19	6.69	0.32	0.20	0.10
			A-19	7.51	**0.50***	0.20	0.01
	U-19	6.69	A-19	7.51	**0.82***	0.20	0.00
Individual attraction to the group- task (ATG-T)	U-17	6.30	U-19	5.62	**0.68***	0.20	0.00
			A-19	6.49	0.19	0.20	0.32
	U-19	5.62	A-19	6.49	**0.88***	0.20	0.00
Group integration social (GI-S)	U-17	5.21	U-19	6.10	**0.89***	0.25	0.00
			A-19	7.23	**2.01***	0.25	0.00
	U-19	6.10	A-19	7.23	**1.13***	0.25	0.00
Group integration-task (GI-T)	U-17	7.71	U-19	7.06	**0. 65***	0.17	0.00
			A-19	7.74	0.04	0.17	0.83
	U-19	7.06	A-19	7.74	**0.69***	0.17	0.00

***The mean difference was significant at the 0.05 level.**

From Table-3 it was seen that amongst all the pair wise comparisons only the difference between the Sub-factors of group cohesion Individual attraction to the group-social **(ATG-S)** of the soccer players in Under-17 and Above-19, Under-19 and Above-19 was significant at 5% level because the p-value for those mean differences was less than 0.05.

It was also seen that amongst all the pair wise comparisons only the difference between the Sub-factors Individual attraction to the group- task **(ATG-T)** of the soccer players in Under-17 and Under-19, Under-19 and Above-19 was significant at 5% level because the p-value for those mean differences was less than 0.05.

Again the Statistically significant result was found in the sub-factor Group integration social **(GI-S)** of the soccer players in Under-17, Under-19 and Above-19, Under-19 and Above-19 was significant at 5% level because the p-value for those mean differences was less than 0.05.

Further the Statistically significant result was also found in the sub-factor Group integration-task **(GI-T)** of the soccer players in Under-17 and Under-19, Under-19 and Above-19 was significant at 5% level because the p-value for those mean differences was less than 0.05.

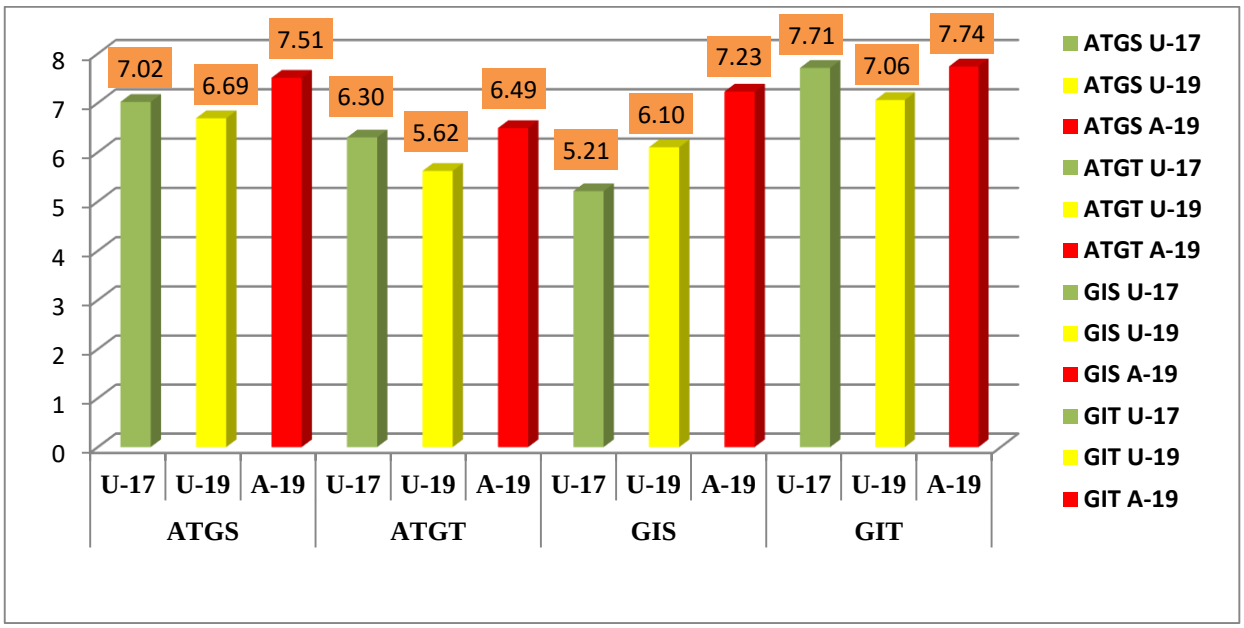

Fig. 1: Graphical representation of mean scores of the sub factors of group cohesiveness among National level Women Soccer players having different ages.

3. DISCUSSION:

Based on statistical analysis and graphical representation evident from Table 1, Table 3 and Figure 1, it was inferred that all the Sub-factors of group cohesion i.e. Individual attraction to the group-social (ATG-S), Individual attraction to the group- task (ATG-T), Group integration social (GI-S) and Group integration-task (GI-T) amongst the National level women Soccer players the Above-19 women soccer players was better than all other players whereas the Under-17 players demonstrated the next highest profile, scoring higher than Under-19 group.

4. CONCLUSION:

On the basis of the result it is concluded that the Sub-factors of group cohesion i.e. Individual attraction to the group-social (ATG-S), Individual attraction to the group- task (ATG-T), Group integration social (GI-S) and Group integration-task (GI-T) amongst the National level women Soccer players the Above-19 women soccer players was better than all other players whereas the Under-17 players demonstrated the next highest profile, scoring higher than Under-19 group.

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