

The effect of Team Coherence and Its Relationship with the Psychological and social Atmosphere for the Team – Sport Players

*Dr / Mohamed Mohamed El said El shahat

Abstract:

The research aims at knowing the standard of the team coherence and the degree of the psychological and social atmosphere, and the relationship between the factors of team coherence and the factors of the psychological and social atmosphere for the team sport players in sharkia Governorate. The researcher has used the descriptive method by using the survey style. The research sample consists of (187) players from the first degree in the team sports in the sharkia clubs and youth – centres. From the research tools: the standard of team coherence – the standard of the psychological and social atmosphere. **Results:** (1) The team sport players in sharkia Governorate enjoy a high degree of team coherence. (2) There is a positive coefficient statistically denoting in the standard (0.05) between the factors of team coherence

criterion and some factors of team coherence criterion and some factors of psychological and social criterion (self – independence – combination – confidence – pressures support – valuation or confession – Justice – Renewal). (3) There is a negative coefficient statistically denoting in the standard (0.05) between the factors of team coherence and the pressures factor from the factors of psychological and social criterion. (4) The team sport players in sharkia governorate enjoy a high degree of the psychological and social atmosphere.

Introduction:

The team coherence is an important element of success and excel. It is not reasonable the uncohesive team will win. The teams with apportion and diffuse never last in their formations because of frustration. Many psychological and social sport

* Department of educational, psychological and social sciences, Faculty of physical education for male, Zagazig University, Egypt.

scientists refer to the high – coherent teams perform better than the teams with low – coherence.

The team coherence is the basis of continuing the players in the team membership because the coherence is the thread that joins the team members and keeps the relations between its members. Coherence has many characteristics and meanings such as the players feeling of belonging to the team. The team coherence means the feeling of each player in the team with affection towards the other mates in the team. They respect each other and seek to shared object. The coherent team is whose players are ready to have the responsibility of it. They have very high incorporeal soul.

Ekhlas Abd El Hafeez and Mustafa Bahy (2001) refer to the sport team coherence as the most important factor of the team success. The trainers and the players always relate the success or failure of the team to the range of working the team together as a coherent unit. Although that we can't relate in all situations success to the team coherence.

Caroon (2005) and others define the team coherence as "a dynamic process reflects in tending the group to be coherent together and be still united in following its targets and satisfying the emotional needs of the member".

The conception of the psychological and social atmosphere is hard to separate its contents except for the study and research demands. From researchers who distinguish between the psychological atmosphere and the social atmosphere. Some researchers consider them one conception. In the dictionary of psychology that the synonyms of the conception of psychological and social atmosphere are the moral psychological atmosphere and the psychological atmosphere inside a group. The individual does not exist away from the group thus his psychological atmosphere does not separate from his social atmosphere.

Abd El Rahman El Essavvy (2012) adds that the social environment includes the human groups which the individual joins them such as the family, the club, the school,

the university, the work and the neighbours. It also includes the group of values, customs, Traditions, rules, laws and the over flow. Most of the modern studies concentrate on the structural and institutional atmosphere more than the psychological and social atmosphere of the individual. The social studies in the sports field is one of the important targets that demand research. The psychological and social atmosphere is an important factor in the sports field. We notice there are some teams suffering from struggles, and social and psychological problems inside the team that causes the poor performance and non – sports excel then achieves low standards. While there is a positive psychological and social atmosphere helps with forming relations and social reactions inside the playground and outside, also it works on cooperation, affection and raising the moral soul for players and forming exchanged social relations between the player and the trainer, and between the players themselves. Also it is an important method for achieving the

winning and improving the performance level.

Through the resource survey of the scientific studies that deal with the team coherence and the psychological and social atmosphere such the study of: prapavessis and carron (1996), Matheson and others (2000), Basant Mohamed Hassan (2007), we – hslung lan (2010), waheeb Ramadan yassen (2011), Naser Ahmed Naser (2012), Mohamed Gasem Elyassery (2013), Mohamed Khairy Mohamed (2013), Ahmed Fathy Hashem (2014), Nazem Shaker yousif and Ali Abd El Elah Younous (2015). The researcher does not find any scientific study that deals with the team coherence and its relation with the psychological and social atmosphere for the team – sport players. Also the researcher notices the few studies that deal with the psychological and social atmosphere for the athletes although there are many scientific studies dealing with the small groups' coherence. It becomes one of the fertile fields for studying the nature of these groups that add importance to this research in

knowing the team coherence factors and its relation with the psychotically and social atmosphere factors for the team – sport players.

For the importance of the team coherence especially in the team – sports as its main basis for any successful team. It is an important factor for achieving the sports championships for any team. The researcher has done this study to know the team coherence and its relation with the psychological and social atmosphere for the team – sport players in sharkia governorate.

Research Objectives:

The research aims at knowing the following:

- 1- The team coherence standard for the team – sport players in sharkia governorate.
- 2- The psychological and social atmosphere degree for the team – sport players in sharkia governorate.
- 3- What is the relation between the team coherence factors and the psychological and social atmosphere factors for the team – sport players in sharkia?

Research Procedures:

Research Method:

The researcher has used the descriptive method by using the survey style that suits the nature of the current study.

Research Society:

The research society consist of the first – degree players in the team – sports (football – basketball – handball – volleyball – field Hockey) in sharkia clubs and outh – centres in the training season 2015. The research society consists of (245) players.

Research sample:

The researcher has chosen the research sample by the target level method from the first – degree players in the team – sports in sharkia clubs and youth – centres in the training season 2015.

The sample reaches (187) players by (76.33%) percentage. Also he has chosen (15) players for the questionnaire study for the legality of the psychological tests under research. In table (1) distribution and classifying the members of the research sample.

Table (1)

**Distribution and classification of the research sample members
on the different team – sports.**

Items	Football	Basketball	Hockey	Volleyball	Handball	total
The main research sample	47	41	52	20	27	187
The Questionnaire sample	3	3	3	3	3	15
Total	50	44	55	23	30	202

Tools of collecting Data:

From the resource survey of the scientific specialized resources in the sports sociology and the related studies, we determine the following tools of collecting data:

First: Questionnaire of team coherence:

Carron, widmeyer and Brawley put this form (1985) for the need to design an assessment tool to evaluate the team coherence also to determine the conceptual model of the team coherence. Hassan Hassan Abdo (2002) translated it in to Arabic. The questionnaire consists of (18) statements express four factors, they are to be answered by ninth scale, the highest degree is (9) for the very acceptance, the lowest degree in (1) for the very disagreement.

Second: The standard of the psychological and social atmosphere after adaptation: Koys and Dectis (1991) prepared this standard.

Ay man Na ser (1998) translated it in to Arabic with adaptation. The standard includes forty statements distributed on eight factors under each one fine statement. He concluded the factors through the executions the coefficient analysis that they did first. These factors are (self – independence – support-valuation or confession – justice – renewal).

The standard has corrected according to triad scale (yes, sometimes, no) they put first.

The positive statement has three degrees with (yes), and two degrees with (sometimes), and one degree with (No). But the reverse with the negative statement, (yes), has one degree, (sometimes) has two

degrees, (No) has three degrees.

The Main study:

1- The first stage: Applying the two standards under research:

After determining the main research sample and choosing the standards under research and being sure with their reliability and stability, the researcher has applied the standards (Team coherence standard – the psychological and social atmosphere standard) on all the subjects of the main research sample (187) players. Each standard has been applied separately by the collective application for each

team in the period from 6/4/2015 to 10/5/2015.

2- The second stage: correcting the standards:

After finishing the application stage, the researcher has corrected the standards according to the instructions of doing that. After that he has written down the marks, preparing them to be dealt statistically.

Discussion and results:

First: show and discussing the results of the research first question: "what is the level of the team coherence for team – sport players in sharkia Governorate?"

Table (2)

The Statistic Description of the research Sample Responses on the Team Coherence Standard N = 187

Measurement Factors	Measure Unit	Arithmetic Mean	Standard Deviation	Mean	Bend Coefficient
The Individual Attraction towards the task	Mark	28.00	4.12	27.00	0.73
The individual Attraction towards the social Reaction	Mark	30.33	4.58	29.00	0.87
The group Integrity for achieving the task.	Mark	36.65	4.96	36.00	0.99
The group Integrity of achieving the social interaction	Mark	27.00	4.71	26.00	0.64
The Total	Mark	121.98	16.93	118.00	0.71

From table (2) we show that the Bend coefficient values of the main research sample responses on the team coherence standard are between (0.64: 0.99) so they are about (± 3); this refers to the fair distribution of the main responses to the standard.

For answering this question the researcher calculates the repetitions, the percentage, the arithmetic means and the standard deviations.

Then he arranges the factors of the team coherence standard for team – sport players.

Table (3)
The Arithmetic Means, the standard Deviations and the percentage of each factor of team coherence standard. N = 187

The Factor	Number of Statements	Average of Response	Standard Deviation	The percentage %	Arrangement According to the percentages
The group integrity for achieving the task	5	7.33	0.97	81.44%	First
The Individual Attraction towards the task	4	7.00	0.91	77.78%	Second
The group Integrity for achieving social Interaction	4	6.75	0.88	75.00%	Third
The Individual Attraction towards social Interaction	5	6.07	0.85	67.44%	Fourth
The Total Mark	18	6.79	0.91	75.44%	-

From table (3) we notice that the factor of the group integrity for achieving the task on the.

Team coherence standard has the first degree by percentage (81.77%), the factor of the individual attraction towards the task has the second

degree by (77.78%), the factor of the group integrity for achieving social interaction has the third degree by (75.00%), the factor of the individual attraction towards social interaction has the last degree by (67.44%), and the total mark of the standard has

(75.44%) and this is a high degree of coherence. The researcher relates this result to the sport that gives chances for social relations and group interaction. Integrity is very important in working team towards the social sides and forming social exchangeable relations with the team members. This by its rule makes the player feels a high confidence by himself so he can do his role effectively inside the team. Cooperation is a must between the members of one team so as to spread a suitable psychological and social atmosphere. This result agrees with Esam Elden ElHelaly and khair Elden ous (1997), and Mohamed Mustafa (2002) that practicing sports activity so sport is as important method for existing and social interaction between the members of one team then reinforcing the positive human relations between different players.

In addition to, deepens the better social awareness. The social interaction between members who practice the sport activities is the basis in achieving the activity

objectives whether in the preparation period or during the direct competition by consideration reinforcing the good social relations between members working in the sport field.

Bray and whaley (2011) add the athlete who feels himself takes part in team and in making decisions in more persistent in the team objectives and expectations more than the athlete who has not got a personal perseverance in the objective. The team members persevere in the shared objective that puts the basis of the team coherence and its roles. The team members need doing personal perseverance's of team for its certain success. So we can answer the first research question: the team – sports players in sharkia Governorate enjoy a high degree of team coherence".

Second: show and discussing the second question Results: "what in the degree of the psychological and social climate for the team – sports players in sharkia Governorate?"

Table (4)
The statistic Description of the main research sample responses on
the psychological and social standard N = 187

Measurement Factors	Measure Unit	Arithmet ic Mean	Standard Deviation	Mean	Bend Coefficient
Self Independence	Mark	11.25	1.18	11.00	0.64
Combination	Mark	12.11	1.24	12.00	0.27
Confidence	Mark	10.75	2.12	10.00	1.06
Pressures	Mark	10.69	2.18	10.00	0.95
Support	Mark	11.51	1.31	11.00	1.17
Valuation or Confession	Mark	12.19	1.35	12.00	0.24
Justice	Mark	11.47	1.29	11.00	1.09
Renewal	Mark	10.23	1.16	10.00	0.59
The Total	Mark	90.20	10.52	87.00	0.91

From table (4) we notice that the bend coefficient values of the main research sample responses on the psychological and social climate standard are between (0.27:1.17), they are between (± 3) that refers to the fair distribution of the main research sample on their responses on the standard.

For replying the second question, the researcher has calculated the repetitions and the percentage, the arithmetic means and the standard deviations. Then he arranges the factors of the psychological and social standard for the team – sport players as in table (5).

Table (5)
Arithmetic Means, the standard Deviations and the percentage for each factor on the psychological and social climate standard N = 187.

Measurement Factors	Number of Statements	Average of Response	Standard Deviation	The Percentage %	Arrangement according to percentages
Valuation or Confession	5	2.44	0.58	81.33%	First
Combination	5	2.42	0.55	80.67%	Second
Support	5	2.30	0.59	76.67%	Third
Justice	5	2.29	0.57	76.33%	Fourth
Self Independence	5	2.25	0.51	75.00%	Fifth
Confidence	5	2.15	0.49	71.67%	Sixth
Pressures	5	2.14	0.52	71.33%	Seventh
Renewal	5	2.05	0.48	68.33%	Eighth
The Total	40	2.26	0.55	75.33%	-

From Table (5) we notice that the factor of valuation or confession on the psychological and social climate standard has the first degree by (81.33%), the factor of combination has the second degree by (80.67%), the support factor has the third degree by (76.67%), the factor of renewal has the last degree by (68.33%), the total mark of the standard has (75.33%) that a degree expresses a high rank of psychological and social climate for the players.

The researcher relates this result to the sport institution that work hard to give a good psychological and social climate in order to achieve the sport championships. The team with a good climate seeks to make the workers in the sport institution and the audience happy, and deal with the problems that appear during training or sport competitions. Also the good psychological and social climate inside the sport institution gives the felling of loyalty to it and to

the work leaders, it and to the work leaders, it also gives confidence between the members of administration and the players in the sport club. So the big sport institutions seek to study the psychological and social climate for achieving the good performance of the sports teams.

This result agrees with Ezzat El Kashef (1991). He refers to the psychological and social climate is an important factor that shaves effectively in the sport competitions. Preparing the psychological and social climate of the player before engaging into the competition is very important that it helps the player develop his characteristics and emotional potentialities.

Thus he can have astute of calmness to decrease the importance of the competition because the continuous thinking of the competition because the continuous thinking of the competition increases the emotional agitation for himself.

This result agrees with waheeb Ramadan Yasseen

(2011), Nazem shaker yousef and Ali abd El Elah Younous (2015), that the players and physical education teachers enjoy high degree of psychological and social climate. Janssen (2005) adds that the successful sport team consists of ready members for doing certain roles based on what is the best for the team, in order to achieve that, three is a must of suitable psychological and social climate free of problems and troubles that act negatively on the teams' performance inside the sport institutions.

Now we can answer the second question: "that the team sport players in sharkia Governorate enjoy a high degree of psychological and social climate".

Third: Show and Discussing the results of the research third question: "What is the relation between the factors of team cohesion and the factors of the psychological and social climate for team sport players in sharkia Governorate?"

Table (6)
Correlation Coefficients between the factors of team cohesion
standard and the factors of psychological and social Climate
Standard N = 187

The Standard Factors	The individual Attraction towards the task	The individual Attraction towards social Interaction	Group integrity for achieving the task	Group Integrity for achieving social Interaction
Self Independence	0.319	0.288	0.305	0.301
Combination	0.294	0.311	0.287	0.314
Confidence	0.322	0.306	0.314	0.321
Pressures	- 0.0294	-0.281	-0.282	-0.276
Support	0.312	0.326	0.319	0.311
Valuation or confession	0.329	0.330	0.315	0.304
Justice	0.316	0.325	0.327	0.331
Renewal	0.297	0.299	0.305	0.283

"R" value in the level $0.05 = 0.159$

From table (6) we notice that there is a positive statistic correlated relation in the level 0.05 between the factors of team cohesion and some factors of psychological and social climate standard (self independence – combination – confidence pressures – support – valuation or confession – justice – renewal) Also there is a negative statistic correlated relation in the level 0.05 between the factors of team cohesion.

Standard and the factor of pressures from the factors of the psychological social climate standard.

The researcher relates this result to the team cohesion that is influenced greatly by the factors of psychological and social climate (self independence – combination – confession – pressures – support – valuation or confession – justice – Renewal). If there is a good climate inside the sport institution, the team cohesion will increase and the loyalty to there institution will increase without the feeling of loneliness.

So some players may refuse moving from one club to another despite the money,

they prefer staying still in the institution that has a good climate in order to doing best in the sport competitions.

The researcher relates the negative correlated relation between the factors of team cohesion and the factor pressures from the factors of psychological and social climate standard to the psychological pressures that make the group members be under physical and psychological exhaustion that breaks the group, so it attributes with lower degree of cohesion.

This result agrees with Jowett (2007). He refers to the importance of the player awareness of the psychological and social climate of the team that influence each player by feeling with satisfaction then staying as a member in the group. That results in team cohesion in a big degree. The importance of team climate is really on realizing the players the relation between the group members. The psychological and social climate of sport team refers to how the players cohesive and interacted in the sport team. The factors of the team climate can be easily

changed, put they all can influence the effective group performance.

From these factors: the social support, cohesion, privilege, justice, similarity. The team performance increases in the case of rising the relations between players on a cooperative basis.

This result agrees with prapavessis and carron (1996), Basant Mohamed Hassan (2007), we – hslung lan (2010), Mohamed Gasem Elyassery (2013), that there is a positive correlated relation between the factors of team cohesion standard and some psychological and social factors (disturbance – motivation of achievement – leadership behavior – the motivated climate) for the athletes.

So we can answer the research third question: "there is a correlated relation between the factors of team cohesion standard and the factors of psychological and social climate standard for team sport players in sharkia Governorate.

Results:

The order of the factors of team cohesion for team sport players in sharkia Governorate

differs as follows: (Group integrity for achieving the task, The individual attraction towards the task, Group integrity for achieving the social interaction, The individual attraction towards the social interaction.)

Team – sport players in sharkia Governorate enjoy a high degree of team cohesion.

There is a positive statistic correlated relation in the level (0.05) between the factors of team cohesion standard and same factors of psychological and social climate standard (self independence – combination – confidence pressures – support – valuation or confession – justice – renewal).

There is a negative statistic correlated relation in the level (0.05) between the factors of team cohesion standard and the factors of pressures from the factors of psychological and social climate standard.

The order of the factors of psychological and social climate standard for team sport players in sharkia Governorate differs as follows – pressures –

support – valuation or confession – justice – renewal). The team – sport players in sharkia Governorate enjoy with a high degree of psychological and social climate.

Recommendation:

According to the results of the research sample, the researcher recommends by follows:

- 1- It is necessary to keep the good psychological and social climate to the team members and support the social relations between the team sports players in sharkia Governorate that increase the team cohesion.
- 2- Pay attention to unite the opinions and the shared understanding between the players of one team this increase the team cohesion and reinforce the psychological and social condition of the players.
- 3- The team – sport trainers should be interested in developing the effective contact skills and having entertainment parties and increasing the social

communication between the members of one team.

4- Making the role of the sport psychologist effective in improving the psychological and social climate of the sport team environment. Also keeping the social relations between the training crew and the players and removing the disobedience and uniting the opinions, and supporting the social agreement in order to increase the sport team cohesion.

5- Revising the results of the team cohesion standard and the psychological and social climate standard during forming the sport team for choosing the players with good increasing social relations.

6- Doing scientific studies around the relation between the team cohesion and some other factors such as the results of sport teams.

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