

THE RELATIONSHIP BETWEEN TEAM COHESION AND SPORTSMANSHIP AMONG VOLLEYBALL PLAYERS

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ABSTRACT

The aim of the research is to answer the following question: Is there a relationship between team cohesion and sportsmanship among volleyball players? To achieve this, the researcher used the Group Environment Questionnaire (GEQ) developed by Carron et al. (1985) to measure team cohesion, and a scale designed by Vallerand, Briere, Blanchard, and Provencher (1997) to assess sportsmanship tendencies. The two scales were applied to a sample of 116 volleyball players selected through a random sampling method. After data collection and statistical processing using the t-test and Pearson correlation coefficient, the following results were found:

- 1. Volleyball players generally possess team cohesion.*
- 2. Volleyball players possess sportsmanship.*
- 3. A significant positive correlation was found between team cohesion and sportsmanship.*

KEYWORDS: *Team Cohesion, Sportsmanship, Volleyball.*

INTRODUCTION

Sportsmanship is characterized by good manners, chivalry, respect, generosity, empathy, and love for others. Good behavior in dealing with players during sports situations can indicate active sportsmanship throughout the performance of all athletic skills.

Regarding team cohesion, volleyball is a team sport where success depends on effective teamwork and the team's unity to achieve victory.¹

Team cohesion is reflected in the group's desire to work together towards achieving common goals. It is demonstrated in the social relationships among team members and their attraction to the social aspects of the group. Team cohesion is crucial for success in team sports like football, volleyball, basketball, and handball, as it is one of the main factors for achieving goals and success in these games.²

PROBLEM STATEMENT

Despite the importance of sportsmanship as an ethical value in dealing with teammates and competitors, and its significant psychological aspects, the researcher noticed an increase in disruptive behavior, roughness, and attacks on competitors, as well as objections to referees' decisions. Additionally, there is a lack of tools to assess sportsmanship, as existing methods typically use unidimensional scales for sports teams. Therefore, the researcher conducted this study to examine team cohesion among volleyball players and its relationship to sportsmanship.

RESEARCH OBJECTIVES

1. To examine the level of team cohesion among volleyball players.
2. To examine sportsmanship among volleyball players.
3. To explore the relationship between team cohesion and sportsmanship among volleyball players.

RESEARCH HYPOTHESES

1. Volleyball players do not possess team cohesion.
2. Volleyball players do not possess sportsmanship.
3. There is no relationship between team cohesion and sportsmanship among players.

RESEARCH SCOPE

1. **Human Domain:** Volleyball players from local teams.
2. **Spatial Domain:** Sports halls at universities.
3. **Temporal Domain:** From 26/11/2023 to 09/01/2024.

RESEARCH METHODOLOGY

Since the aim of the study is to explore the relationship between team cohesion and sportsmanship among volleyball players, the researcher employed a descriptive research method.³

RESEARCH COMMUNITY AND SAMPLE

The research community refers to all individuals or things possessing certain observable characteristics, and the sample was selected from volleyball players in local teams, accounting for approximately 10% of the total community, with a total of 116 players.

RESEARCH TOOLS

1. **Team Cohesion Scale:** The researcher used the *Group Environment Questionnaire* (GEQ) developed by Carron et al. (1985) to measure team cohesion. This scale was translated and validated for the Iraqi environment. It consists of 34 items distributed across four domains:
 - Group integration towards work duties (9 items)
 - Individual attraction to the social aspects of the group (10 items)
 - Group integration towards social aspects (9 items)
 - Individual attraction towards work duties (6 items)

The responses were based on a 5-point Likert scale ranging from "always" (5 points) to "never" (1 point).

 - **Validity:** The scale showed good validity after performing Pearson correlation tests, with correlations ranging from 0.74 to 0.92, all statistically significant at $\alpha = 0.05$.

- **Reliability:** The scale's reliability in the Iraqi environment was 0.86 using Cronbach's Alpha, and 0.90 in the current study, which is suitable for the research purposes.
- Reliability for the dimensions of the scale was as follows:
 - Group integration towards work duties: 0.87
 - Individual attraction to the social aspects of the group: 0.85
 - Group integration towards social aspects: 0.84
 - Individual attraction towards work duties: 0.83
 - Overall team cohesion: 0.90

2. **Sportsmanship Scale:** ⁴The *Sportsmanship Scale* designed by Vallerand, Briere, Blanchard, and Provencher (1997) was used, which is suitable for the Iraqi environment. The scale includes 25 positive statements with five alternatives:
 - Strongly agree (5 points)
 - Agree (4 points)
 - Neutral (3 points)
 - Disagree (2 points)
 - Strongly disagree (1 point)

RESULTS AND DISCUSSION

Presentation of Results, Interpretation, and Discussion

First Objective: To identify group cohesion among volleyball players. The group cohesion scale was applied to the research sample consisting of 116 volleyball players. The results are shown as follows in Table (1).

Table (1). Means, standard deviations, and t-values for the group cohesion scale

Variable	Sample	Arithmetic Mean	Standard Deviation	Hypothetical Average	Degree of Freedom	T-value	Significance Level (0.05)
Group Cohesion	116	162.99	20.44	129	115	23.17	1.96

As shown in Table (1), the volleyball players generally exhibit group cohesion.

Second Objective: To identify the level of sportsmanship among volleyball players. The sportsmanship scale was applied to the research sample consisting of 116 volleyball players. The results are shown as follows in Table (2).

Table (2). Means, standard deviations, and t-values for the sportsmanship scale

Variable	Sample	Arithmetic Mean	Standard Deviation	Hypothetical Average	Degree of Freedom	T-value	Significance Level (0.05)
Sportsmanship	116	99.56	17.46	90	115	5.89	1.96

As shown in Table (2), the volleyball players exhibit sportsmanship.

Third Objective: To identify the relationship between group cohesion and sportsmanship among volleyball players. The results are as shown in Table (3).

Table (3). Correlation coefficient value between the scores of the group cohesion and sportsmanship tools

Variable	Sample	Degree of Freedom	Calculated Correlation Coefficient	Table Correlation Coefficient	Square Value of Correlation Coefficient	T-value	Significance Level (0.05)
Group Cohesion	116	114	0.441	0.196	0.194	5.25	1.96
Sportsmanship							

The results indicate a statistically significant relationship between group cohesion and sportsmanship. Therefore, we reject the null hypothesis and accept the alternative hypothesis.

INTERPRETATION OF RESULTS

The following provides an interpretation of the results of this study in light of its objectives and hypotheses:

1. Volleyball provides an opportunity for group cohesion, sportsmanship, and good social relationships. In other words, playing volleyball is an important means for social interaction among team members, thereby strengthening positive human relationships among players.⁵ It also contributes to deepening social awareness. Social interaction during volleyball practice is fundamental in achieving the goals of this activity,^{6,7} whether during preparation for

competition or during direct competition, while ensuring the strengthening of good social relations among individuals involved in the sport.⁸

2. There are several factors that link group cohesion and sportsmanship, such as successful experiences, which overlap in both concepts.^{9,10}

CONCLUSIONS

1. The study showed that the levels of group cohesion and sportsmanship were good and within normal levels.
2. There was a positive impact and a significant relationship with group cohesion.

RECOMMENDATIONS

1. Attention should be given to the motor abilities examined during player training sessions by coaches due to their importance in skill performance.
2. When designing training programs, it is essential to rely on scientific principles to improve the players' motor and skill levels.

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