

Investigation of group cohesion in a basketball team, compared to a handball team and a soccer team

Ciprian Kollos¹, Marius Crăciun²

¹“Iuliu Hațieganu” University of Medicine and Pharmacy, Cluj-Napoca

²“Babeș-Bolyai” University, Cluj-Napoca

Abstract

Background. This study is based on the following hypothesis: task cohesion is lower compared to social cohesion. The investigation of task and social cohesion in a basketball team vs. a handball team and a soccer team was based on an exploratory method.

Aims. The aim of this study was to determine the degree of cohesion in a newly formed basketball team and to evaluate the differences in task and social cohesion between this basketball team and a soccer team and a handball team, respectively.

Methods. The study was performed in a group of 10 basketball players, 15 handball players, and 12 soccer players during the 2007-2008 season. The investigation used the indirect inquiry method, based on the Group Environment Questionnaire (GEQ). The GEQ considers cohesion as a multi-dimensional structure in which the basic beliefs are represented by four dimensions.

Results. The compared means of task and social cohesion in the basketball team showed a significant difference in favor of social cohesion, confirming the initial hypothesis.

Conclusions. The analysis of available data on the team, its members, their training and education levels shows that the reasons for social cohesion being stronger than task cohesion may be the following: the team members have known each other for a long time, the strong inter-personal relationships increasing social cohesion; they have been playing basketball as a team for only one year, which is too short for them to develop high task cohesion.

Key words: cohesion, group, team, performance, social cohesion, task cohesion.