

Cohesion in sports groups

Oana Rusu

Faculty of Physical Education and Sport, Alexandru Ioan Cuza University, Iași

Abstract

The complexity of cohesion problems is given by the following components: a) *conceptual delimitation* (the cohesion is seen in terms of the resistance to destructive forces or defined as a dynamic process which reflects the tendency of a group to remain together and united in achieving instrumental and/or satisfaction of emotional needs of members); b) *its characteristics* (multidimensionality, dynamics, instrumentality, affectivity involved); c) according to *its typology* of internal group dynamics and the relationships with other groups (normative and cultural, functional, socio-emotional cohesion); d) the *consequences* on the group and its development in the context in which they operate (to influence the group satisfaction, may an effect on performance); e) *internal and external factors* on which the development; f) *its relations with* the task group, group performance, and the experience of success or failure by members of the group, group image etc.

Keywords: group cohesion, sports groups, the factors of group cohesion, group cohesion – group performance relationship.