



## The Study of Group Cohesion and Aggression between All India Inter University and National Female Hockey Player's

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### Abstract

*The purpose of the investigation was to analyze and compare selected psychological variables at two levels of competitions played in field hockey. 50 female hockey players were selected randomly from each levels i.e. All India Inter University and National. To assess psychological variables i.e. aggression (SAI) by Anand Kumar and Prem Shankar Shukla and for Group Cohesion (GEQ) by Brawley and Widmeyer questionnaire was used. T ratio statistics technique was used to obtain data. The scores obtained from the questionnaire of team cohesion and aggression was the criterion measure for the study. There was minor significant difference found in both levels.*

**Keywords:** Aggression, Group Cohesion, Field Hockey.

### Introduction

Hockey is a technical game in which performance is based on skills and techniques in which different complicated elements are involved such as high level of physical and psychological abilities. Sports psychology helps a lot in assessing the performance of hockey players. Though physical and physiological variables play important role in enhancing hockey performance but finally it is the psychological factor which decides the winning and losing of the team<sup>1</sup>. Hockey is a skillful game and because of that strategies and tactics are changed very frequently and thus becomes a mind game. They realized that physiological and sociological characteristics of the participant contribute more towards their success than mere physical fitness. A significant part of the sports mental life revolves around his or her interactions with team mates<sup>2</sup>. These though, may contact feelings about the relative contribution of team mates to the total effort and feelings and communications that are present among team members. At times these feelings and communications and the accompanying thoughts, remain hidden, however, at other times, often during stressful contests, these powerful social forces emerge and often disrupt performance. No training in the sports field is complete without reference to the psychological study and psychological training of athlete<sup>3</sup>. All other factors biological and sociological being equal, psychological conditioning of an athlete decidedly determines his success or failure in competition. According to Cratty and Hanin the concept of cohesion has something to do with how strongly individuals are attached to a group as well as their tendency to remain part of a group or to "stick together". According to Festinger, Schachter and back cohesion is "the total field or resultant of forces acting on members to remain in group". Arnold and Petley studies the cohesiveness of high school basketball and wrestling teams. Arnold's investigations of high school basketball team showed that winning teams at post-season were significantly more

cohesive than losing teams Arnold found that members of successful team were more closely knit, more task motivated and exhibited more leadership or power than members of less-successful teams<sup>4</sup>. The researcher concluded that cohesiveness appeared to be a prerequisite for success in varsity high school basketball competition. Petley found the same thing to be true for 'high school varsity' wrestling team. Arnold's and Petley's finding were supported by the result at the University of Illinois. They found that cohesiveness was an important determinant of team success. Lander and Crum concluded, following their study of high school basketball teams, that team cohesiveness was a necessary factor for team success. Sport competition without "aggression" is a body without soul, competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and "do or die" for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team<sup>5</sup>. The nature of aggression in sports should be considered the degree of ambiguity regarding aggression in the sports that is, in some sports direct aggression form of physical attack against the other player are encouraged within the rules (American football, boxing and wrestling) where as in other sports the direction, amount incidents of aggression are highly subjective and dependent on the aggression tolerated by fans, officials and teammates (basketball, handball, ice hockey, water polo)<sup>6</sup>. The later groups seems to offer the most problem were attempting to curb aggression, because in these sports aggression is a somewhat vague construct, an idea left to each player and coach explore within each contest and within various sets of social-cultural sections (officials, national settings). Anyone who has been involved in any team sport knows the value of cohesiveness. Coaches try to develop cohesiveness in their team

because they believe cohesive teams win more games. Surely you have heard spectators and sports announcers as well as coaches and players and praise the unity, teamwork, and cohesiveness of successful teams, especially when the teams win without individual superstars, conversely, lack of cohesion is often cited when a team of talented individuals fails to meet expectations. Given the popularity of cohesiveness in sports talk, it is surprising that cohesiveness is a popular research topic<sup>7</sup>.

## Methodology

The subject selected for the study were 30 female hockey players from each group participating at all India University and national level. The subjects were selected by random sample selection. The age of the subject ranged between 20-30 Years. The scores obtained in the questionnaire of team cohesion and aggression was the criterion measure of the study. The data on group cohesion were examined by applying descriptive statistics and the ant t – ratio homogeneity of groups. 60 subjects (30 national and 30 all India inter universities) from national Hockey team of selected randomly for the study the data was collected team cohesion questionnaire developed by Carron Brawley and Widmeyer. T-test was used in order to find out significant difference between the groups. The level of significant was set at 0.05 level of confidence.

**Table-1**

**Mean Difference between senior national women's hockey players and all India Inter University Women's hockey players in relation to Team Cohesion (N=60)**

Variables	Mean	Std. Deviation	Mean Difference	t-ratio
Team cohesion of different level of games	115.47	22.399	22.433	4.199
	93.03	18.825	22.433	

Table-1 also reveals that there was significant difference found between senior national women's hockey players and all India inter university female hockey players in relation to Team cohesion because calculated value 4.199 value is greater than the Tabulated value (2.00) at 58 d.f. At 0.05 level of significance.

**Table-2**

**Mean Difference between senior national women's hockey players and All India Inter Uni. Women's hockey players in relation to Team Cohesion (ATG-T) (N=60)**

Individual attraction task	Mean	S.D.	M.D.	t-ratio
Senior national	20.70	8.926	.867	4.18
All India inter university	19.83	7.008	.867	4.18

Table-2 also reveals that there was significant difference found between senior national women's hockey players and all India hockey players in relation to team cohesion because calculated

value 4.18 value is greater than the Tabulated value (2.00) at 58 D.F. At .05 level of significance.

**Table-3**

**Mean Difference between senior national women's hockey players and all India Inter University Women's hockey players in relation to Team Cohesion (ATG-S), (N=60)**

Individual attraction social	Mean	S.D.	M.D.	t-ratio
Senior national	33.37	7.280	5.200	2.991
All India inter university	28.17	6.752	5.200	2.991

**Table-3**

**Mean Difference between senior national women's hockey players and all India Inter University Women's hockey players in relation to Team Cohesion (ATG-S), (N=60)**

Individual attraction social	Mean	S.D.	M.D.	t-ratio
Senior national	33.37	7.280	5.200	2.991
All India inter university	28.17	6.752	5.200	2.991

Table-3 also reveals that there was significant difference found between senior national women's hockey players and all India hockey players in relation to team cohesion because calculated value 2.991 is greater than the Tabulated value (2.00) at 58 d.f. At .05 level of significance.

**Table-4**

**Mean Difference between senior national women's hockey players and all India Inter Uni. Women's hockey players in relation to Team Cohesion () (N=60)**

Group integration task	Mean	S.D.	M.D.	t-ratio
Senior national	34.83	6.752	8.033	5.212
All India inter university	26.80	5.068	8.033	5.212

Table-4 also reveals that there was significant difference found between senior national women's hockey players and all India hockey players in relation to aggression because calculated value 5.212 value is greater than the Tabulated value (2.00) at 58 d.f. At .05 level of significance.

**Table-5**

**Mean Difference between senior national women's hockey players and all India Inter Uni. Women's hockey players in relation to Team Cohesion (N=60)**

Group Integration social	Mean	S.D.	M.D.	t-ratio
Senior national	25.57	6.191	6.500	4.563
All India inter university	19.07	4.748	6.500	4.563

Table-5 also reveals that there was significant difference found between senior national women's hockey players and all India hockey players in relation to aggression because calculated value 4.563 value is greater than the Tabulated value (2.00) at 58 d.f. At .05 level of significance.

**Table-6**  
**Mean Difference between all India and senior national players in relation to aggression (N=60)**

Variables	Mean	Std. Deviation	Mean Difference	t-ratio
Aggression of different level of achievement	11.93	3.331	.233	.313
	11.70	2.366	.233	

Table-6 also reveals that there was insignificant difference found between all India hockey players and senior national hockey players in relation to aggression because calculated value .313 value is less than the tabulated value (2.00) at 58 d.f. At .05 level of significance.

## Results and Discussion

The data obtained and analysis of data has revealed that the group cohesion of female national hockey players and All India Inter university female Hockey players was of average level and significance difference was observed when both of this group was statically compared. Performing at optimal level require optimal level of readiness. Arousal, Self-confidence, motivation and many other numbers factors comprising team cohesion one or the other factor influences of team cohesion behaviors players have to acquire all positive characterless or excellent players of hockey in both categories have not shown the desired team cohesion administrators may not be giving more emphasis on the mental aspects of the training physical performance in considered to be the most important aspect of training. But new days 75% of winning in sports its considered to be depended on the mental aspect, hence wild training this aspects should be trained enough so that at the time of competition player coaches excellent behavior characteristics required for peak performance in team cohesion analysis of data it was also revealed that there significant diffracts national and All India Interuniversity hockey in the entire four dimensions of group cohesion in the dimension "ATTRACTION TO GROUP-TASK" players of both categories were observed to have good level on ATG-T the mean value obtain in senior national 20.70 and All India Interuniversity is 19.83 high-test score could be secured is 36 Hence mean value of both groups is toward the higher side which reflect good reason behind this may be that players of these group task assigned to team goal and objectives of the group may have been very clearly defined by their respective. In second dimension ATTRACION TO GROUP SOCIAL group's differences were posed in both categories the observed mean value national players 33.37 and All India Interuniversity player 28.17 respectively the highest range of this dimensions is 45 the scores observed indicates the attraction towards higher side of

the range which mean that players are good in ATTRACION TO GROUP-SOCIAL. It reflects their strong interactive relationship with their team members and coaching staffs and the reason may be that now a days hockey has become a professional sports and team management is being given ample time and duration to remain together in coaching camps which develop the wonderand excellent behavior among the players. Good coaching abilities may have established the team into strong social groups. Staying together during preparation and competition may have provided prospects to players to understand each other in a better way. Hence players are attracted with each other effectively and efficiently in the social dimension. On the dimension "GROUP ITEGRATION-TASK" score of players indicates very high mean value of which clearly revealed that players are very much integration together to achieve the task assigned to them. The reason behind this may be that professional sports of hockey now daysis providing many opportunities and reward. One task is succeeded other than remaining together in group to achieve collective successes. On the dimension "GROUP ITEGRATION-TASK" scores obtained are 25.57 and 19.07 for national and All India Interuniversity respectively, the score are higher side which suggested players to be good on the dimension on score. The reason may be that they are selected in a team and group is formed through which social features improve in many players and it leads to develop life long relationship through their extensive participation in the team, hence they all stay together in different and adverse situation.

## Conclusion

On the basis of the analysis of the data following conclusion were drawn: There was important change found in players participating in different groups National and All India Interuniversity players in there sports Aggression. It was found that the team cohesion aspects ATG-T of national Hockey players are better than the All India interuniversity level hockey players. It was found that the team cohesion aspects ATG-S of National hockey players are better than all India interuniversity level hockey players. It was found that the team cohesion aspects GI-T of National female hockey players are better than all India interuniversity level hockey players. It was found that the team cohesion aspects GI-S of National hockey players are better than all India interuniversity level hockey players.

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