



**DOES AGE DIFFERENTIALS AFFECTS TEAM COHESION AMONG
WOMEN PLAYERS**

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ABSTRACT

Researches has found that women have certain physiological and anatomical differences, which may affect their performance in sports when compared with men of the numerous sex differences in body size and shape, the most striking of these arise at adolescence. The objective of this study was to find out whether age differences affect team cohesion among women players. For this purpose 180 sports women were classified into three age groups such as sixty in the age group of 18 and 19; sixty in the age group of 20 – 22 and sixty in the age group of 23 – 25 years were administered Team Cohesion Questionnaire. The filled up questionnaire was duly scored and data was obtained. The obtained data was given statistical treatment using ANOVA. The results presented, proved that there was significant differences on team cohesion among different age groups of women players ($P < 0.05$). The paired mean comparison results proved that team cohesion in the age group of 18 and 19 was significantly lesser than age groups of 20 – 22 and 23 – 25 years of sports women. Thus, the study proved that there existed differences on team cohesion and age difference affects team cohesion among women players. It was concluded that more attention be given to provide team building strategies for lower age group sports women.

Key words: Team Cohesion

INTRODUCTION

In the past, the concept of cohesion has been defined in many ways. In the sporting world, one definition is most widely used and accepted. Cohesion is the total field of forces which act on members to remain in a particular group (Festinger, Schacter, & Back, 1950). People will usually refer to their team as cohesive if the members get along, are loyal and are united in the pursuit of its goals. There are many group dynamics that take place within a sporting team. One of the most important is cohesion. One is always hearing about how important it is for a team to "gel" or "bond" or "have good chemistry." Cohesive teams can achieve dramatic and awesome things. The way players interact has a tremendous impact on the way a team performs. Hall (1960), "The fittest to survive and succeed are those able to find their strength in cooperation, able to build teams based upon mutual helpfulness, and responsibility for one's fellow teammates." The more cohesive a team is, the more it encourages peak performance in its members. If cohesion is lacking it can often prevent the team from reaching its potential.

A cohesive team has well-defined roles and group norms, common goals, a positive team identity, a good working relationship, shared responsibility, respect, positive energy, trust, a willingness to co-operate, unity, good communication, pride in membership, and synergy. To establish cohesion, everyone needs to be on the same page when it comes to team goals. Pain M.A and Harwood CG. (2008) examined the performance environment of the England youth soccer teams and reported that team and social factors were generally perceived to have the greatest positive impact, with players and staff showing high levels of consensus in their evaluations. Senecal J, Loughhead T.M, and Bloom G.A. (2008) determined whether the implementation of a season-long team-building intervention program using team goal setting increased perceptions of cohesion among 86 female high school basketball players from 8 teams and indicated that team goal setting was an effective team-building tool for influencing cohesiveness in sport teams. Women have certain physiological and anatomical differences, which may affect their performance in sports when compared with men of the numerous sex differences in body size and shape, the most striking of these arise at adolescence. The aim of the study was to

find out age differences from 18 to 25 years would affect team cohesion among women players.

METHODOLOGY

The purpose of the study was to find out age differences from 18 to 25 years would affect team cohesion among women players. The subjects were randomly selected 180 sports women were classified into three age groups such as sixty in the age group of 18 and 19; sixty in the age group of 20 – 22 and sixty in the age group of 23 – 25 years irrespective of their levels of participation. The subjects were administered with the questionnaire “Group Environment Questionnaire” (Team Cohesion) and data was collected. The obtained data was statistically analysed using ANOVA.

RESULTS

The descriptive statistics among different age groups are presented in Table I

Tab I: Descriptive Statistics on Team Cohesion on different Age Groups

Groups	N	Mean	Std Dev	Range	
				Min	Max
18 – 19 Yr Group	60	65.17	4.96	56.00	78.00
20 – 22 Yr Group	60	68.47	5.73	56.00	80.00
23 – 25 Yr Group	60	69.93	6.14	59.00	92.00

The mean differences presented in Table I proved that there were differences in means. The team cohesion scores proved due to increase in age, there was increase in team cohesion. To test the statistical significance, ANOVA was employed and the results presented in Table II.

Tab II: ANOVA Results on Team Cohesion between Different Age Groups

Source of Variance	Sum of Squares	df	Mean Square	F
Between	715.24	2	357.62	11.27*
Within	5619.00	177	31.75	

Required table F value (df 2,177) at 0.05 level 3.07

* Significant at 0.05 level

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Since the obtained F value 11.27 was significant. The results were further subjected to statistical analysis using Scheffe's post hoc test and results were presented in Table III.

Tab III: Multiple Comparisons of Paired Means of Different Age groups on Team Cohesion

18 – 19 Yr Group	20 – 22 Yr Group	23 – 25 Yr Group	MD	C I
65.17	68.47		3.30*	2.56
65.17		69.93	4.77*	2.56
	68.47	69.93	1.47	2.56

* Significant at 0.05 level

DISCUSSIONS

Researches has found that women have certain physiological and anatomical differences, which may affect their performance in sports when compared with men of the numerous sex differences in body size and shape, the most striking of these arise at adolescence. The objective of this study was to find out answer to the research question “Does Age Differentials Affects Team Cohesion among Women Players”. The women in the age group between 18 to 25 was grouped into three age groups of 18 and 19 year age group, 20 – 22 year age group and 23 to 25 year age group for the purpose of the study and the results proved that there was significant differences team cohesion among different age groups of women players. The paired mean comparison results proved that team cohesion in the age group of 18 and 19 was significantly lesser than age groups of 20 – 22 and 23 to 25 years of sports women players. Thus, it was proved that sports women players of higher age have significantly better team cohesion than lower age group of sports women players. Previous researches by Pain M.A, and Harwood CG. (2008) found that team and social factors were generally perceived to have the greatest positive impact, with players and staff showing high levels of consensus in their evaluations and Senecal J, et al. (2008) found team-building intervention program increased perceptions of cohesion among 86 female high school basketball players from 8 teams and indicated that team goal setting was an effective team-building tool for influencing cohesiveness in sport teams. The high level of consensus and team goal setting are

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bound to increase at higher age groups than lower age groups of sports women players. Hence, the findings of this study that team cohesion was significantly better at higher age groups was in agreement with the previous findings.

CONCLUSIONS

It was concluded that there was a significant difference in team cohesion among the three age groups.

The result of the study proved that the team cohesion for the age group 23 – 25 years is high among the sports women players.

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