

INTERRELATIONSHIP BETWEEN LEADERSHIP BEHAVIOUR AND TEAM COHESION WITH PERFORMANCE IN SOCCER

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ABSTRACT

The purpose of the study was to assess the interrelationship between leadership behavior, team cohesion and performance in soccer. The data were collected on seventy two (N=72) male soccer players of national level team. The samples were selected randomly from Punjab, Haryana and Uttrakhand. A questionnaire, leadership scale for sports (LSS) prepared by Chelladuri and Saleh, consisting of 40 items measures preferred version of athletes perception for leadership behaviour and a Group Environment Questionnaire consisting of 18 items designed for assessing the team cohesion among team sports developed by three Canadian Psychologist namely Albert V. Carron, Lawrence R. Brawley and W. Neil Widmeyer were employed for this study.

KEY WORDS: - leadership, team cohesion, performance, soccer.

INTRODUCTION:

The field of sport psychology has generally focused on investigating and enhancing individual motivation and performance in sport, though most sport activities occur in group getting. The application of psychological principles to the improvement of performance in the sports has received greater attention these days. There are certain accepted psychological principles, which have to be applied so that the athletes and players are able to show their best in their performances. Coaches, physical educationists and sports scientists have always expressed a great need to know more about those psychological principles, which are helpful in improving the motor skills of the players. Leader behavior preferred by members; member's preference for specific leader behaviors are largely a function of the individual characteristics of the group members. Personality variables such as need for achievement need for affiliation cognitive structure and competence in the task influence a member's preference for coaching and guidance,

social support and feedback. In additions the situation characteristics also effect members preferences. Group performance is one of the most pressing practical issues in sports. Coaches and others who work with sports groups devote prodigious effort for maximizing team performance. Perhaps the maximum most accepted by both sports researchers and participants is that the best individuals make the best team.

Martens and Peterson utilized a sport cohesiveness questionnaire that attempted to capture the total concept of cohesion. They utilized nine measures that fell into three categories: direct individual assessment, sociometric measures, and direct team assessment. They found that a relationship existed between cohesion and successful teams in intramural basketball.¹ Similarly, Carron and Ball used seven measures outcome and cohesion with ice-hockey teams. Both Martens and Peterson and Carron and Ball found that direct measures of team work, that is a direct assessment on the part of the athlete regarding cohesion of the team, were best for discriminating among successful and unsuccessful teams. Hoigaard, Safvenbom & Tonnessen examined the relationship between group cohesion, group norms, and perceived social loafing among 118 soccer players playing junior league in Norway. Each player completed a questionnaire assessing group cohesion (task cohesion and social cohesion), team norms (productive norms, role involvement, and social support norms), and perceived social loafing. As predicted, all cohesion-and team-norm subscales were negatively correlated with perceived social loafing. Furthermore, the results showed that the players' attraction to their team's task as well as their perception of the productive-and social support norm predicted perceptions of social loafing. A significant three-way interaction between task cohesion, social cohesion, and performance norm emerged. The analysis showed that the combination of high social cohesion, low task cohesion, and low team norms seems to underlie perceptions of social loafing. Rahim Ramzaninezhad & Misagh Hoseini Keshtan investigated relationship between coach's leadership styles and team cohesion in Iran football clubs professional league (2006-2007). Athletes (n=264) from 12 football teams completed the perceived version of the leadership scale for sport

(LSS) and the group environment questionnaire (GEQ). Both questionnaires were administered at the end of season. Result indicated that increases in athletes' perceptions of team cohesion was positively correlated with perceptions of their coach exhibiting higher levels of training and instruction, social support, positive feedback, democratic behavior and lower levels of autocratic behaviors.

OBJECTIVE:

The objective of the study was to assess the interrelationship between leadership behavior, team cohesion and performance in soccer.

HYPOTHESIS:

It was hypothesized that there will be significant interrelationship between leadership behavior, team cohesion and performance in soccer.

METHODOLOGY:

The purpose of the study was to assess the interrelationship between leadership behavior, team cohesion and performance in soccer. Seventy two (72) male national level soccer players participated in this study. The data pertaining leadership behaviour was collected by administering Leadership Scale for Sports (LSS). A questionnaire, leadership scale for sports (LSS) consisting of 40 items contains five parameters that are:- Training and Instruction, Democratic Behaviour, Autocratic Behaviour, Social Support, Positive Feedback (Rewarding Behaviour). Team cohesion was collected by Group Environment Questionnaire. A questionnaire consists of 18 items measuring 4 aspects of team cohesiveness on a 9 point likert scale ranging from strongly disagree to strongly agree are:- Individual Attraction to the Group- Task (ATG-T) 4 items, Individual Attraction to the Group-Social (ATG-S) 5 items, Group Integration - Task (GI-T) 5 items, Group Integration - Social (GI-S) 4 items. To measure the performance of the players rating from the experts was used. Three judges were employed for the purpose, they were well versed and qualified coaches in their specialized game and had abundance of coaching

experiences. They evaluated all the subjects on the basis of their playing ability i.e skill, maneuvering of tactics, physical fitness, confidence and tactics.

RESULTS:

The relationship between each factor of leadership behaviour and team cohesion with performance was determined by use of correlation techniques. The responses pertaining to each of the questions were analyzed and the findings of the present study have been presented in the following tables.

TABLE 1
RELATIONSHIP BETWEEN LEADERSHIP BEHAVIOUR AND PERFORMANCE IN
SOCCER

Sr. No	Variables Correlated	Coefficient of Correlation
1.	Training And Instruction (TI) and performance	0.250*
2.	Democratic Behaviour (DB) and performance	0.233*
3.	Autocratic Behaviour (AB) and performance	-0.164
4.	Social Support (SS) and performance	-0.062
5.	Positive Feedback (PF) and performance	0.235*

*Significant, $r_{.05}(70) = .232$

FIGURE 1

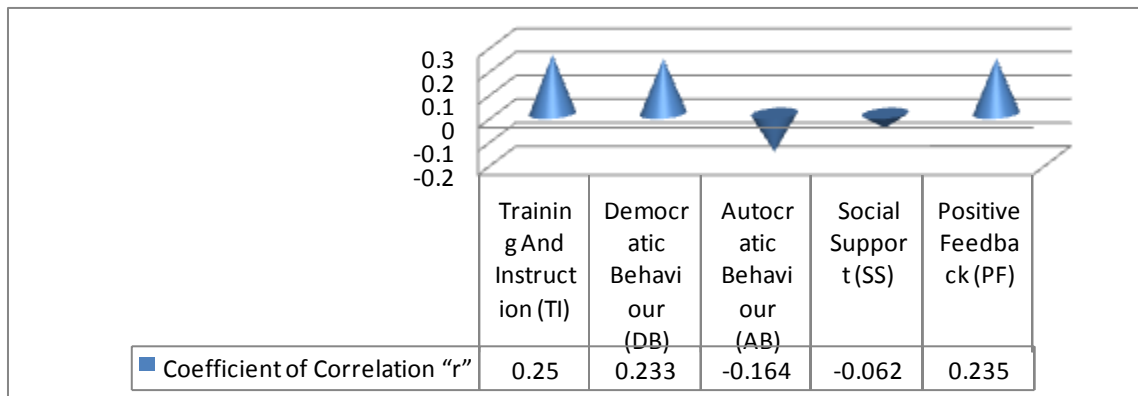
RELATIONSHIP BETWEEN LEADERSHIP BEHAVIOUR AND PERFORMANCE IN
SOCCER

TABLE 2

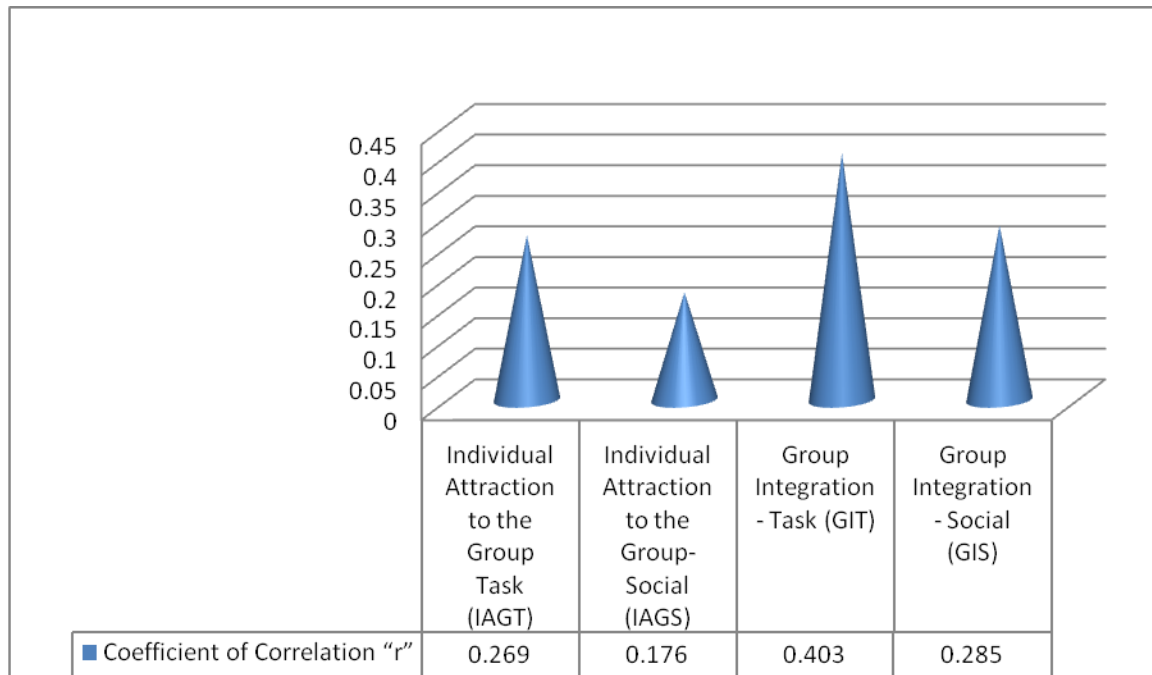
RELATIONSHIP BETWEEN TEAM COHESION AND PERFORMANCE IN SOCCER

Sr. No	Variables Correlated	Coefficient of Correlation
1.	Individual Attraction to the Group Task (IAGT) and performance	0.269*
2.	Individual Attraction to the Group- Social (IAGS) and performance	0.176
3.	Group Integration- Task (GIT) and performance	0.403*
4.	Group Integration- Social (GIS) and performance	0.285*

*Significant, $r_{.05}(70) = .232$

FIGURE 2

RELATIONSHIP BETWEEN TEAM COHESION AND PERFORMANCE IN SOCCER



DISCUSSION AND FINDINGS:

The statistical analysis of data shows that the Training and Instruction (TI, $r=0.250$), Democratic Behaviour (DB, $r=0.233$), and Positive Feedback (PF, $r=0.235$) has significant relationship with the soccer performance whereas Autocratic Behaviour (AB, $r=-0.164$), Social Support (SS, $r=-0.062$) has insignificant relationship with the soccer performance. The relationship between team cohesion and performance in selected sports in relations to four dimensions revealed that the Individual Attraction to the Group Task (IAGT, $r=0.269$), Group Integration- Task (GIT, $r=0.403$) and Group Integration- Social (GIS, $r=0.285$) has significant relationship with the soccer performance whereas Individual Attraction to the Group- Social (IAGS, $r=0.176$) has insignificant relationship with the soccer performance.



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