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# Group Cohesion Category 13-15 Basketball Team of Virgen Felizola García Sports Complex

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**Abstract---***The present study addresses group cohesion in the basketball sports team, intending to optimize their performance and the need to achieve group efficiency in collective sports. In this team belonging to the sports team Virgen Felizola García, from Santiago de Cuba, difficulties in interpersonal and intergroup relations were created, creating an atmosphere of lack of unity, individualism, which weakens the sports performance of its members. This fact motivated the question of how to improve the sports performance of the basketball team, from the elaboration of a proposal for a plan of sociopsychological intervention actions that favor the group cohesion of the studied team.*

**Keywords---***basketball, cohesion group, collective sports, sociopsychological intervention, sports performance.*

## Introduction

Basketball, also known under the name of basketball or basketball, is a sport that is played as a team, mostly on an indoor court, although there are also modalities that are practiced on the open track. It was created at the end of 1891 by the physical education teacher James Naismith, with the need to be able to perform an athletic activity in winter. This sport has achieved great development and popularity throughout the planet, being currently one of the most influential and relevant sports practices worldwide. Leagues such as the United States or those that take place in several European countries concentrate significant economic investments and many of the parties become mass events.

Its introduction in Cuba dates back to 1906 when young Cubans attending American schools began to spread and practice this game. The most outstanding result of Cuban basketball at the level of the Olympic Games has been the third place in Munich 1972 in the men's sector and the fourth place in the 1992 Barcelona Olympiad in the women's branch. Currently, in Santiago de Cuba, it has been observed the need to deal with problems related to sport, specifically in the initiation stage, one of the affected areas is the management in its pillars, such as planning, organizing, control, and evaluate emotional skills, since without it does not respond to the demands of today's society (Álvarez de Zayas, 1995; Álvarez, 1996; Buceta, 1995). In these moments it is of great importance to deepening the study of the psychosocial characteristics that objectively guide the process of group dynamics, as one of the main demands of team sports, where the actions are carried out in full interrelation and interdependence between the players who make up the team.

The need to strengthen individual and group psychological resources (team cohesion) is of paramount importance, especially in sports where the result depends on effective interaction between its members. Collective sports constitute a modality that belongs to the family of collaborators - opposition, in which the individual is the team, each player being a qualitative and integrated part of it. Each behavior depends on others and individual contributions are very important, but the athlete is not subject to an official evaluation. What counts is the final result of the team. Sports teams are groups with specific characteristics, formed by a group of people who work

collectively to perform a task, where responsibilities are shared and attempts are made to seek greater individual and collective efficiency.

The development of the research process starts from the exam to the object of study that it refers to, the group cohesion in the basketball team of the category 13 - 15 years of the Virgen Felizola García Sports Complex of Santiago de Cuba and the manifestations that appear in it. In the analysis of the aspects related to the operation of the group is the size of the team that influences its cohesion; The larger the size, the more cohesion between the members and vice versa becomes more difficult, so it is important to have good communication between the team members to achieve cohesion, as well as the role of the coach to achieve team cohesion (Cañizares, 1994; García, 1988; García, 2004).

In this sense, there are difficulties given the demands implied by the practice of basketball of the category 13 - 15 years of the Sports Team, in terms of the way of communicating, the individual and collective distrust in the achievement of the group's objectives; the lack of commitment to fulfill the individual tasks within the games or collective activities; the lack of cooperation between them tending to the accomplishment of the tasks, lack of support, help in the different individual and personal problems outside the training and competitions. From the exploration that was carried out, the following problem situation was reached: Insufficiencies in-group cohesion in the 13-15-year-old basketball team of the Virgen Felizola García Sports Complex that affects the efficiency of the sports team as a group.

The following scientific problem arises: How to improve group cohesion in the basketball team of category 13 - 15 years of the Virgen Felizola García Sports Team?

In this sense, the objective of the research was formulated: To develop a plan of socio-psychological intervention to improve the group cohesion of the basketball team of the 13 - 15 years category of the Virgen Felizola García Sports Complex.

## **Materials and Methods**

To comply with the objectives set, and intentionally selected sample of 10 athletes from the 13-15-year-old basketball team of the Virgen Felizola García Sports Team, derived from a population of 16 athletes was worked on of this team (Leicht, 2008; Cantwell, 2004). The population in an investigation is understood as the totality of elements that meet the characteristics required to carry out the said investigation (Dosil, 2004; Loforte, 2007; Sánchez, 2005). According to the population, it is the group of individuals or objects of which one wishes to know something in an investigation. For its part, the type of sampling is intentional. It is in which the researcher selects the elements that in his opinion were representative, which requires the researcher prior knowledge of the population being investigated to determine which are the categories that can be considered representative (Tamayo, 1998).

### *Methods theoretical level*

Analytical - Synthetic: for the study that is carried out throughout the investigation through the updated bibliography, as well as for the analysis, the interpretation of the results, since it is present in each part and moment of the steps that are rush into this process.

Inductive - deductive: to make the necessary inferences in the application of empirical, theoretical, statistical methods, and arrive at conclusions.

Systemic - structural-functional: it was used in the elaboration of the sociopsychological intervention plan to improve group cohesion in basketball athletes of category 13 - 15 allowing to establish and determine its components.

### *Techniques*

Interview: it is applied to the athletes of the basketball team of the category 13 - 15 years to know the characteristics of the team in terms of group cohesion since it allows them to have direct information on the aspects related to the present investigation (Erfer & Ziv, 2006; Taube-Schiff *et al.*, 2007). The interview of the athletes of the basketball team of the category 13 - 15 years was carried out to know their opinions about the participation in the process of setting the training and competition objectives. Group cohesion test (Multidimensional Instrument for Cohesion in Sport, IMCODE): it is used to evaluate the different indicators that characterize cohesion in this category of basketball (Singh & Parmar, 2015).

## Results and Discussions

### *Techniques for analyzing the data obtained*

Once the different data have been obtained through the instruments, the data is analyzed using the quantitative analysis. That operation that is carried out naturally with all the numerical information resulting from the investigation, which once processed, will be presented as a set of tables, tables, and measurements, to which their percentages have been calculated and presented conveniently.

In this sense, the analysis of results for [Hernández et al. \(2010\)](#), consists of a set of strategies and techniques that allow the evaluator to obtain the desired result from the appropriate treatment of the data collected. For this investigation, the data is analyzed by applying the categorization of the data, according to the criteria of qualification and tabulation of the data, with the mediation and the use of percentage indexes, which are organized in comparative tables and graphs using descriptive statistics.

The integral analysis of the data is carried out in a comparative way that is established about the contents that cover them and that favor the discussion of the results. These are supported by a generalized interpretation based on the theoretical aspects related through the variables and according to their interrelation, the results obtained provide a solution to the questions when applying the procedures of analysis, interpretation, integration, and explanation.

### *Diagnosis of the behavior of group cohesion in the basketball team of the category 13 - 15 years of the Virgen Felizola García Sports Complex*

Objective: Identify through the diagnosis the inadequacies in-group cohesion in the basketball team of the category 13 - 15 years of the Virgen Felizola García Sports Team.

At first, is planned the diagnosis and carried out through the following instruments:

- a) Interview
- b) Group cohesion test

### *Among the aspects that are diagnosed:*

- a) Development of cooperation, the characteristics of participation, satisfaction, adaptation, and acceptance are taken into account.
- b) Group integration, through it the harmony in the relationship, social acceptance, breadth of interaction (long term, medium or short term) is valued.
- c) Socio-psychological climate, inquiring about the satisfaction of group members for interpersonal relationships, joint manifestation of moods, feelings, aspirations, common orientation guidelines for the group.
- d) Sense of belonging considering the identity and meaning with the team, stimulation of the members of the group.

### *Socio-psychological intervention plan*

General objective: To improve the group cohesion of the basketball team of initiation the Virgen Felizola García Sports Complex, taking into account the characteristics of its members, the different processes that occur in the team and that affect their growth as a group, as well as the deficiencies found in the diagnosis ([Ohnmacht et al., 2018](#)).

Specific objectives:

- a) To distinguish in the team situations, postures, and experiences that affect their development as a group. Search for solutions to the problems and situations that may occur and affect the functioning of the sports team among its members.
- b) Strengthen group integration among team members.
- c) Set common goals according to the possibilities of each team member.
- d) Stimulate and create positive emotional states among team members and between them and the coach.
- e) Develop an appropriate distribution of roles.

### *Evaluation and interpretation of the interview of the athletes of the basketball team of category 13 - 15*

In the analysis of the questions, it can be seen that 8 athletes, representing 80%, consider that there is no cohesion or unity in the team that the relations between the members and between them and the coach are not the most appropriate, there is no respect and they constantly discuss. On the other hand, two athletes, who represent 20%, are not worried about the situation of the team or the results that are obtained, so there is a lack of motivation and interest, they also agree that they are the two isolated from the group.

About the fulfillment of the guidelines given by the coach, 4 athletes, representing 40%, consider that they do not always do what is oriented, that they do not exercise the technical elements with the quality and execution that they deserve, nor do they practice it in their free time; only 3 athletes, who represent 30% value compliance with the guidelines as appropriate and the remaining 3 consider that they sometimes comply, which represents 30%. The 10 athletes (100%) consider that they do not try hard enough in training and this is evidenced in the competitive results, they value this line as negative and consider that there should be a greater demand on the part of the coach and among themselves.

A total of 6 athletes (representing 60%) consider that they are discouraged from performing the same exercises and the lack of games during training, two athletes (representing 20%) did not say anything in this question, which indicates disinterest. Due to the activity it performs, the remaining two athletes (20%) value the interpersonal relationships they show as a team during training and competitions as deficient, this last element has been repetitive in the rest of the instruments applied. On the concerns they have, only 3 (representing 30%) argue that they have raised them, but they are not resolved, 5 (representing 50%) consider that it is not necessary to say their concerns, and the remaining 2 (which represents the 20%) only mentioned the need to solve the serious problems presented by the team in terms of unity and competitive results. Only 4 athletes report feeling comfortable in the team, which represents 40% of the total.

Finally, the 10 athletes (100%) consider that there is no cohesion or unity in the team and this makes it difficult for the relations between them and their coach, as well as the execution of the guidelines, a total of 7 athletes (they represent 70%) they consider that there is no collaboration and help to correct the difficulties that they present in the technical - tactical order and that activities must be done to improve the unity of the group.

#### *Group integration test*

Sports activity, includes a wide and varied system of human relationships which exerts an essential influence on sports performance, which explains whether the general psychological principle of modification of the psychic and physical processes of the low man is taken into account the influence of different social situations. To this, in the process of direct interaction, during the training and competitions between the members of a sports team, a certain system of contacts and relationships that are determined by the nature and requirements of the activity is formed, presupposes a strict distribution of obligations according to the positions and functions of each basketball player. However, contacts and relationships between them are not limited, but in the process of joint actions both in the context of sports activity and during the fulfillment of other activities and in their leisure hours, contacts and relationships are molded. The interpersonal character that form the unofficial structure of the group and which are composed according to personal preferences and orientations.

The group integration includes the degree of adjustment that the individual has with their group and that is expressed by the qualification that the group valuation models give to social acceptance, breadth of interaction, cooperativity, and harmony of the subject's relationship. In it the following scales are appreciated:

Social acceptance is the degree to which the subject is accepted or rejected by the group to which he belongs.

The amplitude of the interaction: it is the extension, of the frame of the interaction of the subject in the group or the degree of the amplitude of its relations.

Cooperativity: It represents the quality of collaborative relationships that the subject establishes in the group.

Harmony of the relationship: It is the degree of friction or clash of the individual's relationships with the group.

These rating scales measure the aspects described on a scale of one to five points. Where each of the members of the group evaluates the rest of the team members, which allows, for all components, a group measure of the aspects indicated, the degree of integration being the sum of these qualifications.

The objective of the instrument. It is not an exhaustive measure of each of the aspects involved in the integration of the group, but a global measure of them. It is not intended to specify the intensity of the aspect in the individual, as this would be very difficult to obtain. What matters is a general assessment of the group valuation models, which allows establishing the relative position of each of the components in terms of integration. Hence the scales are ordinal type.

#### *Form of application of the instrument*

It is carried out in the form of a survey - interview in an individual way, where each athlete of the basketball team of the category 13 - 15, from each scale, emits the assessment of his teammates by assigning a number to each one, according to the proposition selected on the corresponding scale. Each scale consists of five options with different personal characteristics. The subject chooses in each scale the option that in his opinion meets the personal characteristics or qualities of each of the remaining team members.

### *Diagnosis of group cohesion in the basketball team*

With the application of the “Multidimensional Instrument for Cohesion in Sports” (IMCODE) test, the following indicators were assessed: (1) Quality of work (aspects related to execution); (2) Attraction to the group; (3) Valued roles; (4) Quality of work (interpersonal relationships). The scale that was used was always, sometimes, or never. Regarding the quality of work, 78% consider that there are always difficulties with the discipline for the fulfillment of the strategies oriented by the coaches, 10% consider that this only happens sometimes and 12% positively value this aspect related to the discipline and compliance with the guidance of coaches. In the valued roles, it showed that 33% always value their role within the team as inappropriate, as well as the contribution they make depending on the team, 46% considered that sometimes the contribution of each team member and their contribution is well valued and 21% consider that they always do feel valued by the rest of their teammates and useful for their team.

To the roles within the team, it is confirmed that there is always a lack of support and mutual respect in 63% of the members, 34% believe that they sometimes show support and 3% always support each other, 26% consider that the roles are defined between them and act in correspondence, 56% consider that the roles are not defined within the team and 18% who sometimes know the role they should play within the team. 64% believe that coaches always prepare them mentally and physically for the competitions, 36% consider that training is sometimes lacking on the part of coaches in this regard.

As for the attraction to the group, they show that 72%, 63%, and 61% of basketball players do not show pride in belonging to the team, they do not enjoy what they do and they value very little belonging to the team, 16%, 20%, and 30% respectively consider it sometimes and the rest, 12%, 17%, and 9% never. 44% are satisfied with the friendships they have on the team, 28% are not satisfied with the friendships within the team and 28% sometimes enjoy or are satisfied with their friendships. 87% of athletes believe that there is always a lack of unity in the team and 13% consider that they are sometimes united. The results show that 79% always consider players unable to reconsider the objectives for the achievement of their goals or objectives, 8% considered that sometimes and 13% value it positively, that is, they always manage to do it. 92% of athletes believe that teamwork is always poor and 8% value it well sometimes, 65% of athletes believe that if they are accepted in the team and 73% want to continue practicing this sport, only 35% value their acceptance in the team sometimes and 27% show no interest in continuing in the team. 69% consider that they are valued by their coach, 20% consider that sometimes and 11% that they are never valued.

About the solution of conflicts and friendly relations between team members. The results show that 67% of the team members believe that there is little friendship between them that does not allow resolving conflicts that occur during training and in competitions, 15% believe that only some conflicts between them are resolved and 18% positively value conflict resolution based on the sympathy they show among them. However, 45% of the team believes that there is a high degree of selfishness and lack of individualism, which affects the team in achieving its objectives, 28% believe that sometimes the lack of sacrifice and selfishness prevails among the members of the team, 27% do not recognize the existence of selfishness between them and that they are willing to sacrifice their glory depending on the team. While 38% of athletes consider that they are always committed to the rules set by their coaches, 44% consider it sometimes and only 18% consider it negative, that is, they never feel committed to the guidelines or rules of the trainers 88% of athletes believe that their partners do not perform their roles or functions within the team well and the remaining 12% if they positively value the functions performed by their partners within the team. To the sense of belonging, only 38% value it positively, 23% sometimes consider this aspect good and 39% consider that there has never been membership in the team. You lie that 85% of the athletes consider that they never have clarity of the objectives or what they want to achieve as a team and 15% consider that sometimes.

In addition to the analysis of the data obtained with the IMCODE, special attention was given to aspects related to the context of the application of the questionnaire. In this sense, we can say that it is an easy test to administer and that it can be completed in a few minutes. Although the study involved subjects with an age range between 13 and 15 years. A small number of athletes said they did not understand the word role. However, at the time the athlete asked about this term, the rest of the teammates or the coach explained.

### **Conclusion**

The theoretical foundations refer to the importance of group cohesion to achieve a favorable climate in the team, which is directly related to the effectiveness and sports performance of the team. The diagnosis made showed that the category 13 basketball team - 15 years of the Virgen Felizola García Sports Complex in Santiago de Cuba, presents difficulties in terms of group cohesion, which negatively affects the socio-psychological development of this sports

team. A sociopsychological intervention plan was developed to improve group cohesion, taking into account the theoretical and methodological foundations that support the work of the sports team as a group

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