



INVESTIGATION OF TEAM COHESION IN CONTACT AND NON-CONTACT TEAM SPORTS

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Abstract:

The purpose of the present study was to compare the level of team cohesion among male players participating in contact and non-contact team sports. For this purpose, football players represented the contact sport category, while volleyball players represented the non-contact sport category. A total of 60 male players, comprising 30 football players and 30 volleyball players aged between 18 and 25 years, were selected as subjects for the study. The study adopted a comparative descriptive research design. Team cohesion was assessed using the Group Environment Questionnaire (GEQ). The collected data were analyzed using descriptive statistics and an independent samples t-test through the Statistical Package for Social Sciences (SPSS). The level of significance was fixed at 0.05. The results of the study revealed a significant difference in team cohesion between football and volleyball players ($t = 3.47, p < .05$). Volleyball players demonstrated higher levels of team cohesion compared to football players. The findings suggest that the nature and demands of non-contact sports may contribute to stronger interpersonal relationships, coordination, and group unity among players. The study concluded that sport type significantly influences team cohesion in team sports.

Keywords: team cohesion, contact sports, non-contact sports, football, volleyball, sports psychology, group dynamics, male players

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1. Introduction

Team cohesion is considered one of the most important psychological factors influencing success in team sports. It refers to the degree to which team members remain united in pursuing common objectives and satisfying emotional needs. In competitive sports, cohesion contributes to better communication, cooperation, collective efficacy, and overall performance. Athletes participating in team games often depend on mutual understanding, interpersonal relationships, and coordinated efforts to achieve success during competition.

Sports can generally be categorized into contact and non-contact sports based on the nature of physical interaction among players. Contact sports such as football involve frequent body contact, aggressive play, and high physical demands, whereas non-contact sports such as volleyball emphasize coordination, technical precision, and tactical cooperation with limited physical confrontation. These structural differences may influence the development of team cohesion among athletes.

Previous research has indicated that psychological variables such as group dynamics, communication patterns, leadership behavior, and emotional bonding differ according to the type of sport played. Contact sports may promote stronger social bonding due to shared physical challenges and intense competition, while non-contact sports may foster task-oriented cohesion through strategic coordination and teamwork.

Despite numerous studies on sports psychology, limited research has compared team cohesion between athletes participating in contact and non-contact team sports. Therefore, the present study aimed to compare the level of team cohesion among male football and volleyball players.

2. Methods

2.1 Participants

The study consisted of 60 male players, including 30 football players and 30 volleyball players, aged between 18 and 25 years. Participants were selected from university-level teams using purposive sampling techniques. All participants had a minimum of three years of competitive playing experience.

2.2 Study Design

The study adopted a comparative descriptive research design to examine differences in team cohesion between contact and non-contact sports players.

2.3 Variables

2.3.1 Independent Variable

- Type of sport
 - Contact sport (Football),
 - Non-contact sport (Volleyball).

2.3.2 Dependent Variable

- Team Cohesion.

2.4 Data Collection

Team cohesion was assessed using the Group Environment Questionnaire (GEQ), a standardized psychological instrument widely used in sports psychology research. The questionnaire measured both task cohesion and social cohesion among athletes. Data collection was conducted during training sessions with prior consent from coaches and players.

2.5 Statistical Analysis

The collected data were analyzed using the Statistical Package for Social Sciences (SPSS). Descriptive statistics such as mean and standard deviation were calculated. An independent sample t-test was used to determine significant differences between football and volleyball players. The level of significance was fixed at 0.05.

3. Results

Table 4.1: Descriptive Statistics of Team Cohesion among Football and Volleyball Players

Group	N	Mean	SD
Football Players	30	68.43	5.82
Volleyball Players	30	73.27	4.96

Table 4.1 presents the descriptive statistics of team cohesion among football and volleyball players. The football players (N = 30) obtained a mean score of 68.43 with a standard deviation of 5.82, whereas the volleyball players (N = 30) recorded a mean score of 73.27 with a standard deviation of 4.96.

Table 4.2: Independent Sample t-test for Team Cohesion between Football and Volleyball Players

Variable	Groups	Mean Difference	t-value	df	Sig.
Team Cohesion	Football vs Volleyball	4.84	3.47	58	0.001

Table 4.2 presents the results of the independent samples *t*-test comparing team cohesion between football and volleyball players. The analysis revealed a mean difference of 4.84 between the two groups. The obtained *t*-value was 3.47 with 58 degrees of freedom, and the significance value was $p = .001$, which was lower than the prescribed level of significance of 0.05. The results indicate that a statistically significant difference existed in team cohesion between football and volleyball players.

4. Discussion

The findings of the present study revealed a significant difference in team cohesion between football and volleyball players. Volleyball players exhibited higher levels of cohesion compared to football players. The results may be attributed to the nature of volleyball, which requires constant coordination, communication, synchronized movements, and collective participation among team members during play.

In contrast, football involves greater physical confrontation, aggressive interactions, and individual tactical roles, which may sometimes reduce interpersonal harmony within the team. Volleyball players depend heavily on mutual support, rotational coordination, and immediate cooperation, thereby enhancing group unity and social bonding.

The findings of the present study are consistent with previous sports psychology research, indicating that non-contact sports often demonstrate stronger task cohesion due to structured teamwork and coordinated performance requirements.

5. Conclusions

Based on the findings of the study, the following conclusions were drawn:

- 1) Volleyball players demonstrated higher team cohesion compared to football players.
- 2) A significant difference existed in team cohesion between contact and non-contact sports players.
- 3) The nature and demands of the sport influence the development of team cohesion among athletes.
- 4) Coaches and sports psychologists should emphasize team-building activities to improve cohesion and performance in team sports.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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