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A study of cohesion levels of inter college hockey players

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Abstract
The purpose of the study was to study of cohesion levels of Inter College Hockey Players. The samples for the study were 100 inter college hockey players including male and female players. The sampling technique used for selecting the samples is simple random sampling technique. The following conclusions were drawn. i) The cohesion scores of inter college hockey players are higher in after match as compared to before match; ii) The attraction to group task scores of inter college hockey players are higher in after match as compared to before match; iii) The attraction to group social scores of inter college hockey players is higher in after match as compared to before match; iv) The group integration task scores of inter college hockey players are higher in after match as compared to before match; v) The group integration social scores of inter college hockey players are higher in after match as compared to before match.

Keywords: cohesion levels, college hockey players, sampling technique

Introduction
Cohesion is some time difficult to understand and to develop. The term cohesion comes from the Latin word 'Cohaesus,' which mean to cleave or stick together. Not surprisingly the term cohesion has been used by social psychologists to describe the tendency of group to stick together and remain united camron 1982.

Nature of Cohesion
Cohesion is multidimensional in nature, since the goals and objectives of all groups are complex and varied. These multidimensional perceptions of the 'Group' and individual members are organized into two general categories viz (1) group integration and (2) Individual attraction to the group (carron, widmaer and Brawley, 1985 Widmeyer, Brawley and Carron 1985.

Brawley Carron and Widmeyer 1987) [3] Both of these categories of perception about the degree of unity within the group are also assumed to be manifest in two principal ways in relation to the group task (goal and objectives) and in terms of the social aspects of the group, cohesion within a sports group is thus considered to have four dimensions (a) group integration task (b) group integration social (c) individual attraction to the group-task (d) individual attractions of the group-social (Williams M 1993).

Significance of The Study
1. The study will be helping the players to find out cohesion between the hockey players after and before the game.
2. The study will help the Coaches and Hockey ball player.

Definition of Terms
Group Cohesion: A dynamic process which is reflected in the tendency of a group to stick together and remain united in the pursuit of its goal and objectives.

Task Cohesion: The degree to which members of a group work together to achieve a common goal and objectives or the task to be accomplished. Individual attraction to group task (ATG-T): It is a composite measure of individuals members with the group's task

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productivity, goals and objectives. Group Integration-task (G.I.T): Is a measure of 0 the individual members feelings about the similarity, closeness and bonding within the team as a whole around the group's task.

Social Cohesion: Is the degree to which members of a team prefer to be with each other and enjoy each others company.

Individual attraction to group-social (ATG's): Or individuals socially oriented attraction to group is a composite measure of team members falling about their personal involvement, during to be accepted and a desire for social interaction with the group.

Group Integration Social (G.I.S): Is a measure of the individual team member falling about the similarity, closeness and bonding within the team as a whole and around the group as a social unit.

Methodology
Researchers overall plan for obtaining data related to cohesion and its dimensions like attraction to group task, attraction to group social, group integration task and group integration social at before and after match of inter college hockey players using a well prepared questionnaire developed and standardized by Carron (1985) was used.

The Subjects
The subjects selected for this study were 100 U. C. hordes players male and female who participate in K.U.I.C. Hockey Tournament 2009.

Variables
Study variable includes: Cohesion and its dimensions like attraction to group task, attraction to group social, group integration task and group integration social at before and after match.

Setting of The Study
The study was conducted in the Inter college tournament at J.S.S. Campus Vidyagiri, Dharwad on 25-4-2010.

Procedure for Data Collection
According to criteria, the well-designed questionnaire developed and standardized by Carron 1985 was used for collection of data on Cohesion and its four dimensions.

Analysis of the data and result of the study
Hypothesis-1: There is no significant difference between before and after match with respect to cohesion scores of inter college hockey players
To test this hypothesis, the paired t test was applied and the results are presented in the following table.

Table 1: Results of Paired 't' test Between Before and After Match with respect to Cohesion Scores of Inter College Hockey Players.

Match	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t-value	p-value	Signi.
Before match	67.8100	9.5248					
After match	80.2900	8.0520	-12.4800	8.2456	-15.1354	0.0000	S

From the results of the above table, we had seen that, a significant difference was observed between before and after match with respect to cohesion scores of inter college hockey players (t=-15.1354, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the cohesion scores of inter college hockey players are higher in after match as compared to before match.
't' test values are presented in respect of Attraction to Group Task was presented in Table-2.

Table 2: Results of Paired 't' test Between Before and After Match with Respect to Dimension of Cohesion I.E. Attraction to Group Task Scores of Inter College Hockey Players

Match	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t-value	p-value	Signi.
Before match	14.3500	4.3167					
After match	17.4500	3.7803	-3.1000	3.6914	-8.3980	0.0000	S

From the results of the above table, we had seen that, a significant difference was observed between before and after match with respect to dimension of cohesion i.e. attraction to group task scores of inter college hockey players (t=-8.3980, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the attraction to group task scores of inter college hockey players are higher in after match as compared to before match.
Second dimension of the Cohesion, Attraction to Group Social and its 't' values are presented in Table-3

Table 3: Results of Paired 't' test Between Before and After Match with Respect to Dimension of Cohesion I.E. Attraction to Group Social Scores of Inter College Hockey Players

Match	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t-value	p-value	Signi.
Before match	19.0500	4.0958					
After match	22.3400	3.8012	-3.2900	2.9243	-11.2506	0.0000	S

From the results of the above table, we had seen that, a significant difference was observed between before and after match with respect to dimension of cohesion i.e. attraction to group social scores of inter college hockey players (t=-11.2506, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the attraction to group social scores of inter college hockey players is higher in after match as compared to before match.
't' test values of Group Integration Test was presented in Table-4

Table 4: Results of Paired 't' test Between Before and After Match with Respect to Dimension of Cohesion I.E. Group Integration Task Scores of Inter College Hockey Players

Match	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t-value	p-value	Signi.
Before match	19.0400	4.4425					
After match	22.6500	3.7237	-3.6100	3.5274	-10.2343	0.0000	S

From the results of the above table, we had seen that, a significant difference was observed between before and after match with respect to dimension of cohesion i.e. group integration task scores of inter college hockey players (t=-10.2343, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the group integration task scores of inter college hockey players are higher in after match as compared to before match.

Table 5: Results of Paired 't' test Between Before and After Match with Respect to Dimension of Cohesion I.E. Group Integration Social Scores of Inter College Hockey Players

Match	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t-value	p-value	Signi.
Before match	15.3700	3.5381					
After match	17.8500	3.2702	-2.4800	3.2333	-7.6702	0.0000	S

From the results of the above table, we had seen that, a significant difference was observed between before and after match with respect to dimension of cohesion i.e. group integration social scores of inter college hockey players (t=-7.6702, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the group integration social scores of inter college hockey players are higher in after match as compared to before match.

Conclusion
Based on the results of the study following conclusions were drawn;
i.   The cohesion scores of inter college hockey players are higher in after match as compared to before match;
ii.   The attraction to group task scores of inter college hockey players are higher in after match as compared to before match;
iii. The attraction to group social scores of inter college hockey players is higher in after match as compared to before match;
iv.   The group integration task scores of inter college hockey players are higher in after match as compared to before match;
v.   The group integration social scores of inter college hockey players are higher in after match as compared to before match.

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