

The Cohesion of the Team and its Relation to the Sport Anxiety and the Motivation of Achievement for Sitting Volleyball Players in Intercontinental Cup & Africa Championship

Awatif Sobhy Mohamed Emara¹ and Mosaad Rashad Moustafa El-Aiuty²

¹Department of Games- Faculty of Physical Education (Females)- Zagazig University

²Department of the Theories and Applications of the Team Sports and Racket Games, Faculty of Physical Education, Port Said University, Egypt.

awatefala@yahoo.com

Abstract: The cohesion of the team represents the basis for the continuity of the players in the membership of the team, as the cohesion is the thread that links between the members of the team and maintains the relations among its members. The cohesion has a number of characteristics and meanings such as the strong feeling of the players of their loyalty to the team. The cohesion of the sport team is also meant to be the feeling of each player of the team of the friendly feelings towards other members of the team and the sovereignty of love and among them and their heading towards a common goal. The cohesive team is the team whose players stand ready to take common responsibility for the team, and whose members are characterized by high morale and spirit. (15:20), (19:52) The anxiety of the sport competition is a special form of the anxiety as a result of the competitive situations, or it is the anxiety generated in the situations of the athletic competition. (7:180), (29:105). Achievement motivation is considered the final outcome of the relation between success drive and the drive to avoiding failure and the interaction between them, where the drives of success are these drives that direct the behavior of the individual to employ his abilities and capabilities in dealing positively and to achieve success, and it shows in adventure, facing difficulties, diversity of interests, self confidence, sense of ability, competition, and independence, as these drives represent drives of inclination of the athlete. (25:24), (28:201) Care for the disabled is one of the indicators by which the progress of countries is measured, out of their belief that the disabled person has rights on the society and that these rights make of him a positive and effective element, where the disabled persons are classified into four main categories: persons with physical disabilities, persons with intellectual disabilities, persons with sensorial disabilities, and persons with social disabilities. (24:40) The problem of the research also lies in the lack of the studies that dealt with the cohesion of the team and its relation with the anxiety of the sport competition and the achievement motivation of the sitting volleyball players or the normal. Therefore, the need is urgent to conduct such a study in the local environment. Therefore, the two researchers conducted this study which aimed at defining the relationship between the cohesion of the team and the dimensions of the anxiety of the sport competition (cognitive-physical-self confidence) and the athletic achievement motivation for the sitting volleyball players who are participating in the **Intercontinental Cup** and the Africa Championship, where it represents an important indicative value that contributes to the interpretation of the behavior of the sitting volleyball players during the athletic competitions at the championship level.

[Awatif Sobhy Mohamed Emara and Mosaad Rashad Moustafa El-Aiuty. **The Cohesion of the Team and its Relation to the Sport Anxiety and the Motivation of Achievement for Sitting Volleyball Players in Intercontinental Cup & Africa Championship.** *J Am Sci* 2013;9(4):315-321]. (ISSN: 1545-1003). <http://www.jofamericanscience.org>. 43

Key word: Cohesion of the Team Sport Anxiety Motivation of Achievement Sitting Volleyball

1. Research Objectives:

This research aims at defining the following:

- The relationship between the dimensions of the cohesion of the team and the dimensions of the anxiety of the athletic competition (cognitive anxiety-physical anxiety-self confidence) of the sitting volleyball players at the World Federations Cup championship and the Africa championship.
- The relationship between the dimensions of the cohesion of the team and the motivation of the athletic achievement (success achievement motivation-failure avoidance motivation) of the

sitting volleyball players at the World Federations Cup championship and the Africa championship.

- The relationship between the dimensions of the anxiety of the sport competition and the motivation of the athletic achievement of the sitting volleyball players at the World Federations Cup championship and the Africa championship.

Research Hypotheses:

- There is a statistically significant relationship between the dimensions of the cohesion of the team and the dimensions of the anxiety of the athletic competition of the sitting volleyball

players at the World Federations Cup championship and the Africa championship.

- There is a statistically significant relationship between the dimensions of the cohesion of the team and the motivation of the athletic achievement of the sitting volleyball players at the World Federations Cup championship and the Africa championship.
- There is a statistically significant relationship between the dimensions of the anxiety of the sport competition and the motivation of the athletic achievement of the sitting volleyball players at the World Federations Cup championship and the Africa championship.

2. Research Methodology:

The two researchers used the descriptive approach by following the surveying technique.

Research Sample:

The research sample was chosen by the deliberate way from among the Arab teams players of the sitting volleyball who are participating in the World Federations Cup during the period from 25/2/2012 until 28/2/2012 and Africa Championship during the period from 1/3/2012 until 10/3/2012 in the Indoor Halls Complex of Cairo International Stadium, where (24) sitting volleyball players representing the national teams of Arab Republic of Egypt and Iraq participated in World Federations Cup, and (36) sitting volleyball players representing the national teams of the Arab Republic of Egypt, Libya, and Morocco participated. The two researchers chose a number of (10) players representing the sample of the exploratory study, and as such the basic sample of the study became (38) sitting volleyball players.

Tools of Collecting Data:

Through the referential survey of specialized scholarly references in Sociology, Psychometrics, and Sports Psychology (4,15,18,21), and related studies (1,12,14,16) the following tools of collecting data were determined:

First: The Questionnaire of the Cohesion of the Team:

Carron et al. (1985) set this questionnaire with the objective to show the need for designing a tool for evaluating the cohesion of the team, and also for determining the conceptual model for the cohesion of the team. Hassan Hassan Abdou (2002)(18) translated it into Arabic and it consists of (18) statements that express four dimensions, and to be answered according to a Nona scale, where the highest degree is (9) for strongly agree, and the lowest degree is one for strongly not agree.

Second: The List of the Sport Competition Anxiety State:

Martens and others designed the list of the sport competition anxiety state, and Ellawy prepared the Arabic format of this list. This list includes three dimensions which are related to the competition anxiety; they are (cognitive anxiety-physical anxiety-confidence). The list includes (27) statements and the investigated person is required to describe his feelings a certain time before the competition (one week or several days or hours before the competition. (21:422-425)

Third: The Scale of the Sport Achievement Motivation:

Design by Go Willis and Arabized and modified by Ellawy in light of the applications on the Egyptian environment on samples of the players. The dimensions of the scale was limited to two main dimensions, they are the dimension of the success achievement motivation and the dimension of failure avoidance, where the statements of the scale are (20) statements. (18:181, 182)

The Basic Research Experiment:

- The two researchers conducted a comprehensive survey of the sitting volleyball players participating in the World Federations Cup championship held during the period from 25/2 until 28/2/2012 and Africa championship held during the period from 1/3/2012 until 10/3/2012 in the Indoor Halls Complex of the Cairo International Stadium.
- Determining the times of applying the measures under consideration in coordination with trainers of the Arab teams participating in the two championships.
- Applying the questionnaire of the team cohesion, the measure of the sport competition anxiety, and the measure of the motivation of success achievement (48) hours prior to the sport competition on the individuals of the research sample who are participating in the World Federations Cup Championship during the period from 23/2/2012 to 24/2/2012.
- Applying the questionnaire of the team cohesion, the measure of the sport competition anxiety, and the measure of the motivation of success achievement (48) hours prior to the sport competition on the individuals of the research sample who are participating in Africa Championship during the period from 27/2/2012 to 28/2/2012.

3.Results:

Table 1. The Correlation Coefficients between the Dimensions of the Team Cohesion Questionnaire and the Dimensions of the Measurement of the Sport Game Anxiety for the Sitting Volleyball Players. N=38

Illustration	Cognitive anxiety	Physical anxiety	Self-confidence
Attraction of the individual towards task	-0.449*	-0.502*	0.614*
Attraction of individual towards social interaction	-0.374*	-0.418*	0.597*
Integration of the group to achieve task	-0.412*	-0.385*	0.615*
Integration of group to achieve social interaction	-0.555*	-0.512*	0.581*

Value of tabular "R" at 0.05 level = 0.325

* Significant at 0.05 level

It is clear from Table (1) the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimensions of the questionnaire of the team cohesion and the dimension of self-confidence. There is also a

statistically significant negative correlation relationship between the dimensions of the questionnaire of the team cohesion and the two dimensions of the cognitive anxiety and physical anxiety.

Table 2. The Correlation Coefficients between the Dimensions of the Team Cohesion Questionnaire and the Dimension of the Motivation of Success Achievement For the Sitting Volleyball Players. N=38

Illustration	Arithmetic mean	Standard deviation	Value of correlation with the dimension of the motivation of success achievement
Attraction of the individual towards task	29.00	3.51	0.698*
Attraction of individual towards social interaction	34.50	4.74	0.624*
Integration of the group to achieve task	31.20	3.97	0.637*
Integration of group to achieve social interaction	30.80	4.12	0.576*

Value of tabular "R" at 0.05 level = 0.325

* Significant at 0.05 level

It is clear from Table (2) the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimensions of the questionnaire of the team cohesion and the dimension of "the motivation of success achievement".

It is clear from Table (3) the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimensions of the questionnaire of the team cohesion and the dimension of failure avoidance.

Table 3. The Correlation Coefficients between the Dimensions of the Team Cohesion Questionnaire and the Dimension of Failure Avoidance For the Sitting Volleyball Players. N=38

Illustration	Arithmetic mean	Standard deviation	Value of correlation with the dimension of success achievement motivation
Attraction of the individual towards task	29.00	3.51	0.602*
Attraction of individual towards social interaction	34.50	4.74	0.516*
Integration of the group to achieve task	31.20	3.97	0.599*
Integration of group to achieve social interaction	30.80	4.12	0.531*

Value of tabular "R" at 0.05 level = 0.325

* Significant at 0.05 level

Table 4. Correlation Coefficients between the Dimensions of Sport Game Anxiety Measure and the Dimension of Success Achievement Motivation For the Sitting Volleyball Players. N=38

Measure dimensions	Arithmetic mean	Standard deviation	Value of correlation with the dimension of success achievement motivation
Cognitive anxiety	24.50	4.11	-0.482*
Physical anxiety	23.80	3.83	-0.397*
Self-confidence	31.70	4.26	0.675*

Value of tabular "R" at 0.05 level = 0.325

* Significant at 0.05 level

It is clear from Table (4) the existence of a statistically significant negative correlation

relationship at the 0.05 level between the dimensions of the success achievement motivation and the two

dimensions of cognitive anxiety and physical anxiety, whereas there is a statistically significant positive correlation relationship at the 0.05 level between the

dimension of success achievement motivation and the dimension of self-confidence.

Table 5. Correlation Coefficients between the Dimensions of Sport Game Anxiety Measure and the Dimension of Failure Avoidance For the Sitting Volleyball Players. N=38

Measure dimensions	Arithmetic mean	Standard deviation	Value of correlation with the dimension of failure avoidance
Cognitive anxiety	24.50	4.11	-0.541*
Physical anxiety	23.80	3.83	0.399*
Self-confidence	31.70	4.26	0.527*

Value of tabular "R" at 0.05 level = 0.325

* Significant at 0.05 level

It is clear from Table (5) the existence of a statistically significant negative correlation relationship at the 0.05 level between the dimensions of failure avoidance and the two dimensions of physical anxiety and self-confidence.

4. Discussion:

The results of the research first hypothesis:

The results of Table (1) showed the existence of statistically significant positive correlation relationship differences at the 0.05 level between the dimensions of the team cohesion and the dimension of self-confidence.

The two researchers attribute this such that the cohesion of the members of the team leads to forming mutual social relations with the team members, which leads in turn that the player feels a great deal of self-confidence which qualifies him to perform his role effectively within the team. Therefore, it is necessary to have cooperation and coordination among the members of the same team, the thing which popularizes an appropriate social and psychological atmosphere among the team members.

Also, the results of Table (1) showed the existence of a statistically significant negative correlation relationship between the dimensions of the questionnaire of the team cohesion and the two dimensions of the cognitive anxiety and physical anxiety.

The two researchers explain this such that as the degree of cohesion increases, the degree of the cognitive anxiety and physical anxiety decreases, i.e. the correlation relationship is an opposite relationship.

This result is consistent with the results of the study of each of: Spink (1995)⁽³³⁾, Parpavessis & Carron (1996)⁽³²⁾, Matheson *et al.* (2000)⁽³¹⁾, and Ahmed (2003)⁽²⁾ which pointed out to the existence of a negative relationship between the degree of team cohesion and the two states of cognitive anxiety and physical anxiety, and positively with the state of self-confidence.

The results of the research second hypothesis:

The results of Table (2) showed the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimensions of the questionnaire of the team cohesion and the dimension of "success achievement motivation".

Also, the results of Table (3) showed the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimensions of the questionnaire of team cohesion and the dimension of failure avoidance.

The two researchers explain this result such that the cohesion of the members of the team, the degree of their unity, their linkage within the group, the focusing on development, maintaining the social relations, and the participation in taking the responsibility for the group, where the members of the cohesive groups admit an important fact, namely distributing responsibility at failure which lessen the pressure the group may lay on its members, consequently the two states of success achievement motivation and failure avoidance motivation increase.

The results of the research third hypothesis:

The results of Table (4) showed the existence of a statistically significant negative correlation relationship at the 0.05 level between the dimension of success achievement motivation and the two dimensions of cognitive anxiety and physical anxiety.

The two researchers explain this such that as the two dimensions of the cognitive anxiety and physical anxiety increase it indicates the non-ability to focusing, negative expectations, failure imagination, and the appearance of the signs of psychological and functional disorder. Therefore, these two dimensions are regarded the two negative dimensions in the measurement of sport competition, whereby as the cognitive anxiety and physical anxiety decrease, the player becomes more directed towards the success achievement motive.

This result is consistent with the study results of each of: Hamdy (1998)⁽¹⁴⁾, Matheson et al (2000)⁽³¹⁾, Hossam and Youssef (2005)⁽¹²⁾, Ehab Mohamed Mohamed(1998) Hamdy (1998)⁽¹⁴⁾, Matheson, *et al.* (2000)⁽³¹⁾, Hossam and Youssef (2005)⁽¹²⁾, Ehab (2006)⁽¹¹⁾, Ibrahim (2007)⁽¹⁾, and Mohamed (2010)⁽¹⁶⁾.

Adds that the anxiety may have a negative power, hence it is called in this case hindering anxiety, and it is what contributes to hindering the player's performance and decreases his self-confidence, abilities and level. (17:80)

In this context, Andersen & Williams (1987) and Mohamed (1998) indicate that the motivation of sport achievement is a psychological building correlated with cognitive anxiety. This cognitive anxiety correlates with the negative expectations of the athlete towards his powers, abilities, and his imagination of failure, which generates for him the perceiving likelihood of failure. The value of the return from failure to the athlete is regarded from among the most important factors which determine his readiness towards the situations of sport achievement, and this is according to the theory of the achievement motivation. (26:125), (17:400)

The results of Table (4) also revealed the existence of a statistically significant positive correlation relationship at the 0.05 level between the dimension of success achievement motivation and the dimension of self-confidence.

The two researchers explains this such that the sitting volleyball players have an increased success achievement motivation in order to achieve an advanced position in the World Federations Cup championship and Africa championship, and this can only materialize with a high state of self-confidence.

Table (5) shows a statistically significant negative correlation relationship at the 0.05 level between the dimension of failure avoidance motivation and the dimension of self-confidence.

The two researchers attribute this result such that as the cognitive anxiety increases, it indicates the inability to focus, and the negative imagination and failure perceiving. This means that as the cognitive anxiety decreases, the motive of failure avoidance increases for the sitting volleyball players during the World Federations Cup championship and Africa championship.

This result is consistent with the study results of each of: Hamdy (1998)⁽¹⁴⁾, Hossam and Youssef (2005)⁽¹²⁾, Ehab(2006)⁽¹¹⁾, Ibrahim(2007)⁽¹⁾, and Mohamed (2010)⁽¹⁶⁾.

The results of Table (5) also showed that there is a statistically significant positive correlation relationship at the 0.05 level between the dimension

of failure avoidance motivation and the two dimensions of physical anxiety and self-confidence.

The two researchers attributes this result such that the sitting volleyball players have the motivation of failure avoidance as a result of their exposure to several pressing situations during the competition, as they show signs of worry, tension, nervousness, and disorder in different degrees according to their technical level and their training age, and according to the nature of the competition. This is consistent with what was indicated by each of Luzzo *et al.* (1996) and Mohamed(2002) that the states of worry, tension, nervousness, and disorder often show as a result of the physical anxiety which does not show in the form of muscular tensions and bodily and physiological responses only, but also show in a cognitive format, hence the feeling of psychological tension and irritability overwhelms the player. (30:419), (20:147)

5. Conclusions:

- There is a statistically significant positive correlation relationship between the dimensions of the team's cohesion questionnaire and the dimension of self-confidence. Also, there is a statistically significant negative correlation relationship between the dimensions of the team's cohesion questionnaire and the two dimensions of cognitive anxiety and physical anxiety.
- There is a statistically significant positive correlation relationship between the dimensions of the team's cohesion questionnaire and the dimension of "success achievement motivation".
- There is a statistically significant positive correlation relationship between the dimensions of the team's cohesion questionnaire and the dimension of failure avoidance motivation.
- There is a statistically significant negative correlation relationship between the dimension of the motivation of failure avoidance and the dimension of cognitive anxiety, whereas there is a statistically significant positive correlation relationship between the dimension of the motivation of failure avoidance and the two dimensions of physical anxiety and self-confidence.
- There is a statistically significant negative correlation relationship between the dimension of the motivation of success achievement and the two dimensions of cognitive anxiety and physical anxiety, whereas there is a statistically significant positive correlation relationship between the dimension of the motivation of success achievement and the dimension of self-confidence.

Recommendations:

- The necessity of improving the social atmosphere for the team members and supporting the social relations among the sitting volleyball players, which consequently increases the motivation of achievement and decreases the state of competition anxiety.
- Paying attention to the convergence of views and mutual understanding among the sitting volleyball players, which, in turn, leads to increasing the attraction and cohesion of the team, hence strengthens the psychological state or mood of the players.
- The necessity of paying attention, on the part of the sitting volleyball trainers, to arrive with the players to the state of the facilitator anxiety which has an effective impact on the motivation of achievement.
- The necessity of defining and knowing the dimensions of the sport game anxiety through its three dimensions “cognitive, physical, and self-confidence) of the sitting volleyball players.
- Having guidance in the results of the questionnaire of the team cohesion, the measure of the sport game anxiety, and the measure of the motivation of achievement in selecting and directing the sitting volleyball players.

Corresponding author

Awatif Sobhy Mohamed Emara
 Department of Games- Faculty of Physical Education
 (Females)- Zagazig University
awatefala@yahoo.com

References**First: The Arabic References:**

1. Ibrahim El-Metwally Ahmed (2007): “The Motivation of Sport Achievement and its Relation to the Game Anxiety for the Football Juniors, Physical Education Research Magazine, Volume (40), Issue (74), Faculty of Physical Education (Males), Zagazig University.
2. Ahmed Mohamed Abdel Hakam (2003): “Team Cohesion and its Relation to Anxiety and Target Orientation for the Football Players in Minia Governorate”, Master’s thesis, Faculty of Physical Education, Minia University.
3. Ekhlal Mohamed Abdel Hafeez (2002): Psychological Direction and Guidance in the Sports Field, Al-Kitab Publishing Center, Cairo.
4. Ekhlal Mohamed Abdel Hafeez and Moustafa Hussein Bahy (2001): Sport Sociology, Al-Kitab Publishing Center, Cairo.
5. Osama Kamel Ratib (1990): Motivations of Excellence in Sport Activity, Dar Al-Fikr Al-Arabi, Cairo.

6. Osama Kamel Ratib (1995): Sports Psychology, Dar Al-Fikr Al-Arabi, Cairo.
7. Osama Kamel Ratib (1997): Competition Anxiety (Training pressures - Concepts - Athlete’s burnout), Dar Al-Fikr Al-Arabi, Cairo.
8. Osama Kamel Ratib (2001): Sports Psychology – Concepts – Applications, Ed. 2, Dar Al-Fikr Al-Arabi, Cairo.
9. Osama Kamel Ratib (2001): Psychological Preparation for Juniors, Dar Al-Fikr Al-Arabi, Cairo.
10. Osama Kamel Ratib (2004): Psychological Skills Training – Applications in the Sports Field, Ed. 2, Dar Al-Fikr Al-Arabi, Cairo.
11. Ehab Mohamed Abdel Faattah (2006): “Motivating Qualities and their Relation to the Level of Sports Achievement for the Volleyball Players”, The Sciences and Arts of Sports Magazine, Volume (24), First Edition, Faculty of Physical Education (Females), Helwan University.
12. Hossam Ahmed Khalifa and Youssef Kamel El-Awady (2005): “The Relationship of Sports Competition Anxiety to the Motivation of Achievement for the Volleyball Players Participating in the Egyptian Universities Youth Week”, Physical Education Research Magazine, Volume (38), Issue (70), Faculty of Physical Education (Males), Zagazig University.
13. Helmy Ibrahim and Layla Farahat (1998): Physical Education and Recreation for the Disables, Dar Al-Fikr Al-Arabi, Cairo.
14. Hamdy Mohamed Ali (1998): “The Relationship of the Sport Competition Anxiety and the Motivation of Achievement and Some Components of the Special Physical Preparation and its Relation to the Digital Level for the Field and Track Competitors” A Master’s Thesis, Faculty of Physical Education, Suez Canal University.
15. Khair El-Deen Ali Ewais (1995): An Introduction to the Sports Sociology, Cairo, Dar Al-Fikr Al-Arabi.
16. Mohamed Ahmed Abdullah (2010): “The Anxiety of the Sports Competition and its Relation to the Motivation of Achievement for the Elite of the Speed Ball Players”, Scientific Magazine of Sports and Physical Education, Faculty of Physical Education (Females), Alexandria University.
17. Mohamed Hassan Ellawy (1998): An Introduction to the Sports Psychology, Al-Kitab Publishing Center, Cairo.
18. Mohamed Hassan Ellawy (1998): Psychological Tests Encyclopedia for the Athletes, Al-Kitab Publishing Center, Cairo.

19. Mohamed Hassan Ellawy (1998): Psychology of the Sports Groups, Al-Kitab Publishing Center, Cairo.
20. Mohamed Hassan Ellawy (2002): Psychology of Training and Sports Competitions, Dar Al-Fikr Al-Arabi, Cairo.
21. Mohamed Hassan Ellawy, Kamal El-Deen Darwish, and Emad El-Deen Abbas (2003): Psychological Preparation in Handball (Theories – Applications), Al-Kitab Publishing Center, Cairo.
22. Mohamed Sobhy Hassanain and Hamdy Abdel Moneim (1997): Scientific Bases of Volleyball and Methods of Measurement (Physical – Skillful – Cognitive – Psychological), Al-Kitab Publishing Center, Cairo.
23. Mahmoud Abdel Fattah Enan (1995): Psychology of Physical Education and Sports – The Theory, Application, and Experimentation, Dar Al-Fikr Al-Arabi, Cairo.
24. Mahmoud Abdel Fattah Enan and Adnan Darwish (1995): Sports and Promotion for the Disabled, Al-Nahda Al-Masriya Bookshop, Cairo.
25. Mustafa Hussein Bahy and Amina Ibrahim Shalaby (1998): Motivation Theories and Applications, Al-Kitab Publishing Center, Cairo.
26. Andersen & J.M. Williams (1987): Gender Role and Sport Competition Anxiety, *Re-examination Research Quarterly for Exercise and Sport*, 58, 52-56, Reproduced by American Alliance of Health, Physical Education, Recreation and Dance.
27. Cox, R., (1999): Training Program Efficiency of Sport Psychology of Competition Anxiety, Madison, Brown, Benchmark.
28. Dian, L.G (2000): Psychological Dynamics of Sport and Exercise, 2nd Edition, U.S.A., P. 201
29. Karthik C. (2005): Mental Imagery and Mind Training in Sport, *Journal Applied Sport Psychology*.
30. Luzzo, D.A & James, T & Luna, M., (1996): Effects of Attribution retraining on the Career Beliefs and Career Exploration Behavior of College Students, *Journal of Counseling Psychology*, 43, 415-422.
31. Matheson, H., Mather, S., & Murray, M., (2000): “Group Cohesion of Female intercollegiate Coaching and Interacting Teams across A competitive Season”, *International Journal of Sport Psychology (Rome)* 27 (1), Jan, mar, 37-49 Refs, 34.
32. Prapaverris, H., Carron, A., (1996): “The Effect of Group Cohesion of Competitive State Anxiety”, *Journal of Sport & Exercise Psychology*, (Champaign, Ill) 18(1), mar – 64-76 Refs, 44.
33. Spink, K., (1995): “Group Cohesion and Collective Efficacy of Volleyball Team” *Journal of Sport and Exercise and Psychology Champaign*, I (11 12 (3) Sep, 301, 31.

Second: Foreign References:

26. Andersen & J.M. Williams (1987): Gender Role and Sport Competition Anxiety, *Re-examination Research Quarterly for Exercise and*

03/20/2013