



THE STUDY OF INTERPERSONAL RELATIONS OF THE TEAM SPORTS PLAYERS BY THE EXAMPLE OF FOOTBALL

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Abstract

There are several types of the conformal behaviour. In some cases, the individual, accepting the correctness of group views, agrees with them sincerely shares them. Acknowledged and internally embraces, they temporarily or constantly become the trait of the individual's character. The conformal behaviour in the given case should be considered as a positive characteristic of the individual who has managed to estimate the requirements of a group and to accept them. In other cases, the individual can demonstrate the conformism at the slightest change of the group opinion. Most commonly it is a characteristic of excessively insecure people, who occupy, as a rule, low places at the hierarchical structure of the group and require constant support because of the low self-esteem. If an opinion of the group on any issue is divided and two sub-groups appear, such a person will surely be with the one of the majority or with the one which is currently in power with its attributes. We realize that each person has their own views that they do not want to change and far from always, even for a common goal, the individual is ready to accept another person's opinion and make something they do not agree with. Moreover, if an athlete has an over-the-top aggressiveness, low emotional stability, inflated self-esteem and other personality traits that encourage them to create a conflict situation, – they are inevitable, unless their opponent has opposed qualities and will calmly and confidently avoid the unnecessary showdown. Due to this fact the issue of the conformity in the team sports is quite a pressing matter.

The objective – the study of the influence of the interpersonal relations in the players of a student football team.

Methods. The psychodiagnostic test and the methods of mathematical statistics have been used in the research. The age range of the examined is 18–20 years, the quantity – 29 people.

Results. According to the results of the correlation analysis of the studied psychological particularities of the football team students, the following showings have been discovered: Q2 factor: «conformism – non-conformism» correlates positively with the trust ($r = 0,52$), team spirit ($r = 0,64$), and negatively – with the A factor: «reticence – sociability» ($r = -0,72$), C factor: «emotional instability – emotional stability» ($r = -0,71$), F factor: «restraint – expressiveness» ($r = -0,54$). According to the conformity showings, the data is as follows: 42 % – low level, 42 % – average, 16 % – high.

Conclusions. In the sphere of the sporting activity, in which the interpersonal relations are often complicated by confrontation and competition, the phenomenon of the conformism can be seen in both ordinary members of the group and in trainers. Usually, it is difficult to meet an individual perfect in all the situations of interpersonal relations in real life, however the collectives do not fall apart because of this. Preserving membership, the individual either compensates their imperfection by other qualities and gets along or leaves the group in the search for another, in which this imperfection will be tolerated or fixed. Thus, the athletes who does not demonstrate the appropriate firmness and adherence to principles, nevertheless, may be treated greatly by the fellows because of this person's benevolence, readiness to come to the rescue, ability to sympathize, etc.

Key words: conformism, conformity, interpersonal relations, football.



Introduction

The phenomenon of the group pressure in the psychology, namely in the social psychology, has got the name «conformism». Conformism [Lat. *conformis* – similar, resembling] is a phenomenon that describes a person's behavior that is characterized by adaptation, agreement, change of their position towards the opinion of the majority [9, 19]. Thus, conformism is a blind submission to the norms, positions or opinions which dominate within the group or in the society. In everyday life we often face the manifestation of the conformism: the examined by us phenomenon can be seen at the football matches, concerts, various performances, in other words when a person falls under the influence of a crowd. But in order for a person to give up their opinion and to accept the other there is no necessity in the crowd which will influence them, a small group is enough.

The study of the phenomenon of conformism, the reasons for its appearance have been the subject of the study of a number of such thinkers as Socrates, Aristotle, Thomas Aquinas, etc. The formation of the conformism concept falls on the period that covers the end of XIX – first half of the XX century, – the age of turbulent social changes, disturbance and economic crises. The conformism has been studied as: the interconnection of autonomy of the soul and the aspiration of the person to belong to anything, to be similar to anyone, to serve, to inherit (Democritus, Socrates, Aristotle); the phenomenon of big social groups (G. Le Bon, G. Tarde [18], D. Olshanskiy [17], J. Baudrillard [3]); the tragedy of the personality, its decay by the attempts to adapt to the mass industrial society (G. Sullivan [21], K. Horney [11], E. Fromm [8]); the problems of the person connected with the pressure of the society (J. Huizinga [10], D. Riesman [20], Z. Bauman [2]).

Conformism and conformity are considered in various contradictory theories: in the theory of R. Merton, the conformity is studied from the point of view of the value that provides social stability; in the papers of Z. Freud, C. Jung, W. Reich the conformity is defined as a subjective ability for adaptivity; moral peculiarities of the conformism are presented in the papers of V. Tschudnovskiy [7], A. Kydinov [13]); the conformism as the important aspect of the socialization is described by D. Myers [16], G. Andreeva [1], I. Kogut [14].

All the researches stated above define the conformism as inheritance of behavior patterns, which have the significant power to influence the individual under condition of the lack of own thought in any situation (group opinion, norms and traditions of the group, etc.) [22].

The problem of interaction of athletes in amateur and professional sport has been considered by the researchers for a long time, however there are not enough fundamental researches conducted in this sphere. The prime conceptual postulates, which allow to determine the main objective and subjective determinants of the interaction of athletes in teams, have been studied by A. Buznik [5, 6], V. Gorbunova [9], S. Kenany [12], G. Lozhkin, A. Drachuk, V. Kostyukevich, S. Brynzak [15], etc. We state that the issue of the personal interaction of the athletes in football teams requires the following examination.

The objective – the study of the influence of the interpersonal relations in the student football team players.

Methods

The research has been conducted on the basis of Borys Grinchenko Kyiv University. The second-year students, who have given permission for conducting the psychological test, have taken part in the research. The age range of the examined students is 18–20 years. The quantity – 29 people. The Cattell's multi-factor study method [4] has been used. The results have been handled with the help of the test key. The comparative graph of the psychological peculiarities of the students who play football is made on the basis of the analysis of the figures. The results of the research are processed with the traditional method of mathematical and statistical processing of the obtained data, which comprises the statistical parameter determination, that characterizes the examined data selection according to the mean value method.

Results and discussion

In the sphere of the sporting activity, in which the interpersonal relations are often complicated by confrontation and competition, the phenomenon of the conformism can be seen in both ordinary members of the group and in trainers, especially those, whose group management may

be characterized as authoritarian. Usually, the conformity can be observed in the cases when an athlete yields to pressure of the team, accepts the demands, accepts the views of the majority in the situation of the discordance of the group opinion or behavior. It stems from the fact that the athlete is afraid to cause a negative reaction, discontent by their behavior which is different from the group norms, and to remain in isolation. They try to smooth out differences, renouncing their positions and convictions, accepting established in the group behavioural stereotypes. A systematic demonstration of such actions in the individual's character is called conformism.

Apart from that, the situational conformism, when the behavior of the individual becomes conformal in deadlocks, can also be met in the practice of the interpersonal communication. Being consciously sure of the fallacy of actions or opinions of the group, the person has to be ready to reach a compromise, agree to the requirements and the system of values of the group, in order to, staying in group, push back, uphold their principles in the comfortable moment. If there is no opportunity for asserting their own rights and for the realization of their own goals, the individual, as a rule, leaves the group. It is clear that such conformism is totally external and manifests itself in the cases when the individual has a very significant quality – firmness in standing their grounds and persistence in achieving goals.

In general, individuals, whose figures are closer to the «-» pole are dependent on the opinion and requirements of the group, follow the public majority, tend to work and make decisions together with other people, they have a low self-sufficiency, orientation on the social approval. The individuals with the high «+» pole differ by the independence, orientation on their own decisions, independence, inventiveness and aspiration to have their own opinion. At the extremely high results – intention to oppose themselves to the group and a wish to dominate in it. In such a way, only with the help of this factor we can see what percent of athletes is prone to the team play and what – to the individual one.

According to the results of our research, the team's line-up has divided in the following way by the demonstration of this factor. A part of the team (42 %) thinks that it is better to work and make decisions together with other people, loves communication and enthusiasm, depends on the group, at the same time the players need the support on the part of the group. The other part of the team (42 %) has average figures of this factor (Fig. 1). The athletes can work both individually and in the team, companionable, but at the same time sometimes makes decision on their own, without consulting anyone. The remaining part (16 %) are the students with the high figures. Self-fulfilment, entrepreneurial attitude, independence are the typical traits for them. These young men offer their own solution to the problem and may act on their own authority.

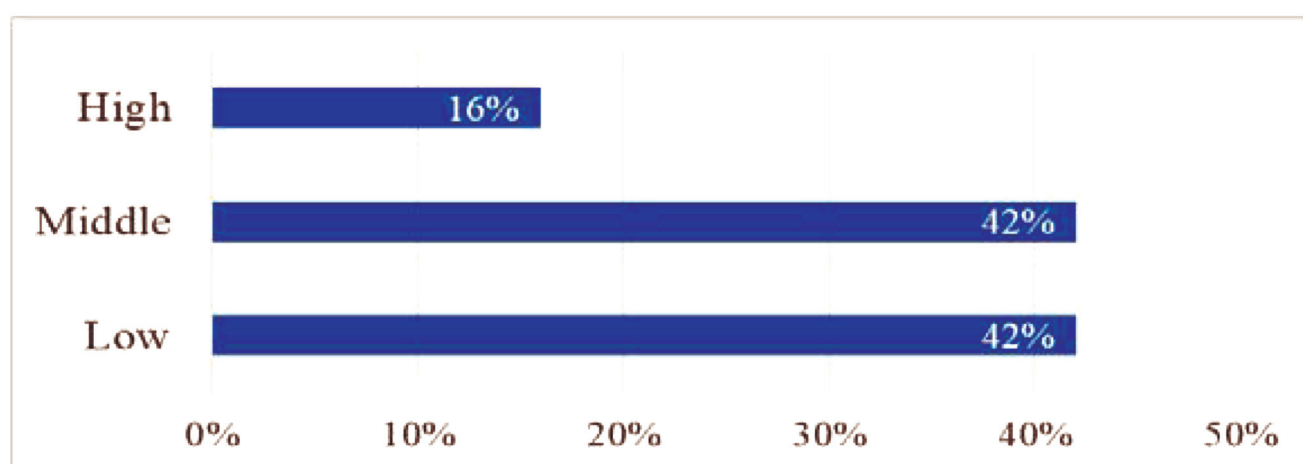


Fig. 1. The Level of Showings of the Q2 Factor: «Conformism – Non-Conformism» in the Student Football Players



In such a way, the students of the football team, which have taken part in our research, have achieved the optimal balance of the players with the different intensity of the corresponding factor that allows one players to take the lead and the other – just execute commands and work with the group for meeting the common goal.

Usually, it is difficult to meet an individual perfect in all the situations of interpersonal relations in real life, however the collectives do not fall apart because of this. Preserving membership, the individual either compensates their imperfection by other qualities and gets along or leaves the group in the search for another, in which this imperfection will be tolerated or fixed. Thus, the athlete who does not demonstrate the appropriate firmness and adherence to principles, nevertheless, may be treated greatly by the fellows because of this person's benevolence, readiness to come to the rescue, ability to sympathize, etc.

According to the result of the correlation analysis of the studied psychological particularities of the football team students, we have obtained the following figures. The studied Q2 factor: «conformism – non-conformism» correlates positively with the trust ($r = 0,52$), team spirit ($r = 0,64$), and negatively – with the A factor: «reticence – sociability» ($r = -0,72$), C factor: «emotional instability – emotional stability» ($r = -0,71$), F factor: «restraint – expressiveness» ($r = -0,54$). According to the conformity showings, the data is as follows: 42 % – low level, 42 % – average, 16 % – high.

According to the obtained data, the higher the showings of the Q factor the lower these of the C factor, however we have more emotionally unstable athletes, that is why their opposition is a high emotional stability. Taking into account the percentage ratio by the Q2 factor and the C factor, the given correlation indicates that the student football players with high figures of the Q factor will also have high figures of the C factor: that means that the self-sufficient individual, independent of the group, has a high emotional stability, and the players who require support of the society will have a low frustration threshold, they are less stable emotionally.

Obtained by us positive interconnection between the trust and team spirit is predictable enough due to the fact that, working in one team, it is necessary

to trust each other. The longer the young boys play together and reach high results as a team the higher their team spirit. A negative interconnection with the C factor: «emotional instability – emotional stability» ($r = -0,71$) characterizes the generalization and the maturity of emotions as opposed to the uncontrollable emotionality. People with the high grade by the C+ factor become leaders more often than those whose figures by this factor are closer to the C- pole. It has been established that the people with the high and average grades by the C factor has a streak of high moral character.

The F factor is defined as «restraint – expressiveness». It is an emotional expressiveness of the individual. The manifestation of the impulsiveness and the carelessness is a characteristic for our selection of the examined. The connection of the given factors is expected enough due to the fact that the skill of making concessions or provoking conflict depends on the self-command and the demonstration of the restraint. Among our examined 45 % are closer to the restraint, and 55 % – to the expressiveness, and that is the reason why all the conflict situation among the team members are neutralized and are usually avoided. According to the data of the scientists, there are several types of the conformal behaviour. In some cases, the individual, accepting the correctness of the group views, agrees with them sincerely shares them. Acknowledged and internally embraces, they temporarily or constantly become the trait of their character. The conformal behaviour in the given case should be considered as a positive characteristic of the individual who has managed to estimate the requirements of a group and to accept them. In other cases, the individual can demonstrate the conformism at the slightest change of the group opinion. Most commonly it is a characteristic of excessively insecure people with the low self-esteem and require constant support, who takes, as a rule, low places at the hierarchical structure of the group. If the opinion of the group on any issue is divided and two sub-groups appear, such a person will surely be with the one of the majority.

Conclusions

In sports each athlete is a self-confident individual who has achieved top results. The conformism in such people is the dominating

characteristic of their personality. In the practice of the interrelation communication it is possible to meet the situational conformism when the behavior of the individual becomes conformal in deadlocks.

Being consciously sure of the fallacy of actions or opinions of the group, the person has to be ready to reach a compromise, agree to the requirements and the system of values of the group, in order to, staying in group, push back, uphold their principles in the comfortable moment. If there is no opportunity for asserting their own rights and for the realization of their own goals, the individual, as a rule, leaves the group. It is clear that such conformism is totally external and manifests itself in the cases when the individual has a very significant quality – firmness in standing their grounds and persistence in achieving goals.

In the sphere of the sporting activity, in which the interpersonal relations are often complicated by

confrontation and competition, the phenomenon of the conformism can be seen in both ordinary members of the group and in trainers. Usually, it is difficult to meet an individual perfect in all the situations of interpersonal relations in real life, however the collectives do not fall apart because of this. Preserving membership, the individual either compensates their imperfection by other qualities and gets along or leaves the group in the search for another, in which this imperfection will be tolerated or fixed. Thus, the athlete who does not demonstrate the appropriate firmness and adherence to principles, nevertheless, may be treated greatly by the fellows because of this person's benevolence, readiness to come to the rescue, ability to sympathize, etc.

Conflict of interest

The authors claim that there is no conflict of interest.

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