

GROUPS AND TEAMS

Explain the effects of a group on the behaviour related to lifestyle of group members

5 marks for 5 from:

1. (Acceptance/belonging)	To be accepted/behaviour can follow that of others to seek acceptance or a sense of belonging to a group (which can lead to positive or negative lifestyle behaviours) or you make more friends giving a sense of belonging or well-being
2. (Norms/pressure/conformity)	Influence of group norms/pressure from others in the group or pressure to conform to follow a certain lifestyle or way of behaving (positive or negative)
3. (values)	The values of the group may be adopted which may lead to positive or negative lifestyle behaviour
4. (positive/negative – motivation)	Can motivate/encourage you to follow an active and healthy lifestyle or not to follow an active and healthy lifestyle
5. (confidence)	Confidence can be increased with the presence of others in the group or it may be decreased (leading to social loafing)
6. (social loafing)	Individuals may not make as much effort as others in the group/have lower motivation.
7. (aggression/assertion)	Assertion may increase when in a group/aggression
8. (deindividuation – loss of being an individual)	Deindividuation/loss of sense of being an individual/lose sense of identity can occur when in a group which can lead to dysfunctional/anti-social/unhealthy behaviour
9. (able to identify with others)	Increased sense of group identity can lead to positive or negative lifestyle behaviour
10. (prejudice)	Being part of a group can make you more prejudiced against other individuals/groups / the In-group Out-group effect
11. (leaders)	Leaders in the group can influence behaviour (positive or negative effects) / become a leader / role model yourself to influence a healthy lifestyle
12. (creativity)	Creativity can increase because of dynamic features of being in a group or creativity can be diminished because of the influences to conform

Discuss the possible faulty processes identified in Steiner's model that may occur in sport

(6)

(Motivational losses)

- 1 Team performance/productivity is affected by social loafing /lack of individual motivation/poor motivation can decrease performance/productivity
- 2 Called learned helplessness/attribution of failure to internal stable factors/losing and blaming themselves/lacks self-confidence/low self-efficacy/inexperience
- 3 Lack of identifiable roles for team members
- 4 Insufficient accountability/individual efforts not recognised
- 5 Injury/illness of players may lead to lack of motivation/fatigue
- 6 Lack of team cohesion/lack of social cohesion/disputes/perceptions that others are not trying
- 7 Insufficient incentives to work together/work as a team/lack of common goals/group incentive
- 8 Too high a level of competition/anxiety of team/individuals/goal perceived to be unachievable/losing
- 9 Negative effects of an audience/crowd de-motivates/criticises performer/officials' decisions
- 10 Environmental factors/stressors may lead to lack of motivation

(Co-ordination losses)

- 11 Team performance affected by lack of co-ordination/working together/lack of communication
- 12 Ringelmann effect/individual performance decreases as group size increases
- 13 Inadequate leadership
- 14 Poor team tactics/strategies

Use Psychological theories to explain why some teams seem to be more cohesive and successful than others of similar ability.

Explain the negative influences that can affect team cohesion.

(20)

Explanation of cohesive and successful teams	
1.	Group members sharing the same goals <ul style="list-style-type: none"> Group members sharing norms and values/similar outlooks Similar backgrounds or cultures/beliefs Knowing your role in the team Eg all team members want to win.
2.	Strong team identity <ul style="list-style-type: none"> Ways in which a team shows identity eg kit/routines/group behaviours.
3.	Frequent or numerous friendships <ul style="list-style-type: none"> Amount/quality of social interaction / team bonding Eg a cohesive team will involve friendship groups.
4.	Effective leadership/quality of leadership <ul style="list-style-type: none"> Leader can adapt to the needs of the group Leader has emerged from the group Leader has focus/values that are accepted by the group Eg the captain has been chosen by team members.
5.	Level of success/past experiences <ul style="list-style-type: none"> If team has been successful then more likely to be cohesive If team has attributed past failures externally then this can help cohesion Eg hockey team have been winning and this makes the team more cohesive.
6.	Environmental/situational aspects <ul style="list-style-type: none"> hostility of environment or where they are playing Eg A netball team is playing away and are being booed by the crowd.
7.	The event importance can increase cohesion <ul style="list-style-type: none"> the expected outcomes of the event. Perceived adversity can increase cohesion Eg Playing in the cup final makes a team more unified
8.	Successful teams limit the faulty processes (Steiner) <ul style="list-style-type: none"> Improved co-ordination within the team
9.	High level of individual motivation or a lack of social loafers (Steiner)
	<ul style="list-style-type: none"> Eg Team members are equally motivated to win in the rugby team.
Explanation of negative group influences	
10.	To be accepted/behaviour can follow that of others to seek acceptance or a sense of belonging to a group <ul style="list-style-type: none"> which can lead negative lifestyle behaviour or you make more friends giving a sense of belonging or well-being. Can lead you to avoid participation in BAHIL.
11.	The negative influence of group norms or values <ul style="list-style-type: none"> pressure from others in the group or pressure to conform to follow a certain unhealthy or dysfunctional lifestyle pressure to avoid healthy lifestyle/participation.
12.	Group members can motivate/encourage you to follow an unhealthy lifestyle <ul style="list-style-type: none"> Perceived greater gains being unhealthy than healthy Better to avoid participation/healthy behaviours.
13.	Confidence to be dysfunctional or unhealthy can be increased with the presence of others in the group or confidence is increased to avoid participation/healthy living <ul style="list-style-type: none"> Confidence to be healthy could decrease and social loafing could occur or lack of individual effort.
14.	Aggression may increase when in a group <ul style="list-style-type: none"> Need to find identity within a group can cause aggression or striving for status in a group De-individualisation or losing your individual identity or becoming part of a mob.
15.	Can lead to prejudice against others/other groups <ul style="list-style-type: none"> In-group Out-group effect or valuing your group more than others can lead to dysfunctional/unhealthy behaviour Can lead to avoidance behaviour or not wanting to be associated with groups that participate in BAHIL.
16.	Leaders who themselves are dysfunctional can influence behaviour <ul style="list-style-type: none"> Others follow the behaviour of the leader because they are frightened/value the leader or is a role model/of high status/significant other Leaders can reinforce avoidance behaviour by avoiding BAHIL themselves.