



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
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Programme : Master of Physical Education

Course Title: SPORTS PSYCHOLOGY

Course Code : 21MPE42

Unit -I

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Group Cohesion: Unit-V

Group cohesion is the extent to which group members are attracted to the group and its goals. Cohesion can consist of feelings of interpersonal liking, task commitment, and group pride. Not surprisingly these factors have been associated with enhanced performance in groups and teams.

Definition of Group:

A social group is a collection of two or more people who interact with each other, share similar characteristics, and have a sense of unity.

Meaning of Social Group:

A social group is a collection of two or more people who: Interact with each other regularly, Share similar characteristics, Have a sense of unity, and Pursue common interests.

Group Dynamics:

Group dynamics is the study of how people interact and behave in groups, and the psychological processes that occur within them.

Group Interaction:

Group interaction refers to the dynamics of the team and the way individuals in the group interact with one another.