

A study of the unity of sports teams :  
Development of a scale and examination of  
related factors

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A study of the unity of sports teams: Development of a scale and examination of related factors

(スポーツチームの一体感に関する研究：評価尺度の作成と関連要因の検討)

山田 快 (やまだ かい)

博士 (スポーツ健康科学)

### Abstract

According to Forsyth (2006, 2010), unity is one of the most important component factors of group cohesion. However, few studies qualitatively and quantitatively evaluate unity in sports teams. Therefore, in this study, we focused on the unity for sports teams, aimed to develop a scale to assess unity in sports teams (Study I), and to examine the relationship between unity and some factors among student athletes (Study II), through the following 2 studies.

In Study I, we developed a Unity Scale for Sports Teams (USST) that was completed by 1,001 student athletes from 13 different types of sports. In the results, USST had a two-factor (i.e., “Integration for the group” and “Commitment”) and consisted of eight items, based on Forsyth’s (2006, 2010) model. Additionally, it was confirmed this scale’s reliability and validity, the scale was shown to have high versatility.

In Study II, we examined the unity of sports teams on the basis of athletes’ (participants’) attributes, as well as examining the relationship with group size. In the results, the USST scores of high school athletes were higher than university athletes, and the regular and semi-regular athletes were higher than non-regular athletes. Also, there was negative correlation between USST scores and group size.

Finally, we obtained the following three conclusions: 1) the USST would be a valuable and useful measurement for assess unity for sports teams on the various sports fields, 2) the perception of unity differ by school stage and role in own team, and 3) unity is negatively correlated with group size.