

Effect of Team-Building Activities on Team Cohesion among Cricket Players

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Abstract: *Team cohesion is a central element in determining the overall effectiveness and success of sports teams. In cricket, where teamwork, communication, and mutual support are essential, cohesion becomes even more significant. To find out the effect of team building activities on team cohesion in cricket team, totally 30 subjects with cricket teams with age group of 15 to 18 years selected based on the inclusion criteria by using convenient sampling method. Subjects were divided into 2 groups by using lottery method, group A (experimental group) and group B (control group), 15 samples were allotted to each group. Pre-test has been conducted for both the groups by using Group environment questionnaire (GEQ). Group A (experimental group) receives team building activities for 24 session (3 session in a week) for 45 minutes along with conventional therapy for 2 months. Group B (control group) receives only conventional therapy. After the intervention post-test was conducted for two groups by administration of Group environment questionnaire (GEQ). The statistical analyses showed that there was a significant improvement in Team cohesion in adult with cricket teams between pre-test and post-test of experimental group. 't' value is 4.0722 and 'p'0.0003 value is respectively, which it shows extremely statistically significant, Team building activities are more effective in improving cohesion in cricket teams.*

Keywords: Cohesion, teambuilding activities, cricket team.

1. Introduction

Team cohesion is a central element in determining the overall effectiveness and success of sports teams. In cricket, where teamwork, communication, and mutual support are essential, cohesion becomes even more significant. Cricket is a sport that blends individual skill execution with collective responsibility, making the quality of relationships among players a key factor in team performance. Whether batting in pairs, coordinating bowling plans, adjusting field placements, or maintaining morale during long matches, players must rely on trust and cooperation. As a result, building strong interpersonal bonds and a unified team environment is crucial for achieving consistent and competitive performance.

In recent years, team-building activities have emerged as an important tool for enhancing team cohesion in sports. These activities involve structured programs designed to improve communication, foster trust, build relationships, and encourage collaboration among team members. Team-building activities may include physical challenges, problem-solving tasks, group discussions, leadership exercises, trust-building games, and recreational outings. The primary goal of these activities is to create positive interactions among players, break down interpersonal barriers, and promote a shared sense of identity and commitment within the team.

For cricket teams, team-building activities can be particularly valuable due to the unique nature of the sport. Unlike many fast-paced games, cricket matches often last several hours or even days, requiring sustained communication, patience, and emotional resilience. During these long periods, team members must support each other, maintain high morale, and manage on-field pressure collectively. A cohesive team is better able to perform under stress, adapt to changing match situations, and stay

motivated despite challenges. Furthermore, cohesive teams tend to display stronger leadership, clearer communication channels, and greater unity in pursuing team goals.

This project investigates the effect of team-building activities on team cohesion in cricket teams. It seeks to determine whether structured team-building programmes directly contribute to improvements in social cohesion (the relationships and bonds between players) and task cohesion (the commitment to team goals and coordinated performance). The study also aims to explore the extent to which team-building interventions can enhance communication, trust, mutual understanding, and collective motivation within cricket teams. By examining these aspects, this research provides valuable insights that can help coaches and team managers design effective strategies for building stronger, more united, and higher-performing cricket teams.

Ultimately, the findings from this study are expected to contribute to the growing body of knowledge in sports psychology and team management. They may also offer practical recommendations for improving team cohesion, promoting positive team culture, and enhancing competitive performance in cricket. With increasing emphasis on teamwork and mental preparation in modern sports, this topic remains highly relevant to players, coaches, and sports organizations seeking strategies to develop successful and cohesive cricket teams.

Aim

To find out the effect of team building activities on team cohesion in cricket team.

Objectives

- To evaluate the group cohesion among cricket players using group environment questionnaire (GEQ).
- To find out the effects of team building activities on team

Volume 15 Issue 6, June 2026

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

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cohesion in cricket team.

Hypothesis

Team building activities will have significant effect on improving team cohesion in cricket team.

Research Design, Sampling Technique

Quasi-experimental study design, convenient sampling technique was adopted

Population And Sample

Total 30 subjects were taken in this study (cricket teams) 15 subjects in experimental team 15 subjects in control team.

Setting of the Study, Duration of Study

This study was conduct in cricket club in Chinnappampatti, Natarajan cricket academy, 6 months.

Variables

Independent Variable

Team building activities.

Dependent Variable

Team Cohesion in cricket teams

Selection Criteria

Inclusion Criteria

- Cricket players
- Adolescents (15 to 18)
- Male-physically normal players

Exclusion Criteria

- Players with physical disability
- Players who did not provide informed consent
- Players below the age of 15 and above 18.

Tool Used

Group Environment Questionnaire (GEQ)

Source of Data: cricket club in Chinnappampatti, Natarajan cricket academy

Ethics: The study was granted by the head of the department of Jkkmmrf College of Occupational Therapy.

Procedure

Total 30 subjects were selected based on the selection criteria,15 in experimental group and 15 in control group. The participants were selected based on convenient sampling. The pre-test were assessed using group environment questionnaire (GEQ) for both control and experimental team. Intervention were given to the experimental team for a period of 8 weeks, total of 24 sessions,3 sessions per week, each session 45 minutes, whereas the control team did not have any intervention. Post-test were conducted for both control and experimental team with group environment questionnaire (GEQ). Before starting the sessions, the informed consent was received from the participant by explaining the research study.

2. Data Analysis and Result

Table 1: Comparison of pre test values of control and experimental group.

Group	Test	Mean	SD	T value	P value
Control Group	post test	50.47	2.07	1.0418	0.3064
Experimental Group	Post test	49.6	2.47		

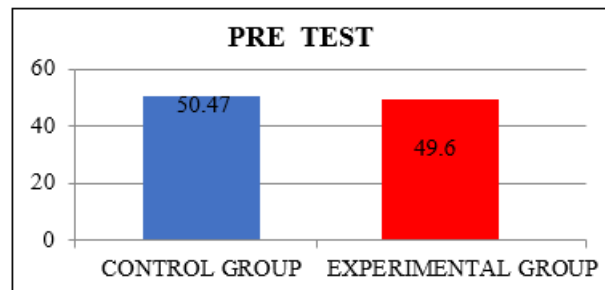


Table 1 and Graph 1 show the comparison of pre test values of control group and experimental group score mean values are 50.47 and 49.6 respectively. The calculated 't' value is 1.0418 and 'p' value is 0.3064 which shows it is not statistically significant.

Table 2: Comparison of pre and post test values of control group.

Group	Test	Mean	SD	T value	P value
Control Group	Pre test	50.47	2.07	1.0000	0.3343
	Post test	50.53	1.96		

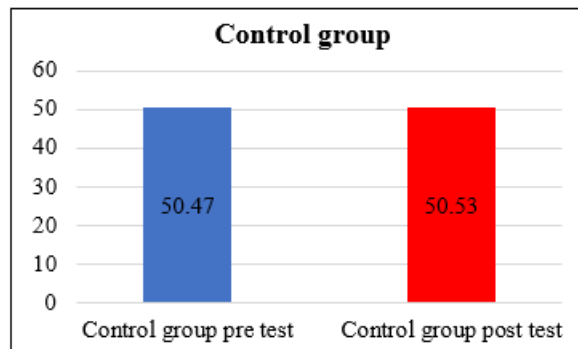


Table 2 and graph 2 shows comparison of control group pre and post test score mean values are 50.47 and 50.53 respectively. The calculated 't' value is 1.0000 and 'p' value is 0.3343 and it is which shows it is not statistically significant and there is no significant difference between pre and post test values of the control group.

Table 3: Comparison of pre and post test values of Experimental Group.

Group	Test	Mean	SD	T value	P value
Experimental Group	Pre test	49.60	2.47	8.4105	0.0001
	Post test	54.40	3.11		

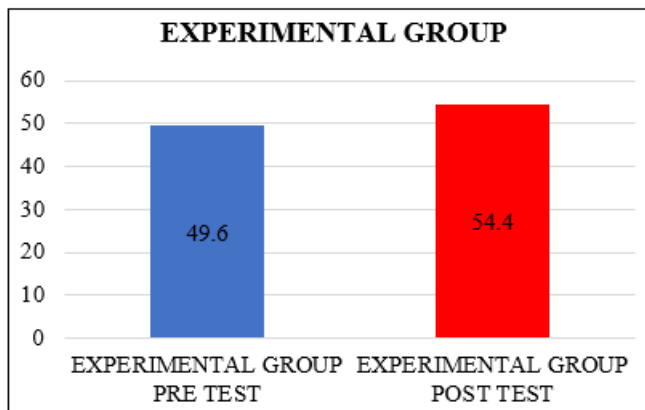


Table 3 and graph 3 shows the comparison of experimental group pre and post test score mean values are 49.6 and 54.4 respectively. The calculated ‘t’ value is 8.4105 and ‘p’ value is 0.0001 which is and it shows that it is statistically significant and the experimental group has significant improvement.

Table 4: Comparison of post test values of control and experimental group.

Group	Test	Mean	SD	T value	P value
Control Group	post test	50.53	1.96	4.0722	0.0003
Experimental Group	Post test	54.40	3.11		

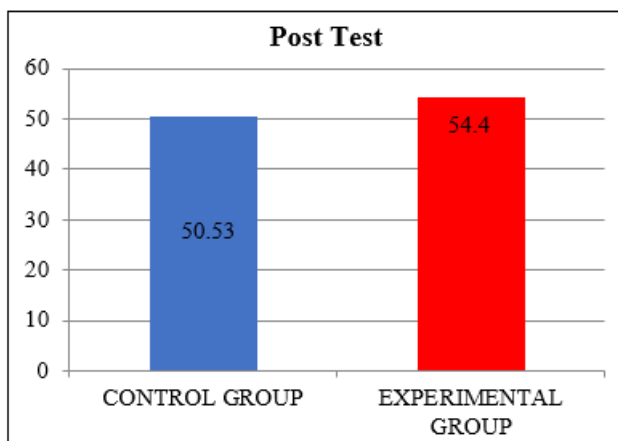


Table 4 and graph 4 shows comparison of post test values of control and experimental group score mean values are 50.53 and 54.4 respectively. The calculated ‘t’ value is 4.0722 and ‘p’ value is 0.0003 which is and it shows it is statistically significant and the experimental group has significant improvement.

3. Discussion

The present study evaluated the effectiveness of structured team-building activities on improving team cohesion among adolescent cricket players. The findings from all four tables clearly demonstrate that the intervention produced a significant positive impact on team cohesion in the experimental group, while minimal change was observed in the control group. These results strongly support the alternate hypothesis that team-building activities significantly enhance cohesion in cricket teams. Their study further demonstrated that effective communication acts as a key mediator between cohesion and performance outcomes,

suggesting that the communication-focused components of the present intervention (such as trust exercises, leadership rotation, and problem-solving tasks) played a crucial role in improving cohesion levels. Overall, the results indicate that team-building activities foster better communication, trust, leadership, and mutual understanding among players, which are essential components of cohesive cricket teams. The structured and progressive nature of the intervention allowed players to develop stronger social bonds and improved task coordination, leading to measurable gains in cohesion. These findings are in line with existing literature that emphasizes the importance of intentional, activity-based group interventions in enhancing team dynamics.

4. Conclusion

The present study confirms that team-building activities are an effective and practical approach to enhancing team cohesion among adolescent cricket players. Integrating these activities into regular training can strengthen team unity, improve performance consistency, and support players’ psychological well-being, thereby contributing to sustained sporting success.

5. Limitations

- The study was done in a limited sample size.
- The study was done for short time duration.
- Included only age group between 15 to 18.
- Study was done on only in crickets players.

6. Recommendations

- Large sample size
- Use mixed-method research design.
- Multi-center studies
- Include diverse age group and genders.

Source of Funding/Support: self

Conflicting Interest: none

Ethical Clearance: approval from institutional ethics committee was obtained prior to the study