

The influence of psychotechnic exercises on a socially-psychological climate and unity of a sports team

M.S. Hotuleva

Bachelor degree, 5th year student

at the International University of nature, society and human «Dubna»

hotms@mail.ru

It is carried out empirical research on studying influence psychotechnic exercises on a socially-psychological climate, unity of a sports team and on efficiency of sports activity. The research was performed on a sports (basketball) team consisting of men in the age from 28 to 35 years which train together within seven years and participate in regional competitions. In the research two hypotheses were checked. First, a hypothesis that the socially-psychological climate of the team and the degree of its unity influence intragroup relationships and the success of the group performances. Second, a hypothesis that after carrying out of a series of the psychotechnic exercises in the given sports team mutual relationships in the system "sportsman-sportsman" will improve, therefore the socially-psychological climate and group unity of the team will change positively. Both hypotheses are confirmed on the basis of statistically processed data about the socially-psychological climate and the unity of the team received before and after the series of psychotechnic exercises was carried out.

Keywords: a sports team, sociometry, psychotechnic exercises, factor of satisfaction the position in group, group unity, a socially-psychological climate.