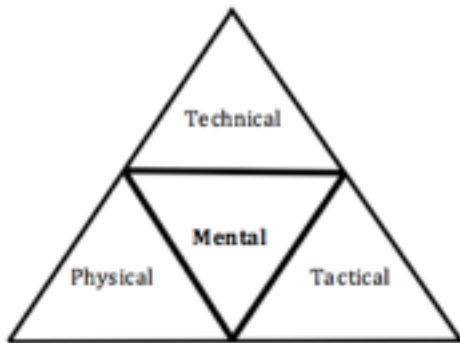


Competition and Cooperation

Components of Sport



What is Competition?

A social process that occurs when rewards are given to people for how their performance compares with the performances of others during the same task or participating in the same event.

What is Cooperation?

A social process through which performance is evaluated or rewarded in terms of the collective achievement of a group of people working together to reach a particular goal.

Marten's Model of Competition

1. Objective Competitive Situation

A situation in which performance is compared with some standard of excellence in the presence of at least one other person who is aware of the competition

2. Subjective Competitive Situation

How the person perceives, attempts and appraises the objective competitive situation (influenced by personality factors and situational factors such as family). Three orientations;

- i. Competitiveness – enjoyment of competition
- ii. Win orientation – focus on beating other competitors (interpersonal comparison)
- iii. Goal orientation – focus on improving own performance, not beating others, sense of mastery and achieving goals

3. Response

Whether a person approaches or avoids the objective competitive situation (at the behavioural, physiological and psychological levels)

4. Consequences

An evaluation (usually positive or negative) of one's response to the standards of the performance comparison

Feedback Mechanism: Success or failure influences future involvement in competitive sport. This is the process component.

Psych Studies of Competition and Cooperation			Performance?
Triplett's Cyclists	Cyclists were faster alongside or in competition with another cyclist than when racing alone against the clock		Better with competition
Deutsch's Puzzles	Competition Group students were self centred, directed efforts at beating others, had closed communications and exhibit group conflict and distrust	Cooperation group students communicated openly, shared information, developed friendships and solved more puzzles	Better with cooperation
Robber's Cave	Phase One	Phase Two	Phase Three
<p>Examined inter-group and intra-group relations in a natural environment. 24 boys, 12 years old, assigned to one of two groups on camp, with no previous friendships within or between groups. Went for 3 weeks, with 3 phases. All boys were similar on as many characteristics as possible (race, culture, build etc.)</p>	<ul style="list-style-type: none"> - Groups segregated - Hierarchies evolved, leadership roles, norms etc. - Each group named itself, establishing identities - Towards the end of this phase, groups became aware of each other - Discussion about other group became more prevalent - As each group became aware of the presence of another group they became reinforced in their own sense of being in a group - Immediately distrustful of the other group - Insistently asked for competition against the other group - Within group exercises performance increased 	<ul style="list-style-type: none"> - Groups met for the first time in the mess hall - Name calling and singing of derogatory songs by each group - Intergroup competition started - Rewarded with trophies and pocket knives - Burning of flags and raiding of cabins around competitions - Hostility of out-group expressed in note and deed 	<ul style="list-style-type: none"> - Brought groups together in non-competitive situations for 6-7 days - These strategies failed to reduce hostilities - A series of crises were staged that required cooperation between groups e.g. disruption to water, prepping meals, pull a broken truck - Had to work together - "Superordinate goals" - Intergroup hostility and group polarisation were reduced and intergroup contact, friendships and cooperation were increased
	Notes	Notes	Notes
	<ul style="list-style-type: none"> - Group identity more salient in presence of an out-group - Immediate feelings towards out-groups tend to be negative - Intergroup competition increases intra-group performance 	<ul style="list-style-type: none"> - Introduction of competition to an intergroup setting can result in open hostilities <p>Coaching implications:</p> <ul style="list-style-type: none"> - Stable training groups not recommended for teams - Don't let athletes pick their own teams 	<ul style="list-style-type: none"> - Superordinate goals are effective in reducing intergroup hostilities

Minimal Group Paradigm	<ul style="list-style-type: none"> - Groups formed on minimal (arbitrary) criteria exhibit group bias - Perception of belonging is sufficient to trigger intergroup discrimination - Result of need to protect and enhance self esteem - Intergroup discrimination occurs naturally: after the creation of a social identity (we) AND when placed in an intergroup context 		
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Important Psych so Far

- There is a relationship between performance and cooperation/competition (Triplett, Deutsch, Robbers Cave)
- Cooperation is associated with behavioural benefits other than performance (Robbers Cave, Deutsch)
- Group competition is likely to stimulate intergroup discrimination (Minimal Group Paradigm, Robbers Cave)

What's Better for Performance?

- Some people really benefit from competition, however others **do not**
- Highly competitive environment cause two types of reactions:
 - Performance Approach Goals
 - Performance Avoidance Goals
- Cooperation is better than competition in general, competition only works for a specific subset
- Competition is a neutral process with the environment determining it's effects
 - e.g. potential for negative effects if there is too much emphasis on winning

Coaching Implications

- Competitive environments are easy to create
- Challenge is to add more cooperative games to a coaching repertoire
- Can be devised by changing the rules of traditional games