

# **SOCIAL SKILL DEVELOPMENT THROUGH TEAM SPORT AND GAMES**

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## **ABSTRACT**

Many problematic social issues occur in the society stem from individual lacking necessary social skills needed in harmonious interaction among the society. One solution to minimize social problems is by developing social skills through participating in team sport and games. In Indonesia, people of all ages and gender play any sport and physical activity in their leisure time. This is a big opportunity to develop social skill from various positive social interaction behaviors of people participating in team sport and games.

An Invasion game is one of a lot of team sport and games form which classification first by Almond (1986). In natural sequence of events in any invasion game, players are either defender or attackers in connection with the configurations of play (Grehaigne, Richard, & Griffin, 2005). Playing is a very important aspect of learning how to play. We must understand that the game play argument from Huizinga (1950) is an important foundation to analyze invasion game. Interaction between the players and the environment is a complex system. Structuralist model seen that the team sport, like invasion games, as a structured group of individual or a "social Microsystems" working together toward a common goal.

The social skill is the ability to interact with others in a given social context in specific ways that are socially acceptable or valued at the same time personality beneficial, mutually beneficial, of beneficial primarily to others (Comb & Slaby, 1977). Therefore, invasion games as a team sport and games form can develop people social through positive social interaction to stimulate various positive behaviors.

**Keywords:** *Social Skill, Team, Sport, Invasion Games.*

## **INTRODUCTION**

Sports are a socio-cultural phenomenon that needs to be understood and learned. This is because the sports culture has a strong inherent in individuals and communities. Coakley (2001:2) stressed that "sports are more than just games and meets; they are also social phenomenon that has meanings that go far beyond statistical scores and performance." Sports show three patterns, namely: a reflection of culture and society, strengthen social differences, and is a vehicle for social conflict (Freeman, 2001:41-42). Sports are a product of social and culture that has real meaning for individuals, communities, and society in

general (Maguire et al, 2002:168). Maguire further revealed that "... through sport we can begin to understand societies, nations, and communities." This means understanding the people, communities, and nations can be started through the sport. Sports are a product of social and culture that can be learned, understood, and be through to be in detail on the individual and society against the social contacts they do in the scope of the exercise.

Team sport and games is a form of sport or games that can develop the social skills of someone. This is because team sport will be making a social situation that can provide the opportunity for individuals to interact with other people. As mentioned in the Wikipedia Free Encyclopedia (2008:Th) that the "Team sport refers to sports that are practiced between opposing teams, where the players interact directly and simultaneously between them to achieve an objective." It was shown that team sports provide space on individuals to interact directly and continuously, both with colleagues and opponents. Social interactions that occur in team sport can help to develop the social skills of individuals involved. Team sport with the wide participation among football (in various forms), cricket, baseball, handball, hockey, basketball, and volleyball (Wikipedia Free Encyclopedia, 2008: th).

Invasion Games is one of the forms of Team Sport / games that can facilitate the occurrence of social interaction between players in a team, the players with the other team, and between the two teams opposite each other. Social interaction occurs in the form of competition, cooperation, compromise, and conflict. Gillin and Gillin (1954:501) states that the form of social interaction consists of: the process of associative (accommodation, assimilation, and acculturation) and the process dissociate (competition, controversy, and conflict). Cooperation, competition, compromise and the Modes of exchange is a (way-way exchange), while the cooptation (choose the dominant), mediation (mediation), and a ritualized release of hostility are several ways to reduce conflict (Hess, Markson, and Stein, 1988:92). Some of the statements shows that team sport/games can provide the possibility of a social interaction in various forms, either associative (cooperation and accommodation) and dissociate (competition and conflict).

Each individual has their own role and status in social interaction, but in one group there is a union of particular social relationships (Hess, Markson, and

Stein, 1988:87). Individuals and society are 'mutually-interdependent' in the sense that the individual is actively participating communities and community shape affect individual behavior (Yusakarim, 2007:69). Sociologist, George Herbert Mead (1934) revealed that social interaction creates the concept of mind and self, and through forms of communication established the concept of the symbol itself and the community it (Adam and Sydie, 2001:319). The role and position he as the individual identity is necessary in social interactions. When the individual as a role player in a team, he will establish the identity of the special shows and own identity group.

Social skills become very important presence in the midst of many social problems that often occur in the community. Social issues are: disturbance in soccer, violence in the Household (domestic violence), violence in education, student fracas, and fracas between villagers, abuse and drug addict forbidden medicine, until the murder case. Various social problems are not certainly arising when individuals in the community have good social skills. The development of good social skills through sports is one way to solve many social problems because in fact, closely associated with the sports social communities and individuals. Sports can facilitate personal development and social behavior through which positively affected (Morris et al, 2003:5). Social benefits of sport are understand and application of social values that can be used as the life form capital.

## **TEAM SPORT AND GAMES**

One type of sport which is often done in the community in a group is team sport. Team Sport and games usually done by some individuals in a team that dealt with the opposite or the other team. Team Sport refers to the sport practiced between the opposite, where the players interact directly between them and continuing to achieve a goal (Wikipedia Free Encyclopedia, 2008:th). Further written that "Team sports are when a team works' together 'as a unit." That is, team sport is a team that works together as one unit. Grehaigne & Roche in Grehaigne, Richard, and Griffin (2005:7) defined that team sport as the self-organization of a group confronted by another group with antagonistic interests.

Wikipedia Free Encyclopedia (2008: th) also mention the theory about the team sport that says "Team sports tend to follow the human trend of pack

cooperation to achieve certain physical goals, and to compete with rival humans." That is, team sport tended to accompany the human tendency of packaging cooperation to achieve certain physical and compete with the human competitors. This theory shows that the team sport more cooperation among the players to achieve a particular purpose and of course the competition will appear due to teams as a rival. People who play in team sports will necessarily have the cooperation and even competition between them will also appear accommodation and the possibility of a conflict.

Nuance of cooperation and competition that appear on the players who interact in team sport will enable the development of social skills. Paterson (1991:118) states that "Cooperatively structured games have been found to be affective for the Cooperative Development of social skills among children of primary school age". Furthermore Paterson also cite Orlick (1982) opinion who believe that the games nuances that will open the competition the opportunity to learn different values, such as: victory, defeat, success, error, fear, rejection, fair play, acceptance, friendship, cooperation, and healthy competition. Team Sports will provide a competitive advantage for the development of positive social skills.

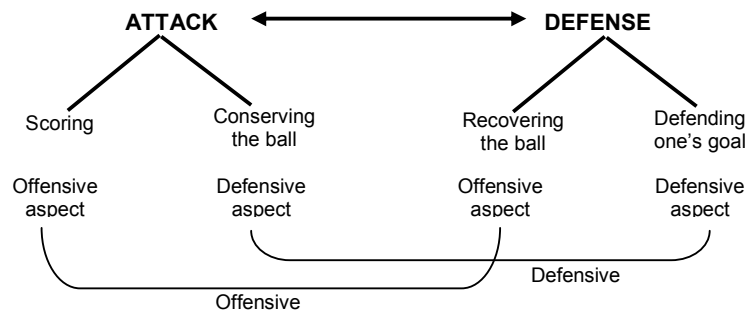
According to Almond (1986), games can classify in the following four categories: Invasion, Fielding/run scoring, net/wall, and target games. In line with that Grehaigne (1986) in Grehaigne, Richard, and Griffin (2005:4) adds another dimension to the classification of invasion games. The target in invasion games can greatly influence their particular characteristics. The classification of games can be viewed in table 1.

**Table 1. The Classification of Games.**

No.	Games Classification	Example games
1	Invasion games	Handball, basketball, netball, korfbal, ultimate Frisbee, water polo, American football, soccer, rugby, gaelic football, Australian football, speedball, touch ball, stick-ball, field hockey, lacrosse, cycle polo, roller hockey, ice hockey.
2	Fielding/run scoring games	Baseball, softball, rounders, cricket, kick ball (football cricket).
3	Net/wall game	Badminton, tennis, table tennis, paddle tennis, platform tennis, volleyball, squash, paddle ball, racquetball, basque pelote.
4	Target games	Golf, croquet, curling, pool, ten pin, duckpin, pub skittles, billiards, snooker.

(Grehaigne, Richard, and Griffin, 2005:5)

In natural sequence of events in any invasion game, players are either defenders or attackers in connection with the configuration of play (Grehaigne, Richard, and Griffin, 2005:6). One can note that we differentiate between the notions of “attack” and “offence”. We have already moved from a simple attack-defense model to a more complex model with the use of offensive and defensive notions. Figure 1. Illustrates the continuous and fundamentally reversible character play.



**Figure 1. Concepts related to the notion of opposition**  
(Grehaigne, Richard, and Griffin, 2005:5)

## **SOCIAL SKILL DEVELOPMENT**

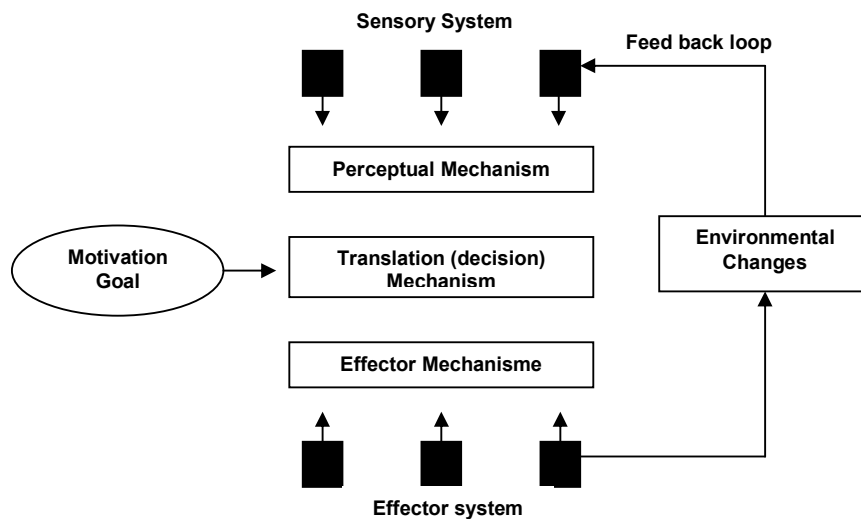
A statement cited by Andersone (2004:451) that "Social skills are developed and manifest in social interaction". Social interaction is a vehicle to provide the development of social skills of an individual. Nonverbal social skills are a real form of affective general process that is part of every social interaction (Edmondson, Conger, and Conger, 2007:577). Through the interaction that one can learn to understand the social situations that involve aspects of virginity, of experience, views himself against other people, and the influence of the consequences that come.

Especially, social skills developed through learning (Warren, 2004:1). The development of social skills is accommodated in school curricula at the level of education. National Association of School Psychologists (2002:th) asserts that "schools are increasingly seeking ways to help students develop positive social skills, both in school and in the community." Andersone (2004:463) asserts that "the forms of teaching and learning organization are important in the acquisition of social skills, helping to model different social situations and to use the skills of communication and cooperation." Development of social skills is not only in the

institutions of formal education, but also non-formal educational institutions that provide a certain social situations.

Development of social skills is done through various forms of training. Warren (2004:1) have revealed six types of social skills training methods, namely: (1) Role-playing, role playing situations that are often found real in life, (2) Warm-up exercises, practice a variety of behavior that is different from usually including real life situations, (3) Modeling, the use of model (example), which showed behavior-behavior that in accordance with the situation themselves; (4) Homework assignments, provide the opportunity to try a new behavior learned in real life situations and the consequences of the award ; (5) Instruction, to study various different behavior in detail and learn the importance of behavior in social situations, (6) Reinforcement, the skills learned through oral instruction and exampling sharpened through the fun.

Argyle (1969) in Carron (1980:149) introduced the social skills of interaction model that describes the similarity between the appearance of direct social skills and motor skills. This is based on that of social meetings between the individual's appearances can be shown by how the social-in other words that look as motor, good for people who are skilled or not skilled. This model also shows that the development of social skills based on how the motor skills. In general this model presented in Figure 2.

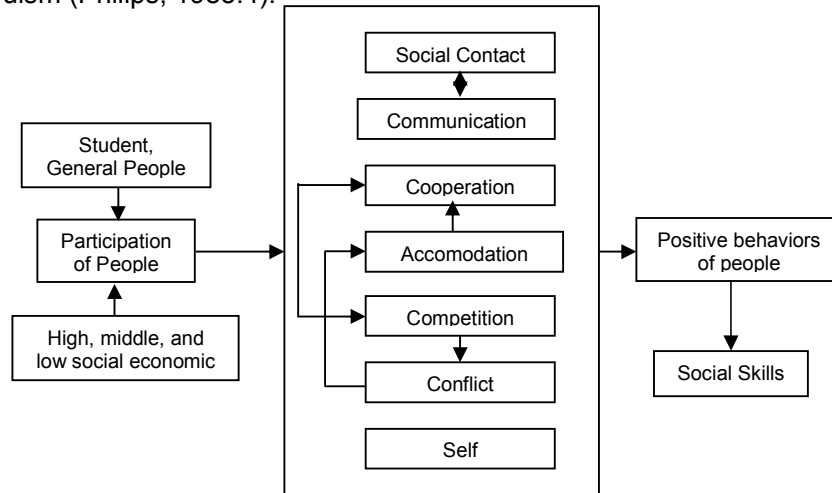


**Figure 2. The Social Skills Model of Interaction**  
(Argyle, 1969 in Carron, 1980:148)

**SOCIAL SKILL DEVELOPMENT IN INVASION GAMES.**

There is a variety of positive behavior that arises from people when they to interact each others in invasion games. Positive behaviors can be developed social skills to address social life. Various positive behaviors in social interaction to be developed various components of social skills. This is supported by a statement that the good behaviors in the context of sports and activities related to facilitating the development of social skills (Bredemeier and Shields, 1987; Weiss and Bredemeier, 1990; in Samalot-Rivera, 2007:41). *Sporting Behavior* or *Sportsmanship* as ethical behaviors that are the athletes, in general, involves participation in the consideration to obtain the enjoyment of justice, and a rivalry with the dead buffeting effort, refused to take advantage of a situation or opponent, respect towards opponents, respect the victory and defeat (Webster's Dictionary Sport, 1976 in Woods, 2007:170).

Figure 3 showing a model which interlinks social interaction and development of social skills in the community who participate in the invasion games. This is based on a statement that the social skills developed and manifest in social interaction (Andersone, 2004:451). The people who participate in the invasion games were come from different circles, groups of people who have high, moderate, and low socio-economic status. Community involves the social interaction in the invasion games show a variety of positive behaviors that can be developed to social skills. This is supported by the opinion that social skills have a function as a positive behavior or pro-social and the related moral and altruism (Philips, 1985:4).



**Figure 3. A Model of Social Skills Development through Invasion Games**

Development of this model based on functionalist theory. Functionalist theory about it and how to examine the sport can match the social life and contribute to the stability and social change in organizations, communities, and nations (Coakley, 2001:33). Coakley further explained that one of the issues that often use the functionalist theory is "Do sports and sport participation influence social and personal development?" Opinion is very appropriate to use when connected with the development model of social skills through games invasion. This is because that the functionalist theory more emphasizes the positive influence of sports on society.

## **CONCLUSION**

Development of social skills is needed by an individual to be able to socialize in a harmonious society. Social skills can be developed through various ways, such as: education, training, and involved in team sports/games. Involvement in team sports/games requires individuals to interact with others, so bring a variety of their behavior whether are positive or negative. Conjunction with the development of social skills, individual positive behaviors when interact in a team sport/game needs to be developed to become one of the components of social skills. Invasion games as a form of team sport/games has the appropriate characteristics in the issue of social interaction so that individual positive behaviors can be developed. Therefore, the development of individual social skills can be done through active participation in the invasion games.

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