

# FOSTERING SOCIAL CONTACT AND COMMUNICATION TO IMPROVE SOCIAL INTERACTION IN TEAM SPORT/GAMES

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## ABSTRACT

*Social interaction is formed through a process of relationships among the principals. Social contact is the beginning of social interaction. Communication is the vehicle for social interaction (Goodman, 1992:95). Social contact and communication have an important role in social interaction, because the contact without communication does not mean anything. Social interaction provides an opportunity to someone to learn to understand the social situations that involve aspects of personality, previous experiences, other people's view of himself, and the consequences that influence. Exercise is part of the community and also really reproduces the structures and social relationships (Janssens et al, 2004:23). Sports team refers to sports-team practiced between opposing teams, where players interact directly and sustainability among them to achieve a goal (Wikipedia Free Encyclopedia, 2008). Team sports tend to follow the human trend of pack cooperation to achieve certain physical goals, and to compete with rival humans. The good social interaction in the daily life of people will help the turning of a Indonesian civilization.*

**Keywords:** Social Contact, Communication, Team Games/Sport, Social Interaction.

## INTRODUCTION

Each individual has their own role and status in social interaction, but in a group have a set of bond specific social relationships (Hess, Markson, and Stein, 1988:87). Individuals and society are 'mutually-Interdependent' in the sense that individuals are actively participating communities to form community and affect the behavior of individuals (Yusakarim, 2007:69). Sociologist, George Herbet Mead (1934) revealed that social interaction creates the mind and the concept of self and through symbolic forms of communication established the concept of self and society (Adam and Sydie, 2001:319). The role and position as his self is identity needed in social interactions. The role of individual as a player in a team, he will be formed a special identity that shows identity and his group.

Good social interaction has becomes very important presence in the midst of many social problems that often occur in the community. Social problems are: the violence in the sport, domestic violence (domestic violence), violence in

education, student fights, fights between villages, the abuse of Drugs, until the murder case. Various social problems certainly will not arise if the individuals in the community have good social skills.

Various social problems are of course the solution should be found. One social problem solving is to develop good social interaction through sports, because sports are essentially closely related to the social life of individuals and society. Sports can facilitate personal and social development through behavior positively affected (Morris et al, 2003:5). In general, sports are the identity and social relationships that are universal (Maguire et al, 2002:178). One of the benefits of sports participation in the urban-based community is to enhance social integration and cooperation (Long and Sanderson, 2001:189). Exercise-related sports team formation is widely used to bind the workers and support the creation of a new team, especially if they are people who have never met before (Mueller et al, 2003:3). Sports can help develop social capital to form a strong community and character (Maguire et al, 2002:109). The social benefits of sport are understanding and application of social values that can be used as capital to live in a society.

## **THE MEANING OF SOCIAL INTERACTION**

Social interaction is a human relationship of mutual influence, both as individuals and groups. This meaning is implied from the statements describing the social interaction. Shaefer (2003:109) explains that "the term social interaction refer to ways in which people respond to one another, whether face to face or over the telephone or on the computer". Meanwhile, Ferrante-Wallace (1992:162) states that "social interaction is events involving at least two people in whom they communicate through language and symbolic gestures to affect one another's behavior and thinking". Similarly, Sears, Peplau, and Taylor (1991:207) revealed that "social interaction occurs when two or more people influence each other, verbally, physically, or emotionally". Social interaction occurs when two or more people interact with each other verbally, physically, or emotionally. Social interaction is a reciprocal relationship between individuals or groups to respond each other and to affect each other in behavior and thoughts through verbal communication, physical, or emotional, whether through the media or not. Changes in behavior will always accompany one's social interactions. Social

interaction will also show the form of behavior and thinking, both in line (associative) or the opposite (dissociate), so naturally when people like to cooperate with other human beings or in conflict with one another.

Social interaction has a role and an important position in the life of a human being. Mueller et al (2003:1) argued that "social interaction is of the utmost importance for the well-being of individuals as well as society as a whole". Meanwhile, Luhmann (1984) in Leydesdorff (2007:1) view that "interaction as a basic operation of the social system". Giulianoti (2005:16) explains that "social interaction is typically structured through sets of roles and identities that record with the social status of individuals". In general, social interaction is composed through a set of roles and identities that were recorded with the social status of individuals. Based on some of these statements, then the social interaction has a role and an important position for the individual perfection in society, as the base of the social system, and show one's social status.

Social interaction is formed through a process of relationships among the principals. The statement underlines that the process required an understanding of the interaction of the participants about the purpose of interaction and achieve that goal. Soekanto (1982:58) mentions that social interaction occurs when there are the social contact and communication. Furthermore, Soekanto explained that the social contact and communication have an important role in social interaction, because the contact without communication does not mean anything. Social interaction characterized by the existence of social contact and communication. Social contacts will have meaning if there is communication between individuals or groups involved. Communication is done verbally and nonverbally requires mutual understanding between individuals, individuals and groups, and groups for establishment of cooperation between them. Errors in understanding the meaning of communication will result in conflict. The factors that underlie the interaction should be directed at things that are positive for behaviors that are formed can be positive too.

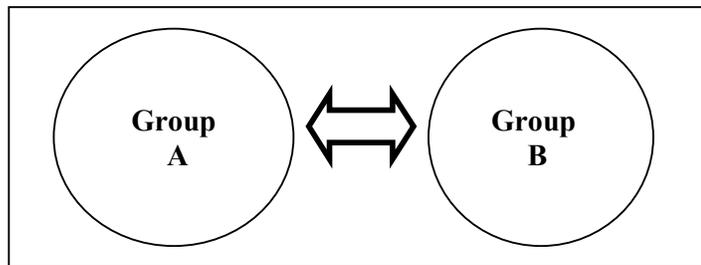
### **SOCIAL CONTACT IN TEAM SPORT / GAMES**

Social contact does not occur simply because of physical touch, but also people can make contact with another person without touching each other. Social contacts can be both positive and negative (Soekanto, 1982:60). Social contacts

are positive leads to a partnership, while the negative lead to a conflict or even did not produce a social interaction. According to Soekanto (1982:59) social contacts can take place in three forms, namely: (1) between individuals, (2) among those individuals with a group of humans or vice versa, (3) between a group of human beings with other human groups.

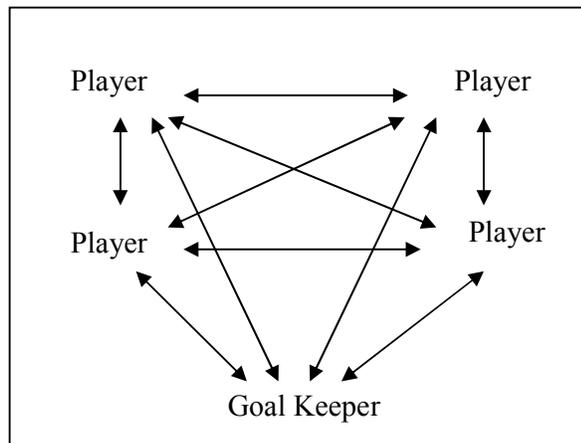
Social contact is a relationship between two or more people both physically and psychologically. Social contact is the beginning of social interaction. This is because that social contact is one of the requirements of social interaction (Soekanto, 1982:58). Seeing it, then in social interaction will certainly have social contacts whether they are positive or negative. Social contacts that happen to people's participation in team sport occur in three patterns, namely: before playing, when playing, and after playing. The third pattern occurred in all the teams that became the object of observation and supported by the information the informant as a player.

Social contact that occurred before the play looks at the players who are members of the team. Social contacts between individuals that occurred when they were coming to play in groups (2-3 people) who then greeted each of them, then do talk / discussion, putting on the playing equipment. Social contacts between individuals before playing happened also during warming up, they are kicking the ball with friends and when they will begin to play the team split into two groups opposite each other. Social contacts between individuals that occurred before the play is intended to better familiarize back among them. Social contact during play occurs between the two groups that play. When the team was divided into two groups, the first is where social contacts occur between two opposing groups. This is because that the two groups have different goals. For example, some team members divided into two groups, groups A and B, each consisting of 5 to 6 people, then group A was wearing different color clothes with group B. Social contact between groups is more focused on competition that sometimes conflict. Social contact between groups that occur in the team sports is visualized in Figure 1.



**Figure 1. Social Contact between Two Groups**

Social contact during play occurs between individuals in the group that directed the establishment of cooperation to achieve the group itself. Such social contact occurred when the start of the game (kick-off) is always done by two people, change of players, working together to build an attack to the opponent until the creation of a goal, work together in order to maintain regional opponents can not score goals, immediate reward (such as: do toss, thumbs up, hugged each other) to teammates who play, and help a friend who fell with his hand extended. Social contacts between individuals in the group appear in Figure 2.



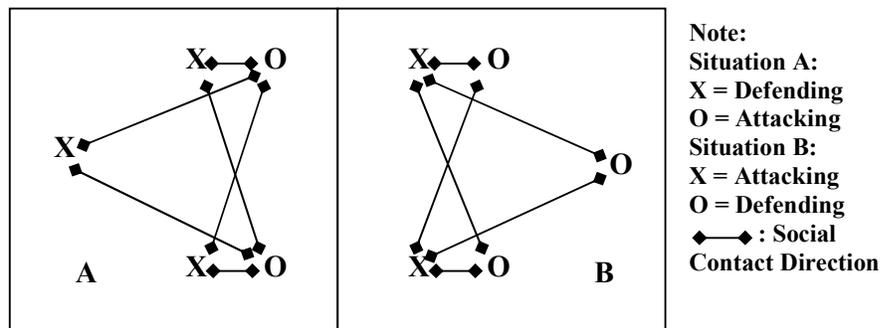
note:

↔: Social Contact Directions

**Figure 2. Social Contact between Individual in The Group**

Social contacts among individuals between groups occur also in team sports. This can be seen from the behavior shown by the players during play, both physically and psychologically. The struggle between the balls is a one on one, two against one, and two against two. Hard clashes are that occur as a result of the seizure of the ball and a violation of one of the players (pushed,

tripped the feet, kicking people, feet hit the head, and so on). Social contact is also seen as one of the players to be emotional such as: anger and cursing when violated by an opposing player. When there is a player falls or lying, the other player is also provides assistance, both with extended hands and help reduce the pain due to clash with it. Above facts illustrate that the social contact that occurred among individuals between groups is more competition which leads to a conflict often, but it also often happens that avoids accommodation of conflict. Figure 3 shows an example of social contacts among individuals between groups.



**Figure 3. Social Contact Patterns among Individual between Groups**

Social contact between individuals occurs also after playing. Social contacts can be seen from some of the behavior of the players after playing. After playing, the players reached out to each other to shake hands with each other, then they gathered in one place to rest off the field and eliminate the sense of thirst by drinking mineral water, they discuss about the game that had just done especially exciting events that occur during play. After playing, some teams a kind of evaluation was also conducted and the reflection of the game. Evaluation of the weaknesses and strengths of the game they are doing and reflection on the events of things, like: give credit to players who played well throughout the game, or reprimand a friend who played individually. Social contact between individuals after playing more directed at the fabric of family togetherness and also as a forum for introspection players.

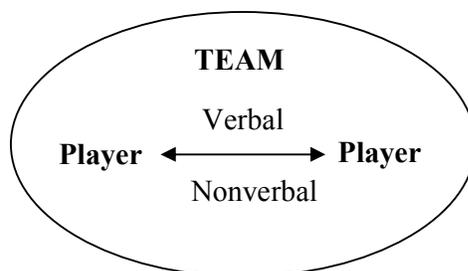
### **COMMUNICATIONS IN TEAM SPORT / GAMES**

Social interaction should be transacted through a variety of media and that media is communication (Goodman, 1992:95). Goodman further revealed

that "Communication is the vehicle for social interaction". Communication is a means for social interaction. Communications are important to a person in providing commentary on the behavior of others (a form of speech, bodily movements or attitudes), feelings of what you want delivered by the person (Soekanto, 1982:60). Communication provides the knowledge of attitudes and feelings of a person or a group to other people or other groups. This is later became the material to determine what the reaction would do. Communication would allow for cooperation between individuals or between groups of people, but also allows the dispute as a result of misunderstanding or misinterpreting. Communication occurs verbally (words) and nonverbal (attitudes and bodily movement).

Communication is behavioral treatments conducted two people to relate to each other. Communication also gives meaning to social contact because they are part of the process of social interaction. Communication is done between players while playing team sport consists of two kinds, namely verbal and nonverbal communication. Verbal communication is a form of speech communication made between players. Nonverbal communication is a form of communication gestures and attitudes between the players performed.

Meaningful communication is to request pass/feedback very effectively done at the players who have good skills and are understanding of each the playing character. Meaningful communication as an expression of celebrating the goal and the prize in good playing partner also needs to be understood by each player in order to improve morale and playing motivation. Communication requires the players to have the same skills in the team. Mutually understanding of the player character of the members are important that must be considered. Communication in team sports occur in both directions between players in a team both in verbal and nonverbal, as seen in Figure 4.



**Figure 4. Communication in Team Sport/Games**

## CONCLUSION

Good social interaction is necessary to establish civil society. Social interaction can be initiated in order to establish the harmony of the family which is the initial capital towards the environment civil society. This is in accordance with the opinion of Hikam (1999:3) that the Civil Society is defined as the areas of social life are organized and characterized among others, voluntary, self-generating), and self-supporting, high autonomy deal with the state, and attachment to the norms or values that the law is followed by its citizens. The characteristics of civil society expressed by Hikam can be developed through good social interaction both within the family and community environment. Social interaction itself would happen if each individual done social contact and communicate effectively. Social situations that occur in team games/sports allow a person to interact directly and simultaneously in order to develop the social skills of individuals. Social skills are required to perform good social interactions.

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