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## Investigating Humor and Team Cohesion in Sports Environments



**Abstract:** - The purpose of the present research is to investigate the sense of humor and team cohesion in sports environments. The present research is applied in terms of purpose and quantitative in terms of method. The statistical population of the research is male adult group and individual athletes in the premier league. Group disciplines include football, basketball, volleyball, and handball, and individual disciplines include wrestling, taekwondo, swimming, and cycling. The statistical sample includes 17 athletes from 8 different disciplines, including coaches and athletes in group and individual disciplines of adult men in the Premier League. The stratified sampling method is random. In order to measure dependent humor, self-enhancing humor, self-enhancing humor, self-enhancing humor is measured from the 32-item humor questionnaire of Martin, 2003 with a 7-value spectrum. Average There is a meaningful difference between dependent humor , self - aggrandizing humor , aggressive humor , and self - defeating humor . . Finally , according to the tests , it was observed that humor and its components have a significant relationship with group cohesion and its components in sports . The results showed that humor and its components have a significant relationship with players' interest in their coach in individual sports . The result showed that the use of humor by the athletes does not increase self-esteem and the use of the coach Dependent humor (both positive humor styles ) was associated with increased interest in the coach, while athletes ' use of self - actualizing humor ( a negative humor style ) was associated with decreased interest . The head coach was in touch.

**Keywords:** humor, team cohesion, sports environments, players ' interest in the coach

### I. INTRODUCTION

Over the years , researchers have made many efforts to define the concept of humor accurately and clearly and explain it . But there are different definitions of humor , which are often vague and sometimes even contradictory . What does it mean to say that someone has a sense of humor? B. A map of the definitions of F. Open to Charlier (2006). Humor can be defined as an entertaining communication that creates positive emotions and cognition in individuals , groups and their organizations . On the other hand, the term F Ghosh ( 2015 ) considers humor to be a multifaceted and complex phenomenon in which the actions performed by a person with the purpose of entertaining and intentionally communicateIt has another factor .

Another issue is the importance of the role of group cohesion. Group cohesion is important because it improves group performance and has a high potential to improve strength, especially in group sports. It has been mentioned that all sports teams Even with the most talented players , championships are not won , but the teams that have the most team cohesion win ( Martin 2003) ( Mendiburo ( 2015), who presented a basic and accepted definition of group cohesion in sports and described it as " a dynamic process that A group is reflected in staying together and sticking to the coder " they added .

So far, many researches have investigated the importance and role of humor, including Heidari's research in domestic research. (2015) discussed the relationship between the component of humor among the students of Azad University , Tehran South Branch , and showed that humor has a direct relationship with social support and also humor through social support . It has an indirect effect on life satisfaction . In this sense , humor improves life satisfaction by strengthening social support .In another study by Damghanian (2014) investigated the effect of humor in the work environment of teachers , the findings showed that humor in the workplace is both directly and indirectly with the mediation of forgiveness . It has a positive and significant effect on the psychological well - being of teachers . Other studies to investigate the realm of humor ( Zare , 1388), humorous styles ( Babolan et al., 1390), ethnic humor in Iran ( Selajgha et al., 2018) have paid. Also, in foreign research, Sullivan (2013), states that humor styles are an important issue in group performance that predict satisfaction. Isik and Sengiz (2018) investigated the relationship between humor

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styles and five-factor personality traits among physical education and sports students (Van TP., 2022; Nakagawa N, et al., 2022). Many other studies have already accepted that there is a noticeable gap between them and especially the lack of similarity in the title of the research, which has led to the investigation of the role of humor in the sports environment. From side, Psychologists emphasis have That funny naturally plus On Results Positive, Results negative also has it and to Personality health And merit social Persons damage come in he does (Polevoy GG, et al., 2022; Mirghaed MT, et al., 2022). Thus, Result Positive or negative it, Closed To Method and light it different Is ( Mirmohammadi , 2014) . while that some jokes Positive And are useful a group other cause division And Discomfort be . sometimes Messages that From through funny naturally transferred will be Possible Is To correctness understood do not Or that as negative And Target have Use to be At this state of, funny naturally cause misunderstanding, quarrel And Separation of friends And Partners From Each other can be from side, Persons At interactions social With Others, From Strategies behavioral different Use they do That funny Naturally , one From The most popular It is them And On Quality Interaction they With Others Affect( Gadwin And colleagues, 2014 ). Therefore, considering the importance of the problem of humor and group cohesion in sports and paying attention to the above-mentioned shortcomings, in the current research, using the interview method, we are looking for answers to the question of who, what, how, why, Where and when ( 5w ) uses humor in sports fields .

## II. THEORETICAL FOUNDATIONS OF RESEARCH

### Group cohesion

Group cohesion occurs when ties connect the members of a social group to each other and to the whole group. Although cohesion is a multifaceted process, it can be divided into two main components: social relations, task relations ( Smith et al., 2000).

### The concept of humor

Humor is a state that gives us the ability to lighten up, feel happy and reduce our tensions. Therefore, it can be considered as a self-care tool ( Romero , 2006).

### Four dimensions related to individual differences in the use of humor

Dependent humor . People who are high in this dimension tend to say funny things , tell jokes and to entertain others , ease relationships and reduce tensions between people . The funny jokes are spontaneous . To put others at ease , they are also likely to engage in self - congratulatory jokes , say funny things about themselves , and be overly serious . They do not cry and at the same time they maintain their sense of self - acceptance . It is essentially a non-hostile and tolerant use of humor that is self- affirming and others - affirming , and possibly increases the coherence and attractiveness of one 's understanding . This style of humor is expected to be related to extroversion , cheerfulness , self-esteem, sincerity , relationship satisfaction, and mostly positive mood and emotions ( Ford , 2003 ) .

His own sense of humor do n't exaggerate This dimension includes a witty overall look It is a zest for life , a tendency to be frequently amused by life 's inconsistencies , and maintaining a sharp , humorous perspective in the face of unrelenting stress . This topic is close to Martin 's (2003) concept of humor , perspective humor and the use of humor as a setting of life . It is related to the location of the antidote ( Romero , 2006 ) . This is more consistent with Freud 's definition of humor , in the narrow sense , as a site of healthy defense that allows one to avoid negative emotions and Now , keep a realistic view of a potentially hateful situation ( Salehi Dost , 2013 ) . In chapter three with related humor, This is the use of humor , more concentration within the psyche It is between-person , and thus it is not expected to be strongly related to extraversion . With regard to focusing on negative life regulation through a humorous approach , it is assumed that this dimension is negatively related to negative emotions such as depression and anxiety . Totality is positively related to neuroticism and positively related to openness to experience, self-esteem, and psychological well - being .

aggressive humor. i.e. using sarcasm, ridicule, derision , derision Or Ramez 's insulting humor is related ; It also includes using humor to manipulate others through threats and ridicule ( Sarboland , 2014 ) . In general , a tendency to express humor without considering its potential impact on others ( e.g. , sexual humor ( i.e. racist ) and includes forced expressions of humor in which a person finds it difficult to resist the urge to say something funny . It is likely to annoy or alienate many people . We expect that this dimension of humor has a positive relationship with neuroticism , especially hostility , anger , and aggression, and a negative relationship with relationship satisfaction , agreeableness , and conscientiousness . be ( Sarmad , 2004 ) .

Self- deprecating humor . The This dimension includes an overly self - deprecating sense of humor , trying to amuse others by saying funny things at someone 's expense as a means of self - appreciation , allowing oneself to be the laughing stock of others , and laughing with others when they are ridiculed and humiliated . Also , the hypothesis of this dimension includes the use of humor as a type of defensive denial . It is the tendency to engage in humorous behavior

as a means to hide one's underlying negative feelings, or to avoid dealing constructively with problems (Sepahvand et al., 2016). Although people who are on this dimension of humor may be seen as completely jocular (e.g., class clowns), an element of emotional distress, avoidance, and low self-esteem is underlying. There is their use of humor (Shahbandarzadeh, 2016). It is expected that this style of humor has a positive relationship with neuroticism and negative emotions such as depression and anxiety, and has a negative relationship with relationship satisfaction, psychological well-being, and self-esteem. We assumed that These four dimensions of humor would be relatively coder-independent, although due to the hypothesized overlap between the various functions of humor mentioned earlier, we expected a positive correlation between them. would have existed ..

#### Humorous styles

Humor is one of the constructs that has attracted the attention of some psychologists. Humor is a universal and generally positive activity that people belonging to different social and cultural contexts around the world experience. This term refers to the quality of action, speech and writing that causes entertainment. Sense of humor is a stable personality trait and an important variable of individual differences, which is found in all kinds of behaviors, experiences, emotions, feedbacks and abilities related to entertainment, laughing, making people laugh and so on. It manifests. The sense of humor is not one-dimensional, but it is a multifaceted structure that, in a comprehensive view, includes a class of traits related to the coder and may be expressed in different forms such as ability Cognition, a good cognitive response, a coping strategy or a strong place of conceptualization defense. In the last two decades, psychologists have tried to examine the relationship between sense of humor and various aspects of physical, psychosocial, and well-being (Sobel 1982).

#### style The humor of P. Vand Joey Anh

People who are from They use this style of humor, they tend to be funny If they describe funny things, they try to entertain and attract others with impromptu jokes, and in this way, by reducing interpersonal tensions. facilitate the establishment and continuation of the relationship. In order to make others laugh and entertain, these people are likely to attack themselves and say funny things about themselves; But they go so far that their sense of acceptance is not harmed. This type of humor is basically non-hostile and is used in a way that to promote friendship and interpersonal attraction (Zubair et al., 2015).

#### style own joke Constructive value

People who use this style of humor have a general and specific view of life, the inconsistencies of life are surprising and amusing for them, and in the face of hardships and misfortunes Life lessons benefit from a humorous feedback. This style of humor is very close to the concept of social order and the place of confrontation. In contrast to the humor of his connection-seeking style, this style has more of an intrapsychic aspect rather than focusing on interpersonal relationships (Scheel, 2016).

#### style funny His aggressive nature

This style of humor is focused on others and uses sarcastic words, laughter, humiliation, and insults. Or, in other words, an insulting joke is made. It also includes the use of humor to manage and manipulate other people. The implicit content of these jokes is the threat of Damiz; But in fact, the joke is presented regardless of the tone of the other person. (Ibid., 2012).

#### style funny His self-righteous nature

People who use this kind of humor try to make fun of themselves by making funny statements about their shortcomings and faults. Attract others and be accepted and approved by them. By using jokes, these people hide their negative feelings (defensive denial) and avoid conflict with the structure and problems, and although they may be seen as jokers and humorists; But under the basis of using this style of humor, there are elements of social protest. Avoidance and self-respect lies at the bottom.

#### Healthy style of humor

studies have shown that healthy and positive humor styles (bond-seeking and self-esteem) are generally associated with scales that measure psychological health and well-being. such as self-respect, positive affect, optimism, social support, intimacy, satisfaction with life, emotional intelligence and interpersonal skills, positive relationship and They have a negative relationship with depression, anxiety, sensitivity to personal interpretation, negative affect, fear, obsession, aggression, loneliness, shyness, job burnout, and avoidant attachment.

#### An unhealthy style of humor

Unhealthy and negative humor styles (aggressive and regressive self-righteousness), with depression and cognitive dysfunction such as anxiety, aggression, hostility, loneliness, job burnout, positive relationship and They have a negative relationship with self-esteem, social support, positive affect, psychological health, and life satisfaction. Also, in these studies, it has been determined that men use unhealthy humor styles more than women. (Ibid., 2012).

### Humor in sports

In the non- sport field , research on humor is relatively sparse and primarily focused on coaches ' use of humor ( Sepahvand , 2016 ) . Considering the importance of intra - team communication in the performance of sports teams ( and their subsequent performance ) , the research that uses humor as a part of communication in such teams Checks sports , clearly guaranteeing has been

In terms of theory , the conceptualization of humor A " sense of humor " refers to humor as an ability to recognize ( such as the ability to find joy in others and recognize and appreciate funny things in others ) they say and do), a fixed pattern of behavior ( for example , people who do) , or as a trait associated with emotions ( for example , as It considers a coping strategy to endure difficult situations ( Yazdanshenas , 2016 ) . These diverse conceptualizations of humor that emphasize its origins ,The distinction between " having a sense of humor " and "engaging in humorous communication " and the consequences associated with these have distorted the data ( McDowell et al., 2004 ) . However , the result is a joke for Jad An open space has emerged by arousing positive emotions that strengthen listening, understanding and acceptance of PMs ( Fornell , 1981 ) . In addition , humor with less exhaustion ( Snyder 1991 ) , greater satisfaction ( Spink , 2005 ) , creativity in the workplace, and group cohesion are related (Romero and Pescosaleo , 2008 ) . Humor also reduces the stress-strain relationship ( Sullivan et al., 2013 ) , improves motivation, increases subsequent performance , and develops and maintains team culture . ( Ferreira et al., 2017 ) .

One of the most established frameworks for examining humor is the humor styles model proposed by Martin et al . They define humor styles based on A person tends to prefer humor that strengthens the self ( intra - individual ) or relationships ( inter - individual / social ) , and He conceptualized whether humor is perceived or perceived as positive or negative in nature . He created the following four styles of humor that a person may perceive : : dependent ( interpersonal ; positive ) , self - enhancing ( intrapersonal ; positive ) , aggressive ( interpersonal ; negative ) and self - destructive ( intrapersonal ; negative ) . Some studies have reported an inconsistent internal factor structure ( Luthans 2007 ) . For example, Sally - Van and de Turbid ( 2007 ) found little support for the original four - factor structure and concluded that the two - factor solution of positive humor ( leave B from dependent and self - increasing ( and negative) categories ( leaving B from the aggressive and self-made state). Defeating categories ) had better psychometric properties .These humor styles of a person 's nature that are expressed in a social group , by adapting both theories of affective writing ( Luthans and colleagues, 2010 ) and the " minimum " humor rotation model in the Hajloo group , 2013 ) . Humorous atmosphere in a non - organized environment This form has been defined as : " a shared perception of how to use and express humor in an employee group" ( Pasvenskienė et al . , 2014). Blanchard et al . (2014) have shown that in addition to being positive or negative , humor can be internally focused on group members or outwardly directed toward others .

### III. RESEARCH METHODOLOGY

research is practical in terms of purpose and quantitative in terms of method. The statistical population of this research is the athletes of group and individual disciplines of adult men in the Premier League . Group disciplines include football, basketball, volleyball, and handball, and individual disciplines include wrestling, taekwondo, swimming, and cycling. The statistical sample includes 17 athletes from 8 different disciplines, coaches and athletes of group and individual disciplines of adult men in the Premier League . The stratified sampling method is random

In order to measure dependent humor, self-enhancing humor, self-enhancing humor, self-enhancing humor is measured from the 32-item humor questionnaire of Martin, 2003 with a 7-value spectrum. To evaluate the coherence of the athletes' perception of the attractiveness of the individual to the group And group cohesion was developed from both social and functional points of view . Therefore , GEQ consists of four subscales :

To measure group - function cohesion , group - social cohesion , group - social cohesion , individual attractions for the group - role , individual attractions for the group- Community is measured from the 18-item environmental questionnaire of Karon et al., 1985 with a 9- value spectrum . Rashal and Wiznak, the criterion used in previous researches related to humor and "liking" of a coach is also used in this study. This questionnaire has 7 items and a 5-point Likert scale.

### IV. FINDINGS

The results showed that the largest population is in the age range of 36 to 45 years. So that in the second study 9 people (45%) and in the third study 10 people (50%) are in this age range. In the studied group, graduates have the largest population. In the third study group, 8 people (40%) and in the second study group 10 people (50%) have diploma education. The largest population is in team sports. So that in the second study And thirdly, 12 people (60%) are coaches in team sports. In the second study, the highest frequency is in handball athletes (20%) and in the third study, it is in basketball and swimming (20%).

Hypothesis 1: Humor and its components have a causal relationship with group cohesion and its components in individual sports.

According to the contents of table (1), it can be seen that for the variable of humor, the significance level of all the included tests is less than 0.05, which shows the significant effect of the group variable. In fact, it can be said that the average integration and attractiveness of task-group and integration and attractiveness of task-social in dependent humor , self-aggrandizing humor , aggressive humor and self - defeating humor have a significant difference.

Table 1: Significance test You have Effect Interactive variables Independent At Model

| Effect                   | Test                  | the amount of | F statistic | The degree of freedom of the hypothesis | Error degree of freedom | The significance level | Eta squared index |
|--------------------------|-----------------------|---------------|-------------|-----------------------------------------|-------------------------|------------------------|-------------------|
| <b>width from origin</b> | Pillai's work         | 0.500         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | Wilks Lambda          | 0.500         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | Hotelling's work      | 1.000         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | The largest zinc root | 1.000         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
| <b>group</b>             | Pillai's work         | 1.554         | 44.133      | 6                                       | 76                      | 0.000                  | 0.777             |
|                          | Wilks Lambda          | 0.003         | 205.006     | 6                                       | 74                      | 0.000                  | 0.943             |
|                          | Hotelling's work      | 136.505       | 819.029     | 6                                       | 72                      | 0.000                  | 0.986             |
|                          | The largest zinc root | 135.225       | 1712.853    | 3                                       | 38                      | 0.000                  | 0.993             |

Table (2) shows the results of Lune's test to measure the equality of error variances. As it is known, the significant level for dependent humor , self- aggrandizing humor , aggressive and self - defeating humor was 0.238, 0.427, 0.243, and 0.312 respectively, which is more than 0.05. and confirms the homogeneity of error variances.

Table 2: Lune's test to measure the equality of error variances

| Variable                            | F statistic | Degree of freedom 1 | Degree of freedom 2 | The significance level |
|-------------------------------------|-------------|---------------------|---------------------|------------------------|
| <b>Dependent humor</b>              | 1.486       | 3                   | 42                  | 0.238                  |
| <b>Don't be self - aggrandizing</b> | 0.869       | 3                   | 42                  | 0.427                  |
| <b>Aggressive humor</b>             | 1.464       | 3                   | 42                  | 0.243                  |
| <b>Self-deprecating humor</b>       | 1.238       | 3                   | 42                  | 0.312                  |

Finally , it can be briefly stated that after checking the normality of the data by the Shop - Roo - Lake test ( Table 17-4) , A significance of more than 0.05 is confirmed and indicates that the behavior of the data is normal. In the following, according to M.'s test. The box -jammed test had a significance level of 0.065 , which is greater than the value of 0.05 and shows that Humor and its components have a significant relationship with group cohesion and its components in team sports .

Hypothesis 2: Humor and its components have a causal relationship with group cohesion and its components in team sports.

According to the contents of this table, it can be seen that for the variable of humor, the significance level of all the included tests is less than 0.05, which shows the significant effect of the group variable. In fact, it can be said that the average integration and attractiveness of task-group and integration and attractiveness of task-social in dependent humor , self-aggrandizing humor , aggressive humor and self - defeating humor have a significant difference.

Table 3: Significance test You have Effect Interactive variables Independent At Model

| Effect                   | Test                  | the amount of | F statistic | The degree of freedom of the hypothesis | Error degree of freedom | The significance level | Eta squared index |
|--------------------------|-----------------------|---------------|-------------|-----------------------------------------|-------------------------|------------------------|-------------------|
| <b>width from origin</b> | Pillai's work         | 0.500         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | Wilks Lambda          | 0.500         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | Hotelling's work      | 1.000         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
|                          | The largest zinc root | 1.000         | 12.330      | 3                                       | 37                      | 0.000                  | 0.500             |
| <b>group</b>             | Pillai's work         | 1.554         | 44.133      | 6                                       | 76                      | 0.000                  | 0.777             |
|                          | Wilks Lambda          | 0.003         | 205.006     | 6                                       | 74                      | 0.000                  | 0.943             |
|                          | Hotelling's work      | 136.505       | 819.029     | 6                                       | 72                      | 0.000                  | 0.986             |
|                          | The largest zinc root | 135.225       | 1712.853    | 3                                       | 38                      | 0.000                  | 0.993             |

Table (4) shows the results of Lon's test to measure the equality of error variances. As it is known, the significant level for dependent humor , self- aggrandizing humor , aggressive and self - defeating humor was 0.238, 0.427, 0.243, and 0.312 respectively, which is more than 0.05. and confirms the homogeneity of error variances.

Table 4: Lune's test to measure the equality of error variances

| Variable                            | F statistic | Degree of freedom 1 | Degree of freedom 2 | The significance level |
|-------------------------------------|-------------|---------------------|---------------------|------------------------|
| <b>Dependent humor</b>              | 1.486       | 3                   | 42                  | 0.238                  |
| <b>Don't be self - aggrandizing</b> | 0.869       | 3                   | 42                  | 0.427                  |
| <b>Aggressive humor</b>             | 1.464       | 3                   | 42                  | 0.243                  |
| <b>Self-deprecating humor</b>       | 1.238       | 3                   | 42                  | 0.312                  |

Finally, in short, it can be stated that after checking the normality of the data by the Shop - roo - leak test , the significance of more than 0.05 is confirmed and indicates that the behavior of the data is normal. In the following, according to M.'s test. The significance level of the test was 0.065, which is greater than the value of 0.05, and it shows that humor and the components of It has a significant relationship with the cohesion of the group and its components in sports .

Hypothesis 3: Humor and its components have a causal relationship with players' interest in their coach in individual sports.

Levine's test was used to check the presumption of homogeneity of the variances of the grades, and the results are presented in table (5) :

Table 5: The results of Levin's test to check the assumption of homogeneity of the variances of the variable interest scores from player to player

| Variable        | F value | Degree of freedom 1 | Degree of freedom 2 | significance level |
|-----------------|---------|---------------------|---------------------|--------------------|
| Humorous styles | 1.726   | 2                   | 42                  | 0.190              |

As Table (5) shows , a significant level of 0.190 has been reported for the interest of the player to the player, which is more than 0.05, and it is concluded that the assumption of homogeneity of the variances of the scores It is held in this variable.

As can be seen in table (6), the obtained significance level was equal to 0.136, which is more than 0.05. Therefore, the hypothesis of homogeneity of the slope of the regression line is accepted.

Table 6: The homogeneity of the slope of the regression line of player interest

| Effect                  | the square of the square | Degrees of freedom | average of squares | F       | Significance level | Eta squared |
|-------------------------|--------------------------|--------------------|--------------------|---------|--------------------|-------------|
| Corrected model         | 3752.653                 | 5                  | 750.531            | 237.304 | 0.000              | 0.968       |
| Fixed effect            | 27.058                   | 1                  | 27.058             | 8.555   | 0.006              | 0.18        |
| group* Humorous styles  | 13.266                   | 2                  | 6.633              | 2.097   | 0.136              | 0.097       |
| group                   | 20.26                    | 2                  | 13.10              | 0.32    | 0.728              | 0.016       |
| Humorous styles         | 2.335                    | 1                  | 2.355              | 0.744   | 0.394              | 0.019       |
| error                   | 123.347                  | 38                 | 3.163              |         |                    |             |
| Total                   | 21281                    | 45                 |                    |         |                    |             |
| Overall corrected model | 3876                     | 44                 |                    |         |                    |             |

Finally, it can be briefly stated that after checking the normality of the data by the Shop - Roo - Lake test ( Table 7 ) , A significance of more than 0.05 is confirmed and indicates that the behavior of the data is normal. In the following, according to the test of Low and N Finally, the significance level of the test was 0.190, and the significance level of the interaction F test was 0.136, both of which are greater than the value of 0.05, which shows that Humor and its components have a significant relationship with players' interest in their coach in individual sports .

Hypothesis 4: Humor and its components have a causal relationship with players' interest in their coach in team sports. Regarding the significance of the interactive effect of the independent variables in the model, according to the contents of this table (7), it can be seen that for the group variable, the significance level of all the included tests is less than 0.05, which indicates the significant effect of the group variable. is.

Table 7: Significance test You have Effect Interactive variables Independent At Model

| Effect            | Test                  | the amount of | F statistic | The degree of freedom of the hypothesis | Error degree of freedom | The significance level | Eta squared index |
|-------------------|-----------------------|---------------|-------------|-----------------------------------------|-------------------------|------------------------|-------------------|
| width from origin | Pillai's work         | 0.237         | 3.828       | 3                                       | 37                      | 0.017                  | 0.237             |
|                   | Wilks Lambda          | 0.763         | 3.828       | 3                                       | 37                      | 0.017                  | 0.237             |
|                   | Hotelling's work      | 0.31          | 3.828       | 3                                       | 37                      | 0.017                  | 0.237             |
|                   | The largest zinc root | 0.31          | 3.828       | 3                                       | 37                      | 0.017                  | 0.237             |
| group             | Pillai's work         | 1.090         | 15.158      | 6                                       | 76                      | 0.000                  | 0.545             |
|                   | Wilks Lambda          | 0.012         | 99.636      | 6                                       | 74                      | 0.000                  | 0.890             |
|                   | Hotelling's work      | 73.042        | 438.252     | 6                                       | 72                      | 0.000                  | 0.973             |
|                   | The largest zinc root | 72.927        | 923.743     | 3                                       | 38                      | 0.000                  | 0.986             |

In table (7), the significance level of the group variable for dependent humor, self-aggrandizing humor, and aggressive and self-defeating humor is reported as 0.000, which is less than 0.05 and shows that there is a significant difference between the average scores of these variables in There are 4 desired groups.

Table 8: Tests of effects between subjects

| Source of changes            | Variable                          | Sum of squares type 3 | Degrees of freedom | average of squares | F statistic | The significance level | Eta squared index |
|------------------------------|-----------------------------------|-----------------------|--------------------|--------------------|-------------|------------------------|-------------------|
| <b>Corrected model</b>       | interest the player To Trainer    | 1574.724              | 5                  | 314.945            | 112.769     | 0.000                  | 0.935             |
|                              | interest the player To the player | 1074.264              | 5                  | 214.853            | 142.389     | 0.000                  | 0.948             |
|                              | interest Trainer To the player    | 2974.881              | 5                  | 594.976            | 349.886     | 0.000                  | 0.987             |
| <b>Width from the origin</b> | interest the player To Trainer    | 12.057                | 1                  | 12.057             | 4.317       | 0.044                  | 0.100             |
|                              | interest the player To the player | 4.669                 | 1                  | 4.669              | 3.094       | 0.086                  | 0.074             |
|                              | interest Trainer To the player    | 3.950                 | 1                  | 3.950              | 5.324       | 0.026                  | 0.120             |
| <b>group</b>                 | interest the player To Trainer    | 1544.575              | 2                  | 772.287            | 276.526     | 0.000                  | 0.934             |
|                              | interest the player To the player | 1058.790              | 2                  | 529.395            | 350.845     | 0.000                  | 0.947             |

It can be said that after checking the normality of the data by the Shop - Ro - V- Lak test , A significance of more than 0.05 is confirmed and indicates that the behavior of the data is normal. In the following, according to the test of Low and N It has reached a meaningful level were 0.125, 0.660 and 0.063, respectively , also the significant level obtained by the interaction F test was equal to 0.136, which all values are greater than 0.05 and shows that humor and its components have a significant relationship with the players ' interest in their coach in sports .

## V. CONCLUSION

The purpose of this research is to investigate the sense of humor and team cohesion in sports environments. The results showed that Group and group attractiveness and role attractiveness in dependent humor , self - aggrandizing humor , aggressive humor and humor Self - defeating have a significant difference . Finally , according to the tests It was observed that humor and its components have a significant relationship with group cohesion and its components in individual sports .

Average There is a meaningful difference between dependent humor , self - aggrandizing humor , aggressive humor , and self - defeating humor . . Finally , according to the tests , it was observed that humor and its components have a significant relationship with group cohesion and its components in sports .

The results showed that humor and its components have a causal relationship with players ' interest in their coach in individual sports . Also , the obtained significance level of the interaction F test was equal to 0.136, which is more than 0.05 . Therefore , the assumption of homogeneity of the regression line is rejected . In other words , humor and its components have a significant relationship with players ' interest in their coach in individual sports .

Regarding humor and its components , players are interested in their coach in sports . The significant level of the interaction F test was equal to 0.136, which is more than 0.05 . Therefore , the assumption of homogeneity of the regression line is rejected . In other words , humor and its components have a significant relationship with players ' interest in their coach in sports .

The results show that humor is actually taught by athletes in creating and strengthening relationships in intercollegiate sports . Specifically, results indicated that athletes' use of positive humor styles ( eg , self-enhancement and affiliation ) were generally associated with increased perceptions of team cohesion , in While athletes' reported use of self-fulfilling humor was associated with decreased perceptions of team cohesion . Similarly , coaches ' use of dependent humor was associated with increasing athletes' perceptions of attractiveness to the group-social cohesion ( ATG -S ) , while coaches ' use of self - deprecating humor It was related to the reduction of the cohesion of the social perception. These results were obtained with the results of the study of Fahim Doin and Reza Heshmatyzadeh ( 2017 ) , which examined the role

of humor and its enhancement among athletes, as well as the researches of Sadat Khashoui ( 2018 ) . ) , Mansouri et al. (2015) is consistent.

third study also examined the relationship between the humor style of athletes and their coaches and the athletes' interest in their coach . The results showed that the athletes' use of self-enhancing humor and the coaches ' use of dependent humor ( both positive humor styles ) were related to the increase of interest in the head coach , while Athletes' use of self-fulfilling humor ( a negative humor style ) was related to the reduction of the head coach 's interest.

The results of these three studies , in combination , seem to support the conclusion that humor has many positive and negative consequences in sports . It is a related university . The specific results related to the use of humor by coaches and athletes, as well as the specific styles of humor used , require more discussion . The results of this research are in line with the results of Agerholm 's study (2012) examined the role of humor in the coach.

According to the results of holding training courses for coaches and decision makers in the field of sports in order to familiarize with the importance of humor in improving the performance and cohesion of teams , designing training programs This is a sport that has individualization and coordination between team members and encourages team members to cooperate and cooperate more . reach their common goal. Providing practical cases for the development of emotion management skills in players and their coaches , in order to reduce misdiagnosis of players and increase coordination and cooperation in the training process . And it is suggested to encourage the players to be active in developing two - way relationships with their coaches , by encouraging them to create more opportunities for conversation and personal communication .

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