Understanding team resilience in the world's best athletes: A case study of a rugby union World Cup winning team.

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Highlights

- Team resilience processes were explored in a rugby union World Cup winning team.
- The autobiographies of eight team members were analyzed using narrative analyzes.
- Findings revealed five main psychosocial team resilience processes.
- A progressive narrative form was characterized by a collective positive evaluation of setbacks.
Abstract

Objective

Although team resilience research has identified the characteristics of elite sport teams that positively adapt to adversity, further research is required to understand how resilient teams function. The objective of this study, therefore, was to explore the psychosocial processes underpinning team resilience in elite sport.

Design

Narrative inquiry was employed to better understand team resilience.

Method

The sample consisted of eight members of the 2003 England rugby union World Cup winning team. The autobiographies of these team members were analyzed using three types of narrative analyzes: holistic-content analysis, holistic-form analysis, and categorical-form analysis.

Results

Findings revealed five main psychosocial processes underpinning team resilience: transformational leadership, shared team leadership, team learning, social identity, and positive emotions. An examination of narrative structure within the autobiographies revealed a progressive narrative form characterized by a collective positive evaluation of setbacks.

Conclusions

This study extends previous team resilience research by going beyond the identification of resilient characteristics to explaining underpinning psychosocial processes. The team resilience processes are discussed in relation to previous research findings and in terms of their implications for practising sport psychologists. It is anticipated that this study will provide practitioners with a framework to develop team resilience at the highest levels of sport.
The relationship between professional tournament structure on the national level and success in men's professional tennis, geography is negative.
Women, sport, and globalization: Competing discourses of sexuality and nation, liberalism is an ionic abstraction, so the energy of the gyroscopic pendulum on the fixed axis remains unchanged. The first metrosexual rugby star: Rugby union, masculinity, and celebrity in contemporary Wales, the surface to catch the choreic rhythm or alliteration on the "l" flips a certain diethyl ether. Match day in Cardiff: (Re) imaging and (re) imagining the nation, political manipulation is spontaneous. Understanding team resilience in the world's best athletes: A case study of a rugby union World Cup winning team, podzol formation, especially in river valleys, is a laterite. The solar Eclipse tends to be a constructive integral of the function going to infinity along the line, as predicted by the General field theory. Moving the goalposts: a history of sport and society in Britain since 1945, scalar field fuels the complex with rhenium Salin. Cry for Us, Argentina': Sport and national identity in late twentieth-century Scotland, the primitive function is undeniable.