

EDUCATIONAL STRATEGIES FOR DEVELOPING THE SOCIO-RELATIONAL DIMENSION IN SPORTS ACTIVITIES AND ITS IMPACT ON TEAM COHESION

Prof. PhD Claudiu Coman¹

PhD Candidate Vasile Chasciar²

PhD Candidate Denisa Ramona Chasciar³

Lecturer PhD Maria Cristina Bularca¹

¹Transilvania University of Brasov, **Romania**

²University of Craiova, **Romania**

³Babeş-Bolyai University of Cluj-Napoca, **Romania**

ABSTRACT

This paper investigates the contribution of educational strategies to the development of the socio-relational dimension in sports, focusing on their impact on team cohesion and individual growth. In recent years, the need to integrate social-emotional learning into physical education and sports training has become increasingly evident, as athletic success is no longer measured solely by physical performance but also by relational competence and psychological resilience. The study discusses key interpersonal abilities, such as empathy, active listening, assertive communication, cooperation, and conflict management, and how they can be cultivated through structured sports activities. Drawing from interdisciplinary sources and practical case studies, the paper emphasizes the role of coaches and physical education teachers in shaping relational dynamics within teams. By fostering a supportive and emotionally intelligent environment, these strategies not only enhance athletic performance but also contribute to the holistic development of young athletes. The findings advocate for the intentional inclusion of socio-relational content in sports curricula, promoting both well-being and performance outcomes.

Keywords: socio-relational skills, team cohesion, sports education, interpersonal development, educational strategies

INTRODUCTION

In recent decades, the role of education has evolved from a strictly cognitive and technical focus to a holistic perspective that includes emotional, social, and moral dimensions. Within this broader view, physical education and sports training are no longer regarded solely as means of improving physical fitness or competitive performance, but also as strategic platforms for cultivating socio-relational competencies. The complex interpersonal interactions that occur during sports activities