

BENEFITS OF TEAM SPORT FOR ORGANISATIONS

Yvonne T. JOUBERT* & Johannes J. DE BEER**

**Department of Human Resource Management, University of South Africa, Pretoria,
Republic of South Africa*

***Department of Human Resource Management, University of Pretoria, Pretoria, Republic
of South Africa*

ABSTRACT

Some people experience their work as meaningful, while others experience work as hard labour. One thing is certain: work is an important part of our lives. Work adds value to an individual in the form of self-actualisation, security and relationships. The purpose of this research was to explore employees' experiences of the benefits of organisational team sport activities. The qualitative exploration study was conducted with employees (N=26) of two financial organisations that participate in organisational team sport. The data were collected by means of focus group interviews and follow-up interviews. The results indicated that a strong bond was established between employees in the organisation during organisational team sport activities. Employees' work values, i.e. self-actualisation, security and relationships improved which, in turn, led to perceptions of increased productivity. Organisational team sport should furthermore be considered as a vehicle for improving trust, respect, commitment, friendships and communication between employees. The contributions that organisational team sport makes to an organisation are all requirements for an effective workforce.

Key words: Communication; Commitment; Trust; Respect; Support; Friends; Cohesion.