

**Course Name - Bachelor of Physical Education**  
**Year - IInd (Part-1)**  
**Paper Name - Psychology with Special Reference to Physical Education**  
**Topic Name - Group Formation**  
**Topic No. - Sec - C (10)**  
**Paper No. - IInd**  
**Lecture No. - 14**

**Lecture Title**  
**Group Formation**  
**FAQ's**

**Q1. Write any two Characteristics of a Group.**

**Ans** It is a unit of two or more individuals and The members of group share a set of beliefs, values and norms.

**Q2. Enlist the essential components of Group**

**Ans** A group must have essential components to be called a group in psychological sense like: Well motivated Interdependence, Organized, and Structured and have Democratic set up.

**Q3. Name the five stages of group formation.**

**Ans** There is a strong evidence that groups pass through a standard sequences of five stages which are named as (1) forming, (2) storming, (3) norming, and (4) performing (5) and Adjourning.

**Q4. What do you mean by Norming stage, in the group formation?**

**Ans** It is the third stage of group development during which the group member come closer with each other start functioning as a cohesive unit the group members now identify themselves with the group and share responsibility for achieving the desired level of performance of the group.

**Q5. What do you mean by performing stage, in the group formation?**

**Ans** During this stage of development, issues related to roles, expectations, and norms are no longer of major importance. The group is now focused on its task, working intentionally and effectively to accomplish its goals.