



## The Influence of Teamwork on the Competitive Performance of Riverside Forest FC in the West Java Liga 4 Competition

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### Abstract

Teamwork is a fundamental factor in achieving success in sports competitions, particularly in football, where effective coordination, communication, and collaboration among team members are essential for optimal performance. However, empirical evidence regarding the influence of teamwork on club performance at the regional competition level remains limited. This study aimed to examine the effect of teamwork on the competitive performance of Riverside Forest FC in the West Java Liga 4 competition. A quantitative study with a correlational approach was employed using a survey method. The study involved 30 respondents, consisting of athletes, coaches, managers, and club officials of Riverside Forest FC, selected through a total sampling technique. Data were analyzed using simple linear regression with SPSS software. The results revealed that teamwork had a significant positive effect on the club's competitive performance ( $\beta = 0.382$ ;  $p < 0.001$ ). The coefficient of determination indicated that teamwork explained 45.8% of the variance in competitive performance ( $R^2 = 0.458$ ), while the remaining 54.2% was influenced by other factors outside the scope of this study. These findings demonstrate that effective teamwork, characterized by strong communication, coordination, mutual trust, and clear role distribution, plays a crucial role in enhancing the competitive performance of Riverside Forest FC in the West Java Liga 4 competition. Therefore, strengthening teamwork should become a strategic priority for football clubs seeking sustainable competitive success.

**Keywords:** teamwork; competitive performance; football club; Riverside Forest FC; West Java Liga 4.

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## A. Introduction

Cooperation is the foundation of collaborative practices that are essential in various aspects of professional life (Barnes et al., 2017). Within organizations, teamwork is becoming increasingly crucial because the complexity of the challenges faced requires specialized expertise from each member to generate innovative solutions. Participation in team sports focuses not only on physical achievement but also on developing communication, collaboration, and conflict management skills (Jones, 2024). Through team interactions, individuals learn to work together toward a common goal, build trust, and understand their respective roles within the group. In the context of competitive sports, teamwork also plays a crucial role in maintaining consistent performance and the effectiveness of game strategies. Strong teamwork enables each member to fully understand their tasks and responsibilities, allowing them to adapt more effectively to the dynamics of the game (Salas et al., 2016). Researcher of Mcewan & Beauchamp, (2015) explains that teamwork in sports encompasses communication, coordination, cooperation, and team cohesion as the key components of a team's success.

Collaboration involves a group of individuals who work together and share a common vision and mission to achieve a specific goal (Sumarno, 2019). Teamwork in soccer is a crucial element that determines a team's success on the field. As a team sport, soccer requires every player to collaborate effectively to achieve a common goal: winning the game. In modern soccer, a team's success is no longer determined solely by individual technical skills, but also by the team's collective ability to execute a structured playing system (Rein & Memmert, 2016). Every player must be able to read the game situation, understand their teammates' movement patterns, and establish effective

communication in dynamic match conditions, while good management—including long-term strategic planning, data-driven decision-making, and clear communication between coaches, players, and club owners—supports the team's performance.

Teams with strong solidarity, effective communication, and synergy among players, coaches, and management tend to have a better chance of earning promotion. Only a few succeed in promotion. Non-technical factors such as internal conflicts, unprofessional management, and a lack of team synergy are the main obstacles. Tri Cahyono & Sudarno. (2016) revealed that although many Liga 2 clubs have strong individual performances, they fail to secure promotion due to weak team coordination and poor management. A major challenge faced by Liga clubs that have not yet reached the top tier is building effective organizational cooperation amid differences in the personalities, cultural backgrounds, and playing styles of players and management. Clubs such as PSS Sleman, for example, experienced an internal communication crisis that prevented them from securing a promotion spot, even though their performance on the field was quite promising (Adji, 2024).

The main issue in this study is the lack of in-depth understanding of how specific dimensions of team collaboration such as coordination, communication, and trust specifically influence the performance of soccer clubs in the Indonesian League, particularly the Riverside Forest team in West Java's Liga 4. The structure and dynamics of teams in these leagues have unique characteristics that differ from those of the top league, so findings from research on the top league may not be entirely relevant for application at lower league levels (Noviriyanti et al., 2025). Thus, the team's success stems not only from the coach's instructions, but also from the players' active role in maintaining

a balance of teamwork on the field (Sчена, 2026).

Although previous studies have consistently demonstrated that teamwork contributes to organizational effectiveness and sports performance, most of the existing literature has focused on professional football clubs, elite athletes, or team cohesion during match performance. Other studies have primarily examined communication, leadership, or organizational management separately, without comprehensively investigating how teamwork within the overall club organization influences competitive achievement. Furthermore, empirical evidence concerning football clubs competing in Indonesia's lower-tier leagues, particularly Liga 4, remains very limited. The organizational characteristics of Liga 4 clubs differ substantially from those of professional clubs in terms of financial resources, organizational structure, player composition, and managerial capacity. Consequently, findings derived from professional or higher-level competitions cannot be directly generalized to clubs competing at the Liga 4 level. Therefore, this study addresses this research gap by examining the influence of teamwork across all organizational elements including players, coaches, managers, and club officials on the competitive performance of Riverside Forest FC in the West Java Liga 4 competition. This study provides empirical evidence from a regional football club context and contributes to the growing body of knowledge on organizational teamwork in grassroots and semi-professional football.

Table 1. Descriptive Statistics of Teamwork and Competitive Performance

| Variable                | N  | Minimum | Maximum | Mean   | Std. Deviation |
|-------------------------|----|---------|---------|--------|----------------|
| Teamwork                | 30 | 109     | 154     | 132.43 | 8.732          |
| Competitive Performance | 30 | 105     | 129     | 116.70 | 4.928          |

Table 1 presents the descriptive statistics of the study variables. The results indicate that the respondents demonstrated

The objective of this study is to examine the effect of team cooperation within the Riverside Forest Club on the club's performance in the West Java League 4 competition. Using a quantitative correlational approach, the independent variables are team cooperation (e.g., team dynamics, communication, cohesion), and the dependent variable is the club's performance. The correlational method was chosen to measure the strength of the relationship between these variables.

## B. Methods

This study employed a quantitative correlational design to examine the relationship between teamwork and the competitive performance of Riverside Forest FC in the West Java Liga 4 competition. The study involved 30 respondents, consisting of athletes, coaches, managers, and club officials, who were selected using the total sampling technique. Data were collected through a structured questionnaire measuring the teamwork variable using a five-point Likert scale. Before data collection, the instrument was tested for validity and reliability to ensure its suitability for measuring the research variables. The collected data were analyzed using descriptive statistics, the Shapiro-Wilk normality test, Pearson correlation, and simple linear regression with the assistance of SPSS software. Statistical significance was determined at the 0.05 level.

## C. Result and Discussion

### Results

#### Descriptive Statistics

relatively high levels of teamwork and competitive performance, as reflected by the mean scores of both variables. The

relatively small standard deviations suggest that the responses were fairly homogeneous, indicating a consistent perception of teamwork and team performance among the 30 respondents.

#### **Normality Test**

The normality test using the Shapiro–Wilk method showed that both variables met the assumption of normal distribution ( $p > 0.05$ ). Therefore, the dataset satisfied the prerequisite for parametric statistical analysis, allowing Pearson correlation and simple linear regression to be conducted.

Table 2. Results of the Normality Test

| Variable                | Statistic | df | Sig.  |
|-------------------------|-----------|----|-------|
| Teamwork                | 0.946     | 30 | 0.130 |
| Competitive Performance | 0.973     | 30 | 0.618 |

Table 2 presents the results of the Shapiro–Wilk normality test for the study variables. The findings indicate that both teamwork and competitive performance were normally distributed, with significance values greater than 0.05. Specifically, the teamwork variable obtained a significance value of 0.130, while the competitive performance variable showed a significance value of 0.618. Since both values exceed the 0.05 significance level, the data satisfy the assumption of normality. Therefore, the dataset is appropriate for further parametric analyses, including Pearson correlation and simple linear regression.

#### **Correlation Analysis**

Table 3 presents the Pearson correlation analysis for 30 respondents ( $N = 30$ ). The findings reveal a significant positive correlation between teamwork and competitive performance ( $r = 0.677$ ,  $p < 0.001$ ). This correlation indicates that improvements in teamwork are associated with higher competitive performance. According to commonly accepted interpretation criteria, the correlation coefficient reflects a moderately strong positive relationship between the two variables.

Table 3. Pearson Correlation Analysis Results

|                            | Competitive Performance | Teamwork  |
|----------------------------|-------------------------|-----------|
| <b>Pearson Correlation</b> |                         |           |
| Competitive Performance    | 1.000                   | 0.677     |
| Teamwork                   | 0.677                   | 1.000     |
| <b>Sig. (1-tailed)</b>     |                         |           |
| Competitive Performance    | —                       | 0.000     |
| Teamwork                   | 0.000                   | —         |
| <b>N</b>                   | <b>30</b>               | <b>30</b> |

#### **Coefficient of Determination**

The coefficient of determination analysis produced an  $R^2$  value of 0.458, indicating that teamwork accounted for 45.8% of the variance in Riverside Forest FC's competitive performance in the West Java Liga 4 competition. The remaining 54.2% of the variance may be explained by

other factors not examined in this study, such as players' physical fitness, technical and tactical abilities, coaching strategies, psychological readiness, and match experience. These findings suggest that teamwork is an important determinant of competitive performance, although it is not the only contributing factor.

Table 4. Coefficient of Determination ( $R^2$ )

| Model | R     | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------|----------|-------------------|----------------------------|
| 1     | 0.677 | 0.458    | 0.439             | 3.687                      |

Table 4 presents the coefficient of determination obtained from the simple linear regression analysis. The analysis yielded an R Square ( $R^2$ ) value of 0.458, indicating that 45.8% of the variance in Riverside Forest FC's competitive performance can be explained by the teamwork variable. The remaining 54.2% of the variance is attributable to other factors not included in the present study, such as players' physical condition, technical and tactical abilities, coaching strategies, psychological factors, and competitive experience. These findings suggest that teamwork is a substantial predictor of competitive performance and plays an important role in enhancing the success of Riverside Forest FC in the West Java Liga 4 competition.

### Simple Linear Regression

The simple linear regression analysis demonstrated a statistically significant positive effect of teamwork on competitive performance ( $\beta = 0.382$ ,  $p < 0.001$ ). The regression equation can be expressed mathematically as:

$$Y = 66.101 + 0.382X$$

Where Y represents the competitive performance of Riverside Forest FC and X represents teamwork.

The regression coefficient indicates that every one-unit increase in teamwork is predicted to increase the competitive performance score by 0.382 units. The positive coefficient confirms that stronger teamwork contributes to better competitive performance. Since the significance value was below 0.05, the research hypothesis was accepted, indicating that teamwork has a significant positive influence on Riverside Forest FC's performance in the West Java Liga 4 competition.

### Discussion

Research findings indicate that teamwork within an organization influences Riverside Forest FC's performance in the West Java Liga 4 competition. Teamwork is a key element in sports organizations because soccer is a team sport that requires coordination, communication, and a clear division of tasks (Maulana, 2018). The results of this study indicate that the better the cooperative relationship among players, coaching staff, and management, the greater the team's chances of achieving optimal performance. This demonstrates that a team's success is not solely the result of individual technical ability, but is also influenced by an effectively functioning organizational system.

In a soccer club organization, teamwork encompasses a shared vision, open communication, mutual trust, and the ability to solve problems together (Hidayatullah, 2025). As a team competing in West Java's Liga 4, Riverside Forest FC needs a solid organizational structure so that every element can perform its role to the fullest. Players need tactical guidance from the coach, the coach needs facility support from management, and management needs commitment from all team members (Setiyono & Andika, 2025). If these three elements work in harmony, the training and match preparation process can proceed more effectively and efficiently.

The findings of this study are consistent with research in sports psychology, which indicates that teamwork in sports is closely linked to team effectiveness and competitive success. McEwan & Beauchamp. (2015) explains that teamwork in sports consists of communication, coordination, cooperation, backup behavior, and team cohesion, all of

which directly contribute to team performance. The study confirms that teams with high levels of cooperation tend to demonstrate more consistent performance than teams with weak internal relationships.

In addition, recent research on soccer shows that patterns of cooperation among players through passing networks are significantly correlated with match outcomes. The study de Jong et al. (2023), found that the quality of teamwork in professional matches influences the effectiveness of the offense, the stability of the defense, and the team's chances of winning. This means that the better the coordination among players in executing strategies, the greater the team's chances of achieving positive results in competitions. This is particularly relevant to Riverside Forest FC, which competes in Liga 4, where team cohesion and game organization are crucial to the final outcome.

The organizational structure at Riverside Forest FC demonstrates that teamwork functions effectively through coordination among players, the coaching staff, and club management. Each element plays a clear role in supporting the training program, match strategies, and team evaluations throughout the West Java Liga 4 competition. This established collaborative relationship fosters effective communication, mutual trust, and a shared commitment to achieving performance goals.

This aligns with research findings that indicate team collaboration within an organization has a significant impact on Riverside Forest FC's performance. The research data shows that the higher the quality of collaboration, the greater the team's chances of achieving optimal results. These findings are supported by research Kwon (2024) which explains that effective team-building can enhance team cohesion and have a direct impact on athletic performance.

Thus, it can be concluded that teamwork within the organization has a strong influence on Riverside Forest FC's performance in the West Java Liga 4 competition. Factors such as effective communication, a clear division of roles, mutual trust, and good coordination among all elements of the organization serve as the main foundation for improving the team's performance (Fadillah et al., 2025). Therefore, the club needs to continue fostering a healthy organizational culture through team-building programs, joint evaluations, and improved communication so that the achievements it has made can be maintained and built upon in future competitions.

#### **D. Conclusion**

This study concludes that teamwork has a significant positive effect on the competitive performance of Riverside Forest FC in the West Java Liga 4 competition. The regression analysis demonstrated that teamwork significantly predicted competitive performance ( $p < 0.001$ ), explaining 45.8% of the variance in team performance ( $R^2 = 0.458$ ). These findings indicate that effective communication, coordination, mutual trust, and clear role distribution among players, coaches, managers, and club officials are essential for improving team performance.

From a practical perspective, football clubs should strengthen organizational teamwork through structured communication, regular team-building activities, collaborative decision-making, and continuous performance evaluation to enhance competitive success. Future studies are recommended to examine additional factors influencing football club performance, such as leadership, coaching strategies, player motivation, physical fitness, and organizational culture, using larger samples and involving clubs from different competitive levels to improve the generalizability of the findings.

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## F. Conflict of Interest

no conflict of interest

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