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## A STUDY ON EMPLOYEE STRESS MANAGEMENT IN SAIL REFRactory COMPANY LIMITED AT SALEM

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### ABSTRACT

The aim of the present study is to compare social intelligence between high and low achiever sportspersons. For present study, 200 high achiever sportspersons (Average age 26.67 years) were selected as sample. The selection of high achiever sportspersons were done from only those sportspersons who took part in national level individual and team events as well as who came in first four positions in these event. To fulfill the objectives of the study, 200 intercollegiate sportspersons (Average age 21.12 years) from various sports events were also selected as sample. Random sampling method was used for selection of subjects. To assess social intelligence of the selected subjects, social intelligence scale prepared by Chadha and Ganeshan (1986) was used. The results indicate that social intelligence in high achiever sportspersons is significantly high as compared to low achiever sportspersons. It was concluded that social intelligence emerged as one of the major factor which contribute towards attaining accolades in sports.

**KEYWORDS :***social intelligence, high achiever, low achiever, sportspersons.*



### INTRODUCTION :

Thriving on interaction of biological, psychological, and sociological constraints is the basis of development of expertise in sport. Researchers interested in identifying the factors that distinguish the exceptional from the ordinary performer have created numerous theories to explain the development of expertise. In this relation it is quite surprising that sports achievement has not been studied in the light of social intelligence because Sternberg's (1985, 1988)<sup>1</sup> triarchic theory states that social

intelligence is part of a larger repertoire of knowledge by which the person attempts to solve the practical problems encountered in the physical and social world. Much of the cognitive activity in life-task problem solving involves forming causal attributions about outcomes, and in surveying autobiographical memory for hints about how things might have gone differently. Particularly compelling evidence of the intelligent nature of life task pursuit comes when, inevitably, plans go awry or some unforeseen event frustrates progress. Then, the person will map out a new path toward the goal, or even choose a new goal compatible with a super ordinate life task. According to Chadha and

Ganeshan (1986)<sup>2</sup> patience, cooperativeness, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour and memory constitutes social intelligence.

While scanning the research literature on high achievers in sports it was found that Kamlesh (1987)<sup>3</sup>, Mahoney and Gabriel (1987)<sup>4</sup>, Om Kumari et al. (1988)<sup>5</sup>, Hassmen et al. (1988)<sup>6</sup>, Zizzi et al. (2003)<sup>7</sup>, Waples (2003)<sup>8</sup>, Sabine Vollstädt-Klein (2010)<sup>9</sup>, Soltani et al. (2012)<sup>10</sup>, Esfahani and Ghezelseflo (2013)<sup>11</sup>, Ahmadi et al. (2014)<sup>12</sup> studied intellectual dynamics, personality make-up, mood states, emotional intelligence, mental skills, goal setting/mental preparation, concentration, confidence, achievement motivation, mental imagery, and few aspects of social intelligence. It was also noticeable that social intelligence has not been studied comparatively in the light of sports achievement, hence the present study was conducted.

## HYPOTHESIS

Social intelligence of high and low achiever sportspersons will differ significantly with each other.

## METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

## SAMPLE :-

For present study, 200 high achiever sportspersons (Average age 26.67 years) were selected as sample. The selection of high achiever sportspersons were done from only those sportspersons who took part in national level individual and team events as well as who came in first four positions in these events. To fulfill the objectives of the study, 200 intercollegiate sportspersons (Average age 21.12 years) from various sports events were also selected as sample. Random sampling method was used for selection of subjects.

## TOOLS:

### Social Intelligence Scale:

To assess social intelligence of the selected subjects, social intelligence scale prepared by Chadha and Ganeshan (1986) was used. It consists of dimensions such as patience (08 items), cooperativeness (11 items), confidence level (08 items), sensitivity (09 items), recognition of social environment (03 items), tactfulness (07 items), sense of humour (08 items), and memory (12 items). Test-retest reliability coefficients for various dimensions of this scale is : Patience 0.94, Cooperativeness 0.91, Confidence 0.90, Sensitivity 0.92, Recognition and social environment 0.95, Tactfulness 0.84, Sense of humour 0.92 and Memory 0.97. This social intelligence scale has a validity coefficient of 0.70.

### Procedure:

Social intelligence scale prepared by Chadha and Ganeshan (1986) was administered to all 200 subjects in a group of 5 to 10 subjects in a peaceful corner. Responses of subjects so obtained were scored off as per author's manual.

To compare social intelligence in high and low achiever sportspersons, 't' test was used. Result depicted in table 1.

## RESULT AND DISCUSSION

**Table 1**  
**Comparison of Social Intelligence between High and Low Achiever Sportspersons**

Groups	Mean	S.D.	Mean Difference	't'
High Achievers (N=200)	91.16	12.40	3.65	3.23**
Low Achievers (N=200)	87.51	10.03		

\*\* Significant at .01 level

A perusal of statistical entries shown in table 1 indicate that social intelligence in high achiever sportspersons was found to be significantly superior ( $M=91.16$ ) as compared to low achiever sportspersons ( $M=87.51$ ) at .01 level of statistical significance. [ $t=3.23$ ,  $p<.01$ ]

In the present study social intelligence of high achiever sportspersons was found to be significantly superior as compared to low achiever sportspersons. In a study on the relations between social intelligence and sporting skills of saloon football players, Hasankhoie (2006)<sup>13</sup> concluded that there is a positive relationship between social intelligence and sporting skills of the athletes so that the more they are equipped with social intelligence, the more they are skillful in their roles. Regarding the role of intelligence in enhancing the performance of the athletes, Goudarzi (2005)<sup>14</sup> also opined that athletes with high social intelligence apply all their physical and mental powers so that they make effective relations with the other members of the team and even those of the opponent as well as have the skill of coping with conflicts and mistakes during the games. Hence the results of the present study are consistent with the previous studies.

## CONCLUSION

It was concluded that social intelligence emerged as one of the major factor which contribute towards attaining accolades in sports..

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