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A STUDY OF SOCIAL INTELLIGENCE BETWEEN FEMALE COMBAT AND INDIVIDUAL GAME PLAYERS

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ABSTRACT
The present study aimed to compare the social intelligence of female Combat Games and Other Games players. A total of 30 state-level female players, comprising 15 Combat Games players and 15 Other Games players, aged 18–25 years, were selected from Lucknow district using the simple random sampling technique. The descriptive survey method was employed for the study. Data were collected using the Social Intelligence Questionnaire developed by Dr. N. K. Chadha and Usha Ganesan. The independent samples t-test was used to analyse the data and determine significant differences between the two groups. The findings revealed statistically significant differences in sensitivity and overall social intelligence, whereas no significant differences were observed in the remaining dimensions. The z-score analysis indicated an average level of social intelligence among Other Games players (+0.30) and an above-average level among Combat Games players (+0.76). The study concluded that Combat Games players demonstrated comparatively higher social intelligence.

Keywords:
Social Intelligence, Combat Games, Individual Games, Sports Psychology.

INTRODUCTION

Social Intelligence (SI) refers to an individual's ability to understand, interpret, and manage interpersonal relationships effectively in different social situations. In the field of sports psychology, social intelligence is considered an important psychological attribute that enables athletes to understand others, communicate effectively, regulate emotions, and respond appropriately to different interpersonal situations.

Participation in competitive sports provides athletes with diverse experiences that may contribute to the development of social intelligence. Sporting environments involve continuous interactions with coaches, competitors, officials, and other individuals, requiring athletes to demonstrate cooperation, emotional stability, adaptability, and effective communication. However, the nature and intensity of these interactions vary according to the type of sport. In particular, combat sports and individual sports present different competitive environments and psychological demands that may influence athletes' interpersonal abilities.

Combat sports, such as boxing, wrestling, judo, taekwondo, and karate, involve direct physical interaction and continuous tactical engagement with an opponent. Female combat athletes are required to interpret opponents' body language, movements, facial expressions, and tactical intentions to make appropriate decisions during competition. These situations demand quick responses, emotional regulation, situational awareness, and adaptability under pressure. Furthermore, respect for opponents, adherence to rules, discipline, and sportsmanship are essential characteristics of combat sports. Regular participation in such competitive situations may provide opportunities for developing interpersonal understanding and social awareness.

In contrast, individual sports, such as athletics, swimming, gymnastics, archery, and badminton, primarily emphasize individual performance, personal responsibility, self-regulation, and the achievement of specific performance goals. Athletes participating in these disciplines generally concentrate on improving their individual abilities, maintaining psychological stability, and managing competitive pressure independently. Although direct interaction with opponents may be limited in certain individual sports, athletes continue to interact with coaches, competitors, officials, and other support personnel. These experiences may also contribute to the development of social and interpersonal competencies.

The participation of women in competitive sports has increased considerably over the years, creating opportunities for greater independence, confidence, leadership, and social participation. Never the less, female athletes continue to encounter various socio-cultural challenges, including gender stereotypes and societal expectations.

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Participation in sports may provide a supportive environment for developing assertiveness, emotional control, self-confidence, and effective interpersonal relationships.
Although both combat and individual sports offer opportunities for psychological and social development, their different competitive characteristics may be associated with variations in social intelligence. However, participation in a particular sports category does not necessarily determine an individual's level of social intelligence.

Definition: -

Social Intelligence: -

Social intelligence is the ability to understand and manage people and to act wisely in human relationships.

Edward L. Thorndike (1920)

Combat Games

According to the research literature, combat sports involve direct interactions between opponents who continuously adapt their actions according to the opponent's movements and behaviour.

Individual Games

Individual sports can be distinguished from team sports by the absence of essential interaction between players on the same side that determines the outcome of the competition.

Deaner (2019)

Sports Psychology

sports psychology involves applying psychological knowledge and skills to improve athletic performance, promote athletes' well-being, and understand the developmental and social aspects of sports participation.

America Psychological Association

Statement of the problem

The present study aims to compare the level of Social Intelligence among female combat and individual game players.

Objectives of the study

To identify whether significant differences exist in the Social Intelligence and their variables of female combat and individual game players.

Hypothesis of the Study

- There will be a significant differences in the Social Intelligence and their variables of female combat and individual game players.
- There will be no significant difference in the Social Intelligence and their variables of female combat and individual game players

Delimitation of the study

1) The study delimited to the 30 state-level female players (15 combat and 15 other individual games) aged 18 to 25 years.
2) The study delimited to social intelligence variables.
3) The study was delimited to Lucknow district.

Limitation of the study

1) The study was limited to player background, training schedule, life-style, food habits and mood during filling up questionnaire.
2) The study was limited to the physiological parameters.
3) The study was limited to the male players.

Methodology and Procedure

The present study employed the descriptive survey method of research. The sample consisted of students belonging to the age group of 18–25 years, who were selected through the simple random sampling technique. Data were collected using the Social Intelligence Questionnaire developed by Dr. N. K. Chadha and Usha Ganesan. To test the formulated hypotheses and determine the significance of differences in social intelligence, the independent samples t-test was employed. The data collected from K.D. Singh Babu Stadium, Lucknow University, Chawk Stadium and J.N.P.G. college,Taekwondo National Championship held at Lucknow.

Analysis Of Data And Result Of The Study

The purpose of analysing the collected data is to examine the differences in social intelligence and their variables among combat and other game female players.

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Table No.1 Patience

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	19.26	1.972	28	1.616	NS
2.	Combat Games	15	32.53	4.316	28		

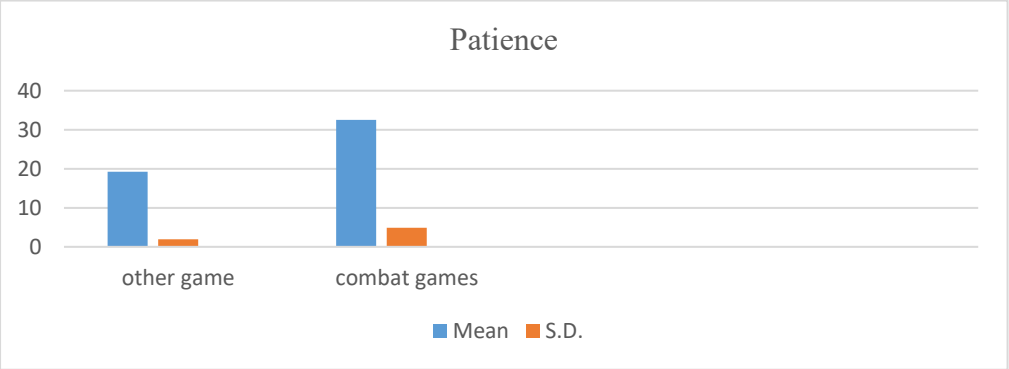


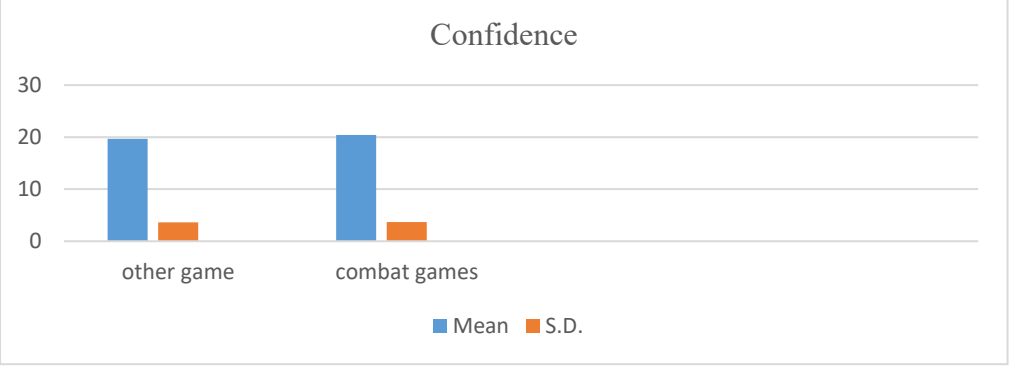
Table No. 2 Cooperativeness

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	24.06	3.513	28	0.3850	NS
2.	Combat Games	15	27.73	3.714	28		



Table No. 3 Confidence

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	19.66	2.649	28	0.7398	NS
2.	Combat Games	15	20.4	2.835	28		



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Table No. 4 Sensivity

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	20.46	9.150	28	2.47	S
2.	Combat Games	15	20.4	2.823	28		

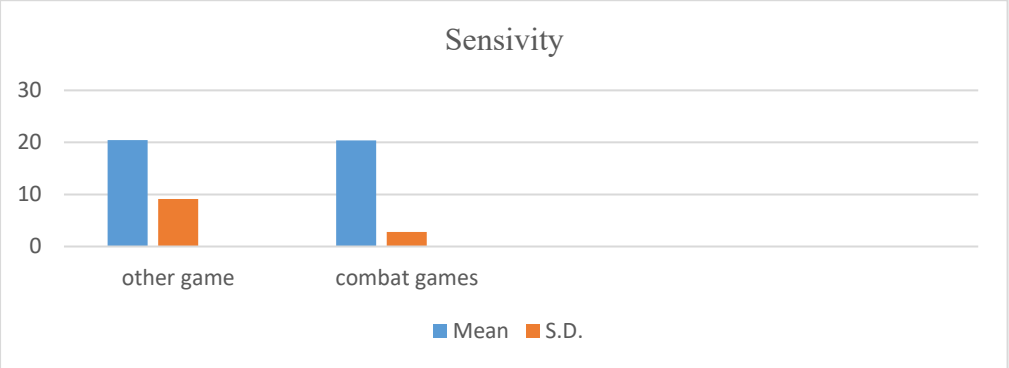


Table No. 5 Recognition of Social Environment

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	0.8	0.908	28	0.9	NS
2.	Combat Games	15	0	1.09	28		

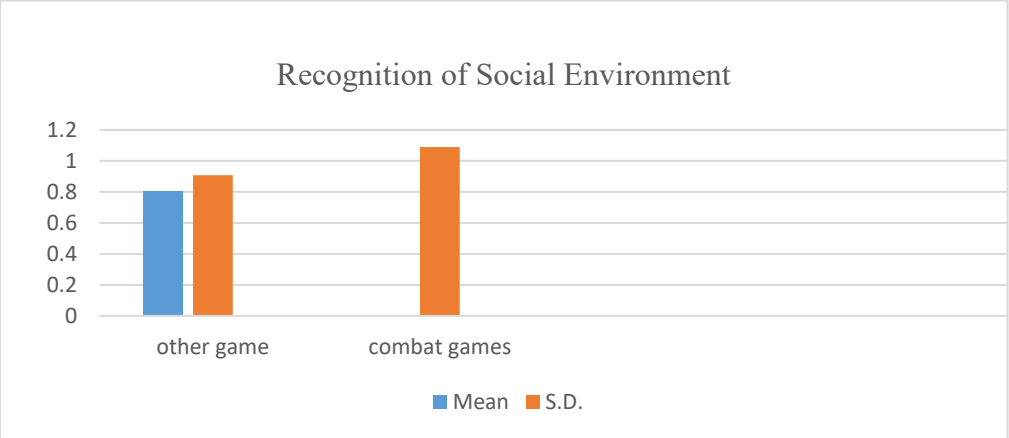


Table No. 6 Tactfulness

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	3.133	1.364	28	0.648	NS
2.	Combat Games	15	3.466	1.182	28		

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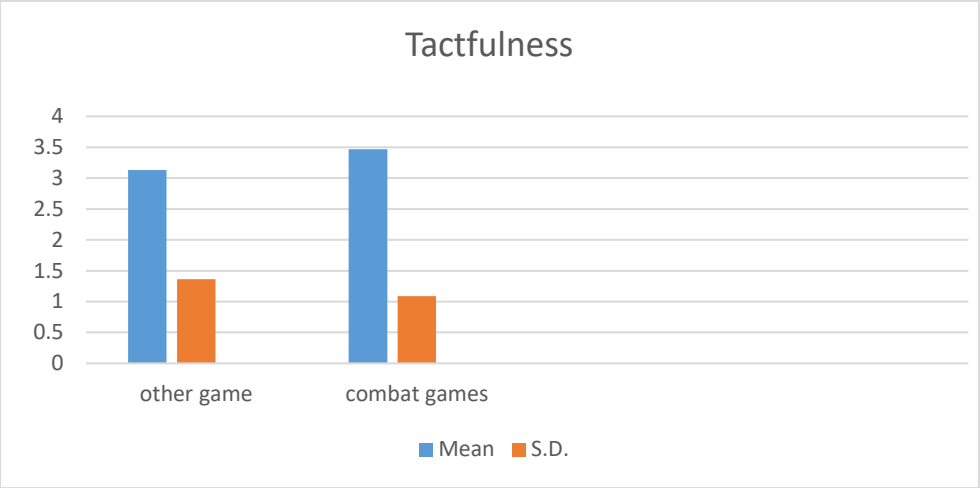


Table No. 7 Sense of Homour

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	2.8	1.46	28	0.701	NS
2.	Combat Games	15	3.466	1.25	28		



Table No. 8 Memory

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	9.333	2.21	28	0.003	NS
2.	Combat Games	15	9.533	1.99	28		

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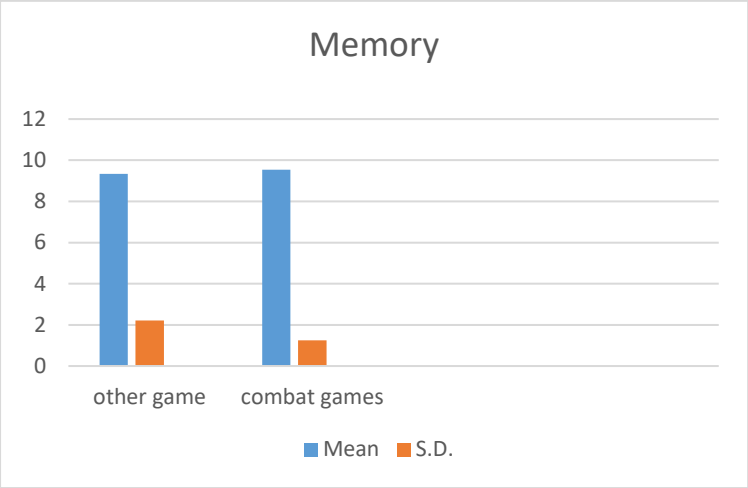
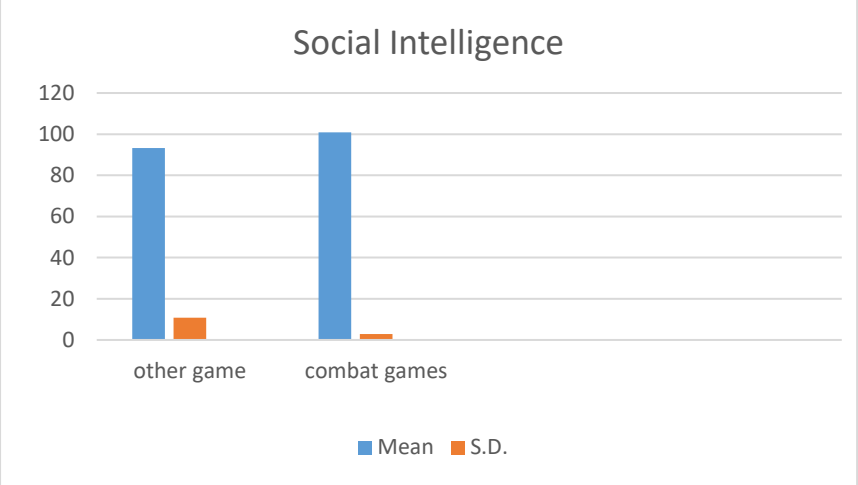


Table No. 9 Social Intelligence

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Other Games	15	93.33	10.844	28	2.629	S
2.	Combat Games	15	100.93	2.8627	28		

The z score of other game female players found **+0.30** which shows an average level of social intelligence and combat game female player found **+0.76** which shows an above average level of social intelligence.



The findings of the present study revealed statistically significant differences between female players of Other Games and Combat Games in the dimensions of sensitivity and overall social intelligence, whereas no statistically significant differences were found in patience, cooperativeness, confidence, recognition of the social environment, tactfulness, sense of humour, and memory. Furthermore, the z-score analysis indicated that Other Games female players possessed an average level of social intelligence (+0.30), while Combat Games female players demonstrated an above-average level of social intelligence (+0.76). Overall, the findings suggest that Combat Games female players exhibited a comparatively higher level of social intelligence than Other Games female players.

DISCUSSION

The findings of the present study revealed that female Combat Games players exhibited comparatively higher social intelligence than female Other Games players. Statistically significant differences were observed in sensitivity and overall social intelligence, whereas no significant differences were found in patience, cooperativeness, confidence, recognition of the social environment, tactfulness, sense of humour, and memory.

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The higher social intelligence among Combat Games players may be associated with the specific demands of combat sports, which require continuous observation of opponents, interpretation of body movements, quick decision-making, and emotional control under competitive pressure. These experiences may contribute to the development of sensitivity and social awareness. Furthermore, the z-score analysis indicated an average level of social intelligence among Other Games players (+0.30), while Combat Games players demonstrated an above-average level (+0.76). Overall, the findings suggest that female Combat Games players possess a comparatively higher level of social intelligence than female Other Games players. However, these differences cannot be considered a direct consequence of sports participation.

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