

SOCIAL AND EMOTIONAL INTELLIGENCE AS RESOURCES FOR OVERCOMING STRESS BY SUBJECTS OF TEAM AND INDIVIDUAL ACTIVITY

V. O. Pirozhkova, G. B. Gorskaya

Kuban State University of Physical Education, Sport and Tourism, Krasnodar,
Russia

Abstract. The dissertation examines the features of the manifestation of emotional and social intelligence in the conditions of team and individual activity on the example of sports. It is revealed that the studied types of intelligence have significant resource capabilities in increasing the level of mental stability of the subjects of activity and regulating their choice of strategies for overcoming stress. Correlations of emotional and social intelligence with conscious self-regulation of behavior and self-assessment of subjects of activity have been established. Multiple regression analysis allowed us to identify predictors of mental stability and the choice of strategies for overcoming stress, to establish the degree of contribution of the parameters of emotional and social intelligence to the resistance of subjects to stress.

Keyword: Emotional and social intelligence; resource approach; team activities; individual activities, sport.

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СОЦИАЛЬНЫЙ И ЭМОЦИОНАЛЬНЫЙ ИНТЕЛЛЕКТ КАК РЕСУРСЫ ПРЕОДОЛЕНИЯ СТРЕССА СУБЪЕКТАМИ КОМАНДНОЙ И ИНДИВИДУАЛЬНОЙ ДЕЯТЕЛЬНОСТИ

В. О. Пирожкова, Г. Б. Горская

Кубанский государственный университет физической культуры, спорта
и туризма, Краснодар, Россия

Аннотация. В статье рассматриваются особенности проявления эмоционального и социального интеллекта в условиях командной и индивидуальной деятельности на примере спорта. Выявлено, что изучаемые типы интеллекта обладают значительными ресурсными возможностями в повышении уровня психической устойчивости субъектов деятельности и регулировании их выбора стратегий преодоления стресса. Установлены корреляции эмоционального

и социального интеллекта с сознательной саморегуляцией поведения и самооценкой субъектов деятельности. Множественный регрессионный анализ позволил выявить предикторы психической устойчивости и выбора стратегий преодоления стресса, установить степень вклада параметров эмоционального и социального интеллекта в устойчивость испытуемых к стрессу.

Ключевые слова: эмоциональный и социальный интеллект; ресурсный подход; командная деятельность; индивидуальная деятельность, спорт.

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Introduction. In modern psychology, more attention has been paid to the search for personal resources necessary for successful professional development, overcoming various kinds of stress, and maximizing the potential in activity. There are several approaches to understanding human resources in scientific publications, but they are all similar in one thing – the authors claim that there are internal (personal) and external (environmental) human resources. The analysis of studies has shown that emotional and social intelligence occupy an important place among them. One of the areas where the problem of finding personal resources is especially relevant is sports, since it is in this type of activity that there are a large number of stressors. In line with this study, the comparison of athletes of team and individual sports is due to the fact that emotional and social intelligence can perform various functions depending on the characteristics of the activity.

The purpose of the study is to identify the features of the influence of social and emotional intelligence on the resistance to stress of subjects of team and individual activity.

Methodology and methods. Psychological diagnostics was carried out using the method of determining the level of emotional intelligence by N. Hall, the method of determining the level of social intelligence by D. Guilford, the coping test by R. Lazarus, the questionnaire for assessing neuropsychic stability “Prognosis”, the questionnaire “Style of self-regulation of behavior” by V. I. Morosanova, the questionnaire “Mental reliability of an athlete” by V. E. Milman, the Dembo – Rubinstein self-assessment methodology.

Mathematical processing of the obtained data was carried out using Student’s t-test, Pearson correlation analysis, Mann-Whitney U-test, Spearman’s rs rank correlation coefficient, Ward cluster analysis, multiple regression analysis, descriptive statistics.

The study sample consisted of: 100 athletes engaged in team sports and athletes engaged in individual sports in the number of 61 people. The age of athletes is from 16 to 27 years. A total of 161 respondents took part in the study.

Results. Emotional and social intelligence act as resources for the mental stability of the subjects of activity in both team and individual

types. Along with this, these types of intelligence reduce the respondents' sensitivity to competitive stressors. At the same time, there are specific features in the manifestation of the resource properties of these types of intelligence: emotional intelligence determines mental stability to a greater extent, and social intelligence determines the choice of coping strategies. In addition, social intelligence is linked to athletes' self-esteem, allowing them to better recognize feedback from people around them.

In team and individual activities, emotional and social intelligence exhibit similar properties: they enhance mental stability, problem-oriented coping and reduce the manifestation of care strategies. The specificity of the manifestation of these types of intelligence is that in team activities emotional intelligence is associated with seeking help from the social environment, and in individual – with taking responsibility and self-control. In other words, for athletes of team sports, emotional intelligence allows them to overcome problematic situations through communication, in individual ones – through greater control over themselves and analysis of their own actions. In addition, in team activities, emotion management, self-motivation and emotion recognition become important, and in individual activities, the general level of emotional intelligence and emotional awareness become important.

Implications and conclusion. In conclusion, we can add that in the samples studied by us, emotional and social intelligence develop spontaneously in athletes, but even under this condition they manifest themselves as essential personal resources. In this regard, it can be argued that the purposeful development of these types of intelligence, taking into account the specifics of the activity, will contribute to strengthening mental stability and increasing the effectiveness of activities.

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Информация об авторах / Information about the authors

Вероника Олеговна Пирожкова – аспирант, Кубанский государственный университет физической культуры, спорта и туризма; pirozhkova.veronika@mail.ru

Галина Борисовна Горская – д-р психол. наук, профессор Кубанского государственного университета физической культуры, спорта и туризма; gorskayagalina@mail.ru

Veronika Olegovna Pirozhkova – graduate student, Kuban State University of Physical Education, Sport and Tourism; pirozhkova.veronika@mail.ru

Galina Borisovna Gorskaya – Dr. Sc.(Psychology), Professor, Kuban State University of Physical Culture, Sports and Tourism; gorskayagalina@mail.ru

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