

SOCIAL COMPETENCE

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Social competence means having the ability to interact well with other people in different situations. It is about knowing how to communicate, understand others, and behave in a polite and positive way. Being socially competent helps us make friends, work in teams, solve problems with others, and build good relationships at school, at home, or in the workplace.

When we are socially competent, we know how to talk to people in a respectful and friendly way. We can listen carefully when someone is speaking, understand what they are saying, and respond in a way that shows we care. For example, if a classmate is feeling sad because they didn't do well in a test, a socially competent person doesn't ignore them or make fun of them but offers kind words or a helping hand.

Social competence also means being aware of social rules and behaving in a way that is appropriate for the situation. We know when to speak, when to listen, and how to take turns in a conversation. It helps us understand that different situations need different types of behavior. For example, the way we talk to our friends is different from how we talk to a teacher or a boss.

Another important part of social competence is solving conflicts peacefully. Instead of arguing, shouting, or blaming others, a socially competent person stays calm, listens to both sides, and tries to find a solution that works for everyone. This helps prevent fights and helps people stay friends.

Being socially competent also involves understanding other people's feelings. We can tell when someone is happy, sad, angry, or worried by looking at their facial expressions or listening to their tone of voice. This helps us respond in a kind way, which makes others feel valued and understood.

Having good social competence is important for success in life. It helps us work well in groups, get along with different kinds of people, and handle challenges without creating problems. People with strong social competence are

usually good at making friends, building trust, and leading others because they know how to communicate clearly and respectfully.

In simple words, social competence is about knowing how to behave, talk, and get along with others in a positive way. It helps us make friends, solve problems, understand people's feelings, and live happily with those around us.