

A comparative study in psychological burning among football referees and football referees of first class halls in southern zone

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Abstract:

Term of (Burnout) is being repeated in last years within sources of sports psychology which means (Burning) and it is a case of psychological & physical exhausting which may infect the athletics due to accumulating of emotion and entertainment and as a source for worry and fear to fail instead of desire to success, win and rising. Process of refereeing in football is a difficult mission the referee bears heavy loads and many troubles but he became delighted to practice it because the foundation of his practice of it is a pure hobby so he always seeks to a success in it through continuous work despite physical, technical and social obligations. The research aimed to know about differences in the phenomenon of psychological burning among football referees and football referees of first class halls in southern zone.

The researchers assumed that there are differences with moral guidance in the phenomenon of psychological burning among football referees and football referees of first class halls in southern zone.

The researchers had mentioned to the theoretical studies that contained of multiple researches related to the topic of the research. The researchers used the describing method by principle of

comparative studies due to is suitable for the problem of the research, The research sample was contained from (28) referees divided onto (14) football referees and (14) referees of first class halls after implementing measure of psychological burning on a sample of research the researchers did to find differences between the two groups by using the law of (T) for the independent samples. After that theses results has been previewed and analysis and discussed so the researchers reached to conclusions the most important of the is that there are no any moral differences between the groups of football referees and football referees of first class halls in southern zone.

As for the most important recommendations that there is a necessity to insert referees whether football referees and football referees of first class halls in southern zone. And would be supervised by psychological consultant for sake to instruct them about the psychological burning phenomenon and causing reasons so to insure their acknowledgment of this phenomenon in future.

Key words: psychological burning, football referees, first class halls

1-INTRODUCING THE RESEARCH:

1-1 Preface and importance of the research.

Psychology is to be considered of important sciences that needs study and big deepening due to is has big biological effecting on individuals , So it is a science which is so needful in last years especially in the sport field due to it has active effecting whether in training or competing some gave it priority in classification because it effects on the physiological sides of different body organs that do an active role in performance so it has been repeated in last years the term of (Burnout) within the terms of sport psychology which means (burning) where it is the status of physical and psychological exhausting that may infects the athletic due to accumulating of loads of ambition and entertainment and a source for worry and fear instead of desire in superiority , win and highness.

Refereeing process is to be considered a difficult mission the referee bears heavy loads and many troubles but he feels delighted to practice it because the basis of practicing is a pure hobby so he seeks always to success through continuous work despite it has physical , technical and social obligations and this the top of the evolution and success to reach top levels and big degrees.

So the occupation of referee is most occupations that being subjected to psychological stresses and these stresses by its turn causes psychological burning and the psychological burning leads to creating negative situations against others which would leads to a case of restless and self conflict and down fall of personal relations where it effects on the personality in all ad this effect would be more clear in the psychological and physical health and performance in work which will causes that the referee will not be able to do his role in complete that participate in his feeling to be disable and gloominess with exhausting effort leads to a case of exhausting and psychological exhausting the thing that will enforce him to performs with low than its required from him.

The football game and football for halls are most popular games in the world and the role of the referee would be considered very important in managing the wheel of the match and to lead it to the safe lands and this requires high physical and psychological effort where the nature of psychological stresses that are being faced by the referee whether they where from the audience or press or media means , competing teams or referee committee that he works with them gives and big importance to be studied, Due to its role in rising the level of referee occupation and developing it and to rise it to the required level which will make practice of this occupation clear of problems and to get rid of its negatives that which will maintain giving his value and respected status for the sport referee in the society.

Through what has been mentioned and in view of available scientific resources about this important psychological phenomenon so the importance of the current research shows clearly in dealing with one of the sport jobs that impacts on sport field and joins with others in showing level of matches by shining & honoring vision for any sports activity being practiced , from here the importance of the research come out to know the phenomenon of psychological burning of football referees and football referees of fist class halls in order to know the referees of any of these two games are more subjecting to the psychological burning other than others. For sake to reduce the severity of psychological burning in them through knowing the reasons that causes that caused their burning.

1-2 Problem of the research:

Few of people knows the size of big work that has been assigned on the shoulders of the referee whether before or after or during the match so he works under big stresses despite multi global and Arabic studies that took the phenomenon of psychological burning in the sport field but most of them (according to the acknowledgment limits of the two researchers) has not mentioned to the psychological burning of the sport referee especially foot bal referees and football referees of halls which may play an important role in leading the match and give it big beauty , through observation and private meeting for some of the referees and following by the researchers of the periodic and referees the problem of the research appeared that there are a number of referees does not continues in work due to being subjected for some psychological stresses or they may continue in their work with no acceptance about this work and then falling of their level of achievements, These stresses that are causing psychological burning varies by the difference of the game and its requirements which has pushed us to try to

explore about these differences in the phenomenon of psychological burning of them.

1-3 Goal of the research:

Identification on differences in the phenomenon of psychological burning among football referees and football referees of first class halls in southern zone.

1-4 Supposition of the research:

There are differences with moral guidance in the phenomenon of psychological burning among football referees and football referees of first class halls in southern zone.

1-5 Areas of research :

1.5.1 Human field: - football referees and football referees of first class halls in southern zone – republic of Iraq

1.5.2. Time field 1/2/2014-15/5/2015

1.5.3. Location field: Stadiums and halls of football in southern zone

2. METHOD OF RESEARCH AND ITS FIELD PROCEDURES:

2.1. Research method the two researchers used the describing method by principle of comparing due to its suitable for the research problem.

2.2. Society of the research and its sample:-

The society of the research has been formed from football referees and football referees of first class halls in southern zone (Basra – THI-QAR – Maisaan , Mothanna) and those who

had been really recorded in the union of the football federation who are (39) referees of football and (28) referees for halls football , but the sample of the research has been chosen by random method where (28) referees had been chosen with reality of (14) referees for football and (14) referees for first class halls and the table (A) represents some of the information about society and sample of the research.

Table (A) Indicates number of society and research sample

Number Province	Number of football referees		Number of referees of halls	
	Total number	Sample	Total number	Sample
Basra	11	4	9	3
THI-QAR	15	6	6	5
Maisaan	7	2	6	3
Muthanna	6	2	7	3
Total	39	14	28	14

2.-3- Research tool :

2-3-1 Psychological burning measurement of the sport referee:

The measurement has been designed by ROBERT Whiteburg and Biggi Richardson to measure the feeling of the sport referee in burning under title of burning in refereeing and it is a measurement being abstracted from list of (Masilas) of burning and has been translated to Arabic Mohammed Hasan Alawi, The measurement includes (15) phrases the referee answers on the item of the measurement according to seven substitutes (never implemented on me , implements on me very little , implements on me little ,implements of me middle , implements on me with large size, implements on me with very large size , totally implements on me) the degrees from (1 – 7) is being given respectively except items (11.7.5) where their degrees is to be counted reversely. As much the total referee degree comes close from (105) it means he reached the degree of burning appendix (1)

2-3-2 Scientific specifications of the measurement

2-3-2-1 Credibility of the measurement:

The two researchers had depended on measurement outward credibility and that a group of specialists to evaluate the validity of the measurement to measure the mark that it has been made for it , so the researchers did showed the measurement on a group of specialists appendix (2) in the field of sport psychology and football to go over the items of the measurement and to indicate how far is the validity and after collecting the forms from the specialists those forms has been emptied by the two researchers where the ratio of the agreement (100%)

2-3-2-2- Measurement Stability:

The tool would be considered stable if it gives same results if measures the phenomenon for several times where the method of measurement stability through retesting is most used methods in finding stability factors and most common and for sake to get of measurement stability the researchers has divided the measurement on a sample consisted of (8) referees from those who do periodic first class football teams and football for the halls and not from oral test sample then the same test repeated after two weeks from the first test on same sample after collecting the data they had been treated statistically by using the factors of simple connecting and the value of (R) 0.91 and this proofs that there is high connection and then excitant of stable factor of the measurement .

2-4 Statistical means:-

The following statistical treatments had been used:-

1. Accountant media
2. standard deviation
3. difference factors

4. simple connection factors
5. T Test for independent samples

3-PREVIEW RESULTS ANALYSIS & DISCUSSING THEM:

3-1 Preview and analysis the results of psychological burning measurement

3-1-1 Among football referees and football referees of halls

Table (2) Shows the differences in psychological burning among football referees and football referees of first class halls in southern zone

Treatments Changes	Football Referees		Football Referees of halls		Value of T		Statistical guidance
	S	+/- A	S	+/- A	Accounted	Table	
Psychological burning	45.21	11.15	49.66	7.41	1.199	2.06	Non moral

Value of (T) table at degree freedom (26) and the level of guidance (0.05) is (2.06)

Table (2) indicates the accountant middle and standard deviations and value of (T) accounted in the measurement of psychological burning of football referees and football referees of halls in the southern zone, results showed that then accountant middle of the group of football referees where (45.21) with standard deviation (11.15) but the accountant middle of the group of referees of halls where (49.66) with standard deviation (7.41) but the value of (T) accounted where (1.199) which is less than (T) table value of (2.06) with freedom degree (26) and below level guidance of (0.05) and this proofs that there are no any moral differences among football referees and football referees of halls in the psychological burning.

3.2 Discuss the results:

It is clear from the table (4) that there are no any moral differences in the results of the measurement of psychological burning among football referees and football referees of halls in the southern zone the researchers justifies that it belongs to the good preparation and programmed training by the referees whether football referees or football referees of halls to reach by their selves to high level of physical fullness that enables them to good performance along the time of match as well as big desire by referees for this job and their love to it also the personal experience of those referees and their understanding of the items of the international law in managing the match and how to deal with the players in good manner as well as the exchanged cooperation between the referee and his associates in leading the match has caused not excitant of phenomenon of psychological burning for them ... and this is what has been mentioned by AMAL ALI SALOOMI (2000) that the control on the burning requires from the athletics that they are aware of resisting against the burning where it is possible that they will analysis with constructive form and conveys their feelings to the others and by that they are reducing the burning . defined steps that leads to reduce the burning, The athletic or the referee can learn principles of psychological stress and get benefits by close examination, relaxing and others also knowing stresses is the side that enable the athletic to reduce traces of burning also that the best technique for the athletic is to identify on the problem and bearing it as much as he can then reducing it and then removing it.

4. RECOMMENDATIONS AND CONCLUSIONS

4-1:- Conclusions:

No existent of moral differences between the two research groups of referees of football and football referees of halls of first class in southern zone.

4-2: Recommendations:-

Basing on the results of the research the two researchers recommends by the following:

1. participating referees whether football referees or football referees of halls in courses related to psychological sides and under supervision of psychological specialist for sake to let them know about the phenomenon of psychological burning and causes so that to ensure their acknowledgment of the phenomenon in future .
2. Rising the level of the physical fitness of the referees to stop phenomenon of physical psychological exhausting which impacts on his performance during the matches
3. providing financial and moral support for the referees who suffers from psychological burning symptoms
4. Making researches and implementing similar studies treats the phenomenon of psychological burning or any other psychological variable.

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APPENDIX (1)

In the name of ALLAH the compassionate the merciful

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Referendum form of validity of measurement of psychological burning of the sport referee

You're Excellency..... respected

The two researchers like to do their labeled research (A comparative study in psychological burning among football referees and football referees of first class halls in southern zone) and regarding of your experience and scientific acknowledgement in this field so please Indicate how far is the validity of measurement, for knowing that the measurement has been designed by Robert Weinberg and Baggy Richardson to measure the feeling of the sport referee with the burning under title of officiating Burnout and has been translated to Arabic by MOHAMMED HASAN ALAWI and the measurement includes (15) phrases the referee will answers on measurement items according to seven substitutes - (never implemented on me , implements on me very little, implements on me little, implements of me middle, implements on me with large size, implements on me with very large size, totally implements on me) the degrees from (1 – 7) is being given respectively except items (11.7.5) where their degrees is to be counted reversely.

Thank you for your cooperation with us

Fit for	Not fit for	Needs modification

Name and Scientific title:

Specialization:-

Work location:-

Date:-

Signature:-

Researchers

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No	Terms	Never apply	Apply very low	Apply low	Apply middle	Apply largely	Apply very big	Apply totally
1	I feels from high stresses due to refereeing							
2	I almost feel tired when awakening from sleep in morning in days I am going to referee							
3	I feel I treat players and coaches hardly							
4	I feel I doing hard to things that needs low effort							
5	I feel that I achieved good results during my work in sport refereeing							
6	When doing my refereeing I found dealing with players and coaches causes me more stress							
7	I feel high degree of activity and vitality during refereeing							
8	It bothers me that refereeing causes me more nerve stress							
9	Dealing with coaches and players who disrespect referee causes me more tension							
10	I feel frustrated as result of my work in sport refereeing							
11	I feel that I participate in progress of players through my refereeing							
12	I feel as I am burning as a result of my work in the field of sport refereeing							
13	I feel that I am more brutal with people since I started in work as sport referee							
14	I feel total stress after my finishing refereeing sport match							