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Mohammed Salman Shabeeb Al-Noori

Mustansiriya University,
College of Science, Baghdad, Iraq

Ali Saleh Mahdi Al-Ogaili

Mustansiriya University,
College of Physical Education
and Sport Science, Baghdad,
Iraq

Referees psychological resilience and its impact on their performance in the Premier League

Mohammed Salman Shabeeb Al-Noori and Ali Saleh Mahdi Al-Ogaili

Abstract

Psychological immunity is one of the important concepts that have emerged recently in the science of positive psychology as a set of personality traits that make an individual able to withstand the effects of psychological stress and psychological exhaustion and resist the resulting feelings, feelings and thoughts that make him safe from what his peers are experiencing from those who have encountered the same the importance lies in the study of psychological immunity and its relationship to the performance level of Premier League referees in football, in order to be a step in achieving the development of referees and raising their levels in the future. The current research aimed to identify the level of psychological immunity and the level of performance in matches for the referees of the Iraqi premier football league for the 2022-2023 season. The researcher used the descriptive approach in the manner of mutual relations and through the results, the researcher concluded that the football referees of the Iraqi Premier League for the 2022-2023 season are characterized by a high level of psychological immunity in matches. The researcher recommended the adoption of the psychological immunity measurement from the referees committee as an indicator of the accreditation of referees in the Iraqi Premier League in football and for the purpose of standing on their psychological readiness.

Keywords: Psychological immunity, performance level, football referees, Premier League

1. Introduction

psychological immunity is one of the important concepts that have emerged recently in the science of positive psychology as a set of personality traits that make an individual able to withstand the effects of psychological stress and psychological exhaustion and resist the resulting feelings, feelings and thoughts that make him safe from what his peers suffer who faced the same circumstances (Suaid, 2016: 13) ^[12], psychological immunity is concerned with healthy individuals before it is concerned with individuals suffering from all kinds of disorders in order to provide them with tools and equipment in the face of these disorders and their causes, because psychological immunity employs the abilities of individuals and their energies in overcoming life's difficulties, so workers in the sports field began to pay attention to the psychological aspects physical, Physical, Planning and skill aspects in the construction and preparation of the athlete, as one of the important means and the basis for promoting the achieved progress. The football referee does not live in isolation away from society, but his existence is linked to others and the changes that occur in the surrounding environment, so the difficulties and problems that require effective change of the attitudes to which he is exposed and determine his behaviors towards how to deal with these events. Therefore, the researcher deliberately studied the psychological immunity and its relationship to the performance level of Premier League referees in football in order to be a step in achieving the development of referees and raising their levels in the future.

2. The research problem

Football referees are exposed to great pressure and multiple difficult situations, whether in the same match as a result of objections by the players, the technical area, or from the fans present at the match on a continuous basis, which gradually leads him to drain his energy and weaken his ability to resist and confront, and as a result, his psychological immunity decreases. Through the researcher, being one of the international referees and through his leadership of

Corresponding Author:

Mohammed Salman Shabeeb Al-Noori

Mustansiriya University,
College of Science, Baghdad, Iraq

the matches or following them, he was able to identify the obvious weakness of the referees those concerned in the field of Arbitration (the referees committee) are only interested in the physical and cognitive aspects of the adoption of The rulers and the assignment of duties to them with their neglect of the psychological aspect of governance, especially psychological immunity, as it is supposed to be the most important characteristic of governance.

3. Research objectives

1-identification of the level of psychological immunity and the level of performance in matches for the referees of the Iraqi Premier League in football for the 2022-2023 season.

2-identify the percentage of psychological immunity contribution to the level of performance of the referees of the Iraqi Premier League in football for the 2022-2023 season.

4. Areas of research

1. The human Field: the referees of the Iraqi premier football league for the 2022-2023 season.
2. Time domain: duration from 18/7/2022 to 7/8/2022.
3. Spatial field: referees training ground, Ministry of youth sports.

5. Research methodology and field procedures

5.1 Research methodology

It is known that each research has its own approach taken by researchers in order to reach scientific facts, since the nature of the problem is the basis in light of the choice of the study method, so the researcher used the descriptive approach in the method of interrelation (associative studies).

5.2 Research sample

The research sample consists of referees working in the Iraqi Premier League in football for the 2022-2023 season, where the researcher selected (57) referees distributed according to the intentional method to (7) referees for the purpose of conducting an exploratory experiment and (50) referees for the main experiment sample, which are the referees who lead more than five matches per season, the sample constitutes 30.67% of the community of origin.

6. Means of collecting information, devices and tools used:

6.1 means used

- From Arabic and foreign sources.
- The process of observation and experimentation.
- The International Information Network (the internet).
- Conducting field visits to collect information.

6.2 Devices and tools used

- The scale of psychological immunity.
- Set a stopwatch to recognize the time it takes to answer the paragraphs of the scale.
- Here is a personal computer (laptop) type (Acer), Chinese-made.
- It's a football field.
- The camera number is (1) Nikon type.
- Take a sheet of paper and a pen.
- An electronic calculator of some kind.

7. Field research procedures

7.1 Psychological immunity

The researcher used the psychological immunity scale, which was prepared by Afrah Latif 2018, and this scale is suitable to know the psychological immunity of the research sample, and

the scale consists of (47) paragraphs distributed over three areas (beliefs, implementation, ethics and control, self-regulation) and (20) negative paragraphs that carry the sequence (1, 4, 6, 8, 10, 12, 14, 20, 22, 25, 29, 31, 33, 35, 38, 43, 45, 47) as for the rest of the paragraphs, they were positive and included alternatives to the answer on the five-step scale (Applies to me completely, applies to me to a large degree, applies to me to an average degree, does not apply to me, does not apply to me at all) and the response scores ranged between (1-5) degrees for positive paragraphs and vice versa The maximum degree of the scale is (235) degrees, the minimum degree is (47) degrees and the theoretical average is (141) degrees.

7.2 Judges evaluation form

The researcher used the form for evaluating the performance of referees, which has been approved by the Asian Football Confederation and FIFA since 2000, and which has been approved by the central Iraqi Football Federation for the season (2004-2005) until now.

The evaluation process is carried out by a person called (referees evaluator) who has experience in the field of refereeing (any former international referee) as well as some of them are a lecturer accredited by the Asian Football Confederation, and this grade is approved for each referee during the performance of referees (sample members) according to the matches for each referee and the evaluation was done on the Premier League matches and through this form, the referee may get the lowest score (zero) and the highest score (10).

He form is divided into two parts, one for the referee of the arena, and another part for the assistant referees, each with a special evaluation score, and at the end of the evaluation, the evaluator submits his suggestions to develop the performance level of the referee and assistant referees.

As for the fourth referee, advice and guidance, if any, are provided to him, as well as the negatives and positives by the (referees' evaluator).

When evaluating, reference is given to the grade that the referees deserve. The evaluation is about the correctness of the decision, the physical fitness of the assistant referee, the appropriate reaction, agility, attitudes and accuracy in making decisions. the grade depends on how difficult and easy the game is, after that suggestions and advice are provided to the referee and the first and second assistant and they are talked to face to face to indicate the pros and cons of each of them. The evaluation process is carried out by three evaluators accredited by the central Iraqi Football Federation (*) in order to achieve positivity in the evaluation through the consistency of the referees.

8. Exploratory experience

The researcher conducted the survey experiment of the psychological immunity scale on Saturday (12/5/2022) at the stadium of referees and national teams at the Ministry of youth and sports on the survey sample, numbering (7) referees.

The sample showed the clarity of the instructions, the ease of understanding the paragraphs and their clarity, and the researcher and the assistant team did not face any obstacles or negatives.

9. Main experience

The researcher, with the help of the assistant work team (*), applied the test and metrics to the 50 referees of the

application sample working in the Iraqi premier football league for the 2022-2023 season for the period from Tuesday, 16/5/2022 until Monday, 5/6/2022.

10. Statistical methods

The researcher used the statistical bag (spss) to obtain the following:

Table 1: The statistical description of the sample shows the application of the psychometric immunity scale and the hypothetical medium.

Type difference	Real significant	Value T	Lowest degree	Highest degree	Torsion	Standard deviation	Arithmetic mean	Variables
Moral	0.000	22.45	101.3	139.2	-0.124-	8.754	118.25	Psychological immunity
84						The hypothetical middle		

Table (1) shows the arithmetic mean achieved and the standard deviation of the total psychological immunity level of the referees of the Premier Football League for the 2022-2023 season, where the arithmetic mean reached the total psychological immunity (118.25), the standard deviation reached (8.754) and the torsion coefficient reached (-0.124-) and the highest score obtained by the research sample was (139.2) and the lowest score (101.3).

We arrive through the results of the (t) test and when comparing the achieved arithmetic mean and the hypothetical mean of the test of (84), that there are significant differences in favor of the arithmetic mean at the expense of the hypothetical mean, the moral value reached (0.000), which is smaller than the indicative level (0.05), as well as that the arithmetic mean is larger than the hypothetical, which indicates that the referees have an integrated psychological immunity with a study.

And a study the researcher attributes this to an increase in psychological immunity that enables individuals to continue and overcome difficulties to achieve success, and the researcher attributes this to the level of physical fitness

Table 2: Shows the coefficient of partial correlation and the percentage of contribution of psychological immunity to the level of performance of referees

Real significant	Calculated value f	Standard error of estimation	Adjusted contribution ratio	Contribution ratio	Correlation coefficient	Standard deviation	Arithmetic mean	Variables
0.032	4.865	0.213	0.099	0.182	0.348	8.754	118.25	Psychological immunity
						0.1222	7.243	Performance level
Is significant at a significance level of 0.05					The type of difference			

The results show that there is a correlation between psychological immunity and the level of performance of the referees of the Iraqi Premier League in football for the 2022-2023 season, as the correlation coefficient reached (0.348) with a real morale of (0.032), which is smaller than the indicative level (0.05), to prove to us the existence of the relationship, and with a contribution percentage of (0.099).

The researcher points out that this relationship indicates that psychological immunity may be an auxiliary factor in achieving the achievement and goals that referees aspire to achieve, and this is due to direct contact with players, coaches and even the public, which poses great pressures on referees, which are mostly negative, psychological immunity is one of the important factors that help referees in controlling their psychological state, and that the ideal performance of the referee is achieved through the development of his many mental skills in order to face the problems that confront him before, during and after leading matches to reach his goals of better performance by achieving justice and maintaining the safety of players and his contribution to giving pleasure For

10.1 Presentation, analysis and discussion of results

10.2 Presentation of the statistical description of the measure of psychological immunity and the level of the sample in it

The researcher presents in Table (1) the statistical description of the sample data for the total psychological immunity scale, verification of the test morale and identification of the sample level through the hypothetical medium.

possessed by the referee and the best evidence of this is the passing of referees to international tests despite updating and changing these tests in addition, referees rely on themselves in training and preparation for both Tests and matches.

The researcher believes that the high level of psychological immunity among referees is due to their high responsibility in leading the matches and staying away from the competition between the two teams in the match. Their goal is not to win one of the teams, but the goals of the referees are to achieve justice and equality between the two teams and maintain the safety of the players. In addition, the competition should be fun for the players and show the game in the most beautiful way and the most enjoyable for viewers.

11. Presentation of the results of the relationship, the percentage of the contribution of psychological immunity and the level of performance, their analysis and discussion

The researcher presents the correlation coefficient and the results of the contribution ratio between psychological immunity and the performance level of the judges, and Table (2) shows this.

followers.

12. Conclusions and recommendations

12.1 conclusions

Through the study procedures and the results of statistical research of the data, the researcher came to the following conclusions:

1. The football referees of the Iraqi Premier League for the 2022-2023 season distinguished a high level of psychological immunity in matches.
2. The performance level of the referees in the Iraqi premier football league for the 2022-2023 season has been recognized.
3. The results show that there is a correlation between psychological immunity and the level of performance of the referees of the Iraqi Premier League in football with a good percentage.

12.2 Recommendations

Based on the conclusions reached by the researcher, the

following recommendations were developed:-

1. Approval of the psychological immunity measurement from the referees committee as an indicator of the accreditation of referees in the Iraqi premier football league and for the purpose of determining their psychological readiness.
2. The need to adopt psychological variables when selecting referees or accepting them in the initial courses.
3. The need to research the psychological aspects of the referees of the Iraqi Premier League in football.

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