

## Barriers to work in the field of weight lifting

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### Abstract

The purpose of this research is to identify the most important obstacles facing the arbitration process in weight lifting. The researcher used the descriptive method. The most important tools were the questionnaire and the personal interview. The research sample reached 52 referees from weightlifting rulers. The most important results were that there are some obstacles related to (Federation, place, players, coaches, Adrienne, the public, the media).

This study shows that there is a weakness in the material return to the weight lifting referees. There are also some administrative problems related to the courses of polishing and the knowledge they have. There are also some problems related to the lack of actual participations in major tournaments. In light of the discussion of these results, the researcher reached a model to help overcome these obstacles that hinder the work in the field of weightlifting arbitration.

**Keywords:** weightlifting; Sports referee; Sport management

### Introduction and Research Problem:

Most countries seek to prepare sports cadres and develop their level to reach the sports movement to the higher levels, where sports, especially the sport of higher levels, become a mirror of peoples and a guide to civilization and development. Only through the concerted efforts of officials and workers in the field of administrators, trainers, players

and referees to reach different sports to higher levels.

Egypt is now taking great strides towards developing the level of sport and upgrading the sports movement to reach the upper levels by paying attention to developing the level of sports workers from trainers, administrators, referees and players.

Therefore, it has become difficult for all to achieve civilization progress only

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through the use of scientific methods, and every day is witnessing rapid development in the field of sports and this must be accompanied by this development how to prepare and refinement of the athlete so that access to the individual to the highest levels of sports, Mathematical excellence is one of the indicators of the intellectual and scientific advancement of society. (Amr EL-Gammal,1999,p.18)

The sports competition is considered a manifestation of sports activity, which requires the need to mobilize the athlete to the maximum physical abilities, skill and mental and psychological to achieve the best possible level, and the sport of weightlifting is one of competitive sports individual, which has seen remarkable scientific progress in the world.

Therefore, arbitration is the foundation that assesses the ongoing and continuous efforts of all workers in the field of sports and plans on the basis of the policies towards upgrading in various competitions to the highest levels, whether the individual or team. (Mohamed Khaled,1997,p.24)

The researcher believes that the process of arbitration is an educational process that depends on the success of the sports activity to a large extent on the success of the referee in the management of the games, and all the international federations without exception has assessed the referee and considered it more worthy of honor made him the first to enter the stadium or take care of this in itself an appreciation of the role of governance in the educational process The coaches, administrators, players, or officials of the team may intentionally take non-educational actions such as protesting against the referee or pronouncing words that are inappropriate for educators, and that would prejudice the sanctity of the government. All this requires the referee to act wisely to ensure the success of the Match or reach them to safety.

There is no doubt that the process of arbitration has the greatest impact in upgrading the level of the game because the referee is one of the basic elements of any game like the coach and administrative and player and

this is the box on which any game is built. (Federation, 1992, p.23)

Sports refereeing is one of the main pillars of weightlifting in particular. The burden of the referee is very heavy. The number of valid attempts gives the player six attempts (three attempts to snatch and three attempts to clean and jerk) and serious knowledge of the rule gives him the ability to make the right decision in the judgment on the validity of highness through the proper application of the law of the game in addition to the correct technical knowledge of the performance of the movement.

And through the work of the researcher as a trainer and a teacher of weightlifting at the Faculty of Physical Education Assiut University, and his interest in the presence of the competitions organized by the Egyptian Weightlifting Federation and his attendance of the training and administrative programs held by the Union, and through conducting some personal interviews with many of the referees noted that there are some problems and obstacles

that The arbitration process and work within the Egyptian Weightlifting Federation, which called for attention to identify the most important problems that hinder the process of arbitration in the sport of weight lifting so as to be able to create a climate that allows the rulers to perform well and thus lead to the upgrade The level of weight lifting.

**Search aims:**

**A proposed model for the development of work in the field of weight lifting arbitration.**

**Search questions:**

1- What are the constraints related to (union, place, players, coaches, management, the public, the media)?

**Terms used in the search:**

**Referee:**

Is the athlete who has passed the arbitration tests and has been registered in the referees' lists of the concerned federation and is practicing the arbitration. (Federation, 1992, p. 102)

**Arbitration:**

A letter or task for the implementation of the law within the limits of the powers vested in judging competitors

in a particular place and time.  
(Mohamed,2009,p.16)

**Research Plan and Procedures:**

The researcher used the descriptive method (survey studies) for the occasion and nature of the research.

**Community and Sample Search:**

The researcher randomly selected the sample where the sample reached (52) of the referees registered in the Egyptian Union for weight lifting in the 2017/2018 season.

**Data collection tools:**

**Questionnaire:**

**1- Determining the axes of the questionnaire:**

The researcher prepared a questionnaire to collect the data in question from the referee's sample to identify the obstacles of work in the field of weightlifting arbitration through personal interview and access to books and scientific references and previous studies and to learn about the rules governing the game. To provide an opinion on the proposed axes. Table (1) shows the percentage of opinions of experts on the subject of the questionnaire.

**Table (1)  
The percentage of consensus of experts on the themes of the questionnaire (N=10)**

Serial	Axles	Ok	Not agree	Percentage %
1	Constraints of the game	10	0	100
2	Constraints of the place of competition	8	2	80
3	Obstacles of players	9	1	90
4	Constraints of the coach and the administrator	10	0	100
5	Public Obstacles	9	1	90
6	Media Obstacles	8	2	80
7	Technical and functional obstacles	2	8	20

It is clear from Table (1) that the percentage of experts'

agreement on the suitable axis ranged from (20%: 100%). The

researcher accepted 70% or more to accept the axis and all axes were accepted except for the excluded axis 7.

**2. Formulation of the questionnaire:**

The researcher has formulated the phrases that measure these axes. In formulating the questionnaire,

the researcher took care to be easy, simple and understandable, and then presented to the expert experts in (Annex 1) to find out the appropriate wording of the terms and their adequacy for the axes used. Table (2) Experts in the terms of the questionnaire.

**Table (2)  
Experts in the terms of the questionnaire (N=10)**

Constraints of the game		Constraints of the place of competition		Obstacles of players		Constraints of the coach and the administrator		Public Obstacles		Media Obstacles	
Phrase	%	Phrase	%	Phrase	%	Phrase	%	Phrase	%	Phrase	%
1	90	1	100	1	80	1	100	1	90	1	90
2	80	2	100	2	100	2	100	2	100	2	90
3	90	3	90	3	100	3	90	3	90	3	90
4	100	4	50*	4	100	4	100	4	100	4	90
5	100	5	100	5	90	5	90	5	100	5	60*
6	90	6	90	6	90	6	90	6	100	6	100
7	80	7	80	7	90	7	90	7	60*	7	80
8	90	8	90	8	90	8	90	8	60*	8	60*
9	60*	9	100	9	100	9	100	9	80	9	100
10	100	10	90	10	100	10	50*	10	70	10	90
11	90			11	50*	11	90				
12	90			12	60*						
13	50*										
14	100										
15	100										
16	60*										

\*Excluded phrases

Table (2) shows that the percentage of the experts' response to the terms of the survey axes ranged from (50%: 100%). The researcher agreed

to accept the phrases that obtained 70% of the approval of the experts

**Survey Study:**

The researcher conducted an exploratory study on a sample of weight lifting referees from the research community and outside the basic sample (15) in the period from 2/1/2018 to 17/1/2018. The researcher benefited from the application of the exploratory study in the following:

- 1- Ensure the validity and consistency of the questionnaire.
- 2- the time of application of the questionnaire on the research sample.

1. Identify the difficulties that may face the sample during the application.

**Scientific transactions of data collection tools:**

**The questionnaire is valid:**

The researcher used the validity of internal consistency by calculating the correlation coefficient between the degree of the term and the sum of the axis to which it belongs. Table (3) illustrates this.

**Table (3)  
Correlation coefficients between the scores of each axis and the total score of the axes (N=15)**

Constraints of the game		Constraints of the place of competition		Obstacles of players		Constraints of the coach and the administrator		Public Obstacles		Media Obstacles	
Phrase	Correlation	Phrase	Correlation	Phrase	Correlation	Phrase	Correlation	Phrase	Correlation	Phrase	Correlation
1	.713	1	.887	1	.791	1	.763	1	.871	1	.977
2	.907	2	.891	2	.494	2	.877	2	.877	2	.773
3	.921	3	.998	3	.893	3	.899	3	.917	3	.843
4	.908	4	.877	4	.803	4	.817	4	.871	4	.799
5	.837	5	.880	5	.771	5	.797	5	.778	5	.908
6	.797	6	.911	6	.811	6	.947	6	.970	6	.727
7	.904	7	.884	7	.888	7	.727	7	.897	7	.944
8	.989	8	.787	8	.937	8	.899	8	.871	8	.791
9	.904	9	.880	9	.837	9	.763				
10	.763			10	.899	10	.727				
11	.870										
12	.908										
13	.837										

\* The t value of the R-table at the level of significance (0.05) = 0.482 which is statistically significant at (0.05) where the calculated value (t) is greater than the value of (t) To the validity of the questionnaire.

**Table (4)**  
**That the correlation coefficients between the total degree of the axis and the total (N=15)**

Serial	Axles	Arithmetic average	standard deviation	Coefficient of correlation
1	Constraints of the game	20.4	5.691	0.921
2	Constraints of the place of competition	15.9	3.954	0.898
3	Obstacles of players	23.6	4.852	0.972
4	Constraints of the coach and the administrator	22.4	4.733	0.975
5	Public Obstacles	19.3	3.221	0.907
6	Media Obstacles	17.5	2.587	0.952

\* The t value of the R-table at the level of significance (0.05) = 0.482

Table (4) shows that the correlation coefficients between the total degree of the axis and the total score of the questionnaire ranged from (0.898: 0.975), which is statistically significant at (0.05). The value of (t) the questionnaire was certified.

The researcher used two methods to calculate the stability of the questionnaire. The equation is used to explain the general logic of the probabilities of the test, Table (5) shows the stability coefficient.

**Stability of the questionnaire:**

**Table (5)**  
**Stability coefficient (N=15)**

Serial	Axles	Alpha Cronbach
1	Constraints of the game	0.764
2	Constraints of the place of competition	0.789
3	Obstacles of players	0.771
4	Constraints of the coach and the administrator	0.772
5	Public Obstacles	0.797
6	Media Obstacles	0.803

\* The t value of the R-table at the level of significance (0.05) = 0.482

Table (5) shows that the variables of the questionnaire have good statistical characteristics with a statistical function at (0.05) indicating a high degree of stability of the questionnaire as a whole and a discussion of the sample under study. Circulation of results.

#### **Application on the base sample:**

After the confirmation of the scientific transactions of the questionnaire and the data collection tools are ready to be applied to the basic sample facility (3) and applied to the basic sample in the period from 25/1/2018 to 28/2/2018.

#### **View, interpret and discuss results:**

The researcher calculated the estimated score, the percentage of each statement separately, and the calculation of the total sum of the percentage axis, and the following tables illustrate this.

1- The first axis: the obstacles associated with weight lifting federation, Consideration of the axis of constraints associated with the Egyptian Weightlifting Federation Table (6)

Table (6) shows that the percentage of the sample

responses on the first axis expressions related to the union ranged from (34.62%: 81.41%) while the percentage of total axis was (55.47%). The phrases (2, 11, 13) Which is more than 70%, indicating that the Egyptian Federation is seeking good planning for competitions and competitions for weightlifting and technical committees, while the rest of the phrases got low percentages, which indicate that there is no clear policy for the selection of referees and that there are no periodic meetings between the Higher Technical Committee of the referees And sub-committees, as well as the absence of periodic tests by governors The Union also does not provide advanced studies in the field of arbitration, the lack of support for the rulers from the social and financial aspects and the provision of appropriate transportation allowance, and there are difficulties in approving letters of assignment from work to arbitrate tournaments.

The researcher agrees with the study of **Mostafa Antar** (2017), (10), **Alaeddin Mohamed Sayed** (2013), (5)



to the need to provide adequate support to weightlifting referees and the Federation Al-Masri for Weightlifting Conduct periodic tests of the old rulers and the accession of the new rulers.

The study of **Hessem Saleh Abdul Jawad** (2012), (14) also points to the need to provide the necessary means and the material return of the rulers so that the referee can play a full course towards the competition or game he runs.

2- The second axis: the obstacles associated with the place of competition, consideration of the annex Table (7):

Table (7) shows that the percentage of the sample responses on the second axis expressions were between (41.03%: 89.10%) and the percentage of the total axis (61.54%). The phrases (3, 5, 7) In excess of 70%, which indicate the availability of security and safety factors in the organization of tournaments and that the devices used in the tournaments are valid, and a specialist doctor is available during the sports tournaments, while the rest of the terms

obtained low rates that indicate that the Egyptian Weightlifting Federation does not have enough plan For the development and establishment of specialized halls for weight lifting and thus no available technicians China for the maintenance of hardware and tools, and the lack of specialized places for rulers to change their clothes and their personal needs during tournaments, it also results indicate the lack of a good place for players and the lack of means of transport sufficient rulers to move to the place of the tournament.

In the past, the researcher concludes that the related obstacles related to the lack of a good place for warmers for players and the absence of a place for the presence of referees before and after the tournament and that the Federation does not have the plan to develop and develop specialized halls in weightlifting.

The results of this study agree with the study of Nasser Issa (2007), (4) that among the obstacles of the game is not enough attention to the place of practice and the venue of the

tournaments and will be available enough vision for the Union to develop halls related to weightlifting championships. **3-** The third axis: the obstacles associated with the players, and consider the schedule Annex (8):

Table (8) shows that the percentage of the sample responses on the third axis expressions related to the players ranged from (55.13%: 93.59%) while the whole axis scored 79.04%. The results showed that among the obstacles that affect the players in the arbitration Some of the behavioral problems of the players during the tournaments were 93.59%, while the least experienced the lack of experience of the players did not have a role in raising the public against the referee by 55.13%, and the results indicate that the objections of the players on the decisions of the referees, and indicates that the lack of personal experience Have a role in influencing the relationship with the rulers.

The researcher sees that these obstacles associated with the players are considered to have a role in the reluctance of the referees to participate in the

weight lifting arbitration, but the researcher believes that the referee must work under pressure and the constant search for knowledge and positive information that help him to make the appropriate decision and agree with the study of **Ahmed Fathi Ali** (2006), (2) that the referee must have self-confidence and has the ability to manage matches through psychological stability and sound emotional balance.

As the study of **Katie** (2010) ,(17) indicates the need to build training programs and refinement of the referees how to deal with the public and players and how to avoid any consequences that negatively affect the decision of the referee and thus will reflect negatively on the outcome of the game, which runs both in individual competitions or group competitions.

**4-** Axis IV: obstacles associated with the coach and administrative, and consider the schedule Annex (9):

Table (9) shows that the percentage of the responses of the sample around the fourth axis expressions, the obstacles related to the trainer and the

administrative ranged between (42.95%: 92.31%) and the axis as a whole 74.74% where the results indicate that the disabled may affect the referee. Ruling decisions, which raises players with the referees, there are some problems in some of the coaches prevent them from committing to the game, while the least influential is the process of encouraging trainers or administrators to constantly challenge the rulers.

ds that the obstacles shown by the results indicate the existence of some technical and behavioral problems by some technical and administrative bodies during the course of the tournament, but not the maximum obstacles that prevent the entry of referees to discuss the right decision and clarify the legal opinion of the validity of the high or the lack of validity, The rulers have to be able to balance the psychological.

Therefore, the results of the present study with the study of **Peter** (2010), (15) agree on the need for sound discussion in the case of error in the decision and clarify the sound point of view without allowing the infringement of popular and

will not come only through full knowledge of the innovations of the law governing the game.

**5- Axis 5: Obstacles related to the public, and consider the schedule of Annex (10):**

Table (10) shows that the percentage of the sample responses around the fifth axis expressions related to the audience ranged from (52.56%: 100%) while the axis as a whole was 77.32%. The expression (5) was 100% The referees' decisions helped to manage the tournament in a positive way. Among the obstacles were the lack of public understanding of some of the rules of the game, as well as the low level of the tournament and the level of players.

Therefore, the researcher sees the need to develop a set of controls to enter to participate in weightlifting competitions, as the researcher sees the need to confront public pressure and the ability to manage the tournament to the extent appropriate to achieve some kind of job satisfaction on performance.

**Penman** (2001), (16) suggests that the process of confrontation with the public

helps to build the leadership personality of the rulers, which contributes to the development of balance and ability in the confrontation and away from psychological combustion during arbitration in various tournaments.

**Mostafa Kamal Mahmoud, Mohamed Hossam El Din** (1999), (12) says that the referee is able to control the game and the players with his fairness, respect for his personality, his confidence in himself, his interaction with the players and coaches, and his control over his behavior and behavior as a result of his psychological preparation. My soul is seeking to achieve it.

**Mohammed Hassan Allawi** (1992), (7) emphasizes that sports competitions require the use of the individual to maximize his strength and mental, physical and artistic abilities to try to record the best possible level. This is considered one of the most important characteristics of practicing sports activity, which affects the personality of the individual positively and contributes to the development of many Of its characteristics and its psychological and

personal characteristics in order to benefit the high level of the athlete.

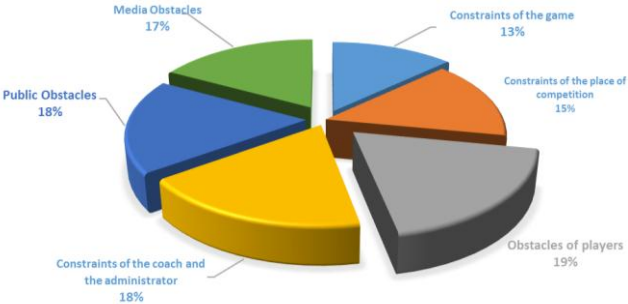
**6. Sixth axis:** Obstacles associated with the media, and consideration of the schedule of Annex (11):

Table (11) shows that the percentage of responses of the sample on the sixth axis expressions related to the means of media ranged between (33.33%: 98.8%) while the axis as a whole was 71.39% where the results indicated some obstacles. (98.8%). The results indicate that there are a number of different obstacles, namely, the lack of media coverage of weightlifting championships, and some newspapers and areas for weightlifting championships in a negative manner. Coordination between the authorities Various confidential Supreme Committee for the referees to make a recording of games and work analysis to perform the referees.

These results are consistent with the results of the study of **Mostafa Antar** (2017), (10) to the existence of some information problems in the Egyptian Weightlifting

Union, which prevents the development of the game in all technical and administrative aspects and consequently negatively affect the development of the Egyptian Weightlifting Federation in light of the variables of TQM. At the end of the answer to the questions related to research, the researcher can reach the most obstacles related to the field

of arbitration to lift weights according to the results of the views of the sample on the axes, phrases of the current study, and is illustrated in the following:



**Degree of impact of constraints separately Form (1)**

**Research conclusions:**

- 1- There are some obstacles to the law, especially towards new players and young people.
- 2- that there are some problems facing the referees related to the lack of awareness of the public and after the coaches.
- 3- There are some obstacles through the handling and

analysis of weightlifting championships in the wrong way.

There is a problem in the material support provided to the rulers.

- 4- Lack of weightlifting competitions during the sports season.

**Search recommendations:**

- 1- The need to give support to the referees during the competitions and tournaments.

2- Activating the necessary training courses for the referees.

3- Training and technical training camps for governors.

4- Publication of scientific publications and publications on international weightlifting law.

5- The following proposed model should be implemented:

**Second, the proposed model for the development of work in the field of weightlifting arbitration:**

The researcher developed this model in the light of the results of the current study through the main axes that provided a full assessment of the current situation of the obstacles to work in the field of weight lifting arbitration.

**Program Objective:**

Improve weightlifting referees in the Arab Republic of Egypt and provide them with a range of technical, psychological, social and cognitive, in order to improve the performance of the rulers:

a) Improve the technical level and enable them to manage the game successfully.

b) Provide them with information and knowledge

and renew the knowledge base related to the law of the game.

c) Acquire the aspects that enable them and the ability to manage the game and deal with different parties appropriately.

d) Gain the technical aspects associated with weightlifting championships and display technical positions to clarify errors.

e) Provide weightlifting referees with all that is new in the sport of weight lifting annually associated with the field of arbitration.

f) The introduction of new referees in the field of arbitration.

**Beneficiaries**

Weightlifting Governors in the Arab Republic of Egypt.

**Program Policy**

To ensure that the objectives of the proposed program are met, the researcher developed the following policies:

1- All weightlifting referees are admitted to the Egyptian Weightlifting Federation.

2- The program includes materials that increase the efficiency of governance in terms of technical, cognitive, psychological, social.

3- Commitment to attend 100% of the program, The referees will complete the entire program.

4- Provision of a place for the establishment of referees by the Egyptian Weightlifting Federation represented in the main committee of governors.

5- The referees are placed in actual practical tests to determine their level.

6- Follow-up referees in the internal official championships by the main committee of referees.

7- A presentation of the arbitral errors of the referees in each tournament they run.

The referees are distributed to the tournaments they perform according to the follow-up report of the Geory Committee by the main committee of referees.

#### **Program implementation**

1- Main Committee of Governors of the Egyptian Weightlifting Federation.

2- Sub-committees of the referees of the Egyptian Weightlifting Federation

#### **Based on the implementation of the program**

3- Scientific specialists from university professors

especially the Faculty of Physical Education.

4- Experts in the field of weight lifting arbitration from international referees.

5- Heads of continental and non-governmental committees of international referees.

#### **program duration**

The program contains 30 hours spread over a week in the day 4 hours.

#### **Evaluation of students**

1- Distribution of the content of the subjects on the number of hours and days.

2- Testing at the end of the program.

3- Follow-up of referees during the training program to determine the benefit of the program.

4- The judges receive the certificate of passing the program tests from the main committee of the referees.

#### **Program content:**

(Sports training and fitness elements, Information and knowledge, Sports psychology, Sociology.

Technical aspects, Manage the game, Health examination and sports injuries, Sports nutrition for rulers, Leadership in sports, The administrative process and its

components, The language, Calendar.

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