

Comparative Study On Psychological Burnout Among Northern Region Referees

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Introduction & research problem:

Psychology is an important science that needs a study and extensive deepening because of its great vital effects on individuals. It is a science the need to which arose in recent years, especially in the field of sports, because of its effective impact, whether through training or competition. Some have given it the priority in the order as it affects the physiological aspects of different body organs that play an active role in performance. (7:62).

Gorkin M. 2000 has been known burnout as a progressive process that exposed a person to continuously tighten the pressure of physical and mental and emotional tries individual to get away from all that surrounds it and the accompanying decline in the level in its performance, as well as anxiety and indifference. (10:1)

Michel Vautrot 2002 refers, All sports competitions

individual and the collective, but there were people laid off between players with integrity and justice until the reigns of brotherhood and love, which is an evaluation of the athlete advanced level and capabilities made without resorting to things other means, especially in sports where friction between any contenders abound jittering, anger and lack of self-control, and it does not exist without the rule of Sports although sports were not invented for the referee. (11:45)

In light of the above and through the experience of the researcher as an international assistant referee and a lecturer for referees in the Egyptian Football Association, the importance of current research appears clearly in dealing with one of the football game which is influential in the field of sports and participates with others to show the honorable image of match levels for any sporting activity being

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practiced, as the nature of the psychological stresses faced by the referee, whether by crowd, press, media or referees committee with which he works, gives a great importance to its study. This is because of its role in raising the level of arbitration profession as well as developing and upgrading it to the desired level, which makes the practice of such football game a negative problem-free practice and gets rid of the negative aspects so as to give value and prestige to the referee in society.

In spite of the recent multiplicity of studies that dealt with the phenomenon of burnout in sports field, the majority of them, according to the knowledge of the researcher, did not address burnout among football referee who plays an important role in leading the game and giving it a great aesthetic image. The researcher also found that attention was focused on the preparation of the player and the coach in football, including the try to keep the player and the coach away from psychological stresses that may cause mental & psychological

exhaustion, negative thinking and withdrawal from sport. Referees didn't find enough attention, although they are the most important element in football system, especially in games, where there is no game without the presence of referees.

In this sense the research problem appeared, so that the Researcher decided to perform a field study on such important psychological phenomenon in order to stand on a coherent ground that pushes the football referee forward so as to keep up with scientific development taking place in sports movement in the developed world.

Research objectives:

1. To identify burnout levels among Northern Region football referees.

Research procedures:

Research Methodology:

The Researcher used the descriptive methodology "survey" as it suits the nature of this study.

Research society & sample:

Research community:

The research community is represented by football referees in the Northern Region

(Al Menoufia, Al Gharbeya, Al Dakahleya, Kafr El-Sheikh), who are registered in the Egyptian Football Association, (310) referees.

Research sample:

Research sample was randomly selected, where the number of exploratory sample reached (10) referees from various branches, while the number of the basic sample reached (78) referees representing (25.16%) of the total members of the research community in the sporting season (2013, 2014).

Means & tools of data collection:

- Scientific observation
- Questionnaire
- Burnout referee scale
- personal interview

In the light of research objectives and reference survey, the Researcher has accessed many scientific references as well as previous researches & studies addressing football, sports psychology.

The Researcher surveyed experts, Attachment (1) to choose the most appropriate measuring means that commensurate with the research objective, where the Researcher proposed using

"Sports Referee Burnout Scale" Attachment (2)

"Mohammed Hassan Allawy 1998"(6:500).

Calculating scientific coefficients for referee burnout scale:

The researcher applying combustion rule Sports Facility Scale (3) of the component (15) is, on the exploratory research sample and which are based on (10) the referee in order to extract scientific transactions.

(A) Honesty coefficient:

The Researcher calculated the honesty coefficient for **"Sports Referee Burnout Scale"** using both methods of **"Internal Consistency Honesty"** and **"Differentiation Honesty"** on the reconnaissance sample that consists of (10) referees from the Northern Region in order to verify the extent of correlation between the degree of each phrase and the total score of the scale.

Internal Consistency Honesty:

The Researcher verified the extent of correlation between the degree of each phrase and the total score of the scale.

Differentiation Honesty:

The Researcher used the differentiation methodology between those who gained high grades and those who gained low grades on **Sports Referee Burnout Scale**.

(B) Reliability coefficients:
The Researcher calculated the reliability coefficients by both methods of "**Half Division**" and "**Cronbach's Alpha Coefficient**" on the reconnaissance sample consisting of (10) referees.

Half Division Stability:

The Researcher chose **Half Division Stability** methodology as it suits the nature of both scales of individual and matrimonial phrases. It is considered one of the internal consistency measures being dealing with all aspects of scores divided into two halves.

Stability using Cronbach's Alpha Coefficient for Sports Referee Burnout Scale:

The Researcher calculated the correlation coefficient using alpha coefficient to give an index. The more it approaches unity, the more the stability increases.

Results discussion & interpretation:

Results discussion & interpretation for the first question:

After viewing results of the first question that stipulates "What is the relationship between the degree of (arbitral class - experience - Age - Sports Referee Burnout Scale degree) variables and psychological burnout among football referees in the Northern Region?, the Researcher used correlation coefficients between the variables of the study (arbitral class - experience - Age - Sports Referee Burnout Scale degree). Correlation coefficients came as follows:

- There is a positive correlative relationship between (Sports Referee Burnout Scale and arbitral class).
- There is an inverse correlative relationship between (Sports Referee Burnout Scale and experience).
- There is an inverse correlative relationship between (Sports Referee Burnout Scale and age).
- There is an inverse correlative relationship between (arbitral class and experience).

- There is an inverse correlative relationship between (arbitral class and age).

- There is a positive correlative relationship between (experience and age).

This result agrees with studies of "Walid Zanon Yunus & Yahya Mohammed Mohammed Ali" (2004 AD) (9), "Fawaz Mohammed Issa Al Naimat (2007 AD) (5), Ziad Al Thanih (2007 AD) (4), and Ramzy Rasmy Jaber (2008 AD) (2).

Through the above, it becomes clear that there are positive & negative correlative relationships between study variables (arbitral class - experience - Age - Sports Referee Burnout Scale degree). Results discussion & interpretation for the second question:

After viewing results of the second question, which stipulates "Are there statistically indicative differences between referees in the degree of burnout among sports referees according to the variables (branches –arbitral class - experience - age)?, the Researcher used analysis of variance between sample

groups according to their distribution in accordance with "branches". It became clear that there are statistically indicative differences at the level of (0.05) between sample groups according to their distribution in accordance with "branches" in Sports Referee Burnout Scale degree. To illustrate the difference between the groups, the Researcher used (LSD) test to determine the indication of differences between groups where there are statistically indicative differences between sample groups according to their distribution in accordance with "branches" in Sports Referee Burnout Scale degree "at significance level of (0.05), between Al Menoufia and Al Gharbeya for the benefit of Al Gharbeya, and between Al Menoufia and Kafr El-Sheikh for the benefit of Kafr El-Sheikh.

It also became clear that there are no statistically indicative differences between some sample groups according to their distribution in accordance with "branches" in Sports Referee Burnout Scale degree at the level of significance (0.05) between Al

Menoufia and Al Dakahleya, Al Gharbeya and Al Dakahleya, Al Gharbeya and Kafr El-Sheikh, Al Dakahleya and Kafr El-Sheikh.

Such result agrees with studies of "ZiadAl Thanih" (2006 AD) (3), "RamziJaber" (2007 AD) (1),and "RamzyRasmyJaber" (2008 AD) (2).

Through the above, it is clear that football referees in Al Menoufiaare closest to psychological burnout.

TheResearcher also used differentiation analysis between sample groups according to their distribution in accordance with "the number of years of experience" in Sports Referee Burnout Scale degree and it becomes clear that there are statistically indicative differences at the level (0.05) between sample groups according to their distribution according to the number of years of experience.To clarify the difference between groups, the Researcher used (LSD) test to determine the indication of differences between groups, wherethere are statistically indicative differences between sample groups according to their distribution according to

the number of years of experience in Sports Referee Burnout Scale degree at level (0.05), betweenthe first group 1:5 year andthe second group 6:10yearin favor of the second group, between the first group1:5 year and the third group 11:15 year in favor of the third group,between the first group 1:5 year and the fourth group 16:20year in favor of the fourth group, between the first group 1:5 year and the fifth group 21:25 year in favor of the fifth group andbetween the second group 6:10year and the fifth group 21:25 year in favor of the fifth group.

It also is clear that there were no statistically indicative differences between some sample groups according to their distribution according to the number of years of experience in Sports Referee Burnout Scale degree at a level of (0.05), between the second group 6:10year and the third group11:15 year, between the second group 6:10 year and the fourth group 16:20 year, between the third group 11:15 year and the fourth group 16:20 year, between the third group 11:15year and the fifth group 21:25 yearand between

the fourth group 16:20 year and the fifth group 21:25 year.

This result is consistent with studies of "ZiadAl Thanih" (2007 AD) (4) and "Mansour Diab" (2007 AD) (8).

From the above it is clear that the greater the number of years of experience of the referee, the more he becomes away from psychological burnout.

The Researcher also used differentiation analysis between sample groups according to their distribution in accordance with "Age" in Sports Referee Burnout Scale degree and it becomes clear that there are statistically indicative differences at the level (0.05) between sample groups according to their distribution according to "Age". To clarify the difference between groups, the Researcher used (LSD) test to determine the indication of differences between groups, where there are statistically indicative differences between sample groups according to their distribution according to age in Sports Referee Burnout Scale degree at significance level (0.05), between the first group 20:25 year and the second group 26:30 year in

favor of the second group, between the first group 20:25 year and the third group 31:35 year in favor of the third group, between the first group 20:25 year and the fourth group 36:40 year in favor of the fourth group, between the first group 20:25 year and the fifth group 41:45 year in favor of the fifth group, between the second group 26:30 year and the fifth group 41:45 year in favor of the fifth group and between the third group 36:40 year and the fifth group 41:45 year in favor of the fifth group.

It also is clear that there were no statistically indicative differences between some sample groups according to their distribution according to "Age" in Sports Referee Burnout Scale degree at a level of (0.05), between the second group 26:30 year and the third group 31:35 year, between the second group 26:30 year and the fourth group 36:40 year, between the third group 31:35 year and the fourth group 36:40 year, and between the fourth group 36:40 year and the fifth group 41:45 year.

This result agrees with studies of "ZiadAl Thanih" (2006 AD) (3), "RamziJaber"

(2007 AD) (1), "ZiadAl Thanih" (2007 AD) (4), "Fawaz Mohammed Issa Al Naimat" (2007 AD) (5) and "RamziRasmyJaber" (2008 AD) (2).

From the above it is clear that the greater the age of the referee, the more he becomes away from psychological burnout.

The Researcher also used differentiation analysis between sample groups according to their distribution in accordance with "Arbital class" in Sports Referee Burnout Scale degree and it becomes clear that there are statistically indicative differences at the level (0.05) between sample groups according to their distribution according to "Arbital class". To clarify the difference between groups, the Researcher used (LSD) test to determine the indication of differences between groups, where there are statistically indicative differences between sample groups according to their distribution according to arbitral class in Sports Referee Burnout Scale degree at

significance level (0.05), between the first class group and the second class group in favor of the first class group, between the first class group and the third class group in favor of the first class group and between the second class group and the third class group in favor of the second class group.

This result agrees with studies of "**WalidZanonYounis**" (2004 AD) (9), and "**Fawaz Mohammed Issa Al Naimat**" (2007 AD) (5).

From the above it is clear that the higher the referee's arbitral class, the more he becomes away from psychological burnout.

Conclusions & recommendations:

Conclusions:

In light of research sample, its characteristics, the methodology used and the statistical analysis methodology followed, the Researcher reached the following conclusions:

1. There is a statistically indicative correlative (positive/negative) relationship between study variables (Arbital class -

experience - age - Sports Referee Burnout Scale degree).

2. There are statistically indicative differences between referees in Sports Referee Burnout Scale degree according to the variables (branches - arbitral class - experience - age).

Recommendations:

In the light of conclusions that depended on sample, methodology used and research results, the Researcher managed to identify recommendations that benefit the work in the field of football arbitration as follows:

1. Emphasize the preparation of referees mentally, physically and technically in order to be able to lead and manage the games in a better way.

2. The necessity to focus on cultural & educative aspects and providing the referee with the new scientific developments that comply with FIFA.

3. Conducting guidance & psychological sessions to fine-tune the referees in order to develop their sense of personal

achievement and access to higher levels in arbitration.

4. Performing similar research & patrols on other sports arbitration.

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