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**A Study of Emotional Competence of Football Referees
Officiating at Different Levels**

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Abstract

Psychology is the science of sciences, without which all sciences and all other knowledge are worthless. The professional football field is very competitive wherein the players as well as officials (especially referee) have to face a lot of stress. In view of this their performance is dependent on their prevailing emotional competence and hence, this study has been carried out to understand the level of emotional competence of the football referees of Maharashtra. For this purpose the data has been collected and analyzed using a standard methodology. Based on the results it is concluded that majority of football referees are highly competent with respect to i) adequate depth of feeling, ii) adequate expression and control of emotion, iii) ability to function with emotions and iv) ability to cope with emotion problems aspects of emotional competence.

Keywords: Football, referee, emotional competence, control of emotion, cope with emotion

1.0 Introduction

It is the science of psychology that teaches us to hold in check the wild gyrations of the mind, place it under the control of the will, and thus free ourselves from its tyrannous mandates. Psychology is therefore the science of sciences, without which all sciences and all other knowledge are worthless. The mind uncontrolled and unguided will drag us down, down, for ever — rend us, kill us; and the mind controlled and guided will save us, free us So it must be controlled, and the knowledge of psychology teaches us how to do it. The mind operates by perception and impulsion. All these aspects are relevant in all the fields and football (players and officials) is not an exception. Moreover, the players as well as the officials experience emotional stress as a part of their involvement in the sport.

1.1 FIFA, Refereeing and Emotional Competence

Football is played worldwide by more than 265 millions players, and 208 national associations are affiliated with FIFA today. As the game, refereeing has also evolved in terms of outlook and preparation, both physically and mentally. In some countries (e.g. England, Brazil, Italy) referees have even become full-time paid professionals. Each football match is controlled by a *referee* who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed. Emotional competence is what results and enhances a referee's personal, relational and professional performance, and what ultimately helps us attain an overall increase in his quality of life. According to Daniel Goleman, Emotional Competence is a learned ability grounded in Emotional Intelligence. Emotional Intelligence influences our potential for learning the practical emotional competencies, and developing the emotional literacy necessary for quality of life, life satisfaction, and overall happiness. Such skills include the development of the following: Self/Social/Relational Awareness and Competence, and Self/Social/ Relational Management and Competence.

1.2 Importance of Emotional Competence

Currently, the world football community knows that communication and player-management are central to effective refereeing and quality football. One study of elite football game players found that

referee calls can have substantial influence on athlete's psychological states, and those unnecessary words or actions can amplify negative performance consequences for players (Bar-Eli et al., 1995). The researchers argued that if referees had greater awareness of the influence their communication has on players performance, and better communication skills, conflicts between referees and players may be prevented (Bar-Eli et al., 1995). Although countless millions of people focus on and talk about football and referees each day, research on referee communication and interaction with players is scant internationally, and there is little scientific evidence on which to base referee training (Mellick et. al., 2005; Simmons, 2007). The small amount of research that has been conducted on referee communication has tended to focus on the perspective of expert referees at the elite level. The perspective of players, and the experiences of the large majority of footballers who are amateur, are under researched. In view of this present study was carried out to know the emotional competence of the football officials, especially those having an experience of more than 10 yrs.

2.0 Research Methodology

2.1 Design of Study and Sample Selection: The study was carried out by using single group design and the data collection was done using purposive sampling method, where football referees were selected purposefully. In this study data was collected from 120 football referees of Maharashtra state having more than 10 years experience.

2.2 Reliability of the Data; The reliability of data was checked by establishing the subject's reliability, instrument's reliability, the tester competency and reliability of tests. To ensure that the investigator is well versed with the technique of conducting the test, the investigator along with one assistant had a number of practice sessions in testing procedure under the supervision of supervisor. The tester's reliability was evaluated together with the reliability of tests. All the standard methods as well as instruments were used for data collection in this study.

2.3 Collection of Data: The data was collected from the referees of Maharashtra State using survey methodology with following standardized test i.e. the Emotional competence scale prepared by S.R. Bharadwaj and H. Sharma was used.

2.4 Statistical Procedure Employed : The data characteristic (descriptive statistics) such as Frequency, Mode, etc. was determined. The Chi-square test was used as an inferential statistics test. The data was analyzed using SPSS 18.0 Software and the significance level was chosen to be 0.05.

3.0 Results and discussion

3.1 Adequate depth of feeling

Table 1:
Emotional competence of football referees
with respect to adequate depth of feeling component

Emotional Competence (Adequate depth of feeling)	No. of referees	Percentage
Highly competent	74	61.7
Competent	26	21.7
Average	16	13.3
Incompetent	4	3.3
Highly incompetent	-	-
Total	120	100.0

Chi-Square: 147.667; df: 4; P = 0.05; Table Value: 9.49

Table 1 shows results pertaining to emotional competence traits (Adequate depth of feeling) of Referees officiating at different levels. Study results show that 61.7% referees are highly competent;

however 21.7% are competent in view of adequacy of depth of feeling. Moreover 13.3% referees have average and 3.3% referees appear to be incompetent with respect to above mentioned aspect of emotional competence.

3.2 Adequate expression and control of emotions

Table 2:
Emotional competence of football referees
with respect to adequate expression and control of emotions component

Emotional Competence (Adequate expression and control of emotions)	No. of referees	Percentage
Highly competent	62	51.7
Competent	24	20.0
Average	20	16.7
Incompetent	12	10.0
Highly incompetent	2	1.7
Total	120	100.0

Chi-Square: 87; df : 4; P = 0.05; Table Value : 9.49

Table 2 shows results pertaining to emotional competence traits (Adequate expression and control of emotions) of Referees officiating at different levels. Study results show that 51.7% referees are highly competent; however 20% are competent in view of adequacy of expression and control of emotions. Moreover 16.7% referees have average, 10% referees are incompetent and 1.7% appears to be highly incompetent with respect to above mentioned aspect of emotional competence.

3.3 Ability to function with emotions

Table 3:
Emotional competence of football referees
with respect to ability to function with emotions component

Emotional Competence (Ability to function with emotions)	No. of referees	Percentage
Highly competent	60	50.0
Competent	30	25.0
Average	18	15.0
Incompetent	12	10.0
Highly incompetent	-	-
Total	120	100.0

Chi-Square: 87; df : 4; P = 0.05; Table Value : 9.49

Table 3 shows results pertaining to emotional competence traits (ability to function with emotions) of Referees officiating at different levels. Study results show that 50% referees are highly competent; however 25% are competent in view of ability to function with emotions. Moreover 15% referees have average, and 10% appears to be incompetent with respect to above mentioned aspect of emotional competence.

3.4 Ability to cope with problem emotions

Table 4:
Emotional competence of football referees
with respect to ability to cope with problem emotions

Emotional Competence (Ability to cope with problem emotions)	No. of referees	Percentage
Highly competent	48	40.0
Competent	30	25.0
Average	22	18.3
Incompetent	14	11.7
Highly incompetent	6	5.0
Total	120	100.0

Chi-Square: 43.333; df : 4; P = 0.05; Table Value : 9.49

Table 4 shows results pertaining to emotional competence traits (ability to cope with problem emotions) of Referees officiating at different levels. Study results show that 40% referees are highly competent; however 25% are competent in view of ability to cope with problem emotions. Moreover 18.3% referees have average, 11.7% are incompetent and 5% appears to be highly incompetent with respect to above mentioned aspect of emotional competence.

3.5 Enhancement of positive emotions

**Table 5: Emotional competence of football referees
with respect to enhancement of positive emotions**

Emotional Competence (Enhancement of positive emotions)	No. of referees	Percentage
Highly competent	28	23.3
Competent	56	46.7
Average	14	11.7
Incompetent	4	3.3
Highly incompetent	18	15.0
Total	120	100.0

Chi-Square: 65.667; df : 4; P = 0.05; Table Value : 9.49

Table 5 shows results pertaining to emotional competence traits (enhancement of positive emotions) of Referees officiating at different levels. Study results show that 46.7% referees are competent; however 23.3% are highly competent in view of enhancement of positive emotions. Moreover 11.7% referees have average, 15% are highly incompetent and 3.3% appears to be incompetent with respect to above mentioned aspect of emotional competence.

4.0 Conclusions

- **Adequate depth of feeling:** In view of the study results it is concluded that majority of football referees are highly competent with respect to the adequate depth of feeling aspect of emotional competence.

- **Adequate expression and control of emotions:** In view of the study results it is concluded that majority of football referees are highly competent with respect to the adequate expression and control of emotion aspect of emotional competence.
- **Ability to function with emotions:** In view of the study results it is concluded that majority of football referees are highly competent with respect to the ability to function with emotions aspect of emotional competence.
- **Ability to cope with problem emotions:** In view of the study results it is concluded that majority of football referees are highly competent with respect to the ability to cope with emotion problems aspect of emotional competence.
- **Enhancement of positive emotions:** In view of the study results it is concluded that majority of football referees are competent with respect to the enhancement of positive emotions aspect of emotional competence.

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