

## **A Critical Study of Adjustment Ability of Football Referees Officiating at Different Levels**

**Stanley Venance Gregory**

PGTD of Physical Education,  
RTM Nagpur University, Nagpur

**Sanjay R. Choudhary**

Shri Binzani City College, Nagpur

### **Introduction**

The role of football referees in the development of the game is very critical. It is because they (football officials) enforce the rules of the game and, as such, most often are the individuals who draw the most ire from coaches, players and fans. However, without these rule keepers monitoring the progress of a football game, the game might not progress with a set structure. Generally, there are more than one official in football and they each have very important roles. Officials keep the game rolling along by monitoring the game clock and play clock. They also call a penalty when a rule is broken, record all rule infractions and make sure the athletes do not unnecessarily hurt each other. Officials are usually referred to by the general term of referees, but actually, there is only one referee on the field during a game. Each official has his own title and assigned responsibilities: referee, umpire, head linesman, line judge, back judge, field judge and side judge.

Despite the fact that they rarely get the credit that they deserve, the referee is one of the most important people on a football pitch. These people are often subject to abuse for “bad” decisions that they make, but they do not usually receive praise when they make a great choice during the course of the game. However, refereeing is still an enjoyable role for some people. Moreover, the psychological aspects are also very important as far as referring is concerned, which include many but the adjustment appears to be an important one.

Adjustment is the behavioral process by which humans maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. In general, the adjustment process involves four parts: (1) a need or motive in the form of a strong persistent stimulus, (2) the thwarting or non-fulfillment of this need, (3) varied activity, or exploratory behaviour accompanied by problem solving, and (4) some response that removes or at least reduces the initiating stimulus and completes the adjustment. Social and cultural adjustments are similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs met through the social networks they inhabit. When needs arise, especially in new surroundings, they impel interpersonal activity meant to satisfy those needs. In this way, people increase their familiarity and comfort with their environments, and they come to expect that their needs will be met in the future through their social networks. Ongoing difficulties in social and cultural adjustment may be accompanied by anxiety or depression. Thus, in view of the above, this examined the status of adjustment (psychological factor) of the football referees of Maharashtra.

### **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. The football referees were selected purposefully. For the purpose of data collection 120 football referees (having more than 10 yrs. of professional experience) from Maharashtra were selected as the sample.

#### **2.2 Tool for data collection**

A self-prepared questionnaire was used to collect general and other information related to **adjustment** from football referees. The reliability and validity of questionnaire was tested prior to its use for data collection.

### 2.3 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.

#### Adjustment – Home

**Table 1: Home-Adjustment of football referees**

Adjustment – Home	No. of Referees	Percentage
Poor	22	18.3
Average	31	25.8
Better	67	55.8
Total	120	100.0

**Chi-Square: 28.35; df: 2; P = 0.05; Table Value: 5.99**

**Table 1** shows results pertaining to home-adjustment of referees officiating at different levels. Study results show that 18.3% referees have poor, home adjustment, while 25.8% indicated average level home-adjustment. However, 55.8% referees indicated better home-adjustment.

#### Adjustment – Health

**Table 2: Health-Adjustment of football referees**

Adjustment – Health	No. of Referees	Percentage
Poor	8	6.7
Average	42	35.0
Better	70	58.3
Total	120	100.0

**Chi-Square: 48.2; df: 2; P = 0.05; Table Value: 5.99**

**Table 2** shows results pertaining to health-adjustment of referees officiating at different levels. Study results show that 6.7% referees have poor, health adjustment, while 35.0% indicated average level health-adjustment. However, 58.3% referees indicated better health-adjustment.

#### Adjustment – Social

**Table 3: Social-Adjustment of football referees**

Adjustment – Social	No. of Referees	Percentage
Poor	26	21.7
Average	64	53.3
Better	30	25.0
Total	120	100.0

**Chi-Square: 21.8; df: 2; P = 0.05; Table Value: 5.99**

**Table 3** shows results pertaining to social-adjustment of referees officiating at different levels. Study results show that 21.7% referees have poor, social adjustment, while 53.3% indicated average level social-adjustment. However, 25.0% referees indicated better social-adjustment.

**Adjustment – Emotional**

**Table 4: Emotional-Adjustment of football referees**

Adjustment – Emotional	No. of Referees	Percentage
Poor	6	5.0
Average	29	24.2
Better	85	70.8
Total	120	100.0

**Chi-Square: 82.55; df: 2; P = 0.05; Table Value: 5.99**

**Table 4** shows results pertaining to emotional-adjustment of referees officiating at different levels. Study results show that 5.0% referees have poor, emotional adjustment, while 24.2% indicated average level emotional-adjustment. However, 70.8% referees indicated better emotional-adjustment.

**Adjustment – Educational**

**Table 5: Educational-Adjustment of football referees**

Adjustment – Educational	No. of Referees	Percentage
Poor	34	28.3
Average	65	54.2
Better	21	17.5
Total	120	100.0

**Chi-Square: 25.55; df: 2; P = 0.05; Table Value: 5.99**

**Table 5** shows results pertaining to educational-adjustment of referees officiating at different levels. Study results show that 28.3% referees have poor, educational adjustment, while 54.2% indicated average level educational-adjustment. However, 17.5% referees indicated better educational-adjustment.

**Adjustment – Total**

**Table 6: Total-Adjustment of football referees**

Adjustment – Total	No. of Referees	Percentage
Poor	22	18.3
Average	64	53.3
Better	34	28.3
Total	120	100.0

**Chi-Square: 23.4; df: 2; P = 0.05; Table Value: 5.99**

**Table 6** shows results pertaining to adjustment of referees officiating at different levels. Study results show that 18.3% referees have poor, adjustment, while 58.3% indicated average level adjustment. However, 28.3% referees indicated better adjustment.

**Conclusions**

**Adjustment – Home of football referees**

- In view of the study results it is concluded that majority of football referees have better home-adjustment.

**Adjustment – Health of football referees**

- On the basis of the study results it is concluded that majority of football referees have better health-adjustment.

**Adjustment – Social of football referees**

- From the study results it is concluded that majority of football referees have better social-adjustment.

**Adjustment – Emotional of football referees**

- In view of the study results it is concluded that majority of football referees have better emotional-adjustment.

**Adjustment – Educational of football referees**

- In the backdrop of the study results it is concluded that majority of football referees have average educational-adjustment.

**Adjustment – Total of football referees**

- In view of the study results it is concluded that majority of football referees have average adjustment.

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