

Emotional response and its relationship to decision-making among football referees in Thi- Qar Governorate

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Abstract:

Emotional response is of great importance and plays a role in refining the competition process among referees and preparing them appropriately to overcome the negative psychological state that will accompany the referee from the beginning of the match. It highlights the importance of research in identifying the emotional response and its relationship to decision-making among football referees and working to develop the positive aspects and address the negative aspects. And providing accurate scientific information, which in turn affects the referee, so he enters the competition with the highest possible physical and psychological fitness to be able to withstand the pressures and events of the field.

The problem of the research lies in the exposure of some referees to psychological pressures that are difficult for them to face, so their reaction methods are negative, as the difficulty of dealing well with the stressful situation results in negative effects, which led the researcher to work to know the emotional response of football referees and its role and relationship to decision-making. Standing on a suitable and cohesive

ground that pushes the sports referee to achieve an ideal and integrated performance.

The objectives of the research are to codify and identify the scale of emotional response and decision-making in football.

And the results were

1-The emotional response scale and the decision-making scale that the researcher designed and codified and whose scientific conditions were met are capable of measuring the characteristic for which it was developed.

2-Football referees in Thi Qar Governorate have a high degree of emotional balance and also possess the ability to make decisions

3-There are significant differences between the emotional response and decision-making of football referees in Thi Qar Governorate.

Introductory words: emotional response, decision making, judgment

Introduction and importance of research

The world is witnessing a remarkable and widespread development in all areas of life and all sciences and knowledge, and this cultural and technological development has had a profound impact that has led societies to introduce radical, tangible changes in all aspects of life, from the economic, political and social aspects.



Physical education is one of the sciences that has witnessed tremendous developments in all its specializations and in all games, as it is an organized and purposeful process to create and prepare individuals who enjoy good physical and psychological health and prepare them for sports life.

Riyadh psychology is one of the branches of psychology that is concerned with studying workers in the sports field, including sports referees, and the pressures and problems they are exposed to that work to obstruct progress at the required level, as they are exposed to a number of pressures that work to curb their progress and psychological stability, and emotional response has become a feature of contemporary life, which It has become a companion to human societies in all their fields.

The types of emotions to which the referee is exposed, his psychological stability and balance, and the external or internal circumstances that have a response or consequences have varied. They have a role in the type and degree of response, whether negative or positive, which depends on the ability of the referee to accept the pressure placed on him and how to respond to it.

The process of selecting a football referee must be subject to several considerations and a set of important skills, such as physical fitness and legal knowledge of the game in order to employ them and make the appropriate decision during matches.



The decision-making process has received the attention of many specialists because it obliges the sports referee and enables him to adapt during the match, which is one of the basic factors in improving performance and overcoming the pressures to which the referee is exposed and how to deal with them and the resulting effects that work to overcome the referee from the state of psychological imbalance and emotion that occurs. As a result of the pressure placed on him.

The importance of the research lies in knowing the extent of the relationship between the emotional response and decision-making of football referees to control their state of emotion to which the referee is exposed while performing his role in protecting himself from the stressful situations to which he is exposed and the effects resulting from the referee's method of responding, which in turn is a state of reaction towards requirements. Pressure and how to deal with it or treat the situation in order to return to a state of psychological balance and work in a positive manner according to what the situation requires and because of its role in showing the positive image of the referee during the performance of his arbitration duty.

Research problem

He is the most prominent referee in the game of football, as he is the first and last decision-maker regarding the fate of matches, based on the decisions taken by the refereeing team in fractions of a second, which may be right or wrong. There is a

clear disparity between the levels of refereeing in important or unimportant matches. Some referees appear They have emotional reactions characterized by aggression or a feeling of anxiety, instability, and confusion. The reason for this is that some referees face psychological pressures that are difficult for them to confront. Therefore, their reaction methods are negative, as the difficulty of dealing well with a stressful situation results in negative consequences, which led the researcher to work. To know the emotional response of football referees, its role and its relationship to decision-making, and to stand on an appropriate and coherent basis that pushes the sports referee to an ideal and integrated performance.

research aims

- 1-Design and codify measures of emotional response and decision-making among football referees
- 2- Identify the emotional response and decision-making of football referees
- 3- Identify the relationship between emotional response and decision making

Research areas

- 1- The human field: football referees for the first and second divisions
- 2- Spatial field: Stadiums and sports arenas in Thi Qar Governorate
- 3- Time range: 11/20/2023 to 3/24/2024.

Theoretical studies

Response concept: "a type of behavior of an organism in response to a specific stimulus"

Types of responses:

- 1- Motor responses: such as moving the arms when making a decision.
- 2- Emotional responses: such as joy, pleasure, sadness, and others.
- 3- Cognitive responses: These are what are intended to gain knowledge and ideas.
- 4- Verbal responses: answering a question.
- 5- Physiological responses: such as high blood pressure, muscle contraction, and measuring the pulse
- 6- Responses by ceasing activity: such as stopping walking or thinking when hearing certain news.

The concept of emotion

Ahmed Ezzat Rajeh (1979) defined him: "A rebellious physical-psychological condition, that is, the whole person is disturbed, both physically and psychologically".

While English stated, "A complex state of feeling accompanied by some motor actions, or it is that complex behavior in which vital activities predominate.

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Emotion has many aspects that can appear on an individual in one way or another and affect his behavior

1- The emotional aspect: through which the individual can tell us his response to some of the situations he is exposed to

2- The (external) behavioral aspect: linguistic changes and bodily movements issued by the individual and other indications through which we can judge emotion

3- The physiological aspect: includes internal physical changes, mental processes, etc

Make decision

The referee goes through many situations that require preventing him from making fateful and decisive decisions, whether during or outside matches, and thus will affect the referee's position.

The decision-making process is a complex process with multiple stages through which personal, professional, or administrative issues are dealt with and a huge amount of ideas and information are obtained through which ideas are evaluated, the sources and gains to be relied upon are determined, and appropriate alternatives are chosen. Abdul Rahman Al-Zahrani (2018) defined it as the process through which the individual has a degree of knowledge, experience, and capabilities that enable him to identify the problem, collect information about it, and develop alternatives to solve it.

Judgment

A referee is a person who has authority in a variety of sports. He is the supervisor of sporting events, which are held within a framework and rules unique to each sport. He has the authority to make decisions, apply the rules, and announce the results, from a neutral point of view.

The referee in football is the supervisor of sporting events so that the competition is held within the framework of the rules and laws of sports play, and he has the authority to make decisions that may change the course of the match. There are four main referees in football, so that the (arena referee) decides everything, as for the two flag referees. The first and second, who are on the touchline, corner of the goal, on both sides of the field, are responsible for deciding offside and the free kick that is close to it, and breaking up clashes between players.

The job of the fourth referee will be the electronic board that carries the numbers of the players who are being substituted, and they must announce the lost time. The first referee, the arena referee, can also consult him, as he monitors the field from all sides. He also follows up on the actions of the technical committee of both teams if they issue anything against the rules of the match.

Roles of rulers:

1- The arena referee is the first referee and decides everything. The final decision is due to him if his decision differs from the assistant referee's reading. According to the Laws of the Game book issued by the International Federation of

Association Football for the year 2018/2019, the most prominent duties of the first referee are to implement the laws of the game and impose complete control over the course of the game. The stadium, and through cooperation with other referees and calculating the match time, recording all the events of the match, a comprehensive report is submitted to the competent authority on any disciplinary action taken by the referee before, during, or even after the match, in addition to .supervising any process of stopping or resuming the game for any reason

2- The first flag referee, who is the referee who decides whether the free kick near him is offside and resolves any clashes between the players. He is also called the first assistant.

3-The second flag referee, who decides the offside and free kick that is close to them, and breaks up clashes between the players, is called the second assistant.

The duties and tasks of two referees are to indicate that one of the two teams is entitled to a throw-in, a goal kick, or a corner kick, indicate that players fall into the offside trap, monitor the execution of penalty kicks in order to ensure that the goalkeeper does not move on the goal line before executing the kick, and monitor the ball during its execution to determine whether it has crossed the line. The goal line, in addition to monitoring and indicating a substitution.

Research methodology and field procedures

Research Methodology:

The descriptive approach relies on studying reality or the phenomenon as it exists in reality, and is concerned with describing it accurately with the qualitative

expression that describes the phenomenon and explains its characteristics, or the quantitative expression that gives a numerical description that clarifies the amount and size of the phenomenon.

Therefore, the researcher had to choose the descriptive approach, using both survey and correlational methods, because of its suitability to the nature of the .study problem and its solution

The research community and its samples

The researcher used the research population and sampled it intentionally (comprehensive enumeration) of football referees in Thi Qar Governorate, numbering (40), for the first and second divisions.

search tools

1- Means of collecting information

Arab and foreign sources and references, previous studies and research, the –
.(International Information Network (the Internet

2- Means of data collection

Personal interview, questionnaire form, –registration form–

3- Methods of data analysis

Statistical methods, electronic and manual calculator software

Procedures for constructing and codifying the emotional response scale and the decision-making scale

The purpose of constructing the two scales

The early need to determine the purpose of the test when intending to build it follows the hypothesis that the form of the test and some of its characteristics differ depending on the purpose of the test

Therefore, the researcher had to learn about the emotional response and decision-making of football referees in Thi Qar Governorate, for the first and second levels, and then prepare two scales characterized by accuracy and comprehensiveness in measuring the emotional response and decision-making of football referees

Determine the phenomenon to be studied

The phenomenon to be studied must be identified, and its concept and boundaries must be completely clear. The phenomenon to be studied (emotional response and decision making) must be determined. The researcher has relied on the theoretical framework.

After reviewing some relevant sources and studies and conducting personal interviews with a group of experts and specialists, the researcher relied on principles in formulating the scale items

The paragraph must have one meaning.

he phrase measures the field of stud.

Stay away from the method of denying denial

You write in easy and clear language

Representative of the scale areas

20 items were formulated for the emotional response scale and 15 items for the decision-making scale

Presenting the initial version of the two scales to the experts

The initial version of the scale was presented to a body of (10) experts with expertise and specialization in the field of general psychology and sports psychology, in order to ensure the validity of the scale items and their suitability for the field in which they were developed, and to judge them as being valid or not, after the experts expressed their answers and comments on the scale. The items of the two scales, and after completing the analysis of the experts' answers, it was found that all experts agreed at 100% on the items of the two scales.

Choose a rating scale

After reviewing a set of scales, the researcher determined the tripartite scale for the two scales because it gives multiple choices and reduces the degree of guessing (always, sometimes, never). The experts' answers supported this type of proposed scale because it obtained a 100% agreement rate from the experts' opinion, which makes the proposed rating scale It is valid for both scales and weights were given according to the direction of the paragraph.

Table (1)

Shows the degrees of the rating scale

Emotional response--decision making			
Never	sometimes	always	Paragraph direction
1	2	3	Positive
3	2	1	Negative

The discriminatory power of the scale items

–For the purpose of calculating discriminatory power, the respondent was given an alternative score for each item of the scale, then the scores of the items were summed for each individual in the sample to represent the individual's total score.

– The grades obtained by the sample members were arranged in descending order from highest to lowest

–I took two sets of scores, one representing 27% of the individuals who obtained the highest scores, and the second representing 27% of the individuals who obtained the lowest scores.

To calculate the discrimination power of paragraphs, we apply the equation

M.Z – M.D

----- = T

$1/k^2$

T = the power of discrimination of the paragraph

M Z = total number of correct answers for the upper group

MD = total number of correct answers for the lower group

$1/2 k$ = half of the individuals in both the upper and lower groups

Table (2)

The discriminatory power of the scale items using the item discrimination law for the two scales

Emotional response scale							
seque nce	Discrimin atory	Seque nce	Discrimin atory	Seque nce	Discrimin atory	Seque nce	Discrimin atory
1	1,750	6	1	11	0,875	16	1,250
2	0,825	7	0,825	12	0,825	17	1,375
3	0,875	8	0,750	13	1,250	18	1.250
4	0,750	9	1	14	1	19	1
5	1.125	10	1.125	15	0,825	20	0.625
Decision making scale							

1	1	5	1.250	9	0,625	13	1,375
2	1,125	6	0.625	10	0,875	4	1
3	0,875	7	0,750	11	0,750	15	1,250
4	1	8	1,250	12	1,125		

After completing the analysis of statistical operations to extract the discrimination coefficient of the items, the scores ranged from (0.750–1.375) for the emotional response scale, and the scores ranged from (0.625–1.375). Ebel (1972) set values for the paragraph discrimination coefficient, in which a paragraph is considered very good when its discrimination power is (0.40) or more. Therefore, the researcher adopted this coefficient, and all paragraphs had a discrimination coefficient greater than (0.40).

Internal consistency

It means “the correlation of each item with the scale as a whole, and the consistency of the items confirms that all items measure the same thing that is intended to be measured). This indicator was extracted using the significance of the correlation coefficient (Pearson) between the score of each item and the total score of the scale using the statistical package (SPSS).



Table (3)

It shows the internal consistency coefficient for the scale items

Emotional response scale			Decision making scale		
Sequence	correlation coefficient	Sig	sequence	correlation coefficient	Sig
1	0,645	0,000	1	0,880	0,000
2	0,654	0,000	2	0,881	0,000
3	0,887	0,000	3	0,883	0,000
4	0,752	0,000	4	0,752	0,000
5	0,622	0,000	5	0,664	0,000
6	0,844	0,000	6	0,566	0,000
7	0,875	0,000	7	0,819	0,000
8	0,662	0,000	8	0,752	0,000
9	0,622	0,000	9	0,699	0,000
10	0,886	0,000	10	0,752	0,000
11	0,566	0,000	11	0,886	0,000
12	0,515	0,000	12	0,922	0,000
13	0,832	0,000	13	0,875	0,000
14	0,883	0,000	14	0,844	0,000
15	0,988	0,000	15	0,819	0,000
16	0,654	0,000			
17	0,752	0,000			
18	0,886	0,000			
19	0,566	0,000			
20	0,844	0,000			

Validity of the scale

1- Apparent validity: This type of coincidence was achieved when the scale was presented to a group of sports psychology specialists, numbering (6) professors,



and approval was obtained with 100% agreement from members of the expert .committee

2-Construct validity: It was achieved as a result of statistical analysis of the scale's items, all of which have very good discriminatory power because all items are greater than (0.40).

Consistency

The researcher extracted the reliability of the test using the split-half method: the researcher used odd items versus even items. This method is characterized by saving effort and time as it requires applying the test once, and it is one of the most widely used methods for finding the reliability coefficient.

Schedule (4)

Correlation and reliability coefficient of the pre-start condition scale

Gethman	Pearson	Cronbach's for the second half	Cronbach's for the first half
0,922	0,901	0,882	0,921

Final application of the scale

The scale was applied in its final form to the application sample of 40 judgments, and the data was collected, transcribed, statistically processed, and the results were extracted



Statistical methods

- Discriminatory power equation
- Statistical package (SPSS) to obtain statistical results

Presentation, analysis and discussion of the results

This chapter deals with the presentation, analysis and discussion of the research results, after the researcher completed collecting the resulting data, which was placed in the form of tables because it represents the ease of extracting scientific evidence and because it is an appropriate explanatory tool for the research that enables us to achieve the research objectives in light of the field procedures that we have undertaken.

Table (5)

It shows identification of the emotional response scale of football referees

sample	arithmetic mean	standard deviation	hypothetical mean	standard error	skewness
40	51,43	7,56	40	1,20	0,92

To achieve this goal, the emotional response scale was applied to the (40) football referees. After analyzing their answers and treating them statistically, it was found that the arithmetic mean is (51.43) degrees, and the standard deviation is (7.56), which is higher than the hypothetical mean (40). As for the standard error It reached (1.20), which is a small value that indicates the internal consistency of the sample



results. As for the skewness coefficient, it reached (0.92), which indicates the evenness of the sample's distribution on the normal distribution curve. "The sample is considered normally distributed, since whenever the value of the skewness coefficient is limited to (+3,-3)The sample was homogeneous

The researcher attributes the presence of a large percentage of emotional response among football referees to the referee's ability to harmonize his needs and motivations on the one hand, and the pressures of the match on the one hand, and the sporting environment on the other hand, and thus he acts in a positive way and enables him to carry out his role successfully and his ability to interact positively with various circumstances. Competitions and facing challenges that may reflect and negatively affect the behavioral reactions of the referee in various life situations and his social relationships.

Table (6)

It shows identification of the decision-making scale of football referees

sample	arithmetic mean	standard deviation	hypothetical mean	standard error	skewness
40	34,11	4,21	30	0,755	1,08

To achieve this goal, the emotional response scale was applied to the (40) football referees. After analyzing their answers and treating them statistically, it was found

that the arithmetic mean was (34.11) degrees, and the standard deviation was (4.21), which is higher than the hypothetical mean (30), while the standard error reached (30). (0.755), which is a small value that indicates the internal consistency of the sample results. As for the skewness factor, it reached (1.08), which indicates the moderation of the sample's distribution on the normal distribution curve.

The researcher attributes the reason why football referees have a level of decision-making, and this is a positive indicator, because it helps the psychological safety of the referees and helps them overcome psychological stress factors in order to serve the requirements of the match and control their actions, their decisions in resolving some of the different game situations, applying the laws, acting positively, and performing duties. Entrusting them with their sense of responsibilities, not performing all duties, and the ability to adapt to these changes, especially with difficult events, can significantly change and also affect the referee's behavior during the match.

Faten Ali Akbar (2020) stated, "The referee seeks to adjust his behavior so that it is compatible with the external circumstances in order to achieve a goal, and if the goal of life is for a person to adapt to his environment and succeed in it, and to deal with people in a way that achieves personal harmony and psychological comfort for him

Table (7)

It shows the arithmetic mean, standard deviation, and T value calculated for emotional response and decision making

Statistical significance	T value		standard deviation	Arithmetic mean	Variables
	Tabulation	Calculated			
Function	0,195	5,23	7,56	42,43	Emotional response
			4,21	34,11	Make decision

. It is clear from Table (7) that the arithmetic mean for emotional response skills was (42.43), with a standard deviation of (7.56), and the arithmetic mean for decision making was (34.11), with a standard deviation of (4.22), and the calculated T-value was (5, 23) It is greater than the tabulated (t) value (1.95) and with an error level of (0.05). This means that there are significant differences between emotional response and decision making.

The researcher attributes the existence of a significant correlation between the emotional response and decision-making of football referees, due to his emotional response, which is of great importance as he is exposed to constant pressure during



matches. He also confirmed that this relationship is the result of the referees adapting to various important circumstances surrounding them through their reliance on confrontation and elements. All forms of psychological pressure through their presence of mind, stability in compelling situations and events, and the ability to deal with problems on the field with a spirit of dedication and positivity to the events.

The more it increases, the more their ability to face pressure gives them the ability to act and make decisions in a positive and sound manner with the stressful situations they face during the match, and they become able to adapt to various situations and overcome negative results.

Conclusions

- 1- The emotional response scale and the decision-making scale that the researcher has codified and whose scientific conditions have been met are capable .of measuring the trait for which it was developed
- 2- Football referees in Thi Qar Governorate have a high degree of emotional .balance and also possess the ability to make decisions
- 3- There are significant differences between the emotional response and decision-making of football referees in Thi Qar Governorate

Recommendations

- 1- Interest in sports psychology, especially the cases faced by sports referees in .training and competitions



2- Holding development seminars to develop psychological skills

3- Conducting similar studies on some other cases that are not studied by referees

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Appendix (1)

Ministry of Higher Education and Scientific Research

Thi Qar University

College of Physical Education and Sports Sciences

Dear referee----- Honorable

good greeting

The researcher intends to conduct his research entitled (Emotional response and its relationship to decision-making among football referees in DhiQar Governorate).

Given that you are one of those involved in this research, please read the phrases of the two questionnaires carefully, answer with all honesty and objectivity, and mark (/) in front of the phrase that suits your point of view and under one of the questions. The appropriate scale points in the form (always – sometimes – never)

We are grateful for your cooperation in the service of scientific research and the educational process in our beloved Iraq

Haider Mohsen

Emotional response				
Never	Sometime	always	Paragraph	S
			I apologize when I make a mistake or an unsuccessful	1
			I control my nerves when refereeing an important match	2
			Have high confidence in refereeing a difficult match	3
			I don't care about the refereeing mistakes he made	4
			I always expect success in refereeing matches	5
			I take full responsibility for the match	6
			I am not affected by what the audience says	7
			Listen to the refereeing performance in the decisive match	8

			I do not care about statements made by newspapers and magazines	9
			I feel highly prepared to referee the match	10
			I always try to ignore the anger of players and coaches	11
			I feel reassured when Al-Etihad praises me after the match	12
			I achieve my best refereeing performance when I am calm	13
			Accept criticism from the referees and the federation	14
			The confidence of the referees committee increases my interest in the performance	15
			I suffer from anxiety and tension before the match	16
			I can impose respect when making decisions	17
			I do not care about the public asking for a mistake that I did not see	18
			Avoid nervous tension as a result of the intense competition of the match	19
			Prepare for every emergency I expect to happen	20

Make decision				
Never	Sometime	always	Paragraph	S
			Most decisions were made in agreement and coordination with the referees	1
			Make most decisions based on reality	2



			I make the decision based on my understanding of the situation	3
			Most decisions were made in agreement and coordination with the assistant referees	4
			Make decisions according to the situation and degree of competition	5
			Decisions vary from one match to another	6
			I am influenced by the player's emotion in making decisions	7
			The incorrect place of judgment affects decision making	8
			Decision making is based on the courage of judgment	9
			The intensity of concentration affects decision making	10
			My decisions are always fair and impartial	11
			Be clear in performance and when making decisions	12
			I can impose respect when making decisions	13
			I always have a high level of scientific information	14
			I suffer from internal conflicts when I make a mistake in making a decision	15