

## Setting up Emotional balance scale for Football Referees

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### Introduction and Research problem :

Today, The rapid developments in the football field have put the arbitration in an open Competition Circuit at all levels. in order to Cope with continuous , great and scientific progress in the formatting of players and coaches. This put the referees at stake facing weekly criticism and protests on the performance of referees. (2:14)

Arbitration is a half-time profession (a-semi professional ) as the referees work depends on the season of competitions and matches, and it is usually held in the afternoon or evening . thus ,it is difficult to find a full-time referee for arbitration only. (10:251)

Arbitration is one of the aspects that helps to develop the game , as the authority of the referee is derived from the rules, which aims to achieve justice and lead the game. It's known that good referee and his correct decision will increase the enthusiasm and efforts of players to achieve the best results .

This will effectively help to increase the enjoyment of the game ,on the contrary, if the referee's performance isn't good or his decisions aren't accurate .

The Football referee bears a great burden and performs his role in a difficult circumstances, as the expansion of the Stadium and the movement of the players over ninety minutes requires the referee to exert a physical , mental and nervous efforts

For a long time than others, and the Egyptian referee is not away from these Considerations. Football has a great attention, whether from the state or the public, groups of fans have been formed, and clubs' newspapers have been appeared which aim to publish the latest news, analyze, criticize the matches and show the weak performance of the referee . This Led to riots in the Egyptian Stadiums due to the doubling number of the Viewers From different ages who found a breath in football.

The Researcher believes that the psychological aspect plays an important Role in individual's life in general and the sports life in particular . As it is a common factor with those Who participate in the sporting life, including players, technical, administrative, medical, referees and Fans. sports psychology is an important human science which sports training Contribute a lot of knowledge and information that help to achieve the most important goals and duties. (8:257)

The Psychological aspect of athletes is also an important aspect in older to develop sports and athletes in different Countries, whether developed or developing. Nowadays, the psychological preparation plays and important role in the integrated preparation system.

Emotional balance is considered an explanation of psychological stability , which is called

the principle of emotional stability . In individual have the ability respond to various stimuli and this ability is the characteristic of life. When a person is exposed to a specific stimuli , it turns into a state of tension, that is , emotional imbalance, which drives him to undertake a specific activity to reach equilibrium. (2:49) .

This emotional equilibrium reflects in leading others, so the more a person is emotionally balanced, controlling himself, the greater his ability to lead situations. ( 5: 125)

Through the researcher's Work within the technical Staff of a football club, he found a lot of frictions and emotions between the referees players or technical teams or even with the fans. And by reviewing the scientific references and the researcher's Knowledge, the researcher found no Study that spotlight the emotional balance among referees. The greatest interest was in individual and sports players, especially players of a Combat nature and the focus was limited at studying the psychological or personal features of the athlete in general. This encouraged the researcher to do this research to improve the performance of the referees. Football referees need to Know their level of emotional balance and them improve it in order to improve Sports arbitration. A referee needs to control emotional balance as emotion's if increased, they may affect his decisions.

The researcher also believes that emotional balance is the most important aspect that referees in general and football referees in particular should have because of their great role in managing local and

international matches and tournaments, So the researcher did that Study.

#### **Aims:-**

To set up a scale for emotional balance among football referees.

#### **Search questions :-**

- 1- What are the dimensions of emotional balance scale For Football referees ?
- 2- To identify the level of emotional balance among football referees.

#### **Some trims used in the research:-**

##### **- Emotional equilibrium (procedural definition) :-**

It is being able to Control the emotions and behavior that emanate from the athlete, the Players, the Coaching Staff or the fans.

#### **Research procedures:**

##### **Research Methodology :**

The researcher used the descriptive approach due to its relevance to the nature of the research

##### **Research Community:**

The Research Community is represented by the first class football referees in the Egyptian Football Association.

##### **The research Sample :**

The research sample Was chosen from Football referees, first class, Assiut branch, and they are 20 .

##### **Data Collection tools:**

The researcher used the Following tools and measurements to Collect the data :-

A-The analysis of references and scientific research:-

The researcher reviewed the scientific references and previous studies in the field of sports Psychology and football to Know the Studies concerned with Studying emotional balance among athletes .

B-Expert opinion polls used in the research :

The researcher designed and used the following Forms :

1- A Form of determining the dimensions of the emotional balance Scale of the research sample.

Objective of the form :- Determining the dimensions of the emotional balance Scale For football referees .

Steps to Prepare a questionnaire on the dimensions of the emotional balance scale for football referees.

- Access to Scientific references and previous specialized studies.

- Presenting the form in its initial form to the experts. -Reaching the most important dimensions of the emotional balance scale through the parentage of expert agreement.

2. A form for determining the expressions of the emotional balance scale of the research Sample.

**objective of the form:**

Determine the expressions of the emotional balance scale of Football referees.

**steps to prepare the expression form for the emotional balance scale of football referees.**

- Access to Scientific references and previous specialized studies.

- Presenting the questionnaire in its initial Form to the expert.

- Reaching the most important phrases of the emotive balance scale through the percentage of expert agreement.

D. The scale used Emotional balance scale for football referees prepared by the researcher .

**Scale Description:**

The scale Consists of (3) basic dimensions which are (Controlling emotions before the sports

Competition, Controlling emotions during Competition, and Controlling emotions after the match. Each dimension contains a group of phrases, and the referees answer the Statements of the Scale according to a three- Stage scale (Always ,Sometime, Rarely) And according to the Scale instructions, the high Scores on the Scale indicate a high level of emotional balance , while low Scores indicate low level of emotional balance among referees .

**Scale instructions:**

Dear referee, the following phrases refer to some cases or situations that are related to you as a sports referee .

Dear referee, read each Phrase well and answer it according to your attitude towards each phrase or your actual attitudes by putting (□) so that It applies to Your actual attitude.

Dear referee, there are no right or wrong answers, and do not waste a long time at any Phrase and try to determine your actual attitudes honestly and Sincerely.

**\* Scale Collection:-**

The phrases are correct and as follows:

Always = (3) marks .

sometimes = (2) mark .

Never = (1) mark .

**Conducting scientific transactions :  
Scientific transactions used in the research :-**

**First : Honesty**

The arbitrators' Veracity of the emotional balance scale of football referees :-

The Researcher used the Veracity of the arbitrators to Calculate the Veracity of the Content of the questionnaire in order to verify the

Validity of the questionnaire form, as (10) experts, attached (1) as shown in the questionnaire was applied to the Table (1):

**Table (1)**  
**The opinions of the experts on the axes of the questionnaire on the Emotional Balance Scale For football referees ( N = 10 )**

N	The axes	Suitable		Unsuitable	
		%	p.c.	%	p.c.
The first axis	Control your emotions before the competition	8	80	2	20
The second axis	Control your emotions during the competition	10	100	0	0
The third axis	Control your emotions after the competition	9	90	1	10

Table (1) shows that the percentage of experts' opinions on the questionnaire's axes ranged from 80% to 100%, and the researcher was satisfied with 80%. Thus, the main axes of the questionnaire were determined based on the opinions of the experts. Thus, the main axes of the questionnaire were reached in its form Final :

**Table (2)**

N	The axes
The first axis	Control your emotions before the competition
The second axis	Control your emotions during the competition
The third axis	Control your emotions after the competition

**Table (3)**

**The number of phrases of the questionnaire on the emotional balance scale of football referees ( n = 10 )**

Dimensions	The axis	Number of phrases
The first axis	Control your emotions before the competition	10
The second axis	Control your emotions during the competition	9
The third axis	Control your emotions after the competition	8
Phrases of the questionnaire as a whole		27

Table (3) shows the number of phrases of the questionnaire on the Emotional Balance Scale for football referees

**Table (4)**  
**The opinions of the experts on the phrases of the questionnaire on the emotional Balance Scale for Football Referees (n = 10 )**

Number of Phrases	First axis				Second axis					Third axis				
	Suitable		Unsuitable		Suitable			Unsuitable		Suitable			Unsuitable	
	ك	%	ك	%	م	ك	%	ك	%	م	ك	%	ك	%
1	9	90	1	10	1	9	90	1	10	1	8	80	2	20
2	9	90	1	10	2	9	90	1	10	2	9	90	1	10
3	9	90	1	10	3	8	80	2	20	3	7	70	3	30
4	9	90	1	10	4	7	70	3	30	4	10	100	0	0
5	9	90	1	10	5	9	90	1	10	5	9	90	1	10
6	10	100	0	0	6	9	90	1	10	6	9	90	1	10
7	9	90	1	10	7	9	90	1	10	7	8	80	2	20
8	9	90	1	10	8	9	90	1	10	8	10	100	0	0
9	10	100	0	0	9	10	100	0	0					
10	8	80	2	20										

Table (4) shows that the percentage of opinions of the experts on the suitability of the proposed phrases ranged between (70% to 100%), and the researcher was satisfied with a percentage (90%) or more to

approve the statements and the phrases that did not obtain this percentage were excluded based on The opinions of the experts, and Table No. (5) Clarifies the phrases of each axis before and after the presentation.

**Table ( 5)**

**The number of phrases in the questionnaire for the emotional balance scale for football referees**

N	Phrase	Number of phrases in its initial form	Adjustment				Number of phrases in its final form
			Formatting	Deleting	Merging	Adding	
	the questionnaire for the emotional balance scale for football referees	27		0	0	0	21
1	Control your emotions before the competition	10		1	0	0	9
2	Control your emotions during the competition	9		2	0	0	7
3	Control your emotions after the competition	8		3			5

Thus, the questionnaire on the emotional balance scale of football referees was prepared in its final form, attached (4 )

#### **B- Validity of internal consistency:-**

The researcher used the validity of internal consistency to calculate the validity factor of the questionnaire in

order to verify the validity of the questionnaire form, while the questionnaire was applied, in order to calculate the correlation coefficient between the degree of each axis and its total, as well as between the scores of the axes and the total sum of the questionnaire as shown in Table (6).

**Table (6)**

#### **Validate of internal consistency of the axes for the questionnaire of the emotional balance scale for football referees (N=20)**

The axes	correlation coefficient	The probability value
First axis : control tour emotions before competition	0.987	0.000
Second axis: Control your emotions during the competition	0.938	0.000
Third axis: Control your emotions after the competition	0.920	0.000

The (R) value is at the level of  $0.05 = 0.445$

It is clear from Table (6) that the correlation coefficients between the axes of the questionnaire (emotional balance among football referees) and the total score ranged between (0.920:

0.987), which are statistically significant correlation coefficients, which indicates the internal consistency of the questionnaire.

**Table (7)**

#### **Validity of the internal consistency of the phrases of the axes of the Emotional Balance Scale of football referees**

Phrase	correlation coefficient	The probability value	Phrase	correlation coefficient	The probability value
1	0.956**	0.00	12	0.9430**	0.00
2	0.947**	0.00	13	0.867**	0.00
3	0.872**	0.00	14	0.895**	0.00
4	0.886**	0.00	15	0.923**	0.00
5	0.945**	0.00	16	0.956**	0.00
6	0.971**	0.00	17	0.932**	0.00
7	0.995**	0.00	18	0.754**	0.00
8	0.966**	0.00	19	0.974**	0.00
9	0.945**	0.00	20	0.926**	0.00
10	0.923**	0.00	21	0.965**	0.00
		11	0.936**	0.00	

The (R) value is at the level of  $0.05 = 0.445$

It is clear from Table (7) that the correlation coefficients between the questionnaire statements (emotional balance among football referees) and the total score ranged between (0.754

\*, 0.966 \*\*), which are statistically significant correlation coefficients, which indicates the internal consistency of the questionnaire.

**Table (8)**

**Validate the internal consistency of the questionnaire phrases on the emotional balance scale of football referees and the total score of each axis (n = 20)**

Phrase	First axis	Phrase	Second axis	Phrase	Third axis
1	0.935**	1	0.971**	1	0.926**
2	0.921**	2	0.925**	2	0.864**
3	0.988**	3	0.936**	3	0.635**
4	0.743**	4	0.815**	4	0.934**
5	0.834**	5	0.962**	5	0.926**
	6	0.834**	6	0.826**	
	7	0.924**	7	0.974**	
		8	0.737**		
		9	0.923**		

The (R) value is at the level of 0.05 = 0.445

It is clear from Table (8) that the correlation coefficients between the phrases and axes of the questionnaire (with the scale of emotional balance of football referees) and the total degree of the axes ranged between (0.635 \*\*: 0.988\*\*), which are statistically significant correlation coefficients, which indicates the internal consistency of the questionnaire.

**Secondly, stability:**

Calculation the stability of the scale axes using Alpha Cronbach's coefficient:

The reliability of the scale was estimated using the Alpha Cronbach coefficient method, and the questionnaire obtained the value of the alpha coefficient (0.946) for the scale as a whole, which indicates that the scale has a high degree of stability, and Table (9) shows that.

**Table (9)**

**Alpha Cronbach's coefficients for the stability of the scale axes of the emotional balance for football referees ( N = 20 )**

N	The axes	Alpha Cronbach's coefficient
1	control tour emotions before competition	First axis : control tour emotions before competition
2	Control your emotions during the competition	Second axis : Control your emotions during the competition
3	Control your emotions after the competition	Third axis : Control your emotions after the competition
	The scale as a whole	0.964

The (R) value is at the level of 0.05 = 0.445

It is clear from Table (9) that alpha Cronbach correlation coefficients range from (0.942: 0.950), which is a function of correlation coefficients at a significance level of 0.05, which

means that the stability of the Alpha Cronbach coefficient is acceptable for the overall degree of the scale and for scale axes (emotional balance among football referees).

**Table (10)**

**Alpha Cronbach's coefficients for the stability of the phrases of the emotional balance scale to football referees**

First Axis		Second Axis		Third Axis	
Phrase	Alpha coefficient	Phrase	Alpha coefficient	Phrase	Alpha coefficient
1	0.925	1	0.983	1	0.927
2	0.937	2	0.945	2	0.947
3	0.992	3	0.947	3	0.925
4	0.926	4	0.961	4	0.964
5	0.927	5	0.936	5	0.917
6	0.945	6	0.926		
7	0.935	7	0.996		
		8	0.948		
		9	0.947		

The (R) value is at the level of  $0.05 = 0.445$

It is clear from Table (10) that the coefficients of the Alpha Cronbach range between (0,996: 0,917), which are the correlation coefficients that function at the level of significance (0.05), which means that the stability of the Alpha Cronbach coefficient is acceptable for the total degree of the axis and the expressions of the emotional balance scale of football referees.

**The Statistical Processing used :**

According to the nature of the research and its objectives, the researcher used the following statistical processing.

The weighted Average  
Relative weight  
Estimated score Percentage

Correlation coefficient  
Alpha Cronbach's coefficient  
**Presentation and discussion of results:**

Firstly, presenting and discussing the results of the first question, which states: "What are the dimensions of the emotional balance scale for football referees?"

This question was answered as previously explained through content analysis and data collection, and the researcher reviewed previous studies and scientific references (1, 4, 11, 12), where the dimensions of the emotional balance scale were determined. Through this, the researcher was able to put the scale dimensions in their initial form and then present them to

the experts. Where three main dimensions were reached, (Attachment (2)) and presented to the experts and their number (10) experts (Attachment 1) to determine the relative importance

of these dimensions that are commensurate with football referees. Thus, the dimensions of the emotional balance scale of football referees were reached as shown in Table (2)

N	The Axes
First Axis	Control your emotions before the competition
Second Axis	Control your emotions during the competition
Third Axis	Control your emotions after the competition

Secondly, presenting and discussing the results of the second question, which states: "What is the scale of emotional balance among football Referees ?"

This question was answered as previously explained after reaching the three dimensions of the emotional balance scale for football referees:

Where the dimensions of the scale were determined, and the terms of the scale were presented in its initial form (attached (3)) to the experts, and through this , the scale of emotional balance of the football referees contains (21) phrases in its final form as shown in Table (5), Attachment. (4).

**Table (5)**  
**Number of phrases in the questionnaire of the emotional balance scale for football referees**

N	Phrase	Number of phrases in its final form
questionnaire of the emotional balance scale for football referees		21
1	Control emotions during competition	9
2	Control emotions after competition	7
3	Control emotions before competition	5

Thirdly : Presenting and discussing the results of the third question, which states: "What is the

level of emotional balance scale among football referees ?"

**Table ( 11)**  
**The level of emotional balance among football referees, the first axis, control of emotions during competition (n = 20)**

N	Phrases	Percentage
1	I can control my emotions in front of the players in the competition	56%
2	I feel self-confident throughout the competition	47%
3	Feel the turbulence during the competition	74%
4	I can control my emotions when faced with provocations in competition	54%

**Follow Table ( 11)**  
**The level of emotional balance among football referees, the first axis, control of emotions during competition (n = 20)**

<b>N</b>	<b>Phrases</b>	<b>Percentage</b>
5	I can control my emotions when the crowd provokes me during a competition	73%
6	I am overreacting for the simplest reasons during the competition	46%
7	I get agitated when I do mistakes during the competition	77%
8	I get agitated quickly during important competitions	67%
9	I get agitated when players mock me during a competition	80%

Table (11) shows that the manifestations of emotional balance in the first axis (control of emotions during competition) among football referees are not high, as the percentage of the research sample ranged between (46%: 80%), which indicates a decrease in the manifestations of the emotional balance of the axis I have football referees .

The researcher believes that the process of not controlling emotions during a competition for referee affects thinking and prevents it from continuing to make good decisions in competitions. It also works to disintegrate the information and concepts of the referee, which makes

him unable to make the appropriate decision during competition, in addition to that the emotion reduces the ability of Referees to achieve the required achievement.

This was confirmed by the results of the study of Nabil Khalil Nada 1990 that there is a relationship between the components of the football referee and the level of his performance in the match. The researcher believes that the most important of these components is the emotional balance that affects his performance during the competition.

**Table ( 12 )**  
**The level of emotional balance among football referees, the second axis, control of emotions after the competition (N = 20)**

<b>N</b>	<b>Phrases</b>	<b>Percentage</b>
1	I feel angry when unwanted signals happen before a competition	76%
2	I can adapt to all conditions and situations that occur before a competition	79%
3	I feel upset and not controlling my emotions when the coaching staff rubs against me after the competition	83%
4	I get agitated when some players accuse me of bribing me after a competition	67%
5	I control my emotions calmly with every situation I encounter after the competition.	58%
6	I do a lot of problems and quarrels after the competition	57%
7	I always get agitated when the loser team rub against me after competition	72%

Table (12) shows that the manifestations of emotional balance in the second axis (control of emotions after sports competition) among football referees are not high, as the percentage of the research sample ranged between (57%: 83%), which indicates a decrease in the manifestations of emotional balance. For the second axis I have football referees .

The researcher also attributes that decrease in the level of emotional balance to the lack of interest in

psychological preparation programs within the annual plan for training these referees, in addition to the absence of a psychological specialist to work with the rulers.

This agrees with the study of Amer Saeed Al-Khikani 2005 that the efficiency of the referee is related to some psychological variables of the referees. The researcher believes that the decrease in the manifestations of emotional balance of the referee after the competition is due to his efficiency in the match.

**Table (13)**

**The level of emotional balance among football referees, the third axis, control emotions before the competition 5% (N = 20)**

N	Phrases	Percentage
1	I can adapt to all conditions and situations that occur before a competition	90%
2	I feel nervous about being criticized before the competition	87%
3	I feel very upset when any action or words are issued against me from the technical staff before the competition	91%
4	I feel nervous from the fans yell against me before the competition	88%
5	I get out of my feelings and I cannot control my emotions when I see negative looks from some players before the competition	93%

Table (13) shows that the manifestations of emotional balance in the third axis (control of emotions before the competition among football referees are high, as the percentage of the research sample ranged between (87%: 93%), which indicates the high manifestations of emotional balance in the third axis for football referees.

The researcher attributes the high manifestations of emotional balance in the third axis (control of emotions before the competition) of football referees to the lack of contact with the emotions of the players before the competition because there are no strong reasons for this, as well as not making important and fateful decisions that affect his performance before the match. This was confirmed by the study of Muhammad Kamal

Muhammad 2010 that emotional balance has a relationship with many psychological variables that affect it and be affected by it, the most important of which is decision-making . The researcher believes that the high manifestations of emotional balance before the match are due to the stability of these variables as a result to not engage in competition and not take any decision that affects his emotional balance.

Thus, the researcher answered the third question, which states: "What is the level of emotional balance among football referees?"

**Conclusions and recommendations:-**

- Setting up a scale that can be used scientifically to measure the level of emotional balance among football referees.

### Recommendations:

- The use of the emotional balance scale as one of the important criteria when selecting referees in competitions.
- The use of the Emotional Balance Scale when setting up psychological programs for football referees.
- Trying to use the emotional balance scale on football referees.
- The need to use psychological counseling and mentoring programs to improve the level of emotional balance among football referees.

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