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Psychological immunity and its relationship to the performance level of Premier League football referees

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Abstract

Recently, interest in the concept of psychological immunity has increased as a term that means resistance to pressure and psychological and physical stress, as it is one of the preventive processes that means the ability to overcome stressful situations. Evolution of rulers and raising their levels in the future. The current research aimed to identify the level of psychological immunity and the level of performance in matches for the referees of the Iraqi Premier League in football for the season 2022-2023. The researcher used the descriptive approach in the manner of mutual relations and through the results, the researcher concluded that there is a correlation between psychological immunity and the level of performance of the referees of the Iraqi Premier League in football, with a good percentage. The researcher recommended the adoption of a measurement of psychological immunity from the Referees Committee as an indicator of the adoption of referees in the Iraqi Premier League in football and for the purpose of determining the extent of their psychological readiness

Keywords: Psychological immunity, level of performance, football referees, Premier League

1. Introduction

The psychological aspect plays a big role in improving the level of performance and has come to be considered as one of the variables that must be taken care of along with the skill and planning requirements, as the athlete's superiority depends on the extent of benefiting from psychological abilities in a way that is no less than benefiting from their motor abilities, and psychological skills help individuals to prepare mobility to achieve maximum and best athletic performance and recently there has been increased interest in the concept of psychological immunity as a term meaning resistance to psychological and physical stress, it is one of the preventive processes that means the ability to overcome stressful situations since the athlete has a limited endurance Resistance to stress, that is, psychological immunity protects from many stressful situations that cause psychological and health problems (2011: Seery) [7]. Psychological immunity is a progressive protective system with integrated components that help the individual to strengthen and enhance the processes of interaction between him and stressful environmental conditions. this system is not only tasked with helping the individual to live with stress, but is also responsible for the effectiveness and integration of personality and self-growth of the individual synchronously with the developments of the environment. Therefore, the researcher deliberately studied psychological immunity and its relationship to the performance level of Premier League referees in football in order to be a step in achieving the development of referees and raising their levels in the future.

2. The Research problem

Football referees are exposed to great pressure and multiple difficult situations, whether in the same match as a result of objections by the players, the technical area, or from the fans present at the match on a continuous basis, which gradually leads him to drain his energy and weaken his ability to resist and confront, and as a result, his psychological immunity decreases by observing the researcher being one of the international referees and by leading or following the matches, he was able to those concerned in the field of Arbitration (the referees committee) are only interested in the physical and cognitive aspects of The adoption of rulers and the assignment of duties to them, while neglecting the psychological aspect of governance, especially psychological immunity, as it should be the most important characteristic of governance.

3. Research Objectives

1-Identifying the level of psychological immunity and the level of performance in matches for the referees of the Iraqi Premier League in football for the 2022-2023 season.

2-identifying the percentage of the contribution of psychological immunity to the level of performance of the referees of the Iraqi Premier League in football for the 2022-2023 season.

4. Areas of Research

1. The human Field: the referees of the Iraqi premier football league for the 2022-2023 season.
2. Time domain: duration from 18/7/2022 to 7/8/2022.
3. Spatial field: referees training ground, Ministry of youth sports.

4. Research Methodology

It is known that each research has its own approach taken by researchers in order to reach scientific facts, since the nature of the problem is the basis in light of the choice of the study method, so the researcher used the descriptive approach in the method of interrelation (Associative studies).

4.1 Research sample: The research sample consists of referees working in the Iraqi Premier League in football for the 2022-2023 season, where the researcher selected (57) referees distributed according to the intentional method to (7) referees for the purpose of conducting an exploratory experiment and (50) referees for the main experiment sample, which are the referees who lead more than five matches per season, the sample constitutes 30.67% of the community of origin.

4.2 Means of collecting information, devices and tools used

- 1- From Arabic and foreign sources.
- 2- The process of observation and experimentation.
- 3- The International Information Network (the internet).
- 4- Conducting field visits to collect information.

4.3 Devices and tools used

- 1- The scale of psychological immunity.
- 2- Stopwatch to recognize the time it takes to answer the paragraphs of the scale.
- 3- Personal computer (laptop) type (acer), chinese-made.
- 4- Football field.
- 5- Camera number (1) nikon type.
- 6- Paper and pen.
- 7- Electronic calculator type.

5. Research procedures

5.1 Psychological immunity: The researcher used the psychological immunity scale prepared by Basma Mohammed 2020, and this scale is suitable to know the psychological immunity of the research sample, and the scale consists of (6) axes (self –confidence – creativity and problem solving – emotional stability and self –control – positive thinking – psychological flexibility and adaptation-challenge and perseverance), the number of paragraphs of the scale reached (48) paragraphs and the paragraphs were distributed to the areas of the scale as shown in Table (1) and to some extent - No) with (1-2-3) degrees for phrases, so the maximum score of the scale is (144) degrees, and the minimum score is (48) degrees, and the maximum score of the scale indicates that the referee has a high degree of psychological immunity.

Table 1: Explains the axes and phrases of the psychological immunometer of Premier League football referees.

Phrase numbers	Themes	ت
1-7-12-19-25-31-37-43-47	Self-confidence	1
2-8-14-20-26-32-38-44	Creativity and problem solving	2
3-9-15-21-27-33-39	Emotional stability and self-control ability	3
4-10-16-22-28-34-40-45	Positive thinking	4
5-11-17-23-29-35-41-46-48	Psychological flexibility and adaptation	5
6-12-18-24-30-36-42	Challenge and perseverance	6

5.2 Judges evaluation form

The researcher used the form for evaluating the performance of referees, which has been approved by the Asian Football Confederation and FIFA since 2000, and which has been approved by the central Iraqi Football Federation for the season (2004-2005) until now.

The evaluation process is carried out by a person called (referees evaluator) who has experience in the field of refereeing (Any former international referee) as well as some of them are a lecturer accredited by the Asian Football Confederation, and this grade is approved for each referee during the performance of referees (sample members) according to the matches for each referee and the evaluation was done on the Premier League matches and through this form, the referee may get the lowest score (zero) and the highest score (10).

The form is divided into two parts, one for the referee of the arena, and another part for the assistant referees, each with a special evaluation score, and at the end of the evaluation, the evaluator submits his suggestions to develop the performance level of the referee and assistant referees.

As for the fourth referee, advice and guidance, if any, are provided to him, as well as the negatives and positives by the (Referees ' evaluator).

When evaluating, reference is given to the grade that the referees deserve the evaluation is about the correctness of the decision, the physical fitness of the assistant referee, the appropriate reaction, agility, attitudes and accuracy in making decisions. the grade depends on how difficult and easy the game is, after that suggestions and advice are provided to the referee and the first and second assistant and they are talked to face to face to indicate the pros and cons of each of them. the evaluation process is carried out by three evaluators accredited by the central Iraqi Football Federation ^[1] in order to achieve positivity in the evaluation through the consistency of the referees.

¹ Evaluators who evaluated the regents:

Alaa Abdelkader is a former international referee / local lecturer in football law.

Kazem Odeh is a former international referee / local and Asian lecturer in football law.

6. Exploratory experience

The researcher conducted the survey experiment of the psychometric immunometer on Saturday (12/5/2022) at the stadium of referees and national teams at the Ministry of youth and sports on the survey sample, numbering (7) referees.

The sample showed the clarity of the instructions, the ease of understanding the paragraphs and their clarity, and the researcher and the assistant team did not face any obstacles or negatives.

7. Statistical methods

The researchers used the statistical bag (spss) to obtain the following:

7.1 Presentation, analysis and discussion of results

7.2 Presentation of the statistical description of the psychometric immunometer and its sample level

The researcher presents in Table (1) the statistical description of the sample data for the total psychometric immunometer, verification of the test morale and identification of the sample level through the hypothetical medium.

Table (1) shows the arithmetic mean achieved and the standard deviation of the total psychological immunity level of the Premier League referees in football for the 2022-2023 season, the arithmetic mean reached the total psychological immunity (106.22), the standard deviation reached (6.454) and the torsion coefficient reached (-0.102), the highest score obtained by the research sample was (124.8) and the lowest score (99.9).

We come to the conclusion through the results of the Test (t) and when making a comparison between the achieved arithmetic mean and the hypothetical mean of the test of (78) that there are significant differences in favor of the arithmetic mean at the expense of the hypothetical mean, the moral value reached (0.000), which is smaller than the indicative level (0.05) as well as that the arithmetic mean is larger than the hypothetical a study (Ayman Abdulaziz, 2019) and a study (Barbanell, 2009) the researcher attributes this to the positive effect of psychological immunity, as it helps the individual to The researcher attributes this to the level of physical fitness possessed by the referee, and the best evidence of this is the passing of referees to international tests, although updating and changing these tests in addition, referees rely on themselves in training and preparation, whether for tests or matches.

The researchers believe that the high level of psychological immunity among referees is due to their high responsibility in leading the matches and staying away from the competition between the two teams in the match. their goal is not to win one of the teams, but the referees' goals are to achieve justice and equality between the two teams and maintain the safety of the players. in addition, the competition should be fun for the players and show the game in the most beautiful way and the most enjoyable for viewers.

8. Presentation, analysis and discussion of the relationship results, the percentage of the contribution of psychological immunity and the level of performance

The researchers present the correlation coefficient and the results of the contribution ratio between psychological immunity and the level of performance of the judges, and Table (2) shows this.

The results show that there is a correlation between psychological immunity and the level of performance of the referees of the Iraqi Premier League in football for the 2022-2023 season, as the correlation coefficient reached (0.356) with a real morale of (0.044), which is smaller than the indicative level (0.05), to prove to us the existence of the relationship, and with a contribution percentage of (0.089).

The researchers point out this relationship that psychological immunity may be an auxiliary factor in achieving the achievement and goals that the referees aspire to achieve, and in this context (Mohammed Allawi:2009) indicates that an athlete who is characterized by psychological immunity is distinguished in his abilities and skills and by having a positive concept of himself, and is characterized by realism, accepting criticism from others, and it is also easy for him to make decisions, especially in difficult competition situations. This is consistent with what Eman al-shenwani pointed out (2019) that people with stronger psychological immunity are less affected by psychological pressure, the ability to solve problems, plan, positively interpret situations and apply effective strategies, as well as a preventive factor against psychological exhaustion and relieve psychological stress. Psychological immunity is one of the important factors that help referees control their psychological state, and that the ideal performance of the referee is achieved by developing his many mental skills in order to face the problems that confront him before and during his leadership of the matches and after to reach his goals of better performance through achieving justice and maintaining the safety of the players and his contribution to giving pleasure to the followers.

9. Conclusions and recommendations

9.1 Conclusions

Through the study procedures and the results of statistical research of the data, the researcher came to the following conclusions

1. The football referees of the Iraqi Premier League for the 2022-2023 season distinguished a high level of psychological immunity in matches.
2. The performance level of the referees in the Iraqi premier football league for the 2022-2023 season has been recognized.
3. The results show that there is a correlation between psychological immunity and the level of performance of the referees of the Iraqi Premier League in football with a good percentage.

Table 2: The statistical description of the sample shows the application for the immunometer and the hypothesis medium

Type of difference	Real significance	Value t	Lowest degree	Highest degree	Torsion	Standard deviation	Arithmetic mean	Variants
Moral	0.000	18.77	99.9	124.8	-0.102-	6.454	106.22	Psychological immunity
78						The hypothetical middle		

Table 2: Shows the coefficient of partial correlation and the percentage of the contribution of psychological immunity to the level of performance of the rulers.

Real significant	Value F	Standard error	Adjusted contribution ratio	Contribution ratio	Correlation coefficient	Standard deviation	Arithmetic mean	Variants
0.044	4.011	0.322	0.089	0.245	0.356	7.012	106.22	Psychological immunity
						0.333	9.222	Performance level
Sentiment is at a significant level of 0.05					Type of difference			

9.2 Recommendations

Based on the conclusions reached by the researcher, the following recommendations were developed:

1. The adoption of psychological immunometry from the referees committee as an indicator of the accreditation of referees in the Iraqi premier football league and for the purpose of determining their psychological readiness.
2. The need to adopt psychological variables when selecting referees or accepting them in the initial courses.
3. The need to research the psychological aspects of the referees of the Iraqi Premier League in football.

10. Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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