

Guidance/Training Course in Facing the Psychological Pressures and Improving the Speed and Performance of Football Referees for Iraqi Premier League

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ABSTRACT

The study aimed to identify the effect of the guidance and Program in Facing the Psychological Pressures and Improving the Speed, its Endurance and Performance of Football Referees for Iraqi Premier League. The equal-group experimental method has been used. The groups are two experimental groups and a control group with pre- and post-measurements. The study sample consisted of (30) referees. They were selected randomly and by lottery. They were distributed into two experimental groups (the first experimental group takes the training curriculum, the second experimental group takes the training curriculum and the guidance program), and the third group is the control. Each group consists of ten referees. Having done that, the normal distribution was conducted by using the skewness and variation coefficients. while homogeneity was used by Levene's test for homogeneity and the (F) test for equality. The researcher conducted an exploratory experiment, which focused on identifying the field difficulties that the researcher may face during the actual conduct of the guidance and training program. The SPSS statistical software has been used. The results of the study showed the improvement of the second experimental group, followed by the first experimental group, and then the control group. Accordingly, the researcher concluded that the guidance and training program improved the referee's performance.

Keywords: Guidance/Training Program, Psychological Pressures, Speed Endurance, Performance of Football Referees.

INTRODUCTION

In order to raise the technical level of referees, we must focus on all physical, martial and psychological aspects. Because the game of football is diverse and its circumstances keep changing, for it is considered the first popular game in the world and fun and excitement it gives for practitioners and viewers alike, it became the most practiced because of the simplicity of its practice and because it is an attractive international language, it gains the attention of millions of people of different ages, races, religions, and cultural, social, scientific, and sporting levels, through field observations or via television screens. This is why we note that International Federation of Association Football and the national federations always strive to have this game is at the heart of the event to advance and rise to the best levels through conducting studies and scientific research as well as great care was taken in preparing the basic elements of this game, which is represented by the players, coaches, and referees, for they have decisive decisions and a great influence and a major role in bringing the match to safety and achieving success in leading it, and it can be achieved only by improving the level of refereeing performance, which must be essential in the development of the game.

The match referee is constantly confronted with the players' reactions to his decisions, which sometimes could be as bad as verbal and physical attacks, and the referee is constantly exposed to the shouts of a certain team fans, as well as to criticism from the media. Football referees, therefore, are exposed to psychological pressures resulting from refereeing matches, such as tension, anxiety, and fear. They also suffer from stress and nervous tension, which are of the causes of psychological burnout, and therefore, psychologically prepared referee will be the state of readiness and preparedness for the upcoming response, self-confidence, and focusing on the positive aspects that lead to better expectations for performance and prevents the

occurrence of negative perceptions that lead to damage to performance and increased anxiety as a result of prior expectations of failure, which works to reduce the chances of the referee succeeding in leading the match successfully. Cognitive behavioral therapy is one of the modern therapeutic methods that is primarily concerned with the cognitive approach for psychological disorders. This method aims to remove psychological pain by identifying false self-concepts and signals and correcting and modifying them.

Psychological pressure has a significant impact on referees, affecting their performance in a negative way due to the emotional state that occurs to them, which increases neuromuscular tension. It also reduces their focus and attention, which makes compatibility difficult. The theoretical importance of this study lies in developing a cognitive framework for referees about:

- Its results and recommendations, which may help answer some questions about the feasibility of the impact of the guidance program on technical cognitive behavioral therapy for the psychological stress of football referees for the Iraqi Premier League.
- Determine appropriate goals and methods that contribute to developing speed, speed endurance, and the performance of football referees for the Iraqi premier league.
- Access to the best guidance and training programs in developing the physical fitness elements and performance of football referees for the Iraqi premier league.
- Opening new horizons for other research dealing with other variables, and other arbitration degrees.

This study focuses on methods for dealing with different types of stress. A person may sometimes find himself faced with several possibilities about how to deal with the pressures they encounter and whether they do anything about the causes of the pressures. Processing stress simply means that we learn and master some methods that will help us deal daily with these pressures and reduce the negative effects as much as possible. The problem of the study Soccer is distinguished by the fast-changing pace of the players' movements on one hand, and on the other hand, the different tasks of the players, which is due to the different playing positions of the players, and the physical characteristics and basic skills that each player possesses which qualify them to play in one position without the other. Also, the more the player enjoys physical, skillful, tactical, and psychological capabilities and can show them in the actual competitive atmosphere, the higher their chance of winning matches and turning the course of the game in their favor. From here, the researchers came up with the idea of conducting this study with the aim of examining the level of physical fitness of young female soccer players in Palestinian clubs, in light of the variable playing position (offensive line, midfield line, defensive line, goalkeeper) and analyzing it and then searching for practical measures to improve and develop it, where the problem of the study revolves around identifying the level of some elements of physical fitness according to the variable of the playing position of young female soccer players in Palestinian clubs¹.

Research Problem

Given the great development in the game of football, as well as the speed of play, and the great role that referees play in the success of any match and bringing it to safety, which comes

¹ Abdel Sattar, 1998: 203.

through correct decisions, and the success of any match is through the success of the refereeing team in not having significant errors, which always occur in penalty areas, due to the large number of sensitive and difficult matches and the place where it is held, which brings about psychological pressure on the referees, and the physical effort that falls on the referees during the match is very great, and because the researcher is an international referee and has refereeing experience, and was faced with many problems on the field of play in the Iraqi Premier League Due to the large number of mistakes that occur inside and around the penalty area, which results from the discrepancy between the referees themselves in taking decisions and the difficulty of the referees' movement inside the penalty area or by not reaching the correct and appropriate place due to weakness in the speed of the referee's movement or through the speed of playing performance, which requires the referee to repeat the speed many times, which results in making mistakes that may be negative and influential; therefore, the researcher decided to study this problem and develop successful solutions to it in a scientific and thoughtful manner in order to raise the level of football referees in Iraq through preparing a guidance program using cognitive behavioral therapy techniques to address psychological pressures and develop speed and endurance for referees in the Iraqi Premier League.

In this study, the researcher will attempt to answer the following questions:

- What are the results of psychological pressures football referees in the Iraqi Premier League are suffering from?
- What is the speed of football referees in the Iraqi Premier League?
- Is there any effect of the counseling program using cognitive behavioral therapy techniques on the psychological pressures of the referees of Iraqi football Premier League?
- Is there any effect of the training program on the speed of football referees for the Iraqi Premier League?
- Is there any effect of the training program on the performance of Iraqi football Premier League?

Research Objectives

1. Codifying the psychological stress scale for Iraqi Premier League football referees.
2. Planning a guidance program using cognitive behavioral therapy techniques for the psychological pressures of football referees for the Iraqi Premier League.
3. Creating a training program for the speed and performance level of football referees for the Iraqi Premier League.
4. Identifying the effect of a counseling program using cognitive behavioral therapy techniques on the psychological stress of football referees for the Iraqi Premier League.
5. Identifying the effect of the training program on developing the speed of football referees for the Iraqi Premier League.
6. Identify the effect of the training program on developing the performance of football referees for the Iraqi Premier League.

Research Assumptions

The researcher has assumed the following as solution to the research problem:

1. The guidance/training program using cognitive behavioral therapy techniques has a positive effect on the psychological pressures of football referees for the Iraqi Premier League.
2. The training program has a positive impact on developing the speed of football referees for the Iraqi Premier League.
3. The training program has a positive impact on developing the level of performance of football referees for the Iraqi Premier League.
4. There is a clear advantage in favor of the guidance/training program using the techniques of cognitive behavioral therapy (the study approach) in terms of treating and developing psychological pressures, speed, endurance of speed, and performance of referees.

The Research Fields

- The Human Field: Football referees of the Iraqi Premier League (2021-2022).
- Spatial field: Stadiums of the Iraqi Premier League football clubs for the 2021-2022. Al-Shaab International Stadium, and the Stadium of College of Physical Education and Sports Sciences - University of Baghdad.

RESEARCH METHODOLOGY AND FIELD PROCEDURES

Research Methodology

The experimental method has been used. There are two equal experimental groups and a control group with pre- and post-measurements. This is because it is fit the research problem and to achieve the research objectives and hypotheses as well.

The Research Community and Its Sample

The community is the referees of the Iraqi Premier League 2022-2023. They are (140) referees, from (18) governorates.

The research sample was chosen from Baghdad Governorate, it was (30) referees and they were chosen randomly by lottery. They have been divided into two experimental groups and a control group. Each group was (10) referees. Thus, the percentage of the sample is (21.43%) of the original community. In addition, a sample of (120) referees who were selected by a simple random method to codification of psychological stress scale.

Homogeneity And Equivalence of The Sample:

Homogeneity and equivalence of the sample were conducted in the variables of study (psychological pressures, speed, referees' performance). Thus, the sample members were homogeneous and equal to avoid all variables that might affect the results of the research, and the differences will be attributed to the experimental factor. Therefore, the sample is considered normally distributed, and to know the reality of the tests of the study. Consequently, this is what qualifies the researcher to carry out the research and conduct a guidance/training program, as shown in Tables 1.

The Research Tools, Devices and Methods

The Research Tools:

The following tools have been used for data collection:

1. Observation.
2. The questionnaire.
3. Testing and measurement.

Tables 1: The homogeneity and equality of the members of the three groups.

Item	Variables	Sources of variation	Sum of squares	Degree of freedom	Mean squares	Levene	Significance	F value	Significance
6	psychological pressures	Between groups	57.681	2	28.841	1.776	0.203	0.784	0.474
		Within groups	551.522	15	36.768				
		the total	609.203	17					
13	speed	Between groups	0.001	2	0.001	0.217	0.807	0.371	0.694
		Within groups	0.038	27	0.001				
		the total	0.039	29					
15	referees' performance	Between groups	12.111	2	6.056	3.353	0.063	0.607	0.558
		Within groups	149.667	15	9.978				
		the total	161.778	17					

The Devices:

1. Sony camera.
2. Stopwatch.
3. Laptop (Dell).

The Research Methods:

1. Legal football field.
2. Measuring tape made of cloth.
3. Adhesive tapes of different types and colors.
4. Mannequins.
5. Sources and references.

Exploratory Procedure of the Psychological Stress Scale for Football Referees

An exploratory experiment on a sample of (25) first-division referees has been conducted on September 3, 2022. The results were positive in terms of in terms of the social desirability of the measurement tool. Its aim was:

1. Identify the clarity of the scale's items and instructions.
2. Identify the time required to answer.
3. Identifying the obstacles that the researcher may face in conducting the final scale.
4. Identify the effectiveness of answer alternatives.

It has become clear, that the response time ranged between (12-24) minutes, on average of (18) minutes. All items were explained to the participants.

The Real Procedure of the Psychological Stress Scale for Football Referees

Having the psychological stress scale ready to be used, the researcher, along with the assistant work team, began the measuring process with a sample of 120 first-division referees of the Iraqi Football Premier League. For the period from 10/7/2022 until 27/10/2022.

Having completed the main experiment, the members data has been tabulated in the population sample after collecting and arranging it in preparation for statistical analysis.

Scientific Indicators of the Psychological Stress Scale

Validity of the Psychological Stress Scale:

The more the scale has more than one indicator of validity, the greater the confidence it has in measuring what it is designed to measure. Several indications for validity have been extracted according to what is required by codifying the scale, which are:

First: Content Validity:

Accordingly, to achieve this type of validity, a group of experts and specialists have examined aspects of the psychological stress scale. The items were also examined by experts and specialists. Their opinions have been statistically analyzed by the chi-squared test.

Second: Construct validity:

The researcher verified this procedure through the following:

- Two groups (maximum and minimum): The scale's effectiveness depends on the adequacy of its component parts in terms of their ability to distinguish between groups that differ in performance on the phenomenon, and the validity of the distinction may be achieved by retaining the items whose discriminatory ability has been proven by statistical analysis.
- Internal consistency: "This method assumes that the individual's total score is an important criterion for the validity of the scale, by finding the correlation between the score of each item of the scale and the total score."

This type of validity has been achieved through:

- The correlation of the item score with the total score of the subscale to which it belongs.
- The correlation of the item score with the total score of the psychological stress scale.
- The subscale score is related to the total score of the psychological stress scale.
- Indicators of scale reliability: Reliability is defined as the extent of accuracy, proficiency, or consistency with which the test measures the given phenomenon. In order to extract reliability, the researcher relied on the following methods:

First: The Half-Split Method:

In this method, the researcher relied on the questionnaires of the exploratory experiment for the codifying sample. They were 120 forms. The subscale items of the scale were divided into two halves, the first half has items with odd numbers, while the second one has items with even numbers. The researcher used the F-test of equality of variances to ensure the homogeneity of the two halves. The calculated (F) value was (1.103), which is smaller than its tabulated value of (2.351) at a degree of freedom (119: 119) and a significance level (0.05). After that, the Pearson correlation coefficient (r) was extracted out of the total scores of the two halves of the test (0.895). However, these values represent the coefficients of the half of the test for the

subscales, so these coefficients must be corrected by using the Spearman-Brown formula to correct the reliability coefficient to obtain the reliability of the test as a whole. Having done the correction, the reliability coefficient became (0.945), as shown in Table (12).

Second: Cronbach's Alpha Formula:

A test of the answers of the codification sample of (120) first-division referees of the Iraqi Premier Football League has been made. Then, the Cronbach's alpha formula has been used to calculate the reliability of this test. The value of the reliability coefficients appeared between (0.878).

Tests Used in the Research (Test one: 40m * 6):

International referees, in addition to the first-level referees in the Iraqi leagues.

The running scale, repeated sprints to cover a certain distance (km/hour) as follows:

1. Six consecutive attempts to cover a distance of (40) meters, resting between each two repetitions is (60) seconds.
2. They start at one and a half meters away from the starting point of the electronic timing.

Note:

The test is conducted on a running track. It is not permissible to use spikes shoes while running.

Procedures:

The referees are arranged in a horizontal line, one after the other, waiting for the start signal. When the signal is given, the referee starts running.

Time:

The international referee has 6.2 seconds.

All referees have to perform six speed test attempts.



Figure 1: The beginning of the 6 * 40 m test.

Steps For Planning Guidance Program

First: Arranging the psychological stress scale items in descending order according to the weighted mean and percentage weight: Having set up the priorities, the items of the psychological stress scale were arranged in descending order in terms of weighted mean and their percentage weight. So that, the work priorities of the guidance program and identifying its items should be determined. The items may also indicate the needs that related to their weighted mean, which is higher than the hypothesized mean for the alternative answers, as

shown in Table (14). It is noted that to consider an item as a need, it must have a weighted mean higher than 2.5 because the hypothetical means for the four- answer alternatives is 2.5.

Second: Identifying needs: Identifying needs is the cornerstone of the planning process, as it determines the needs of referees. It is also a set of steps that the researcher must take into consideration and know what are the basic steps on which he relies in formulating the goals of the guidance program.

To determine the needs of the research sample, who are football referees of the Iraqi Premier League, the researcher relied on a collecting data to formulate the guidance sessions, as follows:

1. Several problems were identified which in turns indicate some needs. This was conducted by relying on the results of the psychological stress scale that was applied to the construction sample of (120) referees, and then calculating the weighted mean and percentage weight for each item of the psychological stress scale. The criterion that the researcher used in determining needs was the hypothetical mean of the scores of the answer alternatives for the scale. The highest score that an item can obtain is (4) degrees, and the lowest score is (1) degree, and the hypothetical mean for the answer alternatives is (2.5). Thus, an item that obtains higher than (2.5) degrees on the psychological stress scale indicates the presence of a problem, and weakness.
2. The problems that were identified according to their weighted means and percentage weights have been discussed with experts and specialists in psychological counselling, sports psychology, and educational psychology. Thus, (8) needs were identified on the psychological stress scale. It should be noted that some items were merged to gather because they It represents the same need, and it represents the needs of referees with high psychological pressure².

Second:

1. carrying out the guidance program on (the experimental sample) football referees of the Iraqi Premier League, using the group counseling method in the morning, and the duration of the counseling session took (45) minutes, except for the first opening session and the last closing session, which was (35) minutes.
2. The researcher has used the group counseling method because of its benefits, the most important of which are³:
Saving time and effort and saving counseling expenses.
 - Develops cooperation and interaction skills among the guidance group's referees.
 - Exploiting the referees' experience, in order to benefit from it in counseling sessions to modify the referees' behavior in dealing with psychological pressures.

² The experts and specialists:

1. A. Dr. Amer Saeed Al-Khikani / Sports Psychology, University of Babylon / College of Physical Education and Sports Sciences
2. A. M. Dr. Abdullah Majeed Hamid / Educational Psychology, Wasit University / College of Education - Educational Psychology
3. A. M. Dr. Muhammad Kazem Arab / Sports Psychology Guidance, Wasit University / College of Physical Education and Sports Sciences
4. M. Dr. Malik Fadil Abdullah / Educational Psychology / Psychological Counseling, Wasit University / College of Education - Educational Psychology.

³ Khalaf, 2007: 154.

- The participant is reassured that he is not the only one who has this problem.
 - Suitable for all age groups.
 - It is considered one of the unique counseling experiences, in which the participants work together to discover their opinions and the psychological problems from which they suffer.
3. The counseling sessions were managed in a realistic counseling manner, which includes the following⁴:
- Introducing and explaining the topic for preparation and positive stimulation.
 - Provide a model of behavioral responsibility.
 - Raising questions.
 - Re-learn the topics, ideas, and experiences that were previously discussed in the counseling session.
4. Use positive reinforcement through the guide's reinforcement of responses that appear immediately and are acceptable. This will increase the possibility of behaving in a similar way when the participant has to face similar situations in the future. Some of those reinforces that were used by the instructor, and as mentioned by both Al-Khatib and Al-Haidari⁵, are:
- smile.
 - Looks of appreciation and admiration.
 - Nodding the head as an expression of approval.
 - Using verbal reinforcements, such as saying (great, well done, great idea).
5. The guidance program was carried out on the (experimental) sample of football referees of the Iraqi Premier League, who have the same specifications as the (control) sample and are referees.
6. On the last day of the program's counseling sessions (the closing session), the post-measurement was conducted.

The Exploratory Experiment

The researcher, with his assistant work team, conducted the exploratory experiment on a group of 12 referees at 2:30 p.m. on the day 12 /12 / 2022. This is to secure the accuracy and validity of the research work and to avoid obstacles that may appear when conducting the main experiment. And to identify the extent of its efficiency by examining the performance of the devices used and testing them. This simulation experiment has shown the following:

- The devices and tools used in the tests are suitable.
- Identifying the readiness of the referees to conduct the main experiment.
- Identifying the errors that occur during the implementation of the main experiment so they can be avoided.
- Calculating the time, it takes to conduct and execute the main experiment.

Field Research Procedures

Pretests:

The research sample took the pre-tests on 18 /12 / 2022 to measure psychological pressures, speed, endurance of speed, and the performance of the referees at Al-Shaab International

⁴ Al-Bayati, 2015: 122.

⁵ Al-Khatib and Mona Al-Hadidi, 1997: 144-145.

Stadium. The researcher was keen to secure the best testing conditions and procedures. The researcher has used the evaluation form  for the Iraqi league.

Training Curriculum:

The research sample practice the given curriculum on 24 /12/ 2021. The training program to 8 weeks, at (3) training units per week, so that the total training units for tactical exercises reached (24) training units. A time limit of the unit is 9-26) minutes. The capabilities, level, and aptitude of the referees of the research sample have been taking into account. The researcher directly supervised the conducting of the training curriculum and the guidance program. While the rest of the procedures of the unit were the task of the referees, and the researcher did not interfere in this aspect. The researcher adopted the principle of gradualness by starting the training course with simple exercises and then moving on to more difficult exercises.

Posttests:

The post-tests were conducted at 2:30 pm on Wednesday 1/10/2022 at Al-Shaab International Stadium. The psychological pressure, speed, speed endurance, and the performance of the referees were tested, an evaluation form was used. The pre-test conditions and procedures were brought here too.

Statistical Methods

SPSS has been used for data collection and analysis.

ANALYSIS AND DISCUSSION OF THE RESULTS

This chapter deals with the featuring, analysis, and discussion of the research results. Having collected the data. It has been placed in tables because they represent ease in extracting scientific evidence.

Presenting, Analyzing, and Discussing the Results of Psychological Stress Values

Presenting, Analyzing, and Discussing the Results of the Psychological Stress Values of The Control Group:

Table 2: Differences between the pre- and post-tests in the psychological stress values of the control group.

Item	Variables	Measuring unit	Pre-tests		Post-tests		س ف	ع ف	F value	Significance
			س	ع	س	ع				
1	the psychological stress	Degree	168.3	6.413	137.2	9.852	31.1	13.747	5.715	0
2	Speed rate	m/s	5.756	0.037	5.672	0.046	0.085	0.032	6.374	0
3	Performance evaluation	m	7.74	0.327	8.43	0.106	-0.69	0.328	5.399	0

Table 2 shows the differences in the values of psychological stress, speed rating, and the performance of the referees in the pre- and post-tests of the control group. The sample members showed differences between the pre- and post-tests for the control group. The t-test has been used for correlated samples to extract differences that showed significant differences, as their calculated values reached (5.715, 6.374, and 5.399), respectively, at a significance level

of (0.000, 0.000, 0.000) and a degree of freedom of (9), between the pre- and post-tests for the control group and in favor of the posttests.

Presenting, Analyzing, and Discussing the Results of Psychological Stress Values for the First Experimental Group:

Table 3: differences between the pre- and post-tests in the psychological stress values of the first experimental group.

Item	Variables	Measuring unit	Pre-tests		Post-tests		س ف	ع ف	F	significance
			س	ع	س	ع			value	
1	Psychological stress	Degree	168.4	4.6	110.2	7.115	58.2	7.743	13.533	0
2	Speed rate	m/s	5.76	0.04	5.555	0.04	0.204	0.036	11.248	0
3	Performance evaluation	m	7.71	0.318	8.59	0.11	-0.88	0.379	5.825	0

Table 3 shows the differences in the values of psychological stress, speed rating, and the performance of the referees in the pre- and post-tests of the first experimental group. The sample members showed differences between the pre- and post-tests for the first experimental group. The t-test has been used for correlated samples to extract differences that showed significant differences, as their calculated values reached (11.248, 5.825, and 13.533), respectively, at a significance level of (0.000, 0.000, 0.000) and a degree of freedom of (9), between the pre- and post-tests for the first experimental group and in favor of the posttests.

Presenting, Analyzing, and Discussing the Results of Psychological Stress Values for the Second Experimental Group:

Table 4: Differences between the pre- and post-tests in the psychological stress values of the second experimental group.

Item	Variables	Measuring unit	Pretests		Posttests		س ف	ع ف	F	Significance
			س	ع	س	ع			value	
1	Psychological stress	Degree	166.3	3.164	95.8	2.486	70.5	4.17	23.22	0
2	Speed rate	m/s	5.77	0.036	5.446	0.035	0.324	0.035	15.452	0
3	Performance evaluation	m	7.73	0.323	8.71	0.11	0.98-	0.399	6.082	0

Table 4 shows the differences in the values of psychological stress, speed rating, and the performance of the referees in the pre- and post-tests of the second experimental group. The sample members showed differences between the pre- and post-tests for the second experimental group. The t-test has been used for correlated samples to extract differences that showed significant differences, as their calculated values reached (15.452, 6.082, and 23.220), respectively, at a significance level of (0.000, 0.000, 0.000) and a degree of freedom of (9), between the pre- and post-tests for the second experimental group and in favor of the posttests.

Presenting, Analyzing and Discussing the Results of Psychological Stress Values for the Two Experimental and Control Groups:

Table 5: Calculated (F) value of the psychological stress values for the three groups in the post-test.

Item	Variables	Sources of variation	Sum of squares	Degree of freedom	Mean squares	value	Significance
1	Psychological stress	Between groups	8834.400	2.000	4417.200	6.124	0.000
		Within groups	1384.800	27.000	51.289		
		the total	10219.200	29.000			
2	Speed rate	Between groups	0.254	2.000	0.127	6.975	0.000
		Within groups	0.045	27.000	0.002		
		the total	0.299	29.000			
3	Performance evaluation	Between groups	0.395	2.000	0.197	6.702	0.000
		Within groups	0.319	27.000	0.012		
		the total	0.714	29.000			

Table 5 shows There are statistically significant differences in the values of psychological stress, speed rating, and the performance of the referees in the posttests of the two experimental groups and the control one. The F value was calculated as (86.124, 76.975, 16.702), respectively, at a degree of freedom (2-27) and a significance level (0.000, 0.000, 0.000), respectively. To determine the direction of the difference in favor of any group, the researcher used the value of the least significant difference (L.S.D) between the three groups.

Table 6: Comparisons in psychological stress values of the three groups for the post-test.

Item	Variables	Mean tests		Arithmetic mean		Arithmetic mean difference	Standard error	Significance
1	Psychological stress	C1	Expt. 1	137.200	110.200	27.000	3.203	0.000
		C1	Expt. 2	137.200	95.800	41.400	3.203	0.000
		Expt. 1	Expt. 2	110.200	95.800	14.400	3.203	0.000
2	Speed rate	C1	Expt. 1	5.672	5.555	0.116	0.018	0.000
		C1	Expt. 2	5.672	5.446	0.225	0.018	0.000
		Expt. 1	Expt. 2	5.555	5.446	0.109	0.018	0.000
3	Performance evaluation	C1	Expt. 1	8.430	8.590	0.160-	0.049	0.003
		C1	Expt. 2	8.430	8.710	0.280-	0.049	0.000
		Expt. 1	Expt. 2	8.590	8.710	0.120-	0.049	0.020

Table 6 shows that:

The psychological stress: There is a significant difference between (the control group - the first experimental group) at the significance level (0.000) and between (the control group - the

second experimental group) at the significance level (0.000), and between (the first experimental group - the second experimental group) at the significance level (0.000).

Speed Rate: There is a significant difference between (the control group - the first experimental group) at the significance level (0.000) and between (the control group - the second experimental group) at the significance level (0.000), and between (the first experimental group - the second experimental group) at the significance level (0.004).

Performance evaluation: There is a significant difference between (the control group - the first experimental group) at the significance level (0.003) and between (the control group - the second experimental group) at the significance level (0.000), and between (the first experimental group - the second experimental group) at the significance level (0.020).

THE RESULTS DISCUSSION

Tables (2, 3, 4, 5, 6) show the differences in the values of the psychological stress, speed, and the performance of the referees in the pre- and post-test for the three groups, as well as the post-test between the control and two experimental groups. In addition, the sample members showed significant differences between the pre-test and the post-test for the three groups, in favor of the post-test. This indicates the effectiveness of the training and psychological approaches used by the referees during the training course. There were also significant differences between the control and the two experimental groups in the post-test. The researcher attributes the reason for these differences to the fact that the referees had different methods for confronting the psychological pressures resulting from the different situations that the referee goes through while managing matches, and this depends on the type and severity of the situation, the personal characteristics of the referee, and his way of thinking in choosing one of the methods to confront a particular situation.

The referee must have guidance and training courses so that they can raise the standard of leading matches. These courses have a significant impact on refining the referee's personal traits. That is, psychological stress plays a role in hindering the effectiveness of the referee's performance while leading the match. Having an achievement always comes along with facing difficulties. This is a phenomenon that individuals in general and referees in particular are exposed to on a daily basis. "Stop confronting and treating stress leads to many harms that, in turn, lead to failure and frustration." ⁶

The researcher attributes the reason why referees are subjected to some pressure to the fact that football is the favorite game among sports fans and of its popularity as well. Which is highlighted extensively through the media, creating pressure on the refereeing team leading the match. These pressures are either internal or external, and they have negative effects on the referees' performance. The intensity of pressure increases and decreases among football referees depending on the requirements of this competition in the match that he is refereeing. Whenever the pressure increases, it affects the referee's performance in a negative way and thus it is difficult for him to focus on his performance, or he will fail to continue his successful performance in leading the match. This was confirmed by Saad Moneim Al-Sheikhly, he argues "The referee is exposed to pressures, including psychological, social, economic, political, or

⁶ Louis, 1984: 147.

cultural, which lead to frustration, and what is meant here is not satisfying one of the individual's needs, and accordingly, it will sometimes appear in the form of anxiety, fear, or conflict.”⁷

The guidance course has a prominent and exemplary role in creating motivation for referees and creating a model environment for behavior. Since the referee is a leading person and responsible for managing the match with fairness and great responsibility, he needs high mental relaxation and the ability to concentrate to make appropriate and accurate decisions at the right time. Therefore, the guidance sessions play an effective role in creating the appropriate environment for the referee to accomplish the work required of him. By reducing the psychological pressures that the referee may face before, during and after leading matches. This was clearly demonstrated by the results of the second experimental group, in which the counseling course had an effective and positive role in the results obtained and the superiority in reducing psychological pressures among the referees of the second experimental group.

The researcher attributes the reason for the differences in speed to the fact that the training curriculum that the researcher used has different running distances and the maximum intensity specified for this characteristic. These distances helped to develop the speed of the research sample, as Mufti Ibrahim Hammad confirmed that high-speed exercises, which include typical applications of speed in specialized sports, work to reach speeds higher than usual and lead to the process of neuromuscular harmony through the coordination of muscle contraction and relaxation (which results from nerve signals), which in turn enables achieving better rates of speed.⁸

While Abu Al-Ela Ahmed Abdel Fattah argues that when the athlete uses distance training at speed, it leads to the efficiency of the work of the central nervous system and enhances the neuromuscular system, which appears in the ability to mobilize the largest number of fast fibers involved in performance and helps in the effectiveness of muscle coordination. Intramuscular and intermuscular.⁹ The researcher attributes the reason for the development in the referees' performance to the influence of the training curriculum and its various exercises. It shows clear progress among the members of the research sample, as well as regularity and continuation of training according to a scientific method and plan. Because scientific training is the ideal method for the referee to overcome the potential difficulties that may arise, therefore, referees gain experience that enables them to solve the problems they face in the match.¹⁰

The significance difference is due to the training curriculum and the extent to which it controls the level of referees' performance applied to the second and first experimental groups. It confirms the correct planning and selection of these exercises by gradually performing them. In addition, the knowledge and experience the referees gained through their implementation of these exercises. They attended clarification sessions, and the presentation of some cases of replays through VAR. All of this played a major role in developing the cognitive ability and level

⁷ Al-Sheikhly, 2003: 16.

⁸ Hammad, 1999: 205.

⁹ Abdel Fattah, 1997: 194.

¹⁰ Thamer Mohsen, Sami Al-Saffar: 19.

of performance of the referees.” Hence, the theoretical aspect must be emphasized, “The theoretical knowledge that the referees acquire resonates during practical application.”¹¹

CONCLUSION

There are some outcomes that have been reached through the presentation and discussion of the results.

1. The football referees have to pay attention to studying psychological stress. Consequently, the referees need to be provided care in terms of its contents, dimensions, and applications.
2. The guidance course prepared for referees has proven successful in confronting psychological pressures, which confirms the necessity of using this type of training.
3. Psychological guidance has a clear impact on developing referees’ self-confidence by enabling them to make the correct decisions in matches.
4. There is a clear advantage in speed for members of the two experimental groups of football referees, which confirms the effectiveness of the training course.
5. There is a clear advantage in the referees’ performance for members of the two experimental groups, which confirms the effectiveness of the training curriculum.

Recommendations

Based on the conclusions reached, the researcher recommends the following:

1. This guidance course must be applied to referees from other ranks of the Iraqi football league.
2. The expertise of psychological specialists during referees’ training must be brought in to follow up on the psychological conditions the referees face while leading matches.

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¹¹ Allawi, 1977: 173.

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