

A STUDY AND COMPARISON OF STRESS RESOURCES OF NATIONAL AND INTERNATIONAL REFEREES IN IRAN'S SOCCER PROFESSIONAL LEAGUE

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Introduction

The job stress in individual and organizational level has always been a matter of interest in fields of sports psychology and management ,so a few studies in aspects of referees' psychology and management also consisted of recognition of important stress factors in soccer referees.

Methods

30 national and international referees of Iranian professional league (age range 27 to 45 yrs) with at least 2 years experience in the professional league were selected non randomly. In this research we reviewed a standard questionnaire that was used by Nasi(1994) in the field of effective factors on stress ration and we used for Iranian soccer referees. Data were collected from the questionnaire by one of other researchers among referees that participate in the professional league class of Iran in 2010. The data were analyzed through descriptive statistics and inferential statistics with T test by spss software in significant level ($p < 0.05$).

Results & Discussion

There was no significant difference between stress resources mean of national and international referees ($P > 0.05$). Also lack of proper physical fitness, fear of physical attacks during the game by the players and coaches, respectively, were the most important resources of stress in the judging game in professional league.

Table1. Descriptive statistics and T value for the Stress resources of referees

Variable	Means		Average mean difference	Degrees of freedom	T	P
	National referees	International referees				
Stress	7.17	6.55	-0.67	22	-1.6	0.967

Conclusion

The effect of stress in efficiency, productivity and performance of soccer referees, it seems that presence of physical fitness coaches especially for soccer referees in national and international level to promote referees' physical fitness and special attention Culture building in the fans and promoting laws of the game knowledge among the players and coaches can greatly reduce stress during referee will judge.

References

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