

EMOTIONAL STATES SPECIFIC TO FOOTBALL REFEREE

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Abstract *This scientific communication is performed based on a research performed as case studies during the period July - December 2012.*

Observing the conditions of case analysis, I shall present further on the methodological issues of research. In this work I followed as main objective the importance of affective side involved in arbitrage. Consequently, I have built a hypothetical relation which involves the correlation of the components of affectivity with the capacity of a football referee in the coordination of the game. The methods used in research were: the method of case analysis, the method of observation, documentation and conversation. The means used were: the observation protocol, the dialogue with the subjects and with the specialists in the field, the bibliographic study.

Conditions of development: the research involves a number of 5 subjects with the data indicated in the table. Pursuant to the interpretations performed, we have reached the following conclusions presented in a synthetic manner.

In the arbitration activity, the affective side of football referee may cause the most diversified states; from small emotions to stress. In terms of emotionality, the football referee may be: hypo-emotive ; normo-emotive ; hyper-emotive.

The affective side of referee may be destabilised by managers, presidents, delegates or coaches. The relation referee – coach – player shall not be excluded from the affective side of a football game. Both the coach and the players try during the first minutes of the game to test the referee's methods; which may be flexible, elastic or rigid. All these issues may be brought to the knowledge of those involved in this phenomenon, both of referees to improve their capacity, and of trainers who are liable for perfecting the referees.

Key words: *arbitrage, football, emotions.*

1. Introduction

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as case studies during the period July - December 2012.

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Pursuant to the interpretations performed, we have reached the following conclusions presented in a synthetic manner.

As P. Fraisse determines the main causes of emotions, we encounter as well in the field of arbitration the following relations: insufficient possibilities of adjustment. The referee coordinates the game based on a "pattern", perfected as the years pass and with a wider experience [2]:

However, it may happen that during a football game new situations appear which the referee did not face which entails a decision blockage, with a high consumption of time, excess of motivation which cannot be used.

There are situations when the quality level of the game is too weak comparatively to the degree of focus and motivation of referee.

Conditioning the emotions by certain situations which previously determined strong emotions. The referee may suffer an emotional unbalance if the game field, the

team or the teams which he referees and the public caused him inconveniences in the past.

The contagion, experiencing emotions by "contaminations" from others. The simple information on a game, team, player or observatory, received from the colleagues may cause negative or favourable effects to the affective side.

Chronic emotions – stress. The stress designates pressures and influences exercised outside over the body.

The stress represents the lack of momentary adjustment of the body to a certain situation which may affect the referee's activity and even his health condition [1].

In the arbitration activity, the affective side of football referee may cause the most diversified states; from small emotions to stress. In terms of emotionality, the football referee may be [3]:

- hypo-emotive ;
- normo-emotive ;
- hyper-emotive;

If the mind of referee is "haunted" by certain sensitivities, temptations or advantages from a team, benefiting of his capacity of "player", the referee may determine a sole game difficult to coordinate, experiencing strong psychical states.

Also, the *place of the game* may cause an irregular emotional state. The referee does not perform for the first time on a stadium; in his previous "performances" the arbitration manner was less convincing or it was convincing, which causes him a certain spirit state: good or bad.

If his previous games on such stadium, if his arbitration manner was not too "orthodox", the referee will start with a handicap, needing an additional effort.

The affective side of referee may be destabilised by *managers, presidents, delegates or coaches*.

Another issue of the affective side is the **public**. The public plays a decisive role in the evolution of a team. Let's not forget that it represents the 12th player of his team.

Therefore, the public manifests a respect attitude towards the referee, for the position that he has to occupy, although the judgement or the decision over a phase is wrong; understanding the mistake as a human error which may happen to anyone.

But, let's not forget that there are situations when the decision of public may not coincide to that of the referee. It may not be ignored the subjective nature of public which may cause a chorus of whistles and insults over the referees when, as mentioned above, his decision does not correspond to that of the public.

The public may cause an extraordinary psychical tension to the referees and only those with a high psychical training may pot face such psychical "shock" that is the public. The referees has a great responsibility; that of exceeding over all "obstacles" in order to complete the game.

2. The relation referee-coach-player

The relation referee – coach – player shall not be excluded from the affective side of a football game. Both the coach and the players try during the first minutes of the game to test the referee's methods; which may be flexible, elastic or rigid [5].

The players are committing few tough hacks; they are simulating hits in order to obtain technical decisions in favour of their team.

The coach is protesting on each phase, talks to the referee, only to see if the referee is focused, attentive or in order to notice the wideness level in the appreciation of phases. In football, the coach may always criticize the evolution of referees' brigade, in exchange the referees avoids making appreciations related to the evolution of a team or to criticize the work of coach [4].

One shall not forget either the *quotidian stress* to which the referee is submitted. The professional or sentimental problems may affect the evolution of a referee during the game for which he was delegated.

Observatory member of referees' brigade. The Observatory is maybe the most important person who is influencing the performance of arbitration during the game. Unfortunately the authority and manner of awarding the qualifications produce a great stress to the referees' brigade [6].

Mass-media may "rise up" or "down" a referee. The presence of televisions, of journalists may cause a great anguish to the referee. They shall not forget that their evolution is followed and appreciated by a whole country and that a good, fair arbitrage may create a good image, a real appreciation from the public opinion. It is true that during the last years the scapegoat in the non-achievement of the objectives of different club teams was the referee.

The specialised shows are analysing in detail the evolution of coaches which creates a certain image of arbitrage.

3. The physical condition

The physical condition of referee is an important factor in the manner of facing several pressures.

The psychical states experienced by referee are different; he reacts differently, registering modifications both on neural-vegetative level and muscular level.

He also faces speaking troubles, the gestures may not be controlled, the signalisation code is not accurate, it is hesitating and the degree of

communication with the players, with the coaches and his fellow referees is affected or it lacks.

These are only few issues related to the affective side which the football referee has to face.

All these issues may be brought to the knowledge of those involved in this phenomenon, both of referees to improve their capacity, and of trainers who are liable for perfecting the referees.

Table 1

Conditions of development: the research involves a number of 5 subjects with the data indicated in the table

No. crt.	Surname and first name	Identification data	Physical and somatic references	No. of games coordinated
1.	P.D.	Age : 27 years; Experience: – 6 years of assistant referee; – activates in „C” division; – he was never restricted from delegation due to professional reasons, registering very good qualifications; Status: bachelor in physical education and sport carrying out specialised didactic activities.	height 1.84m, weight 82kg; physical tests - results: - Cooper test July - 3050m – November - 3100m; - 50m plain July - 6.2sec. – November - 6.1sec. theoretical tests: pass.	15
2.	U.M.	Age : 23 years; Eperience: – 6 years of assistant referee; – activates in „C” division; – he was never restricted from delegation due to professional reasons, registering very good qualifications; Status: student - Faculty of Chemistry	Height: 1.79m, Weight: 73kg; physical tests - results: - Cooper test July - 3000m – November - 3150m; - 50m plain July - 6.6sec. – November - 6.6sec. theoretical tests: pass.	17

3.	H.Ş.	Age : 24 years; Experience: – 8 years of assistant referee; – activates in „C” division; – he was never restricted from delegation due to professional reasons, registering very good qualifications; Status: bachelor in constructions	Height: 1.78m, Weight: 71kg; physical tests - results: - Cooper test July - 3050m – November - 3150m; - 50m plain July - 6.7sec. – November - 6.7sec. theoretical tests: pass.	22
4.	G.B.	Age : 27 years; Experience: – 6 years of assistant referee; – activates in „C” division; – he was never restricted from delegation due to professional reasons, registering very good qualifications; Status: high school graduate; manager in a construction company	Height: 1.80m, Weight: 75kg; physical tests - results: - Cooper test July - 3100m – November - 3200m; - 50m plain July - 6.5sec. – November - 6.4sec. theoretical tests: pass.	10
5.	B.V.	Age : 22 years; Experience: – 6 years of assistant referee; – activates in „D” division; – he was never restricted from delegation due to professional reasons, registering very good qualifications; Status: student - Faculty of Physical Education and Sport	Height: 1.79m, Weight: 72kg; physical tests - results: - Cooper test July - 3050m – November - 3150m; - 50m plain July - 6.4sec. – November - 6.5sec. theoretical tests: pass.	30

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