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Study of Different Dimensions of Anxiety And Socio Economic Status of Indian Football Referees

Abstract

The study was conducted to analyze and compare the anxiety (trait and state) and socio-economic status (SES) of Indian Soccer Referees of different levels. For the purpose of this study total 200 Indian male, (active and retired both), FIFA, National and State Football referees were taken as subjects. The subjects were divided into two groups. Group one consisted of India's 100 FIFA and national referees combined together (elite referees) and group two consisted of India's 100 state level referees.

State-Trait Anxiety Test (STAT) developed by PSY-COM Services was used to measure state anxiety and trait anxiety of the subjects. The STAT is a standardized test and reliability of the test is 0.88. Socio economic status scale developed by Rajbir Singh et. al. was used to measure the socio economic status of the subjects. Reliability of the scale was computed by test-retest method and was found to be 0.791.

On analyzing the data obtained from subjects it was found State level soccer referees possess more trait and state anxiety than elite soccer referees (FIFA and National referees). Anxiety level of Indian soccer referees is not significantly related to their socio-economic status. Most of the Indian soccer referees belong to middle socio-economic status category.

Keywords: Soccer, Referees, state anxiety, trait anxiety, Socio-Economic Status.

Introduction

Sports' officiating has been recognized as a potentially stressful activity. Sports officials are placed in a competitive environment and they are in a highly evaluative position, in which their integrity is often questioned.

Today soccer is established firmly in most of the world as a vital part of sporting scene. Countless millions play the game at many levels and many more watch it. Surely no game has even had the appeal and found such a fixed place in lives of so many nations as soccer has at this time.¹

Football is the game in which excitement runs so high throughout the contest, even before and after the contest; players, spectators, officials, TV viewers or organizers, everyone is under the grip of this ever mounting excitement. Soccer is still a game where technology is not allowed substantially in decision making process; still human elements are main instruments to reach a decision which makes soccer most realistic, simple but special natural sport on this planet. This is the beauty of the beautiful game that despite presence of Video Assistant Referee (VAR) still final authority to take final decision rests with referee. In many games new technologies (TV replay) are used to reach the correct decision. But in the game of football it's referee's opinion which matters most. Nature of almost all the decisions, except awarding goal, in football is a subjective matter in which each individual can have its own interpretations or opinion but it's referee whose interpretations and opinion matters most.

The worst problem for the referee during the course of a match is that he knows without a shred of doubt, that every decision he takes will be intensely unpopular with at least eleven players and all their loyal supporters. Nothing he can do to please everyone and it is a hard fact to live with. Being human he is bound to be swayed to some extent by the atmosphere at the club where he is officiating. There will always be far

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more home supporters than away supporters and he will be actually aware that decision in favor of the home team will make him far less unpopular than decision against the team. The result is that, to a greater or lesser degree, he is often persuaded to favor the home team to become in language of soccer, a 'homer'.

Experienced referee are so sensitive to this danger that they consciously try to combat the urge to please the home crowd. The best succeed extremely well, the worst fail miserably. If their failure becomes too obvious, they set up a mood of resentment in the visiting players, who then begin to grow more violent and ruthless in their play. If the home team retaliates, the game is rapidly on its way to disaster, with a weak referee gradually losing control. When this happens, his decision becomes increasingly inconsistent and crowd becomes increasingly enraged. The final outcome may be violence on the terraces and outside the ground. In some cases, it can lead to a full scale riot. Ability to successfully cope up with the anxiety is the key to immediate success in continuously changing and challenging circumstances to which referees are always exposed where their psychic and physical abilities are tested again and again.

Anxiety is a state of psychological and physiological uneasiness, apprehension, fear, or worry which may be caused by any known or unknown triggering stimulus. Anxiety is considered to be a normal reaction to stress. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. An optimal level of arousal is necessary to best complete a task such as an exam, performance, or competitive event. However, when the anxiety or level of arousal exceeds that optimum, the result is a decline in performance.

Physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches. The body prepares to deal with a threat: blood pressure and heart rate are increased, sweating is increased, blood flow to the major muscle groups is increased, and immune and digestive system functions are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic.

Anxiety can be either a short term 'state' or a long term "trait." State anxiety reflects the occurrence of symptoms of uneasiness when confronted with specific type of situation. Trait anxiety reflects a stable tendency to respond with state anxiety in the anticipation of threatening situations.²

Investigation shows that soccer refereeing is not a lucrative venture for which one will aspire. Though officials at top level are reasonably well paid besides other allowances payable but very few reaches to the highest level and very few of them stay there for a fair length of time and by the time they start enjoying their stay there, they run out of time and they have to retire at the age of 45. Leaving some exceptions after retiring at young age most of these hard working mercenaries are lost into oblivion.

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Aim of the Study

Keeping in mind the stressed nature of job and very little financial gain from refereeing duty the study was conducted to analyze and compare the anxiety (state and trait anxiety) and socio-economic status (SES) of Indian Soccer Referees of different levels.

Reviews of Literature

Kilic O, Johnson U et. al.³ conducted a to explore the association of physical and psychosocial stressors (severe injuries, surgeries, recent life events, social support) with one-season onset of symptoms of common mental disorders (CMDs) among European professional football referees. For this observational prospective cohort study over a follow-up period of one season (2015-2016) was conducted among professional football referees from Belgium, Finland, France, Germany, Norway, Russia, Scotland and Sweden. Based on physical and psychosocial stressors as well as symptoms of CMD, an electronic questionnaire in English and French was set up and distributed by eight football federations involved. In results it was founded that, prevalence of symptoms of CMD ranged from 5.9% for distress to 19.2% for eating disorders. A higher number of severe injuries and a lower degree of satisfaction about social support were significantly related to the occurrence of symptoms of CMD with an OR of 2.63 and an OR of 1.10, respectively. On the bases of results it was concluded that a higher number of severe injuries and a lower degree on satisfaction about social support were significantly associated with the onset of symptoms of CMD among European professional football referees. Referees suffering from severe injuries were nearly three times more likely to report symptoms of anxiety and depression. Referees who reported a low satisfaction of social support were significantly more likely to report symptoms of eating disorder.

Sapp RM, Spangenburg EE and Hagberg JM⁴ conducted a study to investigate differences in fouls and cards as indicators of aggressive play in the first divisions of England, France, Germany, Italy, and Spain over the past decade. The purpose of this study was Number of fouls per match and per yellow card has decreased in all leagues since 2007/08, though attempted tackles per foul has not changed or has increased. Current trends suggest professional soccer is becoming less aggressive, with England often argued to have the most aggressive of the top European leagues. A lack of substantial rule changes suggests players have become less aggressive in tackling as opposed to referees becoming more lenient. Total number of fouls and cards per match were consistently lower in the English Premier League, however attempted tackles per foul was higher. The data also demonstrate the notions of home advantage and potentially referee bias, since referees tended to call more fouls and award more cards to away teams. Lastly, number of attempted tackles per foul and yellow cards received exhibited the strongest correlations with final league position across the leagues. In conclusion, our data support that elite European soccer has become less

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aggressive and the English Premier League is the most aggressive league.

Gouttebarga V, Johnson U et. Al⁵ conducted a study to determine the prevalence and one-season incidence of symptoms of common mental disorders (CMD; distress, anxiety/depression, sleep disturbance, eating disorders, adverse alcohol use) among European professional football referees. A secondary aim was to explore the view of European professional football referees on consequences, support and needs related to these symptoms. An observational prospective cohort study with three measurements over a follow-up period of one season (2015-2016) was conducted among central or assistant professional football referees from Belgium, Finland, France, Germany, Norway, Russia, Scotland and Sweden. Using validated questionnaires to assess symptoms of CMD (self-reported and not clinically diagnosed), an electronic questionnaire in English and French was set up and distributed by the eight football federations involved. A total of 391 referees (mean age of 33 years old; mean career duration of 7 years) were enrolled, of which 292 completed the follow-up period. Baseline 4-week prevalence rates were 6% for distress, 12% for anxiety/depression, 9% for sleep disturbance, 19% for eating disorders and 17% for adverse alcohol use. The one-season incidence of symptoms of CMD was 10% for distress, 16% for anxiety/depression, 14% for sleep disturbance, 29% for eating disorders and 8% for adverse alcohol use. While symptoms of CMD occur among professional football referees and can influence negatively refereeing performances, the development of specific support measures for referees are needed in order to manage properly these symptoms of CMD.

Gaoua N, de Oliveira RF and Hunter S⁶ conducted a study to analyse impact on Perception, Action, and Cognition of Football Referees in Extreme Temperatures. Different professional domains require high levels of physical performance alongside fast and accurate decision-making. Construction workers, police officers, firefighters, elite sports men and women, the military and emergency medical professionals are often exposed to hostile environments with limited options for behavioral coping strategies. In this review football refereeing has been used as an example to discuss the combined effect of intense physical activity and extreme temperatures on decision-making and suggest an explicative model. In professional football competitions can be played in temperatures ranging from -5°C in Norway to 30°C in Spain for example. Despite these conditions, the referee's responsibility is to consistently apply the laws fairly and uniformly, and to ensure the rules are followed without waning or adversely influencing the competitiveness of the play. However, strenuous exercise in extreme environments imposes increased physiological and psychological stress that can affect decision-making. Therefore, the physical exertion required to follow the game and the thermal strain from the extreme temperatures may hinder the ability of referees to make fast and accurate decisions..

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Research suggests that both hot and cold environments have a negative impact on decision-making but data specific to decision-making is still lacking. A theoretical model of decision-making under the constraint of intense physical activity and thermal stress is suggested. Future naturalistic studies are needed to validate this model and provide clear recommendations for mitigating strategies.

Weston M, Castagna C et.al.⁷ examined the effect of age upon the physical match performances and match physiological loads of elite-level soccer referees of English Premier League. Soccer referees are required to keep up with play at all times despite occupying an age bracket of on average 10-15 years older than their playing counterparts. Therefore, the aim of the present study was to. Match analysis data was collected (Prozone(R)), Leeds, UK) from 22 professional soccer referees (age range 31-48 years) on FA Premier League matches over four consecutive seasons (778 observations). Physical match performance categories were total-distance covered (TD); high intensity running distance (speed >5.5 ms⁻¹), HIR); sprint count (>7.0 ms⁻¹), SC); top sprinting speed (TS); average distance from the ball (DB) and average distance from fouls (DF). Significant age effects were found for TD (r=-0.52, p<0.001), HIR (r=-0.53, p<0.001) and SC (r=-0.53, p<0.001). No age effect was found for DB and DF (p>0.05). Despite covering less TD, HIR and performing fewer sprints the older referees (43-48 years) were able to maintain an average distance from fouls that was comparable to that recorded by the young (31-36 years) referees. Therefore, the reduced physical match performances associated with increasing referee age did not appear to impact upon the older referees' ability to keep up with play. In light of these findings, refereeing governing bodies may wish to review their age-based retirement guidelines.

Times of India⁸ reported that Goa Football association (GFA) has sought an explanation from former FIFA referee Benjamin Silva and his namesake, who is an executive committee member of the GFA, for alleged "cheating and impersonation". Silva has been accused of "cheating and impersonation" in relation to his birth certificate in an attempt to prolong his international refereeing career, GFA secretary Alberto Colaco said. The executive committee member has also been held responsible in the same incident.

Katie and Lionel⁹ contributed to the recent debate about the role of referees in the home advantage phenomenon. Specifically, they aimed to provide a convincing answer to the newly posed question of the existence of individual differences among referees in terms of the home advantage ([Boyko et al., 2007] and [Johnston, 2008]). Using multilevel modelling on a large and representative dataset they found that (1) the home advantage effect differed significantly among referees, and (2) this relationship was moderated by the size of the crowd. These new results suggested that a part of the home advantage was due to the effect of the crowd on the referees, and that some referees were more prone to be influenced by the crowd than others. This provided

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strong evidence to indicate that referees are a significant contributing factor to the home advantage. The implications of these findings were discussed both in terms of the relevant social psychological research, and with respect to the selection, assessment, and training of referees.

Times of india.com¹⁰ reported that Asian Football Confederation president Mohamed Bin Hammam has thrown his support behind the use of goal-line technology and extra assistant referees. The Qatari, seen as a potential successor to FIFA chief Sepp Blatter, suggested it was an almost inevitable development. "There must be some technology introduced to define whether the ball went in or not. That must happen," Bin Hammam, a FIFA executive committee member, said. "We must take into consideration today that with hundreds of cameras in a stadium telecasting the match, they can detect each and every action. So people are always going to be negative about referee mistakes. It's unfortunate for referees but maybe with introducing two extra referees in a match, it can improve the decision and judgement of referees. Goal-line technology and two extra referees can resolve a lot of the issues."

FIFA had previously rebuffed all demands to use video technology to resolve contentious refereeing decisions, despite it being successfully implemented in other sports such as tennis, cricket and rugby union. Their rationale has been that it would disrupt the free-flowing movement of the game. But the issue was forced back onto the agenda after England's Frank Lampard had a goal against Germany disallowed at the World Cup in South Africa 2010, despite replays showing the ball was well over the line. Support for the use of two extra assistant referees is also growing. The system was used in the Europa League last season and will this year be trialed in the Champions League, as well as a handful of other competitions around the world. Referees will be assisted by two linesmen and two further officials in each penalty area.

BBC¹¹ reported that Police in China questioned three top officials of the Chinese Football Association in an investigation into claims of match fixing. CFA vice presidents Nan Yong and Yang Yimin, as well as former refereeing official Zhang Jianqiang, were detained. It is not clear if formal charges will be brought against the three. At least 16 club officials and others have been arrested in recent months over allegations of match fixing. Football is very popular in China but the national team has languished in world standings. Critics have blamed its failings on the sport's mismanagement at the domestic level. Chinese officials, including President Hu Jintao, have spoken recently of the need to clean up football's image in China. "The crackdown on manipulating domestic soccer matches through commercial bribery has showcased a firm attitude in fighting corruption and rectifying the soccer sector," said a statement from the Ministry of Public Security quoted by Xinhua. China's Soccer Daily reported that the three officials were detained.

Gencay¹² conducted an investigation to identify the magnitude of psychological stress

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reported by soccer referees and assistant referees (linesmen). One hundred and fifty-six soccer referees who were members of the Turkish Soccer Referees' Committee responded to a survey that assessed perceived stress related to refereeing. Results showed that mean ratings of psychological stress scores of referees ranged between "a very little" and "moderate amount". Results also showed that there was no significant difference between referees' and assistant referees' magnitude of psychological stress. These results were consistent with those of previous studies, suggesting that most sport referees do not experience much stress while refereeing.

Methodology

For the purpose of this study total 200 Indian male, (active and retired both), FIFA, National and State Football referees were taken as subjects. The subjects were divided into two groups of 100 referees in one group. Group one consisted of India's 100 FIFA and national referees combined together (elite referees) and group two consisted of India's 100 state level referees (state class Ist, IInd and IIIrd referees combined together), registered with different Indian states/districts football associations.

State-Trait Anxiety Test (STAT) developed by PSY-COM Services¹³ used to measure state anxiety and trait anxiety of the subjects. The STAT is a standardized test and reliability of the test is 0.88. STAT contains 40 statements. The statements 1 to 20 measure the Trait anxiety and statements 21 to 40 measure the State anxiety. The following interpretations of the score denote the level of trait and state anxiety of the subject.

Score	Interpretations
0 -15	Low Trait or State Anxiety
16 -21	Average Trait or State Anxiety
22 - 40	High Trait or State Anxiety

Socio economic status scale (SESS) developed by Rajbir Singh, Radhe Shyam and Satish Kumar¹⁴ was used to measure the socio economic status of the subjects. Reliability of the scale was computed by test-retest method and was found to be 0.791. The following interpretations of the score denote the different categories of socio-economic status (SES) of the subject.

SES categories	Scores
Low SES	41 and below
Middle SES	42 - 56 (Lower Middle SES)
	57 - 76 (Average Middle SES)
	77 - 100 (Upper Middle SES)
High SES	101 and above

Analysis of Data and Results of the Study

In order to assess the effect of 'Anxiety in Soccer Officiating' on Socio-Economic-Status, the Chi-square (χ^2) method was used.

In order to assess the relationship of 'Anxiety in Soccer Officiating' and Socio-Economic-Status, the Pearson's Product Moment Correlation method was used.

In order to compare the 'Anxiety in Soccer Officiating' and Socio-Economic-Status of India's elite soccer referees and state soccer referees, t-test was used. The level of significance was 0.05.

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Table -1.1

Frequency distribution of Trait Anxiety v/s Socio-Economic Status (SES) of Elite Soccer Referees

Trait Anxiety	Socio-Economic Status (SES)			Total
	Low SES	Middle SES	High SES	
Low	1	66	4	71
Average	2	20	0	22
High	1	6	0	7
Total	4	92	4	100

Table- 1.2 (Chi-Square Tests)

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	6.143	4	.189

Table 1.3 (Correlation)

		Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.
Interval by Interval	Pearson's R	-.232	.090	-2.365	.020

Interpretation

The scores of table 1.1 indicate that out of 71 elite soccer referees having low trait anxiety 66 fall under the category of middle SES. Out of 7 elite soccer referees having high trait anxiety, 6 falls under the category of middle Socio Economic Status, which is 6%, and is not up to the remarkable level.

Table 1.2 indicates the Chi Square (X^2) statistics value of the trait anxiety of the elite class soccer referees which is not affected by SES i.e. X^2 is not significant.

Table 1.3 indicates that the Pearson's correlation value (-.232) which also favour the result of X^2 test of the independence.

Table -2.1

Frequency distribution of State Anxiety v/s Socio-Economic Status of Elite Soccer Referees

State Anxiety	Socio-Economic Status (SES)			Total
	Low SES	Middle SES	High SES	
Low	1	70	4	75
Average	2	9	0	11
High	1	13	0	14
Total	4	92	4	100

Table- 2.2
Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.683	4	.070

Table- 2.3
Correlation

		Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.
Interval by Interval	Pearson's R	-.197	.077	-1.984	.050

Interpretation

The scores of table 2.1 indicate that out of 75 elite soccer referees having low State Trait anxiety, 70 fall under the category of middle SES. Out of 14 elite soccer referees having high state anxiety, 13 fall under the category of middle Socio Economic Status, which is 13%, and is not up to the remarkable level.

Table 2.2 indicates the Chi Square (X^2) statistics value of the state anxiety of the elite class soccer referees which is not affected by SES i.e. X^2 is not significant.

Table 2.3 indicates that the Pearson's correlation value (-.197) which also favour the result of X^2 test of the independence.

Table- 3.1

Frequency distribution of Trait Anxiety v/s Socio-Economic Status (SES) of State Level Soccer Referees

Trait Anxiety	Socio-Economic Status (SES)			Total
	Low SES	Middle SES	High SES	
Low	0	25	0	25
Average	3	63	0	66
High	1	7	1	9
Total	4	95	1	100

Table- 3.2 (Chi-Square Tests)

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	12.646	4	.013

Table- 3.3 (Correlation)

		Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.
Interval by Interval	Pearson's R	-.039	.134	-.383	.703

Interpretation

The scores of table 3.1 indicate that out of 66 state soccer referees having average trait anxiety, 63 fall under the category of middle SES. Out of 9 state soccer referees having high trait anxiety, 7 fall under the category of middle Socio Economic Status, which is 7%, and is not up to the remarkable level.

The table 3.2 indicates the Chi Square (X^2) statistics value of the trait anxiety of the state level soccer referees is affected by SES i.e. X^2 is significant.

Table 3.3 indicates that the Pearson's correlation value (-.039) do not favour the result of X^2 test of the independence.

Table- 4.1

Frequency distribution of State Anxiety v/s Socio-Economic Status (SES) of State Level Soccer Referees

State Anxiety	Socio-Economic Status (SES)			Total
	Low SES	Middle SES	High SES	
Low	0	18	0	18
Average	2	73	0	75
High	2	4	1	7
Total	4	95	1	100

Table- 4.2 (Chi-Square Tests)

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	26.051	4	.000

Table- 4.3 (Correlation)

Interval by Interval	Pearson's R	Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.
		-.123	.172	-1.228	.223

Interpretation

The scores of table 4.1 indicates that out of 75 state soccer referees having average state anxiety 73 falls under the category of middle SES. Only 7 state soccer referees having high state anxiety, 4 falls under the category of middle Socio Economic Status, which is 4%, which is not up to the remarkable level.

The table 4.2 indicates the Chi Square (X^2) statistics value of the state anxiety of the State Level soccer referees is affected by SES i.e. X^2 is significant.

Table 4.3 indicates that the Pearson's correlation value (-.123) do not favours the result of X^2 test of the independence.

Table-5

Descriptive Analysis of Elite Referees (FIFA & National Level) and State Referees on Trait Anxiety

Variables	Groups	Mean	Standard Deviation	Standard Error
Trait Anxiety	Elite Referees	13.21	4.913	.491
	State Referees	17.88	3.596	.359

Table-5 clearly indicates the mean, standard deviation and standard error of Elite Referees (FIFA & National Level) and State Referees on Trait Anxiety. The observed mean and standard deviation on Trait Anxiety of Elite Referees were 13.21 and 4.913 while

standard error was .491; and State Referees 17.88 and 3.596 with standard error .359 respectively. State Referees had higher mean score as compared to Elite referees.

Table-6

Significance of mean difference of Elite Referees (FIFA & National Level) and State Referees on Trait Anxiety

Variables	Groups	N	Mean	Standard Deviation	df	M.D.	SEd	t ratio
Trait Anxiety	Elite Referees	100	13.21	4.913	1	4.670	.608	7.669*
	State Referees	100	17.88	3.596	198			

*Significant at 0.05 level, Tabulated t value= 1.960. df (198)

From table 6, it is evident that the obtained t ratio 7.669 is greater than the tabulated t value 1.960 at 0.05 level with df (198); therefore, there is a significant difference between Elite Referees (FIFA & National Level) and State Referees on Trait Anxiety.

State Referees possess more Trait Anxiety as compared to Elite Referees (FIFA & National Level).

Table-7

Descriptive Analysis of Elite Referees (FIFA & National Level) and State Referees on State Anxiety

Variables	Groups	Mean	Standard Deviation	Standard Error
State Anxiety	Elite Referees	13.78	5.420	.542
	State Referees	18.27	3.265	.326

Table-7 clearly indicates the mean, standard deviation and standard error of Elite Referees (FIFA & National Level) and State Referees on State Anxiety. The observed mean and standard deviation on State Anxiety of Elite Referees were 13.78 and 5.420 while

standard error was .542; and State Referees 18.27 and 3.265 with standard error .326 respectively. State Referees had higher mean score as compared to Elite referees.

Table-8

Significance of mean difference of Elite Referees (FIFA & National Level) and State Referees on State Anxiety

Variables	Groups	N	Mean	Standard Deviation	df	M.D.	SEd	t ratio
State Anxiety	Elite Referees	100	13.78	5.420	1	4.49	.632	7.095*
	State Referees	100	18.27	3.265	198			

*Significant at 0.05 level, Tabulated t value= 1.960. df (198)

From table 8, it is evident that the obtained t ratio 7.095 is greater than the tabulated t value 1.960 at 0.05 level with df (198); therefore, there is a significant difference between Elite Referees (FIFA & National Level) and State Referees on State Anxiety.

State Referees possess more State Anxiety as compared to Elite Referees (FIFA & National Level).

Discussion of Findings

Table - 1.1 reveals that majority (71%) of elite referees exhibit low trait anxiety. Whereas only 25% of their state counter parts exhibited low trait anxiety (Table - 3.1). 75% of state referees have either average or high trait anxiety.

The comparison of trait anxiety between elite and state level soccer referees (Table - 6) shows that state referees possess more trait anxiety than elite referees. Table - 2.1 reveals that majority (75%) of elite referees exhibit low state anxiety. Whereas only 18% of their state level counter parts exhibit low state anxiety (Table - 4.1). 82% of state level referees exhibit average or high state trait anxiety.

The comparison of state anxiety between elite (FIFA & National Level) and state level soccer referees (Table -8) shows that state referees possess more state anxiety than elite referees. It might be attributed to the facts the Elite Referees (FIFA & National Level) may not perceive stressful and demanding situation as threatening as the state level soccer referees do, may be either they do not recognize the inherent danger or have the necessary skills and experience to live with it.

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