



GNOSI: An Interdisciplinary Journal of Human Theory and Praxis

Volume 6, Issue 1, January - June, 2023

ISSN (Online): 2714-2485

Analysis of Anxiety Levels in South Sulawesi Provincial Football Referees

SAHARULLAH

Faculty of Sports Science,
Makassar State University, Indonesia.

Email: saharullah@unm.ac.id

FAHRIZAL

Faculty of Sports Science,
Makassar State University, Indonesia.

Email: fahrizal@unm.ac.id

Nursalehuddin N AMIN

Faculty of Sports Science,
Makassar State University, Indonesia

Email: nurandaputra@gmail.com

(Received: January -2022; Accepted: June-2023; Available Online: June -2023)



This is an open access article distributed under the Creative Commons Attribution License
CC-BY-NC-4.0 ©2023 by author (<https://creativecommons.org/licenses/by-nc/4.0/>)

ABSTRACT

This study is a quantitative descriptive study that aims to measure the level of anxiety in football referees of the Provincial Association of Indonesian Football Associations, South Sulawesi. One independent variable in this study was the level of anxiety of football referees in the Provincial Association of the All Indonesia Football Association of South Sulawesi Province. The population in this study is all football referees of the Provincial Association of the All Indonesia Soccer Association of South Sulawesi. While the sampling technique uses *purposive sampling* techniques, the samples used are 25 football referees in South Sulawesi. Based on the results of the analysis, it can be concluded that the level of empathy is 3 respondents 12% in the low category, 7 respondents 28% in the sufficient category, 11 respondents 44% in the good category, and 4 respondents 16% in the very good category. This research needs further review on factors of knowledge, motivation, and physical components.

Keywords: level; anxiety; referee; football.

INTRODUCTION

Referees have the function and authority to regulate the course of a sports match, and leaders in matches try to be fair, wise, and firm in making decisions based on fair play

(Eyo, et al., 2011; Eyo & Udofia, 2016). In sports matches, it is said to be successful if the match runs regularly and safely under control. The referee is said to fail if, in a sports match, there is an error in making decisions so that there is chaos in the match due to the referee's lack of concentration and very high anxiety. This often happens in football matches, where referees are often hit by players, coaches, and spectators.

In carrying out his duties, the referee needs to prepare both equipment and activities to improve his mental, physical, and technical knowledge in match situations. Besides that, the referee, as a match leader, should know his personality. The referee's personality is a very important asset in carrying out his functions and goals. According to Indriansah and Arief (2020), referees must try to officiate matches in accordance with football game regulations. For that, the referee must have a good understanding of the rules, be physically fit, and be mentally strong. Furthermore, according to Iqbal et al., (2021), a referee is someone who is assigned to lead a match so that it runs smoothly, safely, regularly, and does not cause harm.

Straub in Husdarta (2010) Expressing anxiety is a situational reaction to various stress stimuli. In Cox and Evangelos Bebetos (2013), anxiety is one of many emotions that can arise as an athlete's reaction in a competitive situation. According to Kalkan & Yucel (2017), anxiety is defined as the anticipation of future danger or misfortune for a person, accompanied by strong negative emotions and symptoms of stress. Anxiety is a reaction that one displays under emotional or physical stress. In everyday life, anxiety often describes situations expressed in terms of fear, concern, and anxiety (Zen, 2018). Barreto et al., (2016, p. 1) avers that "anxiety is an emotion triggered by stress from its internal and external conditions. Physical changes that occur due to anxiety include dizziness, decreased sex desire, irritability, increased muscle tension, excessive sweating, chest pain, rapid breathing, palpitations, increased blood pressure, and frequent loose water (loose stools) (Komaruddin, 2017). According to Steffen J. Hoover (2017), anxiety is therefore also recognised as a multidimensional construct consisting of cognitive and somatic components and can also be seen as a rather stable personality characteristic (trait anxiety) or as a response to certain situations (state anxiety). According to Krista M. Hixson (2017), state anxiety refers to how a person feels in various situations. Trait anxiety describes personality characteristics that focus on a variety of perceived threats.

In a football match, a referee is required to concentrate highly so that when making decisions, he does not experience disorders that cause anxiety. According to Saharullah et al. (2022), "anxiety is a mixed feeling containing fear and concern about the future without a specific cause". In sports, anxiety is a feeling that arises as a result of negative emotional pressure that arises when the game starts. Weinberg and Gould in Tangkudung & Mylsidayu (2017) define anxiety as a negative emotional state characterised by nervousness, worry, and fear and related to activity or excitement in the body. Anxiety is a feeling of worry that refers to emotions that continuously give rise to excessive fear.

According to Handoyo in Supriyanto (2015), anxiety is an emotional state experienced by someone who feels tense without real causes, and this situation has an unpleasant influence and causes changes in his body, both somatic and psychological. Furthermore, according to Hawari in Kurniawan et al. (2021), anxiety is a natural disturbance of feelings characterised by feelings of fear or deep, excessive, and continuation, not experiencing disturbances in reality or imagination; personality still

remains intact (does not experience personality rifts or *splitting of personality*); behaviour can *begang-guan* (Indonesia meaning – Disturbance), but still within normal limits.

Based on the study above, it can be concluded that anxiety is an emotional disorder that comes from feelings, is experienced by someone in the form of imagination, and causes excessive fear and worry. The formulation of the problem in this study is: What is the level of anxiety of football referees in South Sulawesi Province?

RESEARCH METHODS

Research methods are defined as scientific ways to obtain data with specific purposes and uses (Sugiyono, 2017). This study will help get the expected data. The implementation of research is basically to obtain the information or data needed in order to know accurately about the problem under study with a systematic and scientific approach. Research is a process, which is a series of steps carried out in a planned and systematic manner to solve problems or get answers to certain questions. The method used in this study is quantitative descriptive research.

Type of Research

The type of research used in the study is a survey method with a cross-sectional approach (cross-sectional study). According to Notoatmodjo (2002), a cross-sectional study is a study to study a correlation dynamic between risk factors and effects with an approach of observation or data collection at a certain time (point-time approach). In studies that use cross-sectional studies, researchers only observe phenomena at one specific point and time that are descriptive in nature, such as the level of anxiety of football referees.

Place and Time of Research

The research for this study was carried out on December 24, 2022, in Makassar City, South Sulawesi Province.

Research Design

Research design is a design or description that is used to achieve the research objectives that have been formulated. The research design used is as follows:

Target Anxiety Level

- Licensed Referee Anxiety

Population and Sample

Population is the entire object under study in this matter. As stated by Sugiyono (2017), population is a generalised area consisting of objects or subjects that have certain qualities and characteristics determined by researchers to be studied, and then conclusions are drawn. So the population in this study is all football referees in South Sulawesi, which amounted to 167 people. Furthermore, Sugiyono (2017) stated that the sample is part of the number and characteristics possessed by the population. Then this

researcher can use sampling with the purposive sampling method. Purposive sampling is one type of sampling technique commonly used in scientific research. Purposive sampling is a sampling technique whose characteristics are already known by researchers based on the characteristics of the population (Maksum, 2012). The criteria that must be met in sampling for this study are: active referees on duty, Age (17–45 years), Licence level (C3, C2, C1, and FIFA), Based on data on the number of referees in South Sulawesi, as many as 167 people make up the total population, which facilitates researchers in determining the number of samples. The sample in this study was 25 South Sulawesi football referees, whose sampling technique was carried out by purposive sampling or sampling determined by certain characteristics and criteria.

Operational Definition of Research

The operational definition of this study is anxiety, which is a mixed feeling of fear and concern about the future without a specific cause.

Research Instruments

Instruments as tools for using data collection methods are means that can be realised in objects such as questionnaires, test devices, scales, and others (Maksum, 2012). The research instrument to be used in this study is a questionnaire. The instrument used in this study is intended to produce accurate data using a closed Likert-scale questionnaire. Sugiyono (2017) states that the Likert scale is used to measure the attitude, opinion, and perception of a person or group of people about a social phenomenon. With the Likert scale, the variables to be measured are described as variable indicators. The indicator is then used as a starting point for compiling instrument items, which can be in the form of questions or statements. The answer to each instrument used on the *Likert* scale has a gradation from very positive to very negative, which can be in the form of words including:

Table 1: Likert Scale Instrument

| Value | Gradations | Symbol |
|--------------|-------------------|---------------|
| 5 | Very agree | ST |
| 4 | Agree | S |
| 3 | Doubt | RG |
| 2 | disagree | TS |
| 1 | Very disagree | STS |

The instrument used in measuring the level of speed is the SCAT (Sport Competition Anxiety Test). This SCAT questionnaire has been tested in several studies by Riner Marten, as explained in his 1977 book *Competition Anxiety Sport*, which explains the study and trials made by Marten by making a valid study on SCAT consisting of 15 questions.

Data Collection Techniques

A questionnaire is a list that contains a series of questions or statements about a problem to be studied. According to Sugiyono (2017), questionnaires are data collection techniques carried out by giving a set of questions or written statements to respondents to answer. A questionnaire is also an efficient data collection technique when researchers know exactly what variables will be measured and what is expected from respondents. In this case, the researcher shared a new questionnaire with a set of questions and statements about the anxiety and knowledge of a football referee.

Data Analysis Techniques

After the results of the data collected in the field are collected, descriptive or inferential data management or hypothesis testing is carried out for the purposes of testing research hypotheses. The picture used in this study is as follows:

1. Descriptive data analysis tests are intended to describe general data, which includes total value, average value, standard deviation, range of values, maximum value, and minimum value.
2. The statistical data analysis test was used to test research hypotheses using SPSS statistical test version 22. So the entire statistical data analysis used in this study was done with the help of the SPSS programme with a significant rate of 95%, or 0.05.

RESULTS OF RESEARCH AND DISCUSSION

Research Results

Descriptive Results of Data

An overview of the descriptive analysis of data consisting of anxiety tests on South Sulawesi football referees can be seen in the summary of descriptive results listed in the table below:

Table 2: Summary of the Results of Anxiety Analysis on Football Referees Provincial Association of All Indonesia Football Association South Sulawesi.

| Variable | | N | Sum | Mean | Stdv | Variance | Range | Min | Mac |
|----------|--|----|-----|-------|-------|----------|-------|-----|-----|
| Anxiety | | 25 | 483 | 19.32 | 2.750 | 7.560 | 11 | 15 | 26 |

Based on Table 2, The results of the descriptive analysis can be explained as follows: For anxiety variables, the sample value is 25, the sum value or overall value is 483, the mean is 19.32, the standard deviation value is 2,750, the variance value is 7,560, the range value is 11, the minimum value is 15, and the maximum value is 26.

Frequency Distribution Data Results

Anxiety Level

Results of a descriptive analysis of the anxiety levels of 25 football referees with the ACAT (sport competition anxiety test) The average anxiety level of the 25 referees who took the test was 19.32, and the standard deviation was 2.750. Where the highest level of

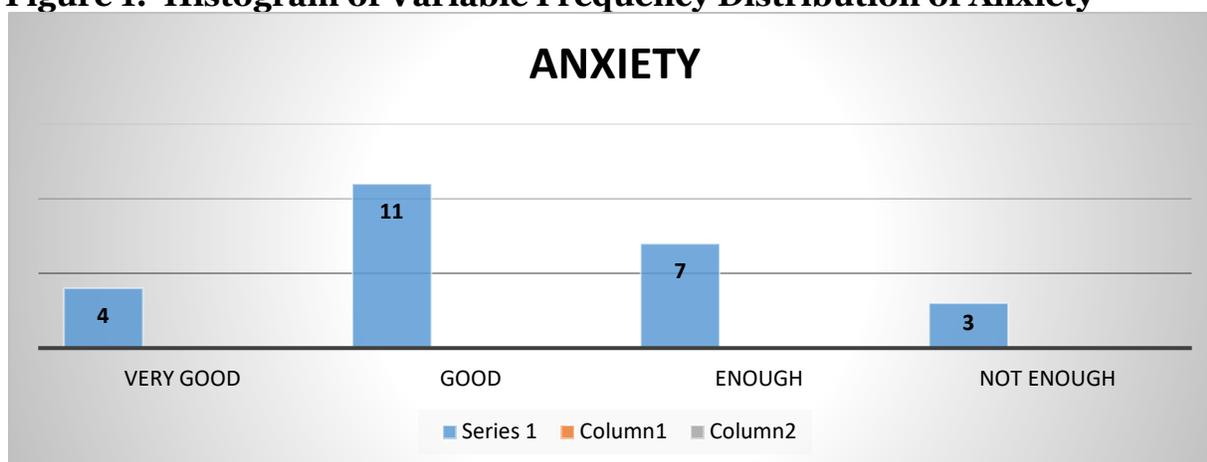
anxiety is 26 and the lowest level of anxiety is 15. And variable frequency data on anxiety can be seen in the following table:

Table 3: Variable frequency distribution of anxiety

| Value | Frequency | Percentage |
|-------|-----------|------------|
| 15-16 | 3 | 12% |
| 17-18 | 7 | 28% |
| 19-20 | 11 | 44% |
| 21-26 | 4 | 16% |
| Sum | 25 | 100% |

Based on the frequency distribution table, anxiety variables can be described in the histogram as follows:

Figure 1: Histogram of Variable Frequency Distribution of Anxiety



Source: Research results (2022)

The table and histogram above show that the frequency of anxiety variables is highest in the interval 19-20 as many as 11 respondents with a percentage of 44% of the total number of respondents and at least located in the interval 15-16 with the number of respondents as many as 3 with a percentage of 12% of the total number of respondents.

Data Results Decrease Anxiety Norms

Table 4: Distribution of Categorical Anxiety Variables

| VALUE | Frequency | percentage | Category |
|-------|-----------|------------|------------------|
| 15-16 | 3 | 12 % | Low Anxiety |
| 17-18 | 19 | 76 % | Moderate Anxiety |
| 19-20 | 3 | 12 % | High Anxiety |
| sum | 25 | 100% | |

Based on the table above, the anxiety level of South Sulawesi football referees can be seen in the following diagram:

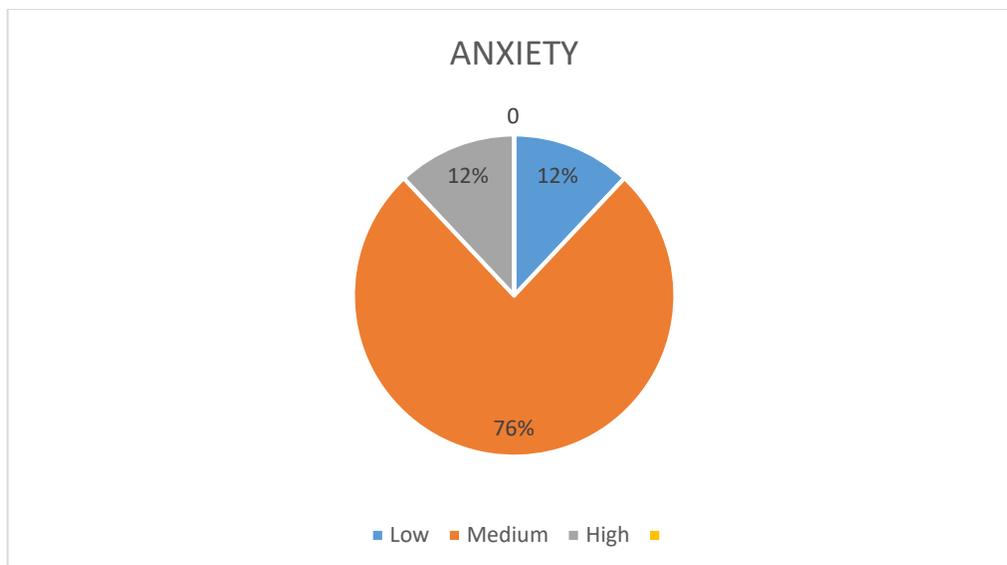


Figure 2: South Sulawesi Football Referee Anxiety Diagram

From the diagram above, data on the anxiety level of South Sulawesi football referees was obtained from a sample of 25 referees, namely 3 respondents (12%) had a low level of anxiety, 19 respondents (76%) had a moderate level of anxiety, and 3 respondents (12%) had a high level of anxiety. Based on an average score of 19.32 seconds, the anxiety level of South Sulawesi football referees is in the “medium” category.

DISCUSSION

The sample used was 25 licensed referees divided into several types of licenses: 1 person with an AFC license, 10 people with a National C1 license, 10 people with a C2 provincial license, and 4 people with a Regency C3 license. All referees contained in this study are referees who officially obtain a refereeing license after they participate in the referee training held. The level of upgrading also varies, be it C-3 Regions, C-2 Provinces, C-I National, AFC, or the International FIFA Level. Based on the referee training curriculum that researchers get and use as a reference, there are several rules that must be met by referees when they want to increase their respective license levels.

This research needs to be done because it is very important for football referees in South Sulawesi to reduce errors in making decisions due to high match pressure and spectators who are not supported by the psychological referee in officiating matches. As a result, the decisions taken are not right and not in accordance with the real rules of the game, resulting in excessive anxiety when officiating matches. This results in decision-making that is not optimal and harms one of the teams that are competing. This can be seen from the level of anxiety showing that football referees in South Sulawesi Province, based on norms, are in the “low” category: 3 respondents (12%) have low levels of anxiety, 19 respondents (76%) have moderate levels of anxiety, and 3 respondents (12%) have high levels of anxiety. The results of the data analysis above show the level of anxiety of football referees of the Provincial Association of Football Unions throughout South Sulawesi in the category of “medium,” with an average value of 19.32, a standard deviation value of 2,750, a variance value of 7,560, a range value of 11, a minimum value of 15, and a maximum value of 26.

While the data results according to the distribution of anxiety frequency were highest placed in the interval 19–20 with as many as 11 respondents with a percentage of 44% of the total number of respondents and at least located in the interval 15–16 with as many as 3 respondents with a percentage of 12% of the total number of respondents,

The anxiety experienced by a football referee comes from various sources. Anxiety is fear, nervousness, or anxiety that arises and increases in the face of situations in a match because there is a shadow that unwanted things will happen and the referee will feel threatened. The higher the intensity of the match, the greater the pressure on players on the field. The interference from the audience and the lack of understanding of the rules of the game are the main factors that cause anxiety for a football referee so that it can affect performance and influence decision-making. Anxiety arises as a result of thinking about things that are not desirable, such as fear of making wrong decisions because they understand the rules of the game, threats from teams that lose, and the burden of thoughts brought from outside. Self-confidence is needed by a referee in officiating a match because, with the confidence of a match, a referee will be able to direct the course of the match and be right in making decisions.

CONCLUSION

Based on the results of data analysis and information that has been stated earlier, the conclusions of the research conducted on the Analysis of Happiness in South Sulawesi Provincial Football Referees are as follows: The anxiety of South Sulawesi Provincial football referees is in the “Medium” category

REFERENCE

- Barreto, P. M., De Moraes, M. G., Zanini, G. D. S., Neiva, C. M., Terra, G. D. S. V., Pessôa Filho, D. M., ... & Verardi, C. E. L. (2016). Associated factors between the state of anxiety and a specific gymnastics skill with environmental variations. *Journal of Physical Education and Sport*, 16(1), 187.
- Bebetsos, E., Zouboulis, S., Antoniou, P., & Kourtesis, T. (2013). Do anxiety, anger and aggression differentiate elite water-polo players?. *Journal of Physical Education and Sport*, 13(2), 209.
- Donsu. (2017). *Psychology of Nursing*. Yogyakarta: Pustaka Baru Press.
- Eyo Emmanuel, B., & Udofia, C. A. (2016). Leadership Philosophies: Insight and Decision Theories. *Ultimate Index Books Publishers* (5)
- Eyo, E. B., Udofia, C., & Etor, E. (2011). Introducing philosophy of peace and conflict resolution. *Calabar: Ultimate Index Books Publishers*. (4)
- FIFA. (2018). *Law of The Game*. International Football Association Governing Body.
- FIFA. (2021). *Law of The Game*. International Football Association Governing Body.
- Indriansah, D., & Arief, R. (2019). Hubungan antara Kondisi Fisik, Kesiapan Mental, dan Pemahaman Peraturan dengan Kinerja Wasit. *Jurnal Kepeatihan Olahraga*, 12(2), 89-94.
- Komaruddin. (2017). *Sports Psychology: Exercise, Mental Skills in Competitive Sports*. Bandung: Remaja Rosdakarya
- Kurniawan, A. W., Wijayanto, A., Amiq, F., & Hafiz N.H, M. (2021). *Sports Psychology* (1st ed.). Academia Library.

- Kalkan, T., & Yucel, A. G. (2017). Situational Anxiety and Sportive Variables as Predictors of Sportspersonship Orientations in Handball Players. *Journal Sport & Society*, 9, 55-63.
- Rainners Martens, and Robin S Vealey. 1977. "Competition Anxiety In Sport". United State Of America : Anxiety Competitive
- Reber, S. A. (2010). *Dictionary of Psychology*. Yogyakarta: Student Library.
- Saharullah, Puspita Dewi, E. M., & Hashim. (2022). *Sports Psychology Mental Training Methods* (3 ed.). UNM Publishing Board.
- Supriyanto, A. (2015). *Sports Psychology* (1st ed.). UNY Press.
- Sulistiyono. (2017). *Sports measurement and evaluation tests*. Yogyakarta: UNY Press
- Tangkudung, J., & Mylsidayu, A. (2017). *Mental Training Aspects of Psychology in Sports* (1 ed.). Scholar's Horizon Publishers.
- Iqbal, R., Suharto, J. P., Saputro., & Arnaz, A. (2021). Vo2 Max Ability Level Survey of Indonesian Basketball League Basketball Referees. *BRAVO: Journal of Physical Education and Health Study Program*, 9(1).
- Hixson, K. M., Allen, A. N., Williams, A. S., & McLeod, T. C. V. (2017). Is state anxiety, trait anxiety, or anxiety sensitivity a clinical predictor of symptoms in those presenting with mild traumatic brain injury or concussion?. *Journal of Sport Rehabilitation*, 26(6), 588-594.
- Maksum, A. (2012). *Research methodology in sports*. Unesa University Press.
- Özen, G. (2018). The effect of recreational activities on trait and state anxiety levels. *Int. J. Res. GRANTHAALAYAH*, 18, 60-65.
- Hoover, S. J., Winner, R. K., McCutchan, H., Beaudoin, C. C., Judge, L. W., Jones, L. M., ... & Hoover, D. L. (2017). Mood and performance anxiety in high school basketball players: A pilot study. *International Journal of Exercise Science*, 10(4), 604.
- Sugiyono. (2017). *Quantitative, Qualitative and R&D Research Methods* (26 ed.). Alfabeta.
- Winarno, M. E. (2013). *Research Methodology in Physical Education* (2 ed.). UM Press.