

Studying the reality of self-efficacy among first-class football referees

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Abstract

The process of selecting and qualifying a referee is crucial to the Football Association, as this process must go beyond physical abilities and technical knowledge to include self-efficacy in managing oneself and complex situations on the field. This is the basis that contributes to the development of the level of refereeing and greatly affects the quality of matches and the sports scene in general. Therefore, the self-efficacy of football referees must be as high as possible. The referee must be familiar with all the laws of the game and have a personality. The problem of the study was crystallized by the researchers asking several questions: What is the level of self-efficacy among the referees of the Iraqi Football Federation? The current study adopted the descriptive research method. The research community was intentionally chosen, namely (referees of the Central Football Association in Iraq). The researchers built a measure of self-efficacy, conducted scientific transactions on it, and then applied it to a sample of (86) referees. The researcher concluded that the referees of the Central Football Association in Iraq possess an average level of self-efficacy and recommended The need to conduct self-efficacy development courses.

Keywords: Self-efficacy , first-class and football.

Introduction

Football is one of the most famous and widespread games in the world, and is very popular among fans and participants alike. In order for this sport to enjoy success and excellence, referees play an essential role in ensuring that matches are conducted fairly and equitably. The field of football refereeing is one of the most difficult fields in which an individual can engage, as its importance is no less important than the importance of any other

profession. It is a profession that requires more than just physical and motor abilities from the individual, as the referee must possess distinct psychological and behavioral qualities on the field, in addition to self-efficacy that enables him to carry out his task with confidence and efficiency. The referee cannot satisfy all parties or tastes, because his task is considered complex due to many overlapping factors, such as the nature of the referee, his powers, capabilities, and age, in addition to the multiple legal challenges.

Therefore, the referee must be able to face these challenges and take them into account. All aspects related to his profession. The referee must be strong both physically and mentally, must be familiar with all the laws of the game and have a strong and independent personality, in addition to the ability to make the right decisions quickly and decisively on the field. Refereeing football matches requires quick decision-making and relies heavily on quick wits. In addition, the referee has significant responsibility for the complete management of matches, including dealing with players, referees, officials, fans and coaches. This makes the process of selecting and qualifying a referee crucial to the Football Association, as this process must go beyond physical abilities and technical knowledge to include self-efficacy in managing oneself and complex situations on the field. This is the basis that contributes to the development of the level of refereeing and greatly affects the quality of matches and the sports scene in general. Therefore, the self-efficacy of football referees must be as high as possible. The referee must be familiar with all the laws of the game and have a distinct and strong personality and field intelligence in making the correct decision, because the laws of this game require him to make firm and quick decisions that depend primarily on quick intuition, and a great responsibility falls on him in his management of all matters on the field, including players and referees. And administrators, fans, and coaches.¹

The process of choosing and selecting referees and the process of preparing them does not stop at his acquisition of physical abilities, information, knowledge, and how to move inside the field only, but goes beyond that in adopting his self-efficiency in managing himself first, managing matches, and the ability to solve problems that occur inside the field, as it is an important factor in Raising the level of self-efficacy, as this study aims to explore and analyze the reality of self-efficacy among football referees who hold high-ranking positions in first-class leagues. Self-efficacy is a concept that reflects the extent to which an individual is able to continuously evaluate and improve his performance without the need for external supervision. Understanding this concept and applying it effectively can have a significant impact on the quality of refereeing in football matches.² Thus, highlighting the importance of developing self-efficacy in the field of football refereeing, and providing recommendations to enhance this competence among referees and those concerned with developing the sport. It is hoped that the study will contribute to improving the quality of refereeing and increasing the level of transparency and fairness in football matches at the first league level.

Research problem

Football faces multiple challenges in terms of refereeing, with many top-flight matches witnessing exciting developments and exciting scenes. However, the lack of self-efficacy of some football referees is one of the factors that negatively affects the quality of refereeing and sporting credibility in these matches. Through the experience of the researchers and their follow-up of the subject of arbitration, they noticed that the organization of work for the referees and the selection are most often based on the personal moods of the managers. Therefore, the researchers created a problem resulting from the inability of some referees to provide optimal performance on the field and manage the matches efficiently. There may be

psychological challenges that affect the referee's decisions and behavior on the field, which can lead to refereeing errors that raise controversy and damage the reputation of the sport. This negative analysis of the referees' performance can lead to a reduction in the level of sports credibility and anxiety among fans and participating teams, as the administration often deviates from the scientific method in selecting referees. Rather, a schedule is drawn up in advance with the names of the referees in managing important matches, and they are at a low level of self-efficacy. All of that. Questions were generated for the researcher about this mechanism of selection and he tried to study it scientifically and achieve the performance that distinguishes the referees' committee in the Football Association. To define the problem, the researchers put forward questions through which the problem can be formulated in the form of questions as follows:

What is the level of self-efficacy among the referees of the Iraqi Football Federation? Understanding the extent to which the lack of self-efficacy among football referees affects the quality of refereeing and sports credibility is an important problem that deserves research and analysis. Through this study, we will analyze the reasons for this deficiency and its impact on performance. The problem facing the referees' committee in the Football Association today is its need to choose federation referees who have self-competence, as neither the leadership role alone nor the cognitive ability is sufficient for the federation's referees to excel in their work because they need faith, with his self-efficiency.

Research objective

Identifying the reality of the self-efficacy of Iraqi Football Association referees.

Research field

- The human field: Referees of the Central Football Associations in Iraq.
- Time range: From (6/20/2022) to (4/16/2023).
- Spatial field: Federation headquarters in Baghdad and the governorates.

Study methodology

The current study adopted the descriptive research method in order to suit the requirements of the study and its procedure. The descriptive approach is the accurate perception of the mutual relationships between society, trends, inclinations, desires, and development, so that the research gives a picture of the reality of life, setting indicators, and building future predictions .³

The study population and its sample

The research population was intentionally identified (referees of the Central Football Association in Iraq) and then the research sample was chosen randomly. Then the researcher adopted the division of this sample according to purposes based on scientific foundations consistent with the research problem in order to be appropriate with the studied phenomenon and its frame of reference and to suit the procedures. The study, as three samples were chosen to conduct the study. The exploratory sample consisted of (4) referees from the Central Football Association in Iraq, to identify the clarity and understanding of the paragraphs of the scale and the method of answering by the member, and to identify the total time for applying the two scales, and the construction sample, which is the statistical analysis sample. The paragraphs

consisted of (74) referees from the Central Football Associations in Iraq. The research application sample consisted of (86) rulings in order to achieve the research objectives. The reasons for choosing this sample and adopting field procedures to research it were.

Means of collecting information and collecting data and tools:

For the purpose of accessing information that can be used in this research, the following sources have been relied upon:

- Arab and foreign sources and references.
- Personal interviews.
- Survey via the international network (the Internet)
- Research scale (study questionnaire).

Steps to carry out the research

Research tool

To achieve the research objectives, the researcher adopted the questionnaire as a tool for his research. “The questionnaire is the only easy means to expose respondents to carefully selected and arranged variables for the purpose of collecting data” .⁴ The researchers worked to build a measure of (self-efficacy) among the referees of the central football federations in Iraq, in a manner consistent with scientific foundations. “It is a set of basic steps that can be followed when constructing a test or scale and how to link the scale units to measure the overall aspects of the trait, characteristic, or ability.”⁵ and the researcher followed the steps specified by (Cronbach 1970) as they point out The process of constructing any measure goes through the following steps:

1. Defining the idea of the scale: The first step in building a specific scale is to clearly define the idea of the scale and what is the intended use for this scale. The researcher used the content analysis method for some studies concerned with (self-efficacy) in this field, as well as polling the opinions of experts and specialists after interviewing a number of them about the most important matters. areas that fit reality,
2. Determine the goal or purpose of the test or standard: The goal of the measure must be clear, understandable, verifiable, and consistent with the nature of the variable and its characteristics, which differ depending on its goals. It is considered the basic foundation that must be done when constructing measures, and it must be linked to the importance of the phenomenon, the reasons for studying it, and the researcher’s direction and desire. In addition, it must be The goal is clear and measurable, as the idea of building a scale (self-efficacy) among the referees of the central football federations in Iraq was demonstrated.
3. Determine the scope of the scale: Building any good and objective scale requires a process of preparation and prior planning so that the researcher has a clear picture of defining the fields. Musa Al-Nabhan confirms, “The principle of analysis into the basic elements must be adopted, if each element represents a specific field or frame of reference for the scale” .⁶ The researchers reviewed the literature, sources, scientific references, and previous studies related to (self-efficacy) for the purpose of determining the areas of the scale. The researchers proposed the (self-efficacy) scale, which included (4) axes based on the general concept of self-efficacy on .⁷ An expert and specialist to determine the most important areas that belong to the scale and after agreeing on all the axes. The researcher relied on a percentage of (75%) of the answers to accept the field and to verify the correctness of defining the fields and the extent of their representation.

Table 1. Shows the percentage of opinions of experts and specialists for the areas of the self-efficacy scale

S	Fields	Suitable	Not suitable	Percentage	Result	Notes
1	Social competence	10	1	90.9%	Acceptable	
2	Cognitive competence	9	2	81%	Acceptable	
3	Emotional competence	11	0	100%	Acceptable	
4	Skill proficiency	10	1	90.9%	Acceptable	

Collecting and drafting paragraphs (apparent honesty)

The researchers prepared the scale items by informing the researchers of the literature on the research topic (self-efficacy) and its studies. The (self-efficacy) scale was written, which contained (49) items distributed over the four axes and then distributed to the experts, and the validity criterion that A percentage of (75%) and above was adopted to estimate the validity of the item “to remain on each item based on their agreement to determine the items included in the scale in its initial form before subjecting it to statistical analysis to accept the item, and the validity of the five-point rating scale (always, often, sometimes, rarely, and never). The researcher took care that the content of the paragraphs achieves the objectives of the research, expressing a single idea, and that a single paragraph does not carry more than one meaning, and that the paragraphs do not suggest extremism, such as phrases (all or mostly), and avoid negative expressions. He also took into account the diversity of the topics he presented so that the form is subject to emphasis. The topic until the end of the paragraphs, in light of the opinions and observations he expressed, all paragraphs were approved except for paragraphs (7) and (25), as the researcher has the right to choose the percentage he deems appropriate when choosing the paragraphs Thus, (47) paragraphs remain.

The reconnaissance experience

To build a high-quality self-efficacy scale and to verify the clarity of the instructions and understanding of phrases and words from the respondents, as well as identifying the method of answering on the paper and calculating the time taken to answer, it was necessary to test the scale by conducting a survey experiment on Sunday on 4/16/2023 on a sample of (4) referees, as the purpose of conducting the exploratory experiment was:

1. Identifying the difficulties facing the researcher.
2. The time it takes to deliver and receive the forms.
3. Knowing the extent of respondents' comprehension of the questionnaire paragraphs.
4. Identify the clarity of expressions to ensure the integrity of their language.

Construction experience

On Sunday, April 23, 2023, the researchers, along with the assistant work team, distributed and retrieved the (self-efficacy) scale until Friday, May 12, 2025, on the construction sample, which consisted of (74) questionnaires, and they represent the entire research population. They were randomly selected to try the measurement tools in the exploratory study and to conduct scientific transactions for the two scales.

Validity of constructing the scale

It is considered one of the most appropriate types of validity for constructing scales, and it is called the validity of the concept or the validity of the hypothesis formation because it depends on experimental verification of the extent to which the scores of the items match the characteristic or concept to be measured, and the methods of analyzing the items are indicators of this type of

validity.⁸ The researchers relied on There are two methods for analyzing items to verify construct validity: the two extreme groups method and the internal consistency coefficient, as follows:

Paragraph analysis (discriminating power of paragraphs)

The process of analyzing the items is an essential step in constructing the scales. In order to obtain data according to which the items are analyzed to determine their discriminatory power, with the aim of preparing the scale in its final form and in a manner consistent with the objectives of the research, the researcher applied the scale to the aforementioned sample, using the method of the two extreme groups, as the answers of all the adult experiment sample were transcribed (74). The total score was determined for each of the questionnaires. The questionnaires were arranged in descending order from highest score to lowest score. Then the upper percentage (27%) was chosen with (20) questionnaires, and (27%) the lowest percentage was chosen with (20) questionnaires of grades to represent the extreme group, and the middle percentage (46%) was excluded with (34) questionnaires, provided that adopting the percentage of 27% gives greater Size and differentiation. The test (t.test) was then used for the purpose of calculating the discrimination coefficient for each paragraph. The results showed that the calculated level of significance is smaller than the value of the approved level of significance (0.05), which means the significance of all calculated (t) values for all paragraphs has been achieved. It was accepted with the exception of (2) paragraphs (17, 27). Thus, (45) items remain, and as shown in Table (6), it shows the discriminatory ability in the two scale questionnaire (self-efficacy).

Internal consistency coefficient (the method of the paragraph's relationship to the total)

Table 2. shows internal consistency between the responses of each item and the total score of the scale. Pearson's simple correlation coefficient to examine the validity of the items of the (self-efficacy) scale

Paragraph number	Correlation coefficient	Error level	Paragraph number	Correlation coefficient	Error level
1	0.418	0.000	24	0.562	0.000
2	0.375	0.001	25	0.505	0.000
3	0.292	0.011	26	0.392	0.001
4	0.363	0.001	27	0.454	0.000
5	0.461	0.000	28	0.615	0.000
6	0.645	0.000	29	0.366	0.001
7	0.487	0.000	30	0.297	0.010
8	0.282	0.015	31	0.324	0.005
9	0.377	0.001	32	0.234	0.045
10	0.688	0.000	33	0.372	0.002
11	0.468	0.000	34	0.282	0.015
12	0.427	0.000	35	0.425	0.000
13	0.563	0.000	36	0.247	0.034
14	0.691	0.000	37	0.392	0.001
15	0.595	0.000	38	0.380	0.001
16	0.283	0.015	39	0.560	0.000
17	0.435	0.000	40	0.382	0.001
18	0.241	0.038	41	0.397	0.000
19	0.544	0.000	42	0.290	0.012
20	0.458	0.000	43	0.337	0.003
21	0.334	0.004	44	0.309	0.007
22	0.543	0.000	45	0.375	0.001
23	0.506	0.000			

For the purpose of the homogeneity of the items, the internal consistency coefficient provides us with evidence for the homogeneity of the items. Ali Mahdi Kazem, 1994, pointed out that “the internal consistency coefficient is the correlation coefficient between the scores of each item and the total score of the scale.”⁹ That is, the extent to which the score of each item of the scale is related to the total score. For the scale, and to find the internal consistency coefficient, the Pearson correlation coefficient was used between the score of each item and the total score of the questionnaire (self-efficacy scale) and for all members of the sample of (74) judgments, and it became clear that all items are statistically significant at the error level of (0.05), and Table (2) shows this.

Stability of the scale

Spilt half method:

It requires conducting the test once according to this method, which measures the internal homogeneity of the scale items. “The homogeneity of the scale indicates the consistency of the subjects’ performance on all the questions that make up the scale”¹⁰ To calculate the reliability correlation coefficient in this way for the questionnaire and the (self-efficacy) scale, the questionnaires used in the statistical analysis, amounting to (74), were adopted. The items of the scale were divided into two halves, odd and even, and the Pearson correlation coefficient was extracted between the scores of the two halves of the (self-efficacy) scale. It reached (0.802), and after correcting it with the Spearman-Brown equation, the reliability coefficient reached (0.890).

Alpha Cronbach Equation _ Cronba Method:

The researchers used the Fakrobinach method because it is “used in any type of objective or essay questions”¹¹, and this type of reliability is called “internal consistency, which indicates the strength of the correlations between the items in the test”¹² this equation depends on calculating the internal correlations between The sample reliability score for each item and the scores on any other item on the one hand, and the total test scores on the other hand. To calculate reliability in this way, a sample of (74) was adopted. After applying the Alpha-Cronbach equation, the reliability coefficient for the (self-efficacy) scale reached (0.799), which is a good reliability value that can be Relying on it in comparison with previous studies that used this method to calculate stability.

Objectivity of the scale

After the data from the test was transcribed and returned, it became clear that all the statements were clear to the sample. It is also characterized by the fact that the alternatives are multiple choices, and it does not accept an answer for more than one alternative. There is no statement for an open answer, as the questionnaire is considered highly objective, and it is not possible to disagree on the grades it obtains. Sample individuals

Correcting the two scales and finding the total score

It is intended to set the respondent’s response score for each item of the scale and then collect these scores to find the total score for each questionnaire. The self-efficacy scale, which consists of items, was corrected after the score was given for the response in light of the respondents’ choices of the five answer alternatives. The scale items were formulated. Self-efficacy in two directions (positive, negative) and with five answer alternatives. Weights were given (5, 4, 3, 2, 1) for the positive items, and weights (1, 2, 3, 4, 5) were given for the negative items, and thus the highest score is The respondent obtained it (225), while the lowest score for the answer was (45), while the score for neutrality, i.e. the hypothetical average of the scale, was (135).

Scale levels

Levels for the scale were found based on the range method based on estimating the scores of the five-point scale (Likert method). The level was divided as follows:

Table 3. Shows percentages and levels

S	Level type	Class	Percentage	Level type
1	level one	From 1 to less than 1.8	0.2 to 0.36	Low
2	Second Level	1.81 to less than 2.6	0.36 to 0.52	Acceptable
3	The third level	2.61 to less than 3.4	0.52 to 0.68	Average
4	fourth level	3.41 to less than 4.2	0.68 to 0.84	High
5	level five	4.21 to less than 5	0.84 to 100	Distinct

Basic experience of the scale

In conducting this experiment, the researchers aim to apply the (self-efficacy) scale in its final form. The researchers, with the help of the assistant work team, distributed the scale's questionnaires from Monday 6/20/2022 until Wednesday 5/24/2023 in order to identify the self-efficacy of the governors. The number of questionnaire forms that were distributed was (86).

Results and discussions

Identify the reality of self-efficacy for each axis of the questionnaire

Means and standard deviations were calculated for the response scores of the study sample members on all statements of the scale of the reality of self-efficacy among league referees according to the axes (social competence, cognitive competence, emotional competence, and skill competence). They were arranged according to the means and standard deviations and Table (11). Shows that

Table 4. Show the results of the means, standard deviations, percentage, rank, and level of the study sample's response scores for the areas of the self-efficacy scale

Rank	Field	Degree for the axis	Relative importance	Mean	Median	STD.EV	Hypothetical mean	(t) value	Error level	Indication	Level
1	Social competence	37.90	%25.9	3.158	41	8.634	36	2.048	0.044	Sig.	middle
4	Cognitive competence	33.953	%23.2	3.396	34	5.295	30	6.923	0.000	Sig.	middle
2	Emotional competence	37.686	%25.7	3.140	38	4.792	36	3.262	0.002	Sig.	middle
3	Skill proficiency	36.604	%25	3.327	37	6.564	33	5.092	0.000	Sig.	middle
	Scale degree	146.15		3.247	153.5	22.01	135	4.697	0.000	Sig.	middle

Discussion of results

From Table (4) it is clear that the measure of self-efficacy among the referees of the Football Association is first class, as it came at an average level, as it was shown that the responses of the sample appeared with an mean for the total score (146.15), an mean for the score (3.247), a standard deviation (22.01) and an average Hypothesized (135), and the value

of (t) reached (4.697) and in front of the error level (0.000), which indicates rejection of the null hypothesis and acceptance of the alternative hypothesis, meaning that the mean of the scale differs significantly from the value of the hypothesized mean and is higher than the hypothesized mean, as the researchers see football referees Football is an essential part of the game, playing a crucial role in ensuring the integrity of matches and the safety of players. Developing self-efficacy among first-class referees is crucial to enhancing the level of the game and ensuring fairness in competitions. Referees must receive appropriate and intensive training to develop their skills and better understand the laws of the game.

Improving the self-efficacy of Football Association referees in the first division is necessary to raise the level of the game and ensure fairness in competitions. Sports federations, clubs and coaches must support first-class referees by providing the training, experiential opportunities and psychological support necessary to ensure high-quality performances. Self-efficacy, as he described it as “a set of expectations that may differ among individuals from one field to another. It is not a comprehensive concept that applies to all situations and tasks, and therefore it helps in predicting the performance of individuals better when they are evaluated according to specific fields”¹³, as self-efficacy is “a dimension It is one of the important dimensions of the human personality because it has a significant impact on the individual’s behavior, represented by self-beliefs about the individual’s ability to overcome the difficult tasks and problems that he faces through educational tasks, because they affect the way individuals feel when they perform their tasks and that Social Competence The areas of the self-efficacy scale among Football Association referees may come in first place, as it came in first place, with an average for the total score (37.90), a contribution percentage to the total scale score (25.9%), an average for the score (3.158), a standard deviation (8.634), and a hypothetical average. (36) The value of (t) reached (2.048) and in front of the error level (0.044), which indicates rejection of the null hypothesis and acceptance of the alternative hypothesis, that is, the mean of the axis is significantly different from the value of the hypothesized mean and is higher than the hypothesized mean at a moderate level, as football depends on Cooperation and interaction between many parties, including referees, players, fans and coaches. Therefore, social competence plays an important role in improving the performance of first-class referees who face various social challenges while officiating matches. Interaction with players and coaches: Social referees can effectively handle pressures and protests from players and coaches, making the sports environment more harmonious. “Social learning theory believes that humans have a set of abilities that distinguish them from other creatures, such as self-organization, the ability to think, plan, and adapt to situations. This means that a person’s performance of his functions is the result of a group of personal, behavioral, and environmental factors, and the concept of self-efficacy is central to It is important and fundamental in social learning theory, as the individual’s beliefs are linked to his self-efficacy, motivation, and personal achievements. The individual interprets the achievements he has achieved by relying on the abilities he believes he possesses, and for that reason we find him exerting his utmost effort to achieve success.”¹⁴

Social competence plays an important role in Improving the performance of Football Association referees in the first division. By developing communication skills, building positive relationships and managing conflicts effectively, referees can enhance the integrity of matches and make the sporting environment more sustainable and respectful. It is followed by the emotional competence axis in the measure of self-efficacy among Football Association referees, first class, as it came in second place, with an average for the total score (37.686), a contribution percentage to the total scale score (25.7%), an average for the score (3.140), a standard deviation (4.792), and a hypothetical average. (36) The value of (t) reached (3.262)

and in front of the error level (0.002), which indicates rejection of the null hypothesis and acceptance of the alternative hypothesis, meaning that the mean of the axis is significantly different from the value of the hypothesized mean, which is higher than the hypothesized mean and at an average level, as football referees must score The first is carrying out difficult and important tasks, which may include refereeing matches with high pressure and heightened emotions and emotions on the part of players, fans and coaches.

Therefore, emotional competence comes first to contribute to improving the performance of referees and to help make fair and correct decisions. Controlling emotions for referees who possess emotional competence can control their personal emotions and focus on technical and tactical decisions. Emotional competence is an important part of the measure of self-efficacy among FIFA first-class referees. By developing the skills of controlling emotions and emotional interaction, referees can improve their performance and contribute to the success of matches and the integrity of the match, which is related to controlling moods or feelings in life situations, as the control of emotions for referees “depends on the individual’s judgments and expectations related to his behavioral skills and their adequacy to deal successfully with... “The challenges of the environment and surrounding conditions, and these factors, in Bandura’s opinion, play an important role in treating emotional and behavioral problems.”¹⁵ It is followed by the skill competency axis in the self-efficacy scale of the first-class referees of the Football Association, as it came in third place, with an average for the total score (36.604) and a percentage Contribution to the total scale score (25%), with an mean of the score (3.327), a standard deviation of (6.564), a hypothetical mean of (33), and a value of (t) of (5.092) with an error level of (0.000), which indicates rejection of the null hypothesis and acceptance of the alternative hypothesis, that is, the mean The axis differs significantly from the value of the hypothesized average, which is higher than the hypothesized average and at an average level. It is followed by the axis of cognitive competence in the self-efficacy scale for the first-class referees of the Football Association, as it came in fourth place, with an average for the total score (33.953) and a contribution percentage to the overall scale score (23.2%). With an mean of the score (3.396), a standard deviation of (5.295), a hypothetical mean of (30), and a value of (t) of (6.923), with an error level of (0.000), which indicates rejection of the null hypothesis and acceptance of the alternative hypothesis, meaning that the mean of the axis is significantly different from the value of the hypothesized mean. It is higher than the assumed average and at a good level, and cognitive competence is essential for the role of football referees in the first division. The referee must be familiar with the laws and provisions of the game accurately and comprehensively. If they have a deep cognitive understanding, they will be able to make correct decisions and avoid refereeing errors. The referee must be fully aware of the laws of the game and interpret them accurately to make correct decisions. Skill proficiency can be developed by refereeing matches at a lower level, then gradually progressing to higher matches.¹⁶

Conclusions

1. First-class Football Association referees have an average level of self-efficacy.
2. The referees of the First Division Football Association have an average level of social competence in the self-efficacy scale.
3. The first-class Football Association referees have an average level of emotional competence in the self-efficacy scale.
4. The first-class Football Association referees have an average level of skill proficiency in the self-efficacy scale.

5. The first-class Football Association referees have an average level of cognitive competence in the self-efficacy scale.

Recommendations

1. Adopting a self-efficacy scale to evaluate football referees.
2. Distributing the results to the Football Association Referees Committee.
3. Conducting development courses in order to raise the self-efficacy of football referees.
4. Conduct similar studies on referees in basketball, handball, and other games.

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