



Perceived Sources of Stress among National Hockey Umpires in India

Ms. Sonia Bathla¹, Ms. Sandeep Kumari²

¹Assistant Director (Sports), SRM University, Delhi-NCR, Sonapat, Haryana, India.

²Assistant Professor, Noida College of Physical Education, Dadri, Greater Noida, India

Received Mar 21, 2018; Accepted Apr 02, 2018; Published Apr 03, 2018

Abstract

The purpose of this study was to identify the sources of stress experienced by the Field Hockey Umpires in India. The sources of stress were measured by 73 National Hockey Umpires registered with Hockey India using a modified version of "Ontario Soccer Officials Survey" of 30-items. The response rate was 60.83% as 73 out of 120 umpires in a period of 15 days had submitted/attended the answers. The highest rated sources of subscale experienced by the umpires was "Fear of Failure" (M=7.78, SD=3.461) which included the 5 sources of stress item namely "aggressive game", "having a "bad" game", "critical decisions during a game", "frequent changes in rules", "making a "bad" call".

Key Words: Sources of Stress, Indian Hockey Umpires, Outdoor Hockey, Sports Officials.

1. Introduction:

Stress is an inevitable part of life. Now a day every individual is facing daily hassles and most of the times the event become dramatic which requires a major adaption in life event. Everyone experiences stressful events; however, the level of stress associated with a certain situation depends on individual perception (Singer, 1986). In general, stress can reduce creativity, productivity, and the ability to enjoy oneself (Smith, 1993), therefore, it is necessary to have a ability to overcome stress to attain a high quality of life.

Stressful situations in sport for officials may appear at any time, such as prior to a game (e.g., fear of award wrong penalties), during the match (e.g., booing from spectators), after competition (e.g., receiving unpleasant criticism from coach or players).

Several studies have reported that stress easily demotivate the player and frequently decreases performance (e.g., Burton, 1988; Gould, Petlichkoff, Simons, & Vevera, 1987), therefore, it is essential to overcome from the stress.

To overcome from the stress one should aware about the stressful event/situations.

2. Materials & Methods:

2.1 Participants:

Participants were 73 National Field Hockey Umpires registered in Hockey India from different states. The permission to conduct the survey and collect the data was obtained from Hockey India. 60.83% (73/120) responses were received and appropriate to use for study purpose.

2.2 Procedure:

The researcher used Google Doc to prepare an online survey form consist of 30 items from "Ontario Soccer Officials Survey" a modified version for Hockey Officials by Rainney (1995). The online survey was sent out via E-mail to the Hockey Umpires (N=120) of different states through the Hockey India representative with detailed instructions related to the survey. A statement of confidentiality of the response also declared to all the respondents by the researcher through Hockey India representative.

The online survey of 30-items was divided into 3 Section: the first section was detailed instructions related to the study, form submission, & about the researcher. The second section of the survey was the 1st part of the questionnaire in which the 12 items focused on experience's which involve interactions with others including players, coaches, spectators, and co-officials was included. The third part of the questionnaire included 18 question in the 2nd part of the questionnaire

to find out the other potential sources of stress an official may have experienced such as One’s own performance, game characteristics, time pressures and fitness concerns etc. and the demographic information of the respondent name, gender, total year of umpiring, city/state in which the respondent belongs to and the last tournament in which respondent officiated actively as an Umpire.

73 respondents (60.83%) in a period of 15 days had submitted their responses online in a 4 point likert scale questionnaire ranging from 0 (did not), 1 (mildly), 2 (moderately) and 3 (strongly) of 30-items.

3. Results of the Study:

The data collected from the survey was analyzed via descriptive statistics i.e. Mean, SD & Rank using SPSS. The result shown in table No. 1 is indicating that “Fear of Failure” & “Role culture” is the highest subscales of sources of stress recorded from the Hockey Officials with Mean=7.78, SD=3.461 & Mean=7.11, SD=2.806 respectively.

Table 1- Indian Field Hockey Umpires Sources of Stress according to Subscales

Subscales	N	Mean	Std. Deviation
Role Culture Conflict	72	7.11	2.806
Fear of Failure	72	7.78	3.461
Interpersonal Conflict	72	5.04	3.083
Time Pressures	72	5.11	3.088
Fitness Concerns	72	8.94	2.926
Peer Conflicts	72	4.97	3.135
Fear of Physical Harm	72	3.18	3.570

As mentioned in Table 2, the most impacted sources of stress for Indian Field Hockey Umpires included “Maintaining required physical fitness level” (M=4.85, SD=20.452), “Keeping up with play (advantages)” (M=4.63, SD=19.53), “Maintaining concentration during strenuous game” (M=4.55, SD=19.189), “Little recognition for officials in hockey” (M=4.22, SD=17.805), “Aggressive game” (M=3.86, SD=16.307). The other top 10 sources of stress items from 30 item Sources of Stress Questionnaire is mentioned in table 2 below.

Table 2- Descriptive Statistics for Top Sources of Stress

Items	Sources of stress	Rank	Mean	SD
16	Maintaining required physical fitness level	1	4.85	20.5
19	Keeping up with play (advantages)	2	4.63	19.5
25	Maintaining concentration during strenuous game	3	4.55	19.2
3	Little recognition for officials in hockey	4	4.22	17.8
13	Aggressive game	5	3.86	16.3
23	Critical decisions during a game	6	3.86	16.3
29	Live matches watched by family, friends (in stadium or on TV)	7	3.81	16.1
12	Players or coaches who protest decisions when they don’t understand the laws of the game	8	3.7	15.6
1	Dealing with over excited or hostile coaches	9	3.64	15.4
20	Critical games to one or both teams	10	3.62	15.3

4. Discussion:

This study was conducted to find out the sources of stress to be experienced by Indian Field Hockey Umpires. The Umpires was received an electronic “Google Doc” questionnaire to fill their experiences of sources of stress on 4 point likert scale format.

As per the result the highest rated sources of subscale experienced by the umpires was "Fear of Failure" (M=7.78, SD=3.461) which included the 5 sources of stress item namely "aggressive game", "having a "bad" game", "critical decisions during a game", "frequent changes in rules", "making a "bad" call".

The present study demonstrated that "Maintaining required physical fitness level" (M=4.85, SD=20.452), "Keeping up with play (advantages)" (M=4.63, SD=19.53), "Maintaining concentration during strenuous game" (M=4.55, SD=19.189), "Little recognition for officials in hockey" (M=4.22, SD=17.805), "Aggressive game" (M=3.86, SD=16.307) were the most frequent sources of stress experienced by Indian Field Hockey Umpires.

According to the result the conclusion can be made that being the Umpire of one of the most fastest game the officials are worried about their fitness as they need to be more fit than the players to cover the ground to make a right decision on right time from right position which can be obtained if they are fit enough to chase the ball and the players running with the ball.

Assessment of Sources of Stress amongst Indian Field Hockey Umpires is the first step to identify the frequently stress created source. The psychological and motivation training in early stage can help them to come out with the stress to perform better. The different coping strategies can be used by the umpires to deal with the stressful situations.

This study was limited to Indian Field Hockey Umpires, further research in future may include Hockey Umpires from other countries or other outdoor Games /Sports and the coping methods used in other games/sports can be compared. Further, the research can be conduct in between the different altitude umpires as the stressor may be different because of weather condition or the altitude of the region.

5. References:

- [1]. Anshel, M.H. and R.S. Weinberg, 1995. Sources of Acute Stress in American and Australian Basketball Referees, *Journal of Applied Sport Psychology*, 7: 11-22.
- [2]. Dorsch K. D. & Paskevich D. M. (2007). "Stressful experiences among six certification levels of ice hockey officials". *Psychology of Sport and Exercise* 8 (2007) 585-593. <http://dx.doi.org/10.1016/j.psychsport.2006.06.003>.
- [3]. Gencay, S. (2009). "Magnitude of psychological stress reported by soccer referees". *Social Behaviour and Personality* 37/7 (2009) 865-868. <http://dx.doi.org/10.2224/sbp.2009.37.7.865>.
- [4]. Goldsmith P. A. & Williams J. M. (1992). "Perceived stressors for football and volleyball officials from three rating levels". *Journal of Sport Behavior* 15/2 (1992) 106-118.
- [5]. Kaissidis-Rodafinos A. & Anshel M. H. (1993). "Sources and intensity of acute stress in adolescent and adult Australian basketball referees: A preliminary study". *Australian Journal of Science and Medicine in Sport* 25/3 (1993) 97-103.
- [6]. Voight, M., 2009. Sources of Stress and Coping Strategies of US Soccer Officials. *Stress and Health*, 25: 91-101.

Corresponding Author:

Ms. Sonia Bathla,
Assistant Director (Sports),
SRM University,
Delhi-NCR, Sonapat,
Haryana, India.